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RURAL ECONOMY.

A LEAF FROM THE NOTE BOOK OF A FARMER.

Some experience, and more observation, has convinced me that one of the most common errors into which farmers fall, is undertaking more than they can perform; hence I insert the following—

Mem. Never to lay out more work than there is a reasonable probability of finishing in good time, and in good order. Labor is capital, and time is capital, and a man should know how much of both he can bestow any given part of his farm before he undertakes its cultivation. Serious losses result from a neglect of this rule, for there are many farms, and many operations in farming, in which a failure in time or labor is fatal to the hope of profit. There are many farms so situated that the crops will not pay the expense of cultivation, unless manure is used to a considerable extent: now if the farmer plans his business on so extensive a scale that he has no time to collect and apply this essential article, his inferior crops will prove a source of loss instead of gain. If he plants a field of corn, but has so much other work to do that he can hoe it but once, and that slightly, when two thorough ones are required, he must not complain if his neighbor, who employs a capital of both time and labor on his corn, should gather a harvest far exceeding his own. If he allows his manure to lie in the barn yard through the summer washing in the rains, and wasting in the sun, because he had not time to apply it to his corn or barley grounds in the spring, he may be sure that he is not in the way to get the most profit from his farm, or the most benefit from his barn yard. The man who has no time to clean his seed wheat, because he is so driven with work, will most likely find some five or ten per cent. of his crop will be chaff and cockle at harvesting. But there is no end to the inconveniences that result from attempting too much on the farm; from beginning to end it is evil; it makes the whole process of farming up-hill work; it allows not a moment for relaxation or improvement of the mind; it places the farmer and his work in wrong positions, the latter always driving the former; and he who does not correct the error in time, will find himself driven out of house and home.

Mem. Never to willingly subject myself to a charge of ignorance on any subject of permanent utility or general knowledge, not of a kind strictly technical or professional. The notion so prevalent, that the farmer, from the very nature of his avocations, must necessarily be ignorant of every thing that does not relate to his employment, should be exploded, and none are more interested in the matter than the farmer himself. It may be asserted, that few professional men, who are zealously and successfully engaged in their several pursuits, have more hours to devote to the acquisition of general knowledge of a useful kind, than the farmer. All that is wanting is the taste for knowledge—and this taste is usually an acquired one—and the means of information will follow as a matter of course. Papers, periodicals, books, all are so plentiful and so cheap, and information on most topics has been so condensed, that to plead want of means, or want of time, for the acquisition of knowledge, is sealing our condemnation with our own hand. True, a farmer must go to work, and work hard—to labor is his glory and in it he finds his reward. The free laborer who tills his own farm, has a prouder patent of nobility, and can trace a longer pedigree, than any monarch-made of peers on earth, but he must never be ashamed of his calling, or ape the follies or vices of those who ridiculously deem themselves above him.

Mem. Always to perform whatever I undertake. The celebrated John Hunter, towards the close of his life, was asked how he had been able to accomplish so much labor. He replied, "by always performing what I undertook. If an object presented itself to me as desirable to be accomplished, I first inquired whether it could be done—if it was necessary it should be done—and these two points once settled, the conclusion was, I could do it as well as any one else, and by perseverance it was done." This is the course to be pursued by the farmer. Only let him determine what is indispensable, and necessary to success in any farming operation, and he will rarely fail. The object and the means of attaining it should be distinct in the mind, and these should be unhesitatingly pursued. Perseverance has wrought wonders in the farming world, and its efficiency is not by any means lost. The most highly cultivated parts of Europe, were once considered as hopelessly barren; and our country exhibits some most honorable examples of what skill and determined industry can accomplish.

Mem. Always to pay particular attention to the garden. Some farmers by their continued borrowing, seem to believe in the maxim, that "good neighbors are half one's living," but this I would have applied to my garden. If properly selected, well manured, and carefully planted and tended, a garden plot of half an acre will half support a moderate family. The garden forms a place into which a thousand scraps of time can be profitably cast, and health and pleasure be, as they unhappily not often are, combined. Flowers may be called the poetry of the farm, and they are so closely allied, that he who loves not both of them, may be said to have but half a heart, and the woman who neglects them is—unpardonable.

Mem. Never suffer the season of gathering and securing seeds to pass, without laying in sufficient quantity for my own use, of the very best of all the necessary kinds that can be procured. It costs but little trouble at the time; it enables you to be certain of the kind and quality; and when the season of planting or sowing arrives, saves you an infinite deal of vexation and trouble in looking them up. The governing maxim of him who would be a thrifty farmer, so far as concerns what can profitably be raised on his own farm, must be—*always to sell, never to buy.*—*Observer.*

THE AMERICAN FARMER.

BY NICHOLAS BIDDLE.

From an Address before the Philadelphia Society for Promoting Agriculture.

"If I have failed to prove that the pursuits of agriculture may be as lucrative as other employments, it will be an easier task to vindicate their pleasure and their importance. I need not dwell on that retirement, one of the purest enjoyments of this life, and the best preparation for the future; on those healthy occupations, on that calmness of mind, on that high spirit of manliness and independence, which naturally belong to that condition. These are attractions which must have deep roots in the human heart, since they have in all times fascinated at once the imagination, and won the judgment of men. But I may be allowed to say that in this nation agriculture is probably destined to attain its highest honors, and that the country life in America ought to possess peculiar attractions. The pure and splendid institutions of this people have embodied the highest dreams of those high spirits who, in other times and in other lands, have lamented or struggled against oppressions; they have realized the fine conceptions which speculative men have imagined, which wise men have planned, or brave men vainly perished in attempting to establish. Influence in reclaiming the lost dignity of man, and inspiring the loftiest feelings of personal independence, may be traced in every condition of our citizens; but as all objects are most distinct by insulation, their effects are peculiarly obvious in the country.

"The American Farmer is the exclusive, absolute, uncontrolled proprietor of the soil. His tenure is not from Government. The Government derives its power from him.—There is above him nothing but God and the laws; no hereditary authority usurping the distinctions of personal genius; no established church spreading its dark shadow between him and heaven. His frugal government neither desires nor dares to oppress the soil, and the altar is only supported by the voluntary offerings of sincere piety. His pursuits, which perversion can render injurious to any, are directed to the common benefit of all. In multiplying the bounties of Providence in the improvement and embellishment of the soil, in the care of the inferior animals committed to his charge he will find an ever-varying and interesting employment, dignified by the union of simple and generous hospitality. His character assumes a loftier interest by its influence over the public liberty.

"It may not be foretold to what dangers this country is destined, when its swelling population, its expanded territory, its daily complicating interests, shall awake the latent passions of men, and reveal the vulnerable points of our institutions. But whenever these perils shall come, its most steadfast security, its most firm reliance will be on that column of land proprietors—the men of the soil and of the country. * * * * * These men, powerful like their own forests, may yet interpose between the factions of the country, to heal, to defend, and to save."

From the Saturday Courier.

PRACTICAL ESSAYS.

BY A DISTINGUISHED MEDICAL PRACTITIONER.

EXERCISE.—There is perhaps scarcely one element of hygiene of such great importance as exercise. Without it, we can never enjoy perfect and long continued health. A consideration of this subject, therefore, is indispensable in every treatise on the prevention of disease and the preservation of health; and if we shall be the fortunate means of inducing those of sedentary habits (and it is to such that this branch of our subject particularly addresses itself) to devote more attention to this all-important point, we shall be accomplishing, in our own estimation at least, a great public good.

We take it for granted that we shall not be able to impress our readers, and particularly the younger part of them, with the same views that we entertain ourselves, of the vast importance of exercise to their health and comfort. Although so much has been said and written within a few years on this subject, and the public, in some degree alive to its importance, still a vast deal remains to be accomplished before sedentary men and females will feel and act in relation to it as they ought. Our own personal experience and observation has been turned to it particularly ever since we com-

menced the practice of medicine, and we have no hesitation in saying that four-fifths of the indisposition which sedentary men labour under, might be avoided by active and abundant exercise in the open air—and that a vast amount of suffering which females in the higher ranks of life are called to endure, might be saved to them by the same course. And in particular, that this is the case with all or the greater part of those harassing and indescribable sensations concealed under the broad name of dyspepsia.

The various processes connected with the all-important functions of digestion cannot be fully and properly performed, unless the different organs be stimulated by daily and active exercise. It is absolutely essential to health that absorption and secretion should be constantly and actively in progress in our bodies; and exercise, by invigorating and exciting the several viscera and parts concerned in those important operations of the animal economy, contributes materially to the healthy tone and proper condition of the whole system.

A deficiency of exercise on the other hand, or too sedentary employment, diminishes the activity of the circulation, and of course the vital heat, relaxes the muscles, checks perspiration, gives rise to habitual costiveness and to a vast variety of distressing nervous affections. But not only is health preserved and disease prevented by a regular system of active exercise; our strength is likewise much increased by this means. This is perfectly evident from the contrast presented by those whose occupations are of an active kind, and which lead them much into the open air, compared with the sedentary and inactive. The former are by far the strongest, as well as the healthiest, members of the community. The effect of exercise in increasing muscular strength is likewise strikingly manifested in those parts of the body which are in most constant action, for they become full, thick and strong. For example, the arms of the blacksmith, the legs of a runner, &c., being more used than other parts of the body, have their muscles much more fully developed and strengthened.

The effects of exercise upon the mental faculties are not less marked and beneficial than upon the bodily powers. It conduces to that clearness of understanding, brilliancy of imagination, and elasticity of spirits, which are so necessary to the full development and salutary employment of the intellectual man. Indeed, the fact that health is benefited by constant exercise, is sufficient to convince any one that it must be of service to the exertion of the mind, since this cannot be done to complete advantage without perfect health. Sickness and suffering give rise to irritability of temper and depression of spirits, which essentially interfere with and retard all active mental exertion. Literary and sedentary men are peculiarly liable to these mental afflictions, and no doubt they arise more from ill-health, brought on by their want of exercise, than from any peculiar original temperament of this kind. For all such difficulties, exercise, perseveringly and actively continued, is the only efficient remedy. Medicine may at first give partial and temporary relief; but it will be found to be only partial and temporary, for the disease will soon return in an aggravated form, and medicines of all kinds will serve only as palliatives to the mischief.

A sedentary and inactive life gives rise directly to several of the most distressing complaints to which humanity is liable: among these, may be reckoned scrofula, indigestion, obstinate headaches, jaundice pulmonary consumption, curved spine, and apoplexy. All, or nearly all, of these diseases will be found more frequently among those who are confined much within doors, as professional men and various kinds of artificers, and as shoemakers, morkmen in large manufactories, &c. &c., than among farmers, carpenters, or bricklayers, who are employed principally in the open air.

We have already spoken of the importance of exercise in keeping up the insensible perspiration upon our bodies. It may not be known to the unprofessional reader, that there is constantly exhaled from the body when in health, a perspiration (im perceptible to our senses,) but still in such great abundance as to amount to three or four pounds weight (equal to three or four pints) in 24 hours. In fact, it appears, from Dr. Robinson's experiments, that a greater proportion of excrementitious matter is thus thrown off than in all other ways combined. But to keep up this perspiration in its full natural extent, a considerable degree of active exercise is indispensable; and, from its great amount, we can readily conceive the ill effects which must result from its partial or total suppression. This is well expressed by the medicinal poet:—

While this eternal, this most copious waste, maintains its wonted measure, all the powers Of health befriending you, all the wheels of life With ease and pleasure move; but this restraint'd, Or more or less, so more or less you feel The functions labour:—from this fatal source What woes descend, is never to be sung."

With respect to the cure of diseases by exercise, although it may not be as effectual here as in their prevention, still, in a great many, it is absolutely essential, while in several nothing more is required to permanent and complete relief. In dyspepsia, that most common and most harassing indisposition of sedentary men, I am convinced from my own personal experience, as well as pretty extensive observation, that active exercise, steadily kept up, will, in nine cases out of ten, effect a perfect cure without a particle of medicine or any particular attention to diet. I was myself, when a student of medicine, harassed with dyspepsia to an extent unusual at so early an age—and indeed so great was my predisposition

to it, that I had followed any sedentary employment, I should have been a very great sufferer from it. Many of the remedies usually recommended in such cases were tried—as blue pill occasionally in small doses, alkaline medicines, frictions, laxatives, &c., and great attention was paid to diet: all, however, to little purpose, and with but temporary relief, for the disease went on from bad to worse, till I entered on the practice of my profession. My habits of life were now completely changed; instead of spending most of my time within doors, I was occupied several hours a day on horseback, and had occasional besides to walk a good deal. The effect upon my health was soon perceptible. My appetite returned—acidity and flatulency no longer harassed me—digestion was perfect—my head-aches vanished—and in short the whole train of nervous symptoms disappeared as if by enchantment, and my health was perfectly and permanently restored. And all this was accomplished without a particle of medicine, or any very special restriction as to diet—except that I had made it a rule to eat sparingly, and to abstain from a few articles which I knew by experience to be particularly indigestible. I can now partake without suffering of every article that is usually put on our tables.

Glandular obstructions and diseases are very much benefited by exercise. This is particularly the case with scrofula, and indeed the most important remedy for this complaint is exercise combined with frictions. The fact that females are more liable to scrofula than males, is no doubt attributable to the more active life led by the latter. Upon this subject, that distinguished surgeon, Sir Astley Cooper, remarks—"Boys will take exercise, and thus are less liable to this complaint, whilst girls are not allowed, and, if predisposed to it, are almost always attacked by it."

These principles can also be applied with strict accuracy to that distressing and increasing disease, curved spine. It rarely occurs among boys or young men, but of late years, and particularly in Europe, has become frightfully common with girls. The profession are generally of opinion, that, in a great majority of cases, this complaint is caused by deficiency of exercise—and indeed this would seem to be obvious from the fact, that we seldom meet with it among the children of the poor, and that among the higher classes of society it occurs much more frequently in girls than boys. Dr. Shaw, in his work on "Spinal Distortions," "For fifty young ladies who become twisted between the ages of eight and fourteen, there is not more than one poor girl similarly affected. And for one hundred young ladies who are twisted, there is not one young gentleman."

For those who are predisposed to this deformity, the proper preventive undoubtedly is, plenty of exercise in the open air, nourishing food, and a proper attention to the state of the alimentary canal. Feeble and delicate girls should have particular care taken of them in relation to this point: every opportunity and inducement to exercise should be afforded them—and even compulsion should be used if necessary to effect this desirable object.

These distressing cases would, beyond all doubt, be much more frequently cured than they are, if this all-powerful remedy was perseveringly employed. A judicious English physician remarks—"I believe it to be fully ascertained, that regulated exercise in the open air is the grand means of recovery—and I have no doubt it will perfectly cure the most frightful spinal distortions, even after severe cough, emaciation, and excessive weakness have been induced by the continuance of the disease."

PHRENOLOGY.

A Remarkable Case.—We have been kindly permitted to extract from a report recently made to the New York Phrenological Society by its Secretary, as one of a committee appointed to investigate phenomena connected with a fracture of the skull and the consequent mental manifestation. The subject of this committee's examination, was a small child of Mr. James Mapes, which at the time of the accident alluded to, was two years of age. About two years since this child, whilst leaning out of the dormer window of the three story brick house, No. 42 Green-street, unwittingly lost its balance and was precipitated headlong to the pavement below. Before reaching the sidewalk, she struck against the iron railing of the steps, by which her skull was most horribly fractured. On removing her to the house she was supposed by her parents and the distinguished medical gentleman, Dr. Mott, who had been called, to be irreversibly injured. Dr. —, who had also been called, felt desirous to perform an operation, deeming it possible to procrastinate its dissolution, and by removing the pressure of the skull upon the brain, to effect a temporary restoration of the child's faculties. This would, it was thought, afford a transient satisfaction to the parents.

The operation was accordingly undertaken, by trepanning and afterwards by sawing transversely across the skull and then laterally, so as to remove a portion of the skull three and a half by four-inches square. It was found that the membrane had not been ruptured, and consequently, that the cerebral organs were uninjured, except from the concussion.

The scalp having been carefully laid back and secured, the child soon recovered, and indicated even more than its wonted manifestation of mind.

The most remarkable fact in this case was, that the child previous to the accident, evidently from some mal-conformation—had not manifested the intellectual powers common to children of that age, whereas, on its recovery from the physical disability, it exhibited extraordinary acuteness of per-

ception and strength of the reflective faculties. The sentiments were also remarkably active and susceptible. The committee, on placing the hand upon the integuments immediately covering the brain and requiring the child's mind to be exercised by a progress calling into activity compound emotions, at once perceived the agitation in which the brain had been thrown by the mental effort. The perturbations were rapid and often times violent. Different faculties were called into activity, by varying the kind of subjects presented to the mind of the child, and variations in the agitation of the brain followed the change of the subject. The motions of the brain were sometimes like the vibrations of a string when violently struck, and at other times like the more equal undulations of a wave.

It is quite apparent in this case, that the faculties, in the manifestations of which those portions of the cerebral mass lying directly beneath the cranial fracture, were most affected by the accident, and also that the cause of mental imbecility previous to that circumstance, is attributable to the pressure of the skull on the brain.* This is found to be no very uncommon circumstance. Numerous cases are recorded in the medical books of a similar nature. The agitation of the brain on the excitement of the mind, correspond exactly with a case of Sir Astley Cooper's, in which the brain being exposed, and the patient made to exercise his mind powerfully, the brain was actually protruded by the mental effort sometimes above the skull, but which receded on the relaxation of thought. A case of a similar kind also occurred in this city some time since. A lady having been confined in the Lunatic Asylum, for insanity, was visited one day by her husband. Whilst he was in the room conversing with the keeper, his wife watching the opportunity, escaped from the door, and springing into her husband's wagon, drove off with so much rapidity as to render her being overtaken quite impossible.

Dashing down the street, she came to her former residence, when rapidly turning her vehicle into the yard, it was upset and she thrown head first against the wall of the house, by which her skull was fractured. No other material effect however was produced, save the complete restoration of her mind to sanity and healthy action, and of course, to the enjoyment of her family and friends. This is but one of the many cases proving insanity to be oftentimes the result of the pressure on the brain, and that always as a consequence, insanity is caused by the disease or derangement of that organ.—*N. Y. Sun.*

*It is not stated that the skull had been injured previously to the accident stated above. The brain did not therefore suffer preternatural compression, and the intellect of the child was natural. After the accident the parts of the brain from which the skull had been removed became preternaturally, but not morbidly, developed, and therefore the intellectual functions dependent upon these parts were performed with more vigor and strength.—*Ed. CHER. GAZ.*

REGARD FOR HUMAN LIFE IN ENGLAND.—No man or woman is suffered in England, to be put to death either by ignorance, negligence, accident or design, without strict scrutiny into the facts. A coroner's inquest there is a real and searching inquiry, conducted by a competent and well qualified magistrate. One good result of such inquiry is stated in the annexed report:—

N. Y. Amer.

An inquest was held, on the 26th, on the body of Rebecca Russel, who had taken from four to six of Morrison's pills a day, and got worse. Her husband then went to Mr. La Mott an agent for the sale of the pills, and he recommended six to be taken at night of No. 1, and the same quantity the following morning of No. 2. Next morning La Mott visited the patient, and ordered eight to be taken night and morning. He daily increased the dose to ten pills, and then to fifteen every three hours; but as she got worse, he ordered them to be discontinued, as "her's was a very obstinate case." On her decease *post mortem* examination took place, and it was found that death was caused by inflammation of the intestines, brought on by excessive purging. The jury, after half an hour's deliberation returned a verdict, "That the death of the deceased was occasioned by disease, in conjunction with medicine improperly administered, and by gross ignorance of the person prescribing." The coroner told the jury that, under these circumstances, it would be for them to return a verdict of manslaughter against the person by whose orders the medicine was administered, Mr. La Mott. The foreman replied, "Yes;" and a verdict was accordingly entered of "Manslaughter against Thomas La Mott."

If juries of inquest were as common and faithful in this country as in England, verdicts of Manslaughter against quacks would be neither few nor far between.—*Cheraw Gazette.*

THE WIDOWER AND HIS DAUGHTER.

He did not send her to a boarding school to learn frivolous accomplishments, and have her make romantic friendships, and have her head filled with the fashions and the beaux, before any principles for the guidance of her conduct in life, or any distinct ideas of what constituted rational happiness, had been conveyed to her mind. Certain it is, however, that the love of home and the habit of domestic confidence, must pervade female education, or merely being married will never make a woman fond of domestic pleasures, or capable of discharging domestic duties. It is strange that men of sense, learning, and knowledge of the world, can believe that a weak minded, sentimental, frivolous young lady, whose whole heart is

devoted to dress, amusements, and husband-hunting, will make a kind, submissive and judicious wife! Such apparently gentle girls are the most unreasonable beings in the universe—as wives, I mean. Men will not believe, till they find by conjugal experience, that a pretty, soft spoken, sentimental young creature, whose deepest learning is a few French phrases, and a few tunes on the piano, can exhibit passions as violent as Queen Elizabeth, or be as obstinate as Madame de Stael in an argument. Before proposing to marry a young lady, consider if she has qualities you would esteem in an intimate friend. If she has not, never dream your love will last, though she be as beautiful as a Hourii. Beauty is a fascinating object; but who ever selected a friend for his or her beauty?—*Mrs. Hale.*

CHURCH REFORM.—The most valuable living in England is that of Doddington in the Isle of Ely, which, according to Parliamentary returns, is of the value of 7306l. per annum, containing many thousand acres of land of the finest quality. The patronage belongs to the Peyon family, and the living is regarded as an appanage of the estate for the second son, whose qualifications for the ministry are of course a secondary consideration. The parish includes the town of March, with a population of about 6000, and the duties of that chapelry are performed by a curate, who is necessarily indebted for essential aid to the dissenting ministers. It is but just to add, that few curates are so well paid and provided with the means of administering to the poor.—But it is obvious that one of the most desirable objects of church reform is the division of such a benefice as this: and it is to be hoped that the attention of the new diocesan will be drawn to the subject. Next to Doddington, the richest living in England is Stanhope, in Durham, value 4843l. There are sixteen others of the value of 2000l. a year and upwards.

From the S. C. Herald.

REPORT ON SLAVERY.

By the Harmony Presbytery, embracing the middle country in South Carolina.

Whereas, sundry persons in Scotland and England, and others in the North East and West of our own country, have denounced slavery as obnoxious to the laws of God: some of whom have presented before the General Assembly of our Church, and the Congress of this nation memorials and petitions, with the avowed object of bringing into disgrace slaveholders, and abolishing the relation of master and slave.

And whereas, from the said proceedings, and the statements, reasonings, and circumstances connected therewith, it is most manifest that those persons "know not what they say nor whereof they affirm;" and with this ignorance discover a spirit of self-righteousness and exclusive sanctity, while they indulge in the most reckless denunciations of their neighbor, as false in fact as they are opposed to the spirit and dictates of our holy religion.

Therefore, *Resolved,*

1. That as the Kingdom of our Lord is not of this world, his Church as such has no right to abolish, alter or effect any institution or ordinances of men political and civil merely: nor has the Church even in our midst the right to prescribe rules and dictate principles which can bind or affect the conscience with reference to slavery, and any such attempt would constitute ecclesiastical tyranny. Much less has any other church or churches or bodies of men ecclesiastical civil, or political under Heaven, any the slightest right to interfere in the premises.

2. That slavery has existed from the days of those good old slaveholders and patriarchs, Abraham, Isaac, and Jacob, (who are now in the Kingdom of Heaven,) to the time when the apostle Paul sent a runaway slave home to his master Philemon and wrote a christian and fraternal epistle to this slaveholder, which we find still stands in the canons of the Scriptures; and that slavery has existed ever since the days of the apostles and does now exist.

3. That as the relative duties and obligations of master and slave are taught in the Scriptures, in the same manner as those of parent and child, and husband and wife, the existence of slavery itself is not opposed to the will of God: and whoever has a conscience too tender to recognize this relation as lawful is "righteous over much," is "wise above what is written," and has submitted his neck to the yoke of man, sacrificed his christian liberty of conscience and leaves the infallible word of God for the fancies and doctrines of men.

4. *Resolved,* That the relation of master and slave is purely a civil relation, and in this State no person or persons can impair, abridge or alter that Institution, save the Legislature or the people of South Carolina only.

M. D. FRASER, T. C.

From the New York Express, October 17.

THE SURPLUS REVENUE.

There is no doubt now that the Van Buren men intend to make a *set-to* the next session of Congress upon the surplus revenue, and to do away with the distribution if they can, notwithstanding General Jackson approved the law. Ay, it is even said on good authority, that General Jackson himself will recommend the repeal! This is a question, therefore, which should enter largely into the ensuing elections. The Van Buren party look upon the surplus revenue as spoils, which they have a right to dispose of; and if they are successful in the elections; they will undoubtedly, in the language of Governor Marcy, consider them as the spoils of victory. But however indifferent the country may be to their