

may have the best of materials in proper variety and entirely fail to secure from them health-giving food without this element.

Class I. includes those which are good, that is, with kitchens add appliances, store rooms, refrigerators, dressers, serving rooms, dishes, food and food materials, positively clean and well kept.

Class II. consists of those Institutions in which there is a passable degree of cleanliness, some care, but much indifference; and

Class III. those which are positively bad, the neglected kitchens, the "submerged tenth" of kitchens, so to speak.

In class I., those unquestionably good, of which there are six, many excellent features were seen; two have kitchens which were models of neatness, containing modern appliances in excellent order, with corners, insides of dishes, ovens and "out-of-the-way" places as carefully kept as the tops of the tables and more noticeable parts of the rooms, indicating that cleanliness is a reality. One housekeeper, whose refrigerator I have marked number one of the whole list, told me that twice each week everything was taken out and the woodwork thoroughly washed, scoured and aired. It contained distinct compartments for meats, butter and milk, vegetables, fruits, wines and jellies, and miscellaneous cooked food; the different kinds of vegetables were kept in large sliding drawers on a level with the hand, as were also the fruits. The bread, which was delicious in flavour, was stored in ordinary flour barrels which were immaculately clean both inside and out, and stood in a store-room of the same description. All food seen was most wholesome and appetising in appearance. The tops of the working tables were covered with sheets of zinc tacked on at the sides, which can be so easily made clean with hot water and soap, thus saving the necessity of laborious scouring. Granite-ware utensils were in use, and there were several large double-boilers, with which only the thorough cooking of cereals can be easily and successfully done. I find on referring to the notes made after each visit, that in this Hospital, as also in all others of class I., women are in charge of the kitchen department.

Class II. we may pass without comment further than to say that the Hospitals included in it were simply ordinary—not as bad as possible, but far from being good. Of this class there are also six out of the twenty-five, some of which are in the charge of men, and some in the charge of women.

Of class III., those which are very bad, three were filthy in the extreme—drawers, cupboards and corners swarming with vermin, refrigerators and sinks having the appearance of never having been washed, food lying about in the presence of swarms of flies, and many other signs of the entire disregard of all rules of even a decent degree of cleanliness. Class three is, unfortunately, the largest, thirteen out of the twenty-five composing it. Of these, in five out of the thirteen the buying is done by men, and of the three worst of this class it is noticeable that both the buying and cooking are done by men—in other words, men have entire charge of the food to the time it is served. It is a surprise to find that out of the thirty-one Institutions known about, in the three that are pre-eminently good, the buying, cooking, and entire charge of the *cuisine* is in the hands of women, while in the

three as pre-eminently bad it is in the charge of men. I say it is a surprise, because the question naturally arises whether women in such positions would show the ability to buy to advantage and to provide with the same constancy that characterizes men; but in these days of universal educational advantages, of high-schools in every country town, in the present generation many women are well educated and possessed of discriminating minds, good judgement and that moral balance and tone which guide them to do good work for its own sake; which qualities have been generally lacking in what may be termed the old-fashioned housekeeper, who, without adequate mental training, often lacked the business ability to deal with large quantities and the power to systematize work.

At all events these are interesting facts: the three Institutions referred to for excellence are large Institutions, two of them Hospitals; they have been in existence for some years, have always been in the entire charge of women, and are to-day models of their kind. It would seem that women have the instinct of attention to nicety of detail that the average man does not possess, and which in cooking is so necessary, as it is largely a work of minutiae.

If we regard the twenty-five Hospitals seen as typical examples of the Hospitals of the country, we find that at least about one-half of them are far from being what they should be, and of the remaining half, two-fifths are at least capable of being much improved.

The condition of the kitchens as to cleanliness, upon which to base a classification, was selected not because there were not many other characteristics upon which a classification might be made, but because the condition as to cleanliness is a symptom which indicates in a general way healthful or unhealthful food, and thought and care in cooking or the lack of it.

The inspection of these thirty-one Institutions has given tangible material upon which to base the conclusions which have been drawn, after much deliberation upon the subject and viewing the food question from many sides.

The conclusions are these: that it is not lack of money, not lack of an abundant and varied food supply in the markets, not lack of necessary help, that gives to the inmates and employees of so many Institutions a diet upon which they cannot fail in the long run to degenerate in health, and which for those positively ill is wholly inadequate to tempt the appetite, or, with appetite present, to restore to health. There is, it seems, enough food material, enough money to buy it, and hands enough to cook it. Where then does the difficulty lie? Why then is the subject of food, in Institutions in which it is not wholly ignored, ever one of constant perplexity and contention? These questions are not capable of being answered simply, of being solved by a single statement; they involve too many factors for that; we may, however, select some of these factors and endeavour to deal with them. I would say that, first, there is a lack of affectionate interest in the subject on the part of many connected with it. The buyer buys, the cooks cook, but no one cares whether the dishes made are acceptable to the eater, or whether they are eaten at all. There is too little loving consideration for the ultimate welfare of the consumer. Few have the motive of preparing "something good" for somebody.

(To be continued.)

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