

tempts have from time to time been made to supply the need, but they have failed from being treated as complementary to some general effort to improve the art of cookery, or adapted only to a class of society in which every want can be supplied without stint or trouble. The object to be obtained is more simple and yet not less difficult. It is to show persons of ordinary intelligence and with limited means how to compound and serve up the common necessaries of the sick diet with cleanliness, taste, and delicacy. For such a boon everybody concerned would be exceedingly thankful.—*The Lancet*.

---

### Opinion of the Press.

---

*From the Volunteer Review.*

\* \* \* \* Is neatly got up and well printed on good paper. \* \* \* \*

*From the Daily Enterprise.*

NEW MAGAZINE.—The number before us is very neat in typographical appearance and contains a number of carefully written articles on health, &c.

*From the Herald, Carleton Place.*

It contains a number of important articles and communications. \* \* \* \* It is well worthy of circulation, as the subjects on which it deals are of the gravest importance.

*From the Lindsey Post.*

LITERARY. \* \* \* Such a publication is much needed; and if properly conducted, will do much good. The initial number before us is very fair and promising in every respect.

*From the British Whig.*

“PUBLIC HEALTH.” \* \* \* \* It is neatly printed, and will doubtless meet with the success it deserves, and that success is a monthly visit to every family which values health and bodily comfort. \* \* \* \*

*From the London Daily Free Press.*

A USEFUL PUBLICATION. \* \* \* \* \* Montreal has been singularly unfortunate in its death rate, a condition of things arising to a very great extent from an absence of knowledge among the masses of what they should do and avoid in connection with their food, lodgings and occupations. Every effort which tends to remove ignorance concerning these important matters is a step in the right direction, and it may be hoped that the citizens of Montreal will amply sustain this endeavor to communicate the useful information. Among other useful matters the editor promises articles upon the preparation of food, its qualities and nutritive properties.