

THE WATER-CURE JOURNAL,

DEVOTED TO THE
EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF
HYDROPATHY, OR THE WATER-CURE.

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"Wash and be Healed."  
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[WHOLE No. 27.]

THE MORE ANCIENT USES OF WATER.

Hippocrates, the great father of medicine, "the old man of Cos," who lived to about 90 years of age, we are told was accustomed to use water in his treatment of many of the most serious diseases. He observed, that it was the general nature of warm water to produce a chill, while cold water produces warmth. His method of effecting a sweat was exceedingly simple, and at the same time most effectual; far more so even than those modes of stimulating and rasping the internal organs by means of drugs. His plan, as we have seen elsewhere, was to pour water over the body, and then to place sufficient warm clothes upon the patient, so that the desired effect was produced. In a work which he wrote on Air, Water, and Situation, when about to speak of water, he says, "Let us see which are good and which bad; it is a point on which health mainly depends." He considered water the best drink. He laid down as an important law, that a bath enfeebles, every time that its heat exceeds that of the body immersed in it. The truth of this Hippocratic precept has often been verified. He said that the affusion of water cures cramp, convulsions, and tetanus; that the gout was to be cured by a large affusion of cold water; for it was certain, holding

the foot a long time in it, abates the swelling, redness, and pain.

Galen, who lived in the second century, and who, next to Hippocrates, was called prince of the Greek physicians, said that he had cured many cases of burning continued fever, by giving his patients nothing but cold water to drink, and that not one of his patients died who had recourse to this simple remedy sufficiently early. He had seen many cured of a severe pain in the stomach in a single day, by drinking cold water. He also recommended cold bathing in fevers, and to persons in health, for fleshy ones, and those that use due exercise. According to his directions, the body was to be prepared by exercise in the gymnasium, by friction with coarse cloths, and sometimes by the prior use of the warm bath. The baths were to be taken before eating. After the bath, much friction and rubbing the surface was to be used until the skin was well warmed. He said that the duration of baths is too long, when after coming out of the bath, the body is very pale, and is not soon heated again by friction, and does not recover its natural heat and color thereby. Galen, like Hippocrates, lived to a very great age.

Celsus, a physician and philosopher, styled the Cicero of doctors, employed

water for complaints of the head and stomach. He said that nothing is of so much service to the head as cold water. He recommended such as were weak in the head to plunge it into cold running water; and also in cases of weakness of sight, accompanied with a prevalent discharge from the eyes, and in enlargements of the glands. He said that slight cuts or wounds may be healed by applying sponges squeezed out, of cold water; but that in whatever way the sponges may be applied, it is only of benefit as long as it retains the moisture.

The illustrious Boerhaave recommended the use of water to render the body firm and strong. Cold water, when limpid, light, and without smell or taste, and obtained from a clear running stream, he declared to be the best drink.

Hoffman, a contemporary of Boerhaave, and professor of physic at Halle, and physician to the king of Prussia, wrote on the subject of water. He recommended it as the best preventive and cure of a large number of diseases. He said those who drink water, are observed to have much whiter and sounder teeth. They are brisker and more alert in all the actions, both of mind and body, than such as use malt liquors. In reference to the use of mineral waters in chronic diseases, he said it was not owing to the light, sparkling air, or to the saline, or other mineral substances combined with the water, so much as to the medicinal properties of common water with which they are mixed, and which is drank in great quantities. "Water proves agreeable to persons of all ages," and "The drinking of water is serviceable in every complexion," are sayings of Hoffman. But his confidence in the power of water is best shown in the following quotation: "If there exist any thing in the world that can be called a *panacea* (a universal remedy) it is pure water; first, because it will disagree with nobody; secondly, because it is the best preservative against disease; thirdly, because it will cure agues and chronic complaints; fourthly, because it responds to all indications." By objectors to the exclusive, or nearly exclusive use of water, it is often said that water is most excellent

in its place, and that it is good for a great variety of cases, and has been greatly neglected in the treatment of diseases; but that it *will* not respond to or answer all indications; that is, it cannot be made to answer all the good purposes of medicines. Hoffman, all will agree, is good authority; but the best proof of all, is actual experiment. Priessnitz, during the last twenty years, has cured diseases with greater success than any before him. His only medicine from the beginning of his accidental career, has been *pure clean water*.

Hufeland, who was also a distinguished professor, and editor of a medical journal, mentions the case of a Mr. Theden, veteran surgeon general, who ascribed his long life (more than 80 years) chiefly to the daily use of a large quantity of water, which he drank for upwards of forty years. Between his thirtieth and fortieth year, he was a most miserable hypochondriac, oppressed with the deepest melancholy, tormented with a palpitation of the heart, indigestion, &c., and fancied that he could not live six months; but from the time he began this regimen all these symptoms disappeared, and in the latter half of his life, he enjoyed better health than before, and was perfectly free from his hypochondriac affection. He said, "The element of water is the greatest promoter of digestion; an excellent reviver of the stomach and strengthener of the nerves, and assists all the secretions of the body, and that it purifies, not merely the skin, but freshens and exhilarates both the soul and body; it strengthens and preserves against the changing influences of air and weather, keeps the solid parts supple and the joints pliable; it preserves the vigor of youth and keeps up the vigor of old age. It is a powerful preventive of bile and putrefaction."

Zimmerman, the author of a well known work on Solitude, and physician to Frederick the Great, King of Prussia, strongly recommended water. "Water," he said, "does not chill the ardor of genius," and then mentioned the instance of Demosthenes, whose sole drink was water.

Hahn, a German physician of note, wrote a work on the effects of water in 1738. "Water," he says, "does not, as

some suppose, weaken the stomach, but on the contrary increases the appetite, as may be seen by the larger quantity of food taken at meals. Those who make this assertion contradict themselves; for a debilitated stomach requires a less, and not a larger quantity of food. Others imagine that by drinking water they lose their color and flesh. Even if such were the case, and they did become a little paler and thinner, such a loss is not to be compared to the general improvement of health which is obtained thereby. It yet remains to be shown, whether a protuberant stomach, with swollen, flabby, puffed out cheeks, is to be preferred to a more slender shape, and a thinner face; or whether the rude country glow of health, with rosy cheeks, is not to be preferred to that pale and sickly hue, so much admired by people of fashion. But water drinkers generally retain their flesh and healthy color. A few, however, who had swollen, flabby or spongy flesh, and therefore unhealthy, have in appearance become thinner, and lost their puffiness, having exchanged it for a firm and compact flesh, therefore healthy. Those who from the use of ardent spirits and thick glutinous beverages, as beer or brandy, have got reddened, violet, copper-colored faces, have not by drinking water, become pale, but have exchanged their violet or purple redness for a more natural color. Every man ought, I think, to be satisfied with such a change." This writer says that perspiration, caused by cold water, is more salutary than that by any other known means; and although warm water will produce perspiration, yet it chills the body much more afterwards than cold. He mentions that a physician relieved the viceroy of Sicily, Johannes de la Vega, by the use of water, and received from him as a reward, the golden cup out of which water had been drunk. He said, that cold water was better to remove impurities from the skin than warm, because the warm water dries up the skin, and injures its fine vessels; while cold strengthens it, and renders the body hard and insensible to cold, like that Scythian who went naked about the market place of Athens to the great wonder of the people. On being questioned by one of the

philosophers how he could go about naked in the cold, asked in reply, why the other did not cover his face up in winter. Upon the Athenian answering that it was accustomed to the cold, the Scythian rejoined, "then consider my whole body as being all face."

Hahn recommended a woman who had the itch, to get into a tub of water, and remain in it several days, to eat, drink, and sleep therein. This being attended with too much inconvenience, she washed herself several times during the day, and wrapped herself up in wet sheets during the night, and then became cured in a very short time. There was, he says, mixed with this treatment, a little superstition, as it was thought the disorder could only be cured by bathing on Good Friday. Some persons who suffered severely with this disorder, went on a Good Friday, and bathed in their under-clothes, then returned without changing or drying, went to bed, and were entirely cured. A gentleman of his acquaintance had an ulcer on his foot, which he cured by frequently bathing in a pond: and whenever it threatened to re-open, speedily re-established the cure by the same means. A fisherman had a large ulcerated abscess in his thigh, which had continued in spite of every remedy, for the space of two years. The fear that water would aggravate the evil, had caused him to abandon his pursuits, but the prospect of starvation compelled him again to fish. On coming out of the water after two hours, he was agreeably surprised to find the sore much less painful. This induced him to go daily into the river, and in a short time he became perfectly cured. He had ordered his patients to let their sores soak in water, as tanners do their skins, to remove the putridity, for several days and nights. Running streams were more efficacious than washing in tubs, and the more so when the patient wades against the stream, as the water thus enters and cleanses the part more effectually. He had witnessed the good effects of water in St. Anthony's Fire, which was removed in the course of a few days without the slightest injury to the skin; whereas, on the other hand, the applications of rose pink and white lead in

powder, or of fat and oily pomades and plasters, impede the perspiration, increase the pain, and frequently cause ulcers. Spirituous lotions, in some measure, burn the skin, so that it peels off in large pieces; in like manner, other applications only aggravate the disease, and render it more difficult to cure. In speaking of cancerous ulcers, he says they bear the application of cold water very well. It refreshes and cleanses them, corrects the corrosion and mitigates the pain. He had met with cases where the most bland, innocent and advisable remedies having proved irritating and painful, the patients had not only obtained great relief, but eventually were cured by cold water. He says, in the acute diseases the fire burns with the greatest violence in the interior of the body, but as may be seen by the thermometer, the skin is also affected in a great degree. Where the fire is, there we must also quench. Cold water, though taken in large quantities, does not relieve the burning skin; but washing the body with cold water, the patient feels immediately refreshed, and scarcely are the sponges applied before instant relief is obtained. So luxurious is the sensation, that many are unwilling that this washing should be discontinued, but like the rustics Latona changed into frogs, would prefer to remain in cold water. Infants who have eruptions on different parts of the body, like to be rubbed with cold water, and are by this simple remedy speedily cured. In exanthematous diseases, as small pox, measles, scarlet fever, and other rashes, we may freely wash with cold water from the first to the last, during the whole course of the disease, in order to prevent the fever from becoming too violent. The skin is thus rendered more soft, so that the acrid matter can more easily pass through it. In small pox, the corrosive quality of this acrid matter is rendered milder, so that it does not eat into the skin, leaving scars behind, and very few patients who have been treated in this way, have been marked by the disease. The Africans, he says, wash all their small pox patients. A captain having a cargo of slaves, amongst whom this disease made its appearance, treated them according to the European

mode of putting the patients between two mattresses, and otherwise heaping clothes upon them, in order to bring out the disease. In great distress they cried and begged to be allowed to treat themselves according to their own mode. Being permitted, the other slaves tied ropes round the bodies of those that were sick, and dipped them frequently during the day into the sea, drying them afterwards in the sun, and in this manner they were cured, and scarcely one died. As in small pox, it is equally beneficial in measles and other rashes, and of a variety of cases he gave, scarcely any one died of measles, and in small pox not one-fourth of the number die that usually perish under the hot regimen. Out of 156 small pox patients, which a neighboring physician had treated in this way, only 8 died, although the disease raged in a virulent manner. In 1737, during the prevalence of a malignant epidemic, accompanied with *petechie* (small flea-bite spots occurring spontaneously, and under such circumstances, that is, in severe fevers, denoting great prostration of strength), very few died who were submitted to this treatment, although they were washed until they became very cool, even during the continued and debilitating sweats.

Speaking of certain late raging epidemics, he had frequently observed that ice, tied up in a cloth, and applied to the head, in case of inflammation of the brain, produced a most visible salutary effect, and in the course of a few hours permanently restored the intellects. He had never known a patient to die in consequence of such treatment.

Again: "Those who are obliged to walk or run a great distance, by which violent or long continued action the veins of the legs become swollen, and accompanied with great fatigue, will find their pains relieved, and themselves refreshed, by taking a cold foot bath. This is made mention of in the Old Testament, and it was considered an indispensable mark of attention, to present the newly arrived guest with cold water to wash his feet."

Father Bernardo, a Sicilian Capuchin Monk, he says, performed many surprising cures in the island of Malta, in the years

1724 and 1725. His practice was to order his patients to drink iced water, and sometimes to take the same as a lavement. He kept them almost fasting for one or two months; and pursued this treatment in winter as well as summer. He cured the Grand Prior Ferretti, aged 92, when at the very point of death, giving him iced water to drink. It is stated that none of his patients perished either from starvation or otherwise. Thus by means of ice and cold water, he performed a great number of wonderful cures, in cases which had been given up by physicians, so that he was called "the *water doctor*."

In cases of cramp, contraction, and paralysis, in addition to washing the parts with cold water, it is advisable to wash the head, and particularly the back of the neck; also to use the douche bath to the head, covered with a *sponge cap*, and the parts diseased, either exposed or covered with a cloth. The action of the water is found to produce a warmth in the skin, and penetrating deeper than the cold bath, (*i. e.* producing a more powerful reaction,) operates more quickly and effectually. A woman who had for a long time suffered pain in the back, neck, shoulders and arms, obtaining no relief from the remedies employed, at last applied to me for advice. I ordered a stream of cold water to be poured over the body, in a cool room. I had her wrapped up in sheets dipped in cold water, and which, from time to time, were renewed. She fell into a moderate perspiration, and in a few days was perfectly cured.

The father of Hahn, in his Psychrolusia, laid down the following excellent rules for morning ablutions: "On getting out of the bed in the morning, the face and whole body should be washed with cold water, first with the naked hand, and afterwards with a sponge, pressing the water out of the sponge into the eyes and ears; then rubbing the body dry, rinsing out the mouth, and drawing the water through the nostrils, and finishing by taking a hip bath. The trouble thus taken will be amply repaid by the agreeable sensation of warmth and freshness. Sick patients cannot do this, but the attendant should wash them over with a sponge dipped in cold water,

and apply bandages, also dipped in cold water, especially to the diseased parts, suffering from heat, pain, swelling, eruptions, &c., not merely once a day, but oftener, as the greater or less intensity of the disease may require."

"A man, of 75 years of age, was seized with a violent fever, and treated in the usual way according to the hot regimen. A rash made its appearance, whilst his strength became gradually more and more exhausted. Lying constantly on his back, the skin at the lower part of the spine became inflamed and ulcerated. The patient remained in this state for six weeks, when a hardness and swelling was observed about the knees. The lower extremities had become stiff and immoveable, and the muscles shrivelled up. The stimulating treatment was now abandoned, and cooling emulsions, and water mixed with the juice of lemons and raspberries, ordered to be drunk. Linen rags dipped in cold water were frequently applied to the inflamed and ulcerated parts of the back. The same were also applied to the thighs, notwithstanding the rash on the thighs and other parts of the body, and continually renewed, night and day. After a few days, cold foot-baths were used, and moist napkins were applied to the feet. This cooling treatment gave immediate relief. The feverish heat left him, and the rash disappeared. He recovered the use of his limbs, and in three weeks was perfectly restored to health, and declared that after this water treatment he enjoyed better health than he had done for the last 30 years."

Hahn cured many cases of insanity, by causing the patients to drink largely of cold water. Such as would not drink he chained up, and gave salt herrings to eat. By thus exciting thirst, they were caused largely to drink the water before them. One of them, who ate, for several days in succession, from eight to twelve herrings, and drank eight quarts of water, was cured in three weeks.

(To be continued on page 65.)

An old saying concerning cheese is as follows:

"Cheese is a surly elf,
Digesting all things but itself."

[From the American Journal of Homœopathy.]

MORTALITY OF CHILDREN.

(Concluded.)

The mortality of children in our city and elsewhere is a grave subject; and what we say of it should be with great care, that we may not put forth error instead of truth. There are, however, in our judgment, enough of clearly ascertained facts, which, if closely regarded, will enable us to progress with safety.

The City Inspector reports 547 deaths from the 18th of July to the 1st of August. Of this number, 320 were two years of age and under. On examining these reports, we cannot make out of what these children died. We have selected all the diseases named in the list, with which children are liable to be afflicted, and yet the number is only 275; viz., cholera infantum 91, convulsions 44, croup 3, dropsy in the head 20, scarlet fever 4, whooping cough 15, inflammation of the brain 11, inflammation of the bowels 17, inflammation of the lungs 13, marasmus 43, premature birth 2, sprue 4, teething 7, worms 1. We notice this as evidence, among other points, of the imperfection of these reports in the names of diseases. We do not blame the Inspector, for he is governed by the certificates of physicians. In the reports before us for two weeks, may be seen, died of "debility 14." What kind of disease is "*debility*?" We do not know. For a scientific physician to write a certificate "died of debility," would be as reasonable as to certify *died of a want of breath*. In truth, there can be little or no reliance on this branch of these reports. We agree with a Dr. A. L. C., who recently wrote a silly paper against Homœopathy, that every case of death should be investigated by the authorities, if it were at all practicable, and the investigation should be thorough.

We propose, in the next place, to notice a very common disease of young children, and of which many die,—many more than is suspected by parents or physicians. We allude to *sprue*. This disease is known in the books by the name of *aphthæ*. Sometimes it is called the "baby's sore mouth."

It is not necessary to describe this sore mouth, as almost every one has seen it. The best authorities agree that this affection is of a symptomatic kind, or very rarely, if ever, an original disease. As evidence of this, "it is almost uniformly preceded by a deranged condition of the alimentary canal, and always, we believe, by some disturbance of the stomach itself. The brain also shows signs of participating in this complaint, as there is almost always an unusual inclination to sleep, though the child is frequently disturbed in its nap by some internal irritation, perhaps of the bowels themselves." And the ignorant nurse will often exclaim, "The child is sleeping for a sore mouth." The bowels are often teased by watery, acrid stools, of a greenish color; their discharge is frequently attended with the eruption of much wind, and to judge from the noise, it would be supposed there was a very large discharge of fœces, though upon examination it is found to be very sparing.

This is an exceedingly brief description of the condition of children laboring under *sprue*; but it is enough for our purpose. From this we will try to show why infants have this sore mouth. Every infant, without any exception, has, previously to the development of the sore mouth, a derangement of the stomach or bowels, or both. How came these to be deranged? Is there any necessity for an infant's stomach and bowels to become deranged? We answer most positively, there is not. This derangement arises mostly from the ignorant and destructive doings of the nurse, or the mother, or the physician, or all three combined. This is not mere assertion: it is a sober fact. We have lived long enough, and have seen young children enough, and nurses enough, and mothers enough, and physicians enough, and enough of their doings towards young infants, to enable us to form an opinion which ought to be of some use in the health and life of children. This whole mischief comes first, of improper diet, of unnecessary drugging, of too frequent and irregular feeding of the infant. Secondly, of improper drinks and diet on the part of the mother or

wet-nurse; and also improper and unnecessary taking of anodyne and purgative medicines. If a nursing mother takes a cathartic of Epsom salts, or salts and senna, almost invariably the child's bowels will be purged: if she takes opium, the first effect on the child is to constipate the bowels, and if left without doing anything, in a short time a looseness of the bowels comes on; but the usual course is, the nurse administers a dose of castor-oil to relieve the constipation, which in this case is a drug symptom, and then follows griping and purging. In this way that derangement is effected in a child's stomach and bowels, which precedes the development of *sprue* or sore mouth. Now, if an allopathic physician be called in, and if he administers a dose or several doses of calomel, very often a condition will soon be induced, which he will term cholera infantum, or marasmus; and death will follow of ulceration of the bowels, attended with convulsions or symptoms of dropsy in the brain. Very lately we saw a case of this kind where there was not only ulceration of the bowels, but also of the stomach. This can be explained. The mercury is homoeopathic to this disease, and is cured by it promptly in the thirtieth or twelfth dilutions, or the third trituration;—often by a single dose, if not interfered with by the nurse. If given in large doses as in the allopathic school, it aggravates the disease to such a degree in most cases, that the little sufferer has not vital energy to withstand it. The best authorities of the allopathic school do not allow of the use of mercury in these cases; but, for a reason of which we are ignorant, it is now almost always prescribed.

Marasmus is often induced by a badly treated *sprue*. Frequently the sore mouth exists during the whole course of this disease; but it is entirely overlooked by the old school. *Marasmus* by them is placed to the credit of *scrofula*, a condition of the human system which is not known in that school, and cannot be, until Hahnemann's views of chronic diseases are acknowledged.

Although we are at times compelled to write hastily, yet we wish it understood,

that these views have been entertained by us for years, and have been confirmed so often by observation, that we fully believe them to be true, and will bear the test of the closest investigation.

[From the New York Journal of Commerce.]

SURGICAL OPERATION UNDER MAGNETIC INFLUENCE.*

A few days since, a large tumor was taken from the shoulder of Mrs. Dunn, wife of the Principal of the Academy at Hempstead, L. I., without pain, she having been put into a mesmeric sleep. After the operation was finished, Mr. Dunn, by a few reverse passes, restored her to consciousness. In reply to an observation that she had quite a nap, she said she had, and that she felt much better for it. The tumor having been mentioned, she was told that the physicians had examined it, and had concluded to do nothing more with it at present. She expressed considerable disappointment, and being asked, if she would consent to be mesmerised next week, and have it taken out, she answered in the negative, and said that, if it became necessary to have it removed, she would prefer to remain in a state of consciousness. Dr. French asked her if she had experienced any pain or uncomfortable sensation during the sleep. She said she had not, and the Dr. then asked what she would think, if he should tell her that it had been removed. She turned her eyes towards her shoulder, and perceiving a small spot of blood lower down on her dress, with a countenance indicating much anxiety she asked her husband if it was out. The tumor was shown to her, and she evinced much agitation." The parties to this transaction, says the Brooklyn Eagle, are all well known in Hempstead, and their standing and position are such as to preclude all idea of deception.

* We introduce the above article as one of general information. The theories upon the subject of mesmerism are exceedingly contradictory, and we profess to know but little concerning it. The facts of the art cannot be disputed. Let those who have opportunity examine the subject candidly as become rational individuals. [Ed. Jour.]

WATER-CURE JOURNAL.

NEW-YORK, FEBRUARY 1, 1847.

The WATER-CURE JOURNAL has now had an existence of more than two years. It was the first periodical published on the subject this side the Atlantic, and, with one exception, so far as we know, the second that has ever appeared. Like all new enterprises, and especially those that are in opposition to the opinions and prejudices of the many, the Journal has had its difficulties to contend with; but, on the whole, its success has been greater than was anticipated. Many who love the simplicity of truth and the best good of human kind, have, by their exertions to extend its circulation and by their subscriptions, aided us materially in its support. To such we feel under great obligations, and here give our most sincere thanks.

The Journal, we feel to acknowledge, has not been all that the importance of the subject demands; still we have had the satisfaction of knowing that it has not unfrequently been the means of good. Many persons who have suffered long with diseases from which they could obtain no relief, have, through the information here given, been either greatly benefitted or entirely cured; and something, we trust, has been done to inculcate the doctrines of simplicity, sobriety, and a better knowledge of human health.

During a part of the past year of this paper, our health and occupation did not admit of giving that effort in its pages we desired. Although naturally of firm constitution and most vigorous health, we became, through cares and anxiety, and multiplicity of duties, severely depressed in health; so much so, that it was well nigh impossible to go on in our avocations. In consequence of the arrangements we now have as to aid, and experience gained,

we trust we can make our effort one that will be to our patrons profitable and interesting.

The Journal will hereafter contain a far larger portion of original matter than heretofore, or than is common in works of the kind. We shall devote considerable space to the detail of cases and the descriptions of disease. There are numbers of cases of cure, some of remarkable character, which we have performed, and that have never yet been given the public. We are, moreover, extensively engaged in daily practice, and shall, we hope, be enabled to give information that will be useful.

We shall also devote a commensurate share of attention to the all-important subject of diet. There is no topic of more importance than this, and no one upon which there is more lack of knowledge. Mankind, as a rule, have been in the habit of eating and drinking as they have chanced to do, and without making the subject one of accurate observation or experiment. We shall frequently give descriptions of the forms of food we consider the most healthful for invalids and the well.

Finally, from greater advantages from more extended experience, an increasing love of the subject, and a desire for its spread, may we not hope to make the Journal a truly valuable one,—a paper that will be found worthy the patronage of every friend of our great cause? At the low price of publication, it must be apparent to all who are acquainted with matters of the kind, that the Journal needs a large circulation to sustain it from loss. We ask, then, only as we shall deserve, aid and support; and through the information we are privileged to give, may many be restored again to experience health.

INNUTRITIOUS MATTER IN FOOD NECESSARY TO HEALTH.

It is a well ascertained law of the animal economy, that food, to be healthy, must contain a considerable portion of matter that is wholly indigestible and innutritious. Thus, Magendie, the physiologist, found that dogs, fed upon sugar, gum arabic, butter, olive-oil, and some other articles of rich or concentrated nature, each given to the animals separately with pure water, they very soon lost their appetites, began to droop, became emaciated, were attacked with ulcers, and died, invariably, within the space of four or five weeks. Fed upon superfine flour-bread and water, they lived uniformly about seven weeks, varying only a day or two. When fed upon coarse or military bread, such as contained either the whole or a considerable portion of the bran, the dogs thrived perfectly well, and were found in no respect to suffer. The same truth has often been illustrated upon ship-board at sea. In many cases, where the hay and straw were swept overboard, it has been found that the animals, in a few days, famished, unless some innutritious substance, as the shavings of wood, was mixed with the grain given them. The animals have been observed to gnaw at the spars and timbers, or whatever wood they could lay hold of; and thus the idea was suggested, that the grain alone was of too rich a nature for their sustenance.

The same principle holds good in reference to the health of the human body, and, as a general fact, food, in civilized life, is of too concentrated a quality. This is particularly true in those parts of the world where an abundance can be had; in other words, in the more civilized and enlightened parts of the world. A host of diseases, both acute and chronic, are either caused or greatly aggravated by con-

centration in food. Indigestion, with its immense train of evils, constipation, loss of flesh, corpulency, nervous and general debility, torpor, and sluggishness of the general system, are the principal roots of all disease in the human family, and these are among the difficulties caused by too great richness in food. Children are often injured in this way. Mothers, in their kindness, think nothing too good for their little ones. In many parts of our country, the infant at the breast is taught to suck at its piece of pork, or other fat meat. Sugar, sugar candy, sweetened milk, superfine bread, and rich pastries, are all given for the same reason, by mothers and nurses in their mistaken kindness. Children reared in this way can never be healthy for any considerable length of time, are generally very puny and weak, and often die within two or three years of birth. Scrofulous and other ulcers are frequently thus caused, and so also those derangements of the stomach and bowels, which so often, in spite of the best remedial means, sweep these little sufferers from their earthly existence, and this at the very time when their growing mind begins to gladden the parent's heart. There is great and prevailing error upon this subject, and happy are those parents who take it upon themselves to gain wisdom in this most important matter of food.

Sedentary and studious persons, and especially young ladies at seminaries and boarding-schools, suffer much from the effects of superfine bread, and other forms of concentrated food. Constipation, which is always attended with unpleasant results, is very common among this class of persons, one of the greatest causes of that state of health being too great richness in food.

The effects of superfine flour were

strikingly illustrated in the case of a crew of seamen belonging to Providence, R. I. The narrative we quote from Graham's *Science of Human Life*, and is as follows :

"Captain Benjamin Dexter of the ship *Isis*, belonging to Providence, R. I., arrived from China in Dec. in 1804. He had been about one hundred and ninety days on the passage. The sea-bread, which constituted the principal article of food for his hands, was made of the best of superfine flour. He had not been long at sea before the men began to complain of languor, loss of appetite, and debility. These difficulties continued to increase during the whole voyage, and several of the men died on the passage of debility and inanition. The ship was obliged to come to anchor about thirty miles below Providence; and such was the debility of the hands on board, that they were not able to get the ship under way again; and the owners were under the necessity of sending men down from the city of Providence to work her up. When she arrived, the owners asked Capt. Dexter what was the cause of the sickness of his men, to which he answered, 'The bread is too good.'"

Cases of a similar kind have elsewhere been known to occur. Sailors, the world over, are generally furnished with brown sea-bread, much to the advantage of this useful class of men, did they but know it; and their health is proverbially good, while they are away from the temptations upon land. These hardy, weather-beaten men are subjected to many healthful influences other than the use of coarse bread, but, on the whole, their dietetic and other hygienic habits need greatly to be improved; still, compared with the mass of mankind, they are remarkably healthy.

Every one who is aware of the importance of a certain degree of innutritiousness in food, must lament many of the so-called improvements of modern times. Who can think of the good dishes our New England mothers used to prepare,

homely and plain, as the fastidious would now consider them to be, and not desire earnestly that such days of simplicity might again return to us? As things are, if a person travels from home, or visits among friends, almost every dish that is set before him is of a form so concentrated as to be positively injurious. At the best hotels and boarding-houses, upon the floating palaces that glide upon our waters, and in our splendid ships that traverse the seas, the evil we speak of is generally prevalent. But, thanks to the day in which we live, a better way is fast progressing. Hydropathy, in all its simplicity and primitiveness, goes forward; and a *knowledge*, never before arrived at, of the importance of plainness in food, is destined henceforward to prevail.

HYGIENIC HABITS AND OPINIONS OF HOWARD, THE PHILANTHROPIST.

That Howard, the Philanthropist, was a great and pre-eminently good man, the world freely admits. A knowledge, therefore, of his hygienic habits and opinions can but be interesting to every reflecting mind.

Howard lived at a time very different from the present. No temperance reformation had gone forth to shed its blessings upon millions of the degraded and suffering of humanity; the hygienic and medical virtues of water were comparatively unknown, and almost every notion in the popular mind, concerning health, was erroneous. Even at this day, in Howard's native country, (England,) it is believed by the many, that alcoholic drinks, as wine, porter, &c., are not only harmless, but positively necessary, in order to enable the human body to withstand fatigue and exposure to cold, and to resist disease; and many pass through life without scarce ever tasting of pure cold water, much less

to wash the body in that element; and in the construction of dwellings, and the habits of dress, the greatest pains are taken to avoid exposure to cold air, so injurious is it supposed to be. Howard, as we shall see, had the sagacity to detect many of these popular fallacies, and recommended his modes by example as well as precept.

Howard was exposed to the influence of pestilence and disease in its most malignant forms, probably more than any other human being who has ever lived. "This man," says one biographer, "visited Europe, not to survey the sumptuousness of palaces, or the stateliness of temples; not to make accurate measurements of the remains of ancient grandeur, nor to form a scale of the curiosities of modern art; not to collect medals, or to collate manuscripts; but to dive into the depths of dungeons; to plunge into the infection of hospitals; to survey the mansions of sorrow and of pain; to take the gauge and dimensions of misery, depression, and contempt; to remember the forgotten; to attend to the neglected; to visit the forsaken; and to compare and collate the distresses of all men in all countries." "He travelled," says another, "between fifty and sixty thousand miles, for the sole purpose of relieving the distresses of the most wretched of the human race. The fatigue, the dangers, the privations he underwent or encountered for the good of others, were such as no one else was ever exposed to in such a cause, and such as few could have endured. He often travelled several days and nights in succession, without stopping,—over roads almost impassable, in weather the most inclement, and with accommodations the meanest and most wretched. Summer and winter, heat and cold, rain and snow, in all their extremes, failed, alike, to stay

him for a moment in his course: whilst plague, and pestilence, and famine, instead of being evils that he shunned, were those with which he was most familiar; and, to many of whose horrors, he voluntarily exposed himself, visiting the foulest dungeons, filled with malignant infection,—spending forty days in a filthy and infected lazaretto,—plunging into military encampments where the plague was committing its most frightful ravages,—and visiting where none of his conductors dared to accompany him."

Under such circumstances, the habits of Howard were very simple, rigid, and abstemious in the extreme. In all seasons he made it a point of the utmost importance to practise daily bathing. "Water," says Dr. Aiken, "was one of his principal necessities, for he was a very Mussulman in his ablutions; and if nicety had place with him in any respect, it was in the perfect cleanliness of his whole person." "These ablutions," says another, (Dr. Brown,) "he regularly performed in the depth of the coldest winter, by plunging into a bath whenever he had the opportunity of doing so,—and when he had not, he would frequently lay himself down for some considerable time between two sheets, wet for the express purpose of communicating to his body the desirable degree of cold." According to another author, "both on rising and going to bed, he often swathed himself in coarse towels, wet with the coldest water; in that state he remained half an hour, or more, and then threw them off, freshened and invigorated, as he said, beyond measure." He never used a great-coat, we are told, even when in the coldest countries. For many of the last years of his existence, he tasted neither flesh, fish, or fowl; and near the close of his life, he wrote in his diary, "I am firmly persuaded, as to the health of our

bodies, that herbs and fruits will sustain nature, in every respect, far beyond the best flesh!" So prudent was he of time, that he strenuously avoided dining parties, nor would he sit when taking his simple meal of tea, milk, and rusks.

On becoming acquainted with these singular habits of Howard, one would naturally be led to suppose that his constitution must, from the first, have been a strong one, capable of enduring great exposures and fatigue. Such, however, is not the fact. He was, when young, as he himself tells us, of very feeble health.

Some of his peculiar habits and opinions appear in a quotation from Pratt's *Gleanings*, (1796,) as follows :

"Some days after his first return from an attempt to mitigate the plague at Constantinople, he favored me with a morning visit to London. The weather was so very terrific, that I had forgot his inveterate exactness, and had yielded up the hope of expecting him. Twelve at noon was the hour, and exactly as the clock struck, he entered my room; the wet—for it rained in torrents—dripping from every part of his dress, like water from a sheep just landed from its washing. He would not have attended to his situation, having sat himself down with the utmost composure, and begun conversation, had I not made an offer of dry clothes. 'Yes,' said he, smiling, 'I had my fears, as I knocked at your door, that we should go over the old business of apprehension about a little rain water, which, though it does not run off my back as it does from that of a duck, does me as little injury, and after a long drought is scarcely less refreshing. The coat that I have on has been as often wetted through as any duck's in the world, and indeed gets no other cleaning. I assure you, a good soaking shower is the best brush for broad-cloth. You, like the rest of my friends, throw away your pity upon my supposed hardships with just as much reason as you commiserate the common beggars, who being familiar with storms, necessity, and

nakedness, are a thousand times (so forcible is habit) less to be compassionated than the sons and daughters of ease and luxury, who, accustomed to all the enfeebling refinements of feathers by night and fires by day, are taught to shiver at a breeze. All this is the work of art, my good friend; nature is intrepid, hardy, and adventurous; but it is a practice to spoil her with indulgences from the moment we come into the world. A soft dress and soft cradle begin our education in luxury, and we do not grow more manly the more we are gratified; on the contrary, our feet must tread upon carpets, breathe, as it were, in fire, and fear the least change in the weather. You smile,' said Mr. Howard, after a pause, 'but I am a living instance of the truths I insist on. A more puny youngster than myself was never seen. If I wet my feet I was sure to take cold. I could not put on my shirt without its being aired. To be serious, I am convinced that what emasculates the body debilitates the mind, and renders both unfit for those exertions which are of such use to us as social beings. I therefore entered upon a reform of my constitution, and have succeeded in such a degree that I have neither had a cough, cold, the vapors, nor any more alarming disorder, since I surmounted the seasoning. Formerly, mulled wines, and spirits, and great fires, were to comfort me, and to keep out the cold, as it is called; the perils of the day were to be baffled by something taken hot on going to bed; and before I pursued my journey the next morning, a dram was to be swallowed to fortify the stomach! Believe me,' said Mr. Howard, 'we are too apt to invert the remedies which we ought to prescribe for ourselves. Thus we are for ever giving hot things when we should administer cold. We bathe in hot instead of cold water, we use a dry bandage when we should use a wet one, and we increase our food and clothing when we should, by degrees, diminish both.

If we should trust more to Nature, and suffer her to apply her own remedies to cure her own diseases, the formidable catalogue of maladies would be reduced to one half, at least, of their present number."

Concerning the treatment of certain diseases, and of the most fatal kind, which Howard's mode of life brought him much in contact with, his opinions were as singular, and as much opposed to the prevailing notions of the times in which he lived, as were those concerning the preservation of health. He had, moreover, as might well be expected from his great energy of character, remarkable success in his treatment of those diseases; and he was often called upon to prescribe in sickness, by those who knew him, in preference to regularly bred physicians; and, indeed, the malignant fever which terminated his existence, was caught while he was thus engaged in relieving the sick. From the best accounts we have, it appears his modes of treatment were very simple; and that he depended mainly upon the natural means of water, air, exercise and diet.

"I might mention," says Howard in his writings, "as an evidence of the advantage of baths in prisons, that I have known instances where persons, supposed to be dead of jail fever, (typhus gravior, or malignant typhus fever,) and brought out for burial, on being washed with cold water, have shown signs of life, and soon after recovered."

"Howard, when at the county-jail in Hertfordshire, was told of a prisoner, who, on being pumped upon in the yard when in a state of apparent death from the jail fever, recovered; and he declared afterwards that he had known other instances of the same kind."

"When he was in Turkey, a young man in one of the prisons was shown him, who had been bastinadoed so severely that his body was swollen from head to foot in a most shocking manner; he desired the people to bathe him in cold water: this, together with some other simple means, and a cooling diet, effected his recovery,

contrary to the expectations of his keepers."

On his arrival at Scio, Howard visited a very convenient hospital for lepers, the only one he had ever seen; and with his usual attention to health and cleanliness, persuaded the vice-consul to recommend the directors to add a bath for each six persons.

Before he left England for the last time, Howard promised the much-lamented Dr. Currie that he would make more particular inquiries in regard to the empirical use of cold water in the plague, for in the raging frenzy attending this dire disease, some sailors at Constantinople had thrown themselves into the sea, and on being taken out, recovered—a happy temerity, as Dr. Currie says, not imitated by the regular practitioners.

Such were some of the hygienic habits and opinions of Howard, the Philanthropist. We do not contend that all his practices were the best that could be, but that, on the whole, he was far in advance of the age. His good sense and energy of character led him, in many respects, to practise in direct opposition to the opinions of the world. In the treatment of some of the most loathsome and intractable forms of disease, he was proverbially more successful than medical men. It is much, however, to be regretted that he erred in regard to the use of tea. He was led, no doubt, to believe, as thousands have done, *that the stimulation caused by the article was actual strength*; and thus his health was materially injured, and life shortened; but, on the whole, we can but admire much the good practical sense and habits of this truly great and good man.

(From the Editor's Note Book.)

CASE OF HYSTERIC FITS.

Some weeks since, being at sea in the London packet-ship Switzerland, Capt.

Knight, about midway between England and the United States, I was called up one night, having passed into a pleasant sleep, and was told that one of the passengers, a foreigner, had a very bad fit. His sleeping place was one of confined air. I at once ordered him to be taken and placed on a mattress in the cool fresh air on deck. There was no means by which I could account for his attack at the time. I concluded at once to take, instead of the affusion, the milder and then more convenient mode of giving cold injections. About two quarts of water (fresh), all that could be introduced, was passed into the bowels. This soon brought the patient to his senses. I was told by one of the rude men in the morning, that the patient was "love sick." Afterwards it appeared that there was some difficulty between him and one of the officers of the ship concerning the fair one in question, the officer wishing, probably, to amuse himself a little with the foreigner. The matter went on, and in two or three days more the patient had another, and another attack. At length he had one much worse than all the rest—a genuine hysterical fit, (for men, as well as women, sometimes have these symptoms.) Soon it was difficult to keep him at all within bounds; so I had him "manned," as the sailors term it. A number of them took him upon deck, while others drew a half-dozen buckets of water, and placed alongside. I threw them, one by one, quickly over him, he having only a night dress and drawers on. The buckets of water dashed upon the man brought him quickly to a better state. He was then wrapped in blankets, (it being late in the evening,) his wet dress answering as a wet sheet. In this way he was left until morning. He had no more attacks after this. The old remedy, the dash, or affusion, with cold water, is in-

comparably the best that can be used for hysterics, whether in cases of men or of women.

HYDROPATHY AT COOPERSTOWN, N. Y.

Among the practitioners of Water-Cure, who are fast increasing in various sections, it is gratifying to notice those whose training and qualifications are such as to ensure the highest interest of the new system, and protect it from the disreputable and injurious influences of un-instructed pretenders.

A friend, on whom we can rely, furnishes us some facts respecting DR. PHILIP ROOF, of Cooperstown, which we commend as an example to those who would become thoroughly competent in their profession.

On his retirement from business, in which he had acquired a respectable property, some years since, the ill health of himself and wife led him, while in Philadelphia in the autumn of 1845, to place himself and family under the care of Dr. Schieferdecker of that city, where they remained, with most decided benefit, for some six months. The wonderful success of the treatment, not only on himself, but in the other cases which he witnessed, as compared with the drug practice, led him to investigate, during the winter, the principles of hydropathy, as applied to various diseases, the result of which was a determination to devote his life to its practice. Early last summer he sailed for Germany, with his wife and a lady relative, of ability and discriminating judgment, all resolved to obtain thorough information of the most approved healing uses of water, by a sojourn at the fountain-head, where, by daily intercourse with PRIESSNITZ and his patients, they could become practically familiar with the details of treatment in all diseas-

es, as now practised by Priessnitz himself, after the accumulated advantages of his immense experience of twenty years.

Three months were spent at Græfenberg in constant observation, study, and inquiry, among rising of seven hundred patients, with frequent visits to the well-known DR. WEISS, of Freiwaldau, from whom, as well as from Priessnitz, he took letters to Dr. Piutti, of Elgersberg, Germany, President of the Society of Scientific Hydropathists, whose establishment he visited, and, after the usual examination, became a member of the Society.

Dr. Roof, who is of German parentage, found his knowledge of that language of great use, in communicating with Priessnitz, who, like most of the practitioners and patients there, speak no English. With all these advantages, added to the intelligence, caution, integrity, and good judgment, which the friends of Dr. R. attribute to him, we trust that his success in the good cause may equal his merits, and eventually repay the heavy expense of nearly \$4000 which he incurred in the outlay for the journey, residence at Græfenberg, &c., necessary to qualify himself and family for their responsible profession. He has just returned, and is receiving a limited number of patients in his family at Cooperstown for the present, while arrangements are in progress for greater conveniences in the spring, of which the readers of the Journal will be advertised.

Some interesting particulars, communicated by Dr. Roof, respecting the improved practice at Græfenberg, of Priessnitz, Dr. Weiss, &c.—are deferred to a later day.

Specimen Numbers of the Journal.—

We are always happy to furnish specimen numbers of the Journal to those who desire them. When friends of the cause

send in their subscriptions, if they will give us lists of the names and post-office address of their friends in different parts of the country, who would be likely to take an interest in the Water-Cure, we shall be glad to send them numbers for examination. Information on the subject of Hydropathy is too precious to throw away, and discretion should be used in the circulation of gratuitous numbers. But we are convinced there are not a few persons in every part of the country, who are not yet acquainted with the new system, and who would be most happy to subscribe to the Journal.

The form of the Journal.—During the absence of the responsible Editor, the form of the Journal was changed to that of a monthly. Although it is more labor in mailing, &c., we have concluded that the semi-monthly form will be found the most acceptable and useful.

The Water-Cure Advocate.—This is the title of a semi-monthly octavo, 16 pages, (\$1.00 per annum) published at Salem, Columbiana Co., O., and edited by DR. J. D. COPE. We have not yet had time to examine this paper. It has a good appearance; and we wish it a commensurate success.

SHOWER AND OTHER BATHS.

WILLIAM WEST, 133 Hudson street, New York, opposite St. John's Park, manufactures a great variety of Portable Shower Baths, Bathing Tubs, Sponge, Seat, Foot, and Hip Baths, &c. &c., all of which are afforded at very reasonable prices.

Mr. W. has invented a shower and *douche* Bath, united by which a half dozen buckets of water may be used at once, and the same repeated as many times as is desired. These Baths are easily taken apart and transported. Shower Baths at 6, 10, 12 and 15 dollars; Shower and *douche* combined, \$20. Address, post paid, as above.

BOOKS ON WATER-CURE.

BELA MARSH, 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water Cure: by Joel Shew, M. D.; price \$1. The Hand Book of Hydropathy; price, 37¢ & 50 cts. The Water Cure for Ladies; price, 50 cents. And the Facts in Water Cure; price, 18¢ cts. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

Works to be sent by Mail.

WATER CURE FOR LADIES.—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases: with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 156, 12mo. Wiley & Putnam, New York.

Notice of the Work.—"This book is full of excellent advice and instruction for all, whether believers in Water-Cure or not. Its directions for the preservation, as well as restoration, of health are very good, very plain, and all practical; and no person can observe them faithfully without benefit. A great amount of valuable information with regard to Diet, Bathing, Treatment of Children, &c., &c., is here collected from the best authorities, with excellent directions for preparing healthful food and applying Hydropathic remedies."—*N. Y. Tribune.*

HAND-BOOK OF HYDROPATHY, or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water. Edited by Joel Shew, M. D. Wiley & Putnam, New York.

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