

### TERMS

**COMMERCIAL COURIER,**  
Published weekly every Saturday morning at \$3 per annum if paid in advance, or \$4 if not paid until the expiration of the year.

Advertisements inserted at \$1 per square for the first insertion, and 50 cts. for every continuance.

Persons subscribing out of the State, are required to pay in advance.

Advertisements that do not have the number of insertions marked on the margin will be published until forbid, and charged accordingly.

No subscription received for less than one year.

Communications must be post paid.

### CAMDEN, S. C.

### JOCKEY CLUB RACES.



Will commence on this course, on the 1st Monday in November next, with a Sweepstakes, mile heats, subscription \$100, half forfeit, for 3 year old Colts and Fillies, closed with 6 subscribers.

Tuesday—Jockey Club Purse, 4 mile heats, purse not less than \$600

Wednesday—Jockey Club Purse, 3m. h. purse not less than 500

Thursday—Jockey Club Purse, 2m. h., purse not less than 350

Friday—Jockey Club Purse, mile heats, best 3 in 5, purse not less than 350

Saturday—A post stake for all ages carrying their appropriate weights; entrance \$250, play or pay, two mile heats to be closed on Monday night of the first day's race, by 9 o'clock, 3 or more to make a race.

J. S. NETTLES, Sec. and Treas.

The editors of the Charleston Courier, Times & Gazette, (Columbia) and the People's Press, (Augusta, Georgia,) will copy the above and forward their accounts to the subscriber. J. S. N.

### FACTORAGE

**AND COMMISSION BUSINESS.**  
The subscribers highly flattered by the increasing support given by their friends and the public, to their house established in Charleston, in the Factorage and Commission business, have, in order to render more assistance to our Partner there, Mr. Charles H. Desaussure, determined to locate Mr. Hall T. M. Gee in that place, who, in conjunction with Mr. Desaussure, will give their undivided and entire attention to any business which may be committed to our care.

Liberal cash advances will be made in either place on Cotton or Produce, shipped to Charleston, and where the parties wish, the proceeds will be paid in Camden, thus avoiding the risk and uncertainty consequent in transmitting funds by mail or otherwise.

SHANNON, M'GEE, & CO.

Camden. M'DOWALL, SHANNON & CO. Charleston.

Sept. 9 19 4t  
The Columbia Times and Charlotte Journal will publish the above four times, and forward their accounts to Shannon, M'Gee, & Co. for payment.

**D. R. LYNCH H. DEAS** offers his Professional services to the inhabitants of Camden and its vicinity. Office on the Main street two doors below M'Kain's Drug Store. May 13 1f

### BOOTS AND SHOES.



At the store heretofore occupied by J. Bishop & Co., the subscriber has opened a large and extensive assortment of Boots and Shoes, which were selected particularly for the retail trade from the most approved manufacturers—to wit:

Gentlemen's fine Calf Boots.  
" Waterproof  
" Stout Calf sewed  
" " " pegged  
" fine " Bootees  
" Stout  
" Fine Shoes and Pumps  
" India Rubber over-shoes  
Ladies French and Morocco Slippers  
" Gater Boots  
" Black and White Sattin Slippers  
" New style over-shoes  
" " Rubber  
" Buckskin and Velvet  
" Seal Slippers and walking shoes  
Misses Seal and Prunella walking  
" " Slippers  
" Leather Boots and Shoes  
" New style Rubber  
Boys Fine and stout Boots  
" " " Bootees  
" " " Shoes  
" Dancing Pumps  
Childrens black and colored Prunella Boots  
" " " Shoes  
" Seal and Morocco Boots and  
" Leather Boots and Shoes.

A large stock of Mens stout shoes and brogans suitable for plantations, and

### GOOD

Pairs of Negro shoes, Camden make, superior to any others in the district.

ALSO  
Northern and Southern Sole leather, Upper leather, French and Northern Calf skins, Lining and Binding skins, various colored Morocco skins for Coach Lining.

Shoe knives, pinners, kit files, punches, awl blades and balls, boot webbing, heel ball, shoe tacks, bristles sparables, peg cutters, sand stones, jiggers, shoulder sticks, shoe lasts and all other articles generally in use with shoemakers—also every description of imported shoe thread, shoe blacking and varnish

Sept. 30 22 1f

### OCTOBER RENEWED FAVORITES.

The Schemes we are enabled to lay before our Correspondents this month are of the most Splendid Character, and are celebrated as "Sylvester's Favorites," having always been particularly fortunate in similar schemes. Particular attention is requested to the 'Virginias' and early application should be made to prevent disappointment, and to insure the fulfilment of orders. Address

S. J. SYLVESTER,  
130 Broadway, New-York.

**TWENTY-FIVE THOUSAND DOLLAR'S Virginia State Lottery,**  
CLASS 6.  
For the benefit of the town of Wheeling. To be drawn at Alexandria, Va. Saturday Oct. 7, 1837.

CAPITALS.		
\$25,000	\$8,000	\$5,000
1 Prize of	3,500	
1 "	2,322	
10 "	2,000	
10 "	2,500	
10 "	1,500	
10 "	1,000	
20 "	500	
	400	

&c. &c. &c.  
Tickets only 10 Dollars.  
A Certificate of a Package of 22 Tickets will be sent for 120 Dollars. Halves, Quarters and Eighths in proportion.

**VIRGINIA STATE LOTTERY**  
CLASS NO. 7.  
For the benefit of the Monongalia Academy.

To be drawn at Alexandria, Va. Saturday, Oct. 14, 1837.

**RICH AND SPENDI SCHEME.**  
\$30,000 10,000! 6,000! 5,000! 4,000 2,500

1 Prize of	2,000 Dollars
25 Prizes of	1,000 Dollars
25 Prizes of	500 Dollars
28 Prizes of	300 Dollars
200 Prizes of	200 " &c.

Tickets Ten Dollars.  
Certificate of a package of 25 whole Tickets in this Magnificent Scheme may be had for 130 Dollars—Packages of Halves and Quarters in proportion.

**FORTY THOUSAND DOLLARS. Virginia State Lottery,**  
Class 8 for 1837.

For the Benefit of the Mechanical Benevolent Society of Norfolk.  
To be drawn at Alexandria, Va. Saturday, Oct. 21, 1837.

**GRAND SCHEME.**

1 Prize of	40,000 Dollars
1 "	10,000 Dollars
1 "	4,000 Dollars
1 "	3,000 Dollars
1 "	1,940 Dollars
5 "	1,500 Dollars
10 "	1,200 Dollars
150 "	1,000 Dollars
64 "	100 Dollars
64 "	90 Dollars

&c. &c. &c.  
Tickets only 10 Dollars.  
A Certificate of a Package of 25 Whole Tickets will be sent for 140 Dollars—Packages of shares in proportion.

**Twenty Thousand Dollars. Grand Consolidated Lottery.**  
For the benefit of the State Treasury, Del. College and Common Schools  
Class No. 36, for 1837.

To be drawn at Wilmington, Del. Monday October 23.

**SCHEME.**  
\$20,000—\$5,000—\$3,000!  
\$2,000—\$1,230.

&c. &c. &c.  
Tickets for Five Dollars.  
A certificate of a package of 25 Whole Tickets will be sent on receipt of \$65. Halves and Quarters in the same proportion.

**Virginia State Lottery,**  
Class 7.  
For the Benefit of the Town of Wellsburg. To be drawn at Alexandria Va. Saturday Oct. 28

**CAPITALS.**  
\$30,000! 10,000 7,000! 5,000! 4,000

1 Prize of	3,000 Dollars
1 "	2,165 Dollars
25 Prizes of	1,000 Dollars
50 Prizes of	500 Dollars
88 Prizes of	200 Dollars
10 Prizes of	150 " &c.
10 "	\$1,000
	500

Tickets \$10—Shares in proportion.  
Certificate of a Package of 25 whole Tickets will cost only 130. Halves and Quarters in proportion. Delay not to send your orders to Fortune's Home.

**NOTICE.**—As the business of J. Bishop & Co. must be brought to a close, the subscriber will be obliged to place all demands in suit that remain unsettled at return day. A. BURR.  
Sept. 30 22 1f

**BANK BUSINESS.**—A. Burr will attend to agency business in either of the Banks, and refers to W. H. Bowen, Esq. Bishopville, John Ramsay, Esq. Sumterville. Sept. 30 22 1f

**BELL AIR, S. C.**  
Lancaster Dist. Sept. 18, 1837.  
DAVID HAGINS tells before me, Edmund Williams, Justice of the Peace, for said Dist. this day one bay horse, about fifteen hands high, 8 of 9 years old, hind pastures white, a small slip on the nose, and some saddle marks. Said horse will be sold as an estray, if not applied for by the owner. EDMUND WILLIAMS, J. P.  
Sept. 30 22 1f

**Charleston Insurance & Trust Company,**  
CHARLESTON, Aug. 14.  
THE second instalment of thirty dollars per share in the capital stock of this Company, is payable at their office in Charleston, No 23 Broad-st., in specie or current Bank bills of this city, on the second Monday (the 9th) of October next.

A failure to pay at the time specified, will incur a forfeiture of the former instalment. By order of the Board of Directors. T. STREET, Pres't.  
Sept. 30 22 1f

**Stone Lime.**  
75 Bbls. Stone Lime for sale by SHANNON M'GEE, & Co. May 13

**ATTENTION TROOP.**—You are hereby notified that as business of importance should be forthwith attended to, you are hereby required to attend fully uniformed at the usual place of rendezvous on the 21st Saturday in October. A general attendance is necessary. By order of Sept. 23 21 2t Capt. BOYKIN.

**NOTICE.**—The subscriber wishes to move to the West, offers his plantation on which he now resides for sale on the 26th day of October, containing about four hundred and sixty acres, there is about two hundred cleared, and about eighty acres fresh land.

A good dwelling house, barn, stables, gin-house and screw, plantation tools and stock of all kinds, corn and fodder. Terms made known on the day of sale. Sept. 30 22 1f JOSEPH KIRKLAND.

**A CARD.**—The subscribers having opened a Taylor and Drapers business 2 doors South of Holleyman & Gass's store, on Main-street, beg leave to tender their services to the citizens of Camden and its vicinity, in cutting and making up cloth in the latest and most fashionable styles. They will receive the New York and Philadelphia fashions quarterly. They will execute all orders that may be entrusted to their care, with neatness and despatch—and hope by close and unremitting attention to business, to merit a share of public patronage. SEVERNS & SMITH.  
Camden, S. C. Sep. 23 21 9t

**A CARD.**—The undersigned having formed a copartnership in the Mercantile business, would respectfully solicit from their friends and the public, a share of patronage. They intend keeping a full assortment of Fancy and Staple Dry Goods, of the latest fashions: Groceries of the choicest kind, all of which they will dispose of on the most accommodating terms. R. L. WILSON, J. L. JONES.  
Camden, Aug. 30, 1837. 18 1f

**TAILORING.**—The undersigned beg leave to inform their friends and the public generally that they have entered into copartnership in carrying on the Tailoring business, and by close attention and a disposition to please, will endeavor to merit a share of public patronage. M'DONALD & BRASINGTON.  
May 1, 1837. M 20, 1f

**Capital Prize \$40,000**  
150 Prizes of 1,000 Dollars.  
**VIRGINIA STATE LOTTERY.**  
Class 8 for 1837.

To be drawn at Alexandria, Va. Oct. 21.

**SCHEME.**

1 Prize of	40,000
1 "	10,000
1 "	4,000
1 "	3,000
1 "	1,940
5 "	1,500
5 "	1,200
150 "	1,000

&c. &c. &c.  
Tickets 10 Dollars.  
To be had at Manager's Office, 26, Broad-st., Charleston, S. C.

**TO PLANTERS.**—A prime lot of Negro Shoes, very superior, manufactured at Society Hill, Darlington District, by Sylvester Munger. May be seen at the store of R. L. WILSON.  
Aug 19 16 1f

**Wm. KENEY BARCLAY, Portrait Painter,**  
HAS arrived in Camden, and has taken rooms over Mr. Alex. Young's store, where he will be pleased to attend to all orders he may be favored with. Specimens of his Painting can be seen at Mr. Young's  
Sept. 30 22 4

**FULTON, S. C. JOCKEY CLUB RACES.**



THE above Races will commence on the 17th of October. The day previous to the regular races, a Colt stake will be run, free for all 3 year olds, three or more to make a race—play or pay.  
Sept. 30 22 1f J. J. RICHARDSON, Sec'y.

**ADMINISTRATORS SALE.**—By permission of the Court of Ordinary for Kershaw Dist., will be sold before the Court House door in Camden, on Monday the 6th Novr. ensuing, the following property belonging to the Estate of the late David Scott, dec'd, viz:  
A negro woman about 45 years of age and a girl of 10, together with the goods and chatties belonging to said estate.  
Terms of sale, a credit of six months, with note and approved security, bearing interest from day of sale. H. HOLLEYMAN, Adm'r.  
Sept. 30 22 1f

**ELECTION NOTICE.**—An election for Tax collector for Kershaw District, will be held on the second Monday of October next, and the day following. The polls will be open from 9 o'clock, A. M. to 2 o'clock, P. M.—and from 3 o'clock P. M. to 5 o'clock P. M. on each day. The Managers at the different Boxes are requested to attend on each day of the election at their respective Boxes, and to meet in Camden on the day following to count the votes and declare the election.  
E. W. BONNEY, JAMES R. M'KAIN, Managers for Town of Camden.  
Sept. 30 22 2t

**Camden Debating Club,**  
THE meetings of the Camden Debating Club will commence again on the first Thursday in October next. FRANCIS L. ZEMP, Sec'y.  
Sept. 30 22 1f

**FOR SALE.**—The house and lot on the South West corner of DeKalb and Market streets. Terms Cash. Apply to H. R. COOK.  
Sept. 30 22 3t

**JOB PRINTING,**  
NEATLY EXECUTED  
AT THIS OFFICE.—BOOKS, HAND-BILLS, CIRCULARS, &c.

From the Metropolitan (London) Magazine.

**EATING.**  
As I have numbered excessive eating amongst the causes of depreciated health, so must I now mention temperance in food as one of the prime remedies for it, and preventatives against it. Learn, therefore, now "Qua virtus et quanta sit vivere parvo."

When we consider that the manner in which life is supported is by the perpetual wasting of the body, and a perpetual re-production of it out of the blood—and when we remember that the simple and sole object in eating is to make up to the blood the deficiency thus occasioned in it—it must be manifest to us that the exact amount of food required daily is precisely just as much as shall be sufficient to restore to the blood just as much as the blood has lost in supplying the waste which the body has undergone during twenty-four hours of life.

To make this more simple and clear, let us suppose, for argument's sake, that the waste of the body in twenty-four hours, is just twenty-four ounces. Now, when these lost twenty-four ounces of the body have been restored to it out of the blood, then the blood will have lost twenty-four ounces. And the object of eating being wholly and exclusively to supply this deficiency thus produced in the blood, it is perfectly evident that the quantity of food required in twenty-four hours, is precisely so much as shall be capable of conversion into twenty-four ounces of blood—that being the exact supposed quantity which the blood had lost in supplying the waste of the body in twenty-four hours.

I do not mean to say that twenty-four ounces do indeed form the precise quantity of daily waste; but it seemed necessary to fix on some definite and specified quantity in order to illustrate the principle of eating, the more plainly. There is, in fact, no fixed quantity of waste, for the quantity must always be in proportion to the quantity of bodily exertion undergone. And, for the same reason, so neither can the quantity of food daily necessary be either fixed, definite or specified.

Now, if a man eat more food than is necessary to supply the loss which the blood has suffered, one of these two things must happen. It must either be assimilated or not assimilated—or, to use the common erroneous language, digested or not digested.

If it be assimilated—that is, converted into blood, then it is clear that there will be more blood in the vessels than there ought to be. Let me illustrate again.—Suppose the case of a healthy man—so healthy that he cannot be healthier. Let us suppose the whole quantity of blood in his body to be thirty pounds. Let us further suppose, that in twenty-four hours, one pound of his blood is lost in supplying the waste of the body. Now, if this man eat, in one day, so much food as will produce a pound and a half of blood, what follows? Why, that his blood has lost a pound of its volume, and gained a pound and a half in its stead. Or, in other words, that the whole quantity of blood has been augmented by just half a pound—so that his system now continues just have a pound too much. If this man were to go on adding half a pound to his stock of blood, and if it were possible for him to escape apoplexy, or some other deadly disease; and if nature, foreseeing that her children would turn out to be gormandizers, had not, in some measure, guarded against the evil, it is plain that his blood vessels must soon actually burst under the distension. But nature has, though only in part, made a provision against this evil. For when, after having supplied the waste of the body, there is still remaining an undue quantity of blood in the vessels, the vessels relieve themselves and reduce the quantity of blood by the secretion of fat—thus restoring the blood's volume to a due standard. How beautiful is the economy of nature! The fat of the body may be most aptly likened to honey in the comb—a store laid by for a season of want. For whenever the supply of food becomes insufficient for the supply of the body's waste, this fat is again taken up by the lymphatics, and carried into the blood, becomes itself blood, and thus supplies that deficiency in the blood's volume which would, in a season of want, be produced by scarcity of food.

But the fat, as fat is of no use whatever to the body—it does not add to its strength—on the contrary, it is an incumbrance to its machinery, and, in more ways than one, an evil. The fat, quasi fat, does not form a necessary part of the body any more than the padding and wadding of a fashionable coat form a necessary part of the coat. The padding of the coat does not add an iota to the strength and quality of the original texture of the cloth—and the coat would be just as good without it. All that the padding does is to add to the beauty of its appearance.—So of the fat—it contributes nothing to the health and strength of the body—nor does it form a necessary part of the body—it might be all cut away without detri-

ment to the body—and even, if it were not for the skin which covers it, almost without pain—it has nothing whatever to do with the body, saving only as it adds to the beauty of symmetrical proportion—to external appearance. It has no more concern with the health and strength of the body, than the coat padding has to do with the texture of the cloth whereof the coat is made.

I know that in the leanest persons, there is still a certain portion of fat deposited in particular parts, as behind the eye, &c.: but this is merely for the purpose of giving to the tout ensemble of the body a certain appearance of symmetry and beauty of outline. What, for instance has the fat behind the eye to do with the power of seeing? But, without it, the eye would have the disagreeable and sinister appearance of being sunken too deeply in the head.

He therefore, who eats too much, even though he assimilates what he eats, and should be fortunate enough to escape apoplexy and some other deadly diseases, does not add a single iota's worth to his strength. He only accumulates fat and incurs the evils thereunto appertaining—one amongst the many of which I will mention. I mean the accumulation of fat about the heart—making him puff and blow like a grampus, and interfering to a most dangerous degree, with the heart's action.

But neither does he add to the size and weight of his body, properly so called. He may indeed add to the size and weight of his body's fatty envelope, as the tailor may add to the padding of the coat, but both the one and the other, properly so called, still remain unaltered.

A man's strength resides in his muscles, and bones, and tendons, and ligaments—in his brawn and sinew—and his degree of strength depends upon the size and substance of these; and if he were to eat a hecatomb of oxen every morning for his breakfast, and, like Gargantua, swallow a church for his supper, he could not add to his size and substance one atom—nor alter their original healthy dimensions—no, not in the estimation of a single hair.

Remember then, that it is a most miscable and mischievous fallacy to suppose that the more a man eats, the stronger he grows. If a man require daily one pound of food to supply his daily waste, recollect that, although he may eat double that quantity, yet he will not be one atom stronger, nor longer, nor broader, than if he had eaten no more than the one necessary pound. He will have enveloped himself in an extra layer of fat—he will have added another portion of padding to the coat—but he himself like the coat, will remain in statu quo, with the additional chance of waking some fine morning, and finding himself *kilt dead* by a fit of apoplexy. He who eats more than he wastes, with a view of making himself stronger, is guilty of precisely the same folly as he would be who should continue to pour water into a vessel already full, with the view of filling it fuller.

But, in some constitutions, if a man eat greatly too much, the secretion of fat may not be sufficient to relieve the overburdened vessels. Now, if this man should escape the usual diseases resulting from plethora, then there is, in literal fact, an imminent danger that some one or other of his vessels may actually burst, and so destroy him, by bleeding from the lungs, or some other active and deadly hemorrhage. What warranty have you that your constitution is not one of this kind? We arrive, therefore, at this inevitable conclusion, viz. that he who eats more than is necessary to supply his waste, even although the whole be well and truly digested, not only does not increase his strength thereby, but really incurs the danger of destruction from several probable causes, and is constantly walking heedlessly in the "valley of the shadow of death."

Put, if the other and more frequent circumstance happen—if what is eaten be not properly assimilated—then that which remains unassimilated becomes a source of great irritation and numerous morbid symptoms. It ferments in the stomach and bowels, as it would do in any other close, warm place, and the acids generated thereby, are neither more nor less than poisons, and, of course, highly injurious to health.

If therefore, a man under these circumstances eat more than is necessary, nothing can be more manifest than that he only adds to the evil he wishes to remove.—For since his assimilating powers can only assimilate just sufficient to supply the body's waste—and, in these circumstances, not even so much—it is surely most clearly evident, that, by adding to the quantity eaten, he only adds to the quantity which is destined to be left unassimilated, and therefore to give out a still greater portion of those poisonous gases and acids above mentioned. And an increased quantity of these poisons must produce an increased quantity of mischief to the health, and thus it becomes plain that, so