

southern girl in gaining the best equipment for life may become a member of the Alliance. The memberships range from five to twenty-five dollars a year. Every dollar subscribed is used to increase the educational advantages for the girls in the South. College clubs and alumnae associations may also become members. At present there are a number of these clubs and associations represented:

R. M. W. C. Students Association, Lynchburg, Va.

College Club of Norfolk, Miss Virgie A. Leggett, President.

College Club of St. Louis, Missouri, Miss Charlotte Gerhard, Treasurer.

San Antonio Branch, Association American University Women, Miss Pearl O. West, President.

Raleigh Branch A. A. U. W., Miss Catherine Allen, Meredith College, President.

Spartansburg Branch A. A. U. W., Miss Penelope W. McDuffie, Converse College, President.

Agnes Scott Alumnae Association, Tusculumbia, Alabama.

R. M. W. C. Alumnae Association, Mrs. Robert Woodson, President.

Sweet Briar College Alumnae Association, Miss Mary B. Taylor, Secretary.

The 1921 Report also points out that "trained workers have given their services in the compilation of survey material, and in other phases of the work, notably in the Speakers' Bureau, where women of national reputation in their respective fields have given their services often for a week at a time, for vocational talks and personal conferences with women and girls. Such co-operation is responsible for the bulk of work accomplished."

A much larger number of assistants is needed, however, to carry on the work, and to broaden its scope. The co-operation and help of every Southerner is needed. And we as Virginians must do our part. Perhaps you can think of no way in which you can help, but a number of ways are open to you.

The Alliance offers the following suggestions to persons who wish to help:

"Become a member of the Alliance.

"If you see a girl who is groping about, trying to discover what she can do well and happily, or if you know of a young woman who is working at an uncongenial occupation through ignorance of other possibilities, tell her of the help offered by the Alliance.

"Lend or persuade others to lend a student a sum of money, however small, to supplement the scholarship.

"Lend your co-operation for the creation of a permanent Loan Fund for students.

"Keep your eyes wide open for the capable girl needing more education, and help her to get it. Tell her about this phase of the work of the Alliance and help them to help her."

ROSA PAYNE HEIDELBERG

II

JEFFERSON'S GREAT TEACHER OF THE LAW

Jefferson was wont to pay special tribute to two of his teachers, Dr. William Small and Mr. George Wythe. The former was a close friend and guide during the two years at William and Mary; then, as a parting benefaction, he commended the young man to the favor of Mr. Wythe.

Says Mr. Jefferson: "He (Dr. Small) returned to Europe in 1762, having previously filled up the measure of his goodness to me by procuring for me, from his most intimate friend, George Wythe, a reception as a student of law, under his direction. . . . Mr. Wythe continued to be my faithful and beloved mentor in youth, and my most affectionate friend through life."

For five years Jefferson studied law under Wythe at Williamsburg. This does not mean, of course, that Jefferson resided at Williamsburg all the time during this period. In fact, it is plain from some of his letters, written in 1762, 1763, etc., that he was at Shadwell much of the time; but we may be sure that wherever he was he was diligently keeping up his readings in Bracton, Kames, and "tough old Coke." In 1765 the first volume of Blackstone's commentaries on the law appeared in England, and we may assume that Jefferson soon had a copy of it. He was at the same time enlarging his general culture by a study of the Anglo-Saxon language. This subject he undertook for the special purpose, it seems, of enabling him to investigate more thoroughly the ancient sources of the English common law, which had developed largely from Anglo-Saxon customs. Within this period, or soon thereafter, he also took up the study of the Italian language.

Parts of those five years, too, he spent in dreaming and in sighing. Most of his sighs, it would appear, were the fault of a fair young lady named Rebecca Burwell. He could scarcely write to his friend John Page without mentioning her. "Belinda" he called her most of the time in his epistolary lamentations. But in 1764 Miss Burwell rather abruptly married another man. Then Mr. Jefferson seems to have stopped sighing and to have applied himself more strictly to business. A shock, now and then, is a good thing for a youngster of twenty-one.

But he did not altogether abandon his dreams. In one of those dreams he was visiting England, Holland, France, Spain, Italy, and Egypt. Moreover, he was planning to sail to all those distant lands in his own ship, which was a-building, and which was to have been christened *The Rebecca*! Already he was inviting his friend Page to be a guest on the long voyage. And in Italy, for one thing, he was hoping to purchase a good fiddle.

All this and much more one reads in a letter that was written to John Page from Shadwell on January 20, 1763.

But alas for certain parts of that dream and a long time for the rest of it! Honey-moons did not hang in Jefferson's sky for eight years longer; and twenty years passed away before he visited Europe. In May, 1766, however, he did make a jogging journey to Annapolis, Philadelphia, and New York. Such a journey in those days was as much of an undertaking as a trip to Europe would be now. For it was a "jogging journey." Part of it at least was made in a one-horse shay. And there were plenty of rough roads on which to bump, plenty of rocky streams to ford, and plenty of spring showers in which to get wet.

Mr. Wythe all this time was living at Williamsburg practicing and teaching the law. In 1766 he was nearly or quite forty years old—just entering upon the prime of his manhood. Early in life he had been elected a member of the House of Burgesses, and he continued to serve in that body till the Revolution. In stature he was of medium size, well formed. In speaking before the courts he never employed a useless word, even if it might have given a fine sound to his speech. In character he was pure and upright. Some one said of him that he might

truly have been called the Cato of his country.

In 1776 Mr. Wythe was in Philadelphia, a member of the Continental Congress; and there on July 4 of the year just written he became one of the signers of that immortal document, the Declaration of Independence, fresh from the burning pen of his former pupil, Thomas Jefferson. His name was written as clearly and as boldly, almost, as that of John Hancock or that of Jefferson himself. Later the same year he and Jefferson were both back in Virginia, hard at work revising the laws of the new state. The seal of Virginia, so striking and so significant, was devised, it is said, according to a design that Mr. Wythe outlined. In 1777 he was speaker of the Virginia House of Delegates, which had taken the place of the old House of Burgesses. Shortly thereafter he was appointed judge of the chancery court at a salary of £300 a year. In 1791 he moved to Richmond, which had been made the capital of the state in 1780. There he soon had the young Henry Clay as a pupil, an apprentice in the law.

In 1787 Wythe was a member of the great Constitutional Convention at Philadelphia. Wythe County, Virginia, and the town of Wytheville in the same county are today monuments to the honor and esteem in which the eminent Chancellor was held in his native state.

In 1767 Jefferson finished the long course of study prescribed for him by his teacher. At once he was admitted to the practice of the law in the general court of Virginia. He was then just twenty-four years old. He was fond of his profession and was as careful and as thorough in working up his cases and in serving the interests of his clients as he had been in his extended work as a student. He never became eminent as an orator before juries, but the growth of his law business shows that he rapidly gained the confidence of the people who needed counsel in trouble or an advocate before the bar of justice.

During the remainder of the year 1767, the year in which he began to practice, Mr. Jefferson had sixty-eight cases. The next year he had one hundred and fifteen. In 1769 the number rose to one hundred and ninety-eight. During the next four years the records show the following figures: For

1770, one hundred and twenty-one cases; for 1771, one hundred and thirty-seven; for 1772, one hundred and fifty-four; and for 1773, one hundred and twenty-seven.

The foregoing figures apply only to his cases before the general court of the colony. Other sources of information show that he was engaged in a larger number of local cases.

Among his clients were many of the best people in Virginia. The Blands, the Burwells, the Byrds, the Carters, and the Careys did not come to him in alphabetical order, as their names are here arranged, but they all came. So did the Harrisons, the Lees, the Nelsons, the Pages, and the Randolphs, many of them.

In 1774 Mr. Jefferson apparently did not have as many cases before the courts as usual. This was probably due to the fact that he was giving more of his time to the great questions that were agitating the colonies in their quarrels with the mother country. In August, 1774, he gave up his legal business to Edmund Randolph, who was just then twenty-one years old. Jefferson himself was only thirty-one, but tasks of nation-wide importance were claiming his talents.

George Wythe, the great jurist and the great teacher, had at least two other disciples in the law who became world-famous. They were John Marshall of Fauquier and Henry Clay of Hanover; but in neither of them, we may be well assured, did he take a keener pride than in Thomas Jefferson, the blond giant from Albemarle.

JOHN W. WAYLAND

III

THE PSYCHOLOGY OF EATING

THE EVOLUTION OF THE NATURAL FUNCTION OF EATING INTO THE SOCIAL-ESTHETIC "FUNCTION" OF DINING

We must eat and drink, and the enjoyment of food is always legitimate. To live we must be fed, yet the feeding must be disguised, refined and appealing to the sensibilities before it becomes what is properly termed "dining". Its evolution begins in the sensory realm that directs the primary gratification concerned. The primitive instinct

of the child is to grab or snatch at anything in the shape of food. He has to be taught modifications of this grabbing element before he can be termed a member of society. The practice of some parents in not allowing their children to come to the table to dine until they have reached a certain age and have overcome this primitive tendency is the first point perhaps in their evolution of the natural function of eating.

Food is the first object of desire and all fins, legs, wings and tails were developed either to get food or to escape finding a grave in some other creature's stomach. The great epoch of fire and cooking evolved the hearth, home, and meal times. To dine was the first step on the highway towards civilization.

The infant will taste anything that can be carried to his mouth regardless of its edible quality; this desire lasts until about the third or fourth year. Then he wants to taste unusual things, mixtures of foods and drink, of foods in different stages of preparation. During adolescence curiosity demands new articles on the bill of fare, new flavors, etc. It is a period of unsettlement, fluctuation, and freakishness. Later we tempt the appetite by savory cooking, by seasoning and flavors, by rare and choice foods and by the elaborateness of the feast.

We order the courses of the dinner, the sequence following good taste and digestion alike, to give each its greatest effect. With the proper preliminary of appetizers we go thru soup and fish to the heavier, nutritious joints, tempered with sauces and relishes. Then we have the more piquant flavors and spices of game, counteracted with salads; we tempt the gratified appetite further with the lure of desserts and sweets. Formerly to aid digestion thruout and to give contrast we would use appropriate wines, but now we may only conclude with the aromatic stimulant of coffee. The cigar in the psychological sequence completes the series, leaving only the flavor—even the suggestion of nutriment is gone. All this belongs to the field of gastronomy which is by no means a despised esthetic art. The main point is that attention to eating and the enjoyment of it for flavor distracts from the satisfaction of eating for nourishment, however ready we are to admit that a natural appetite is the best sauce.