

was man made superior to the brutes, if, with his exalted powers, he can accomplish no more than the brutes? O, no — those powers were given us to be employed upon noble objects. We have departed from nature, and given to our animal and inferior constitution so exalted a regard that the intellect, the immortal part, has become its servant. Man can be healthier and happier, if he will substitute simplicity for compound cookery, and a natural appetite for a vitiated palate.

And, on this occasion, I ought not to forget that the evils of this artificial state of things fall most heavily upon woman. Among the great mass of the community, she is expected to take the responsibility of culinary manipulations; and, indeed, eminent skill in this department is generally thought to be the perfection of her education. Almost the whole of her time must be devoted to the preparation of delicacies for the table; and it is only the shreds and patches of life that she can devote to the cultivation of her mind. Gladly would she introduce more simplicity and temperance at her domestic board — not that she might escape responsibility and care, but that she might store her mind with a richer fund of knowledge, and thus furnish her guests with something to feast the intellect and the heart, as well as the palate. But tyrannical custom and tyrannical man bind her down in hopeless servitude to morbid appetite. Her husband frowns upon any diminution of the usual variety and delicacy at the table; and then, to reward her for her compliance with his wishes, he gravely pronounces her the weaker vessel, and becomes convinced of her inferiority to himself in intellect. Verily I believe that, if ever there comes a millennium of learning, along with a millennium of religion, woman will obtain some relief from her culinary thralldom. Then, and not till then, can the ques-