

The fourth annual fair of the Agricultural and Mechanical Society closed on Friday evening, with very general satisfaction to all concerned in its festivities. No serious accident occurred to life or limb, to mar the agreeableness of the occasion. Its achievements are something to be thankful for. As an institution, the society has fairly met the expectations of its friends and founders, and the advantages which have accrued from it to the State have amply vindicated the wisdom of its establishment. The society justly recognizes the progressive spirit of the age. It sees before it a better means of industrial success to win a still higher distinction to achieve. With a view to greater efficiency, it was deemed expedient to organize a joint stock association, auxiliary to the society as now constituted. Ten directors were elected, and instructed to apply to the Legislature for an Act of Incorporation, and a meeting of stockholders appointed to be held in this city, on the 15th January next, for the purpose of effecting a more complete organization.

A noticeable feature of the present meeting has been the action of the City Council of Columbia, after conference with ex-President Hagood, in withdrawing the suit which was pending in the Court of Common Pleas, between the city of Columbia and J. P. Thomas, W. Wallace and J. B. Palmer, trustees of the Agricultural and Mechanical Society. All proper demands were met, and all necessary guarantees and securities granted on either side. We are gratified that this suit has thus been relinquished. It threatened the usefulness, if not the very existence, of the society, and had a chilling effect upon the otherwise general disposition to continue its meetings in Columbia. The action of the City Council has been considerate and just. They have evinced a commendable spirit in the matter, and while gratifying by their action the friends of progress and of the continued and enlarging influence of the society, they have in no way injured the rights or jeopardized the interests of their immediate constituency.

It is of immense advantage to Columbia to have the society meet here. It brings us to our mill; by it our hotels and boarding-houses are filled with guests, and our merchants' stores crowded with customers. There is money in it; and there is something more and better than money in it. It tends to keep alive and cultivate the social amenities amongst our people. Old friends meet and exchange civilities and courtesies. Past times are revived, and the sense of former prosperity and happiness, which is evoked, acts as a vitalizing influence upon the gloomy present; its sorrows and cares are, for a time, at least, taken out of their hearts. The hardships of the times, its deprivations and pinching wants, are momentarily forgotten, and a gleam of better things seen in the future, in the light of those social reunions which have always been a distinguishing and enjoyable feature in the annual fairs. Our young people form or renew their friendships; and in happy intercourse with each other, they forget to look upon the pall which covers their hopes of preferment and honest employment in the land. The ladies come out in full force, and God bless them! their radiant smiles and cheerful hearts dissipate the prevalent gloom. Music, merry conversation, the joyous dance, the pleasant promenades, all add their attractions, and, in contributing to innocent enjoyment, subserve the general good.

Gen. Hagood, who has presided over the society with credit and efficiency since its formation, declined a re-election. His addresses have always been well-considered papers, cogent in argument, exact in statement and judicious in suggestion. He is very properly re-elected, on the Executive Committee. Major Thomas W. Woodward, of Fairfield, has been advanced to the position of President. An ardent Southerner, an industrious planter, a wide-awake business man, a genial companion, we expect much from his administration of the affairs of the society. Col. D. Wyatt Aiken has been continued in office, as Secretary and Treasurer. A man of vast energy, of wide information, of ready expedients, and of untiring devotion to his official duties, his services are invaluable. He is pre-eminently the right man in the right place.

This society is an institution which we are bound by every consideration to uphold and cherish. Its usefulness has not yet reached its proper limits. It may be both enlarged and ameliorated. We are not in a critical mood, but we cannot forbear saying that gambling and drinking establishments, the army of trick-

sters and cheats, and horse-racing for money, are all out of place on the Fair Grounds. These are ugly blotches, sore and disagreeable expressions, upon a face otherwise fair and attractive. Let the bar sinner be removed from the bright countenance of our cherished society. Progress and improvement are the words which we would whisper in the ears of our new officers. We have some important suggestions touching an agricultural school and model farm, as practicable to be put into operation now, as was the original establishment of the society itself at the time it was formed, which, with due respect, we design submitting to their consideration in a short time.

The Nicholasan Pillbuser as a Judge. We make the following extracts from Judge T. J. Mackey's address to the grand jury of York County, on Monday last.

After informing the jury that with the expiration of this term of court, they will be relieved of the arduous and important duties with which they have been charged by law, he says: It is, doubtless, a subject of profound congratulation with you, as it is with the presiding Judge, that peace and order prevails everywhere within the limits of your County, and that kind Providence has blessed the tillers of the soil with abundant harvests, and kept far from us the pestilence that has made its fearful visitations to other sections of our country.

Within the recent past, this County was the scene of armed violence, prosecuted by a powerful organization, composed of bold, bad men, who scourged and wounded and killed many American citizens because of their political opinions or party affiliations. These armed bands asserted the law of the strong hand against the laws of the land. They paralyzed the arm of justice, and struck down unoffending victims almost within the shadow of this building, which is dedicated to the protection of the weak against the strong. Indeed, while these outrages were flagrant, members of the grand juries themselves, who were native participants in these crimes, sat where you now worthily sit, and with unblinking forehead looked the presiding Judge calmly in the eye, as if unconscious of the existence of the Supreme Judge of all, who has recorded their guilty names. These banded criminals, who for so long a period thus grievously oppressed hundreds of their fellow-citizens, and bid defiance to the laws, were but a part of a mighty organization that extended through many populous States of the South, and into many Counties of this State. This tremendous and lawless power drew its deadly circle of fire around its designated victims, and then pursued them with an untrifling step and a sleepless eye into exile or death. The archives of the National Government contain the sworn testimony, proving that up to April, 1871, within a period of six years from the formal cessation of hostilities in the open field, 17,000 American citizens were maimed and scourged, and 6,000 slain outright by the bloody mandates of the organization in question. The State of South Carolina having failed to protect citizens of the United States, resident within her limits, in the free and safe exercise of their vested rights as such, the Government of the United States intervened by its courts, sustained by its army, to protect its citizens in the enjoyment, unquestioned, of all their rights of citizenship, and to bring to trial and punishment all who had by force invaded those rights. That interposition was timely, merciful and just. The first great duty of a government is to protect its citizens. In fact, this is the paramount object for which governments are founded. For this purpose the ships of the republic carry their guns on the waters of every sea, and the Consuls of the United States fly the national flag in every civilized land.

Judge Mackey then cites the arrest of the Austrian, Martin Kozta, in 1853, as also the more recent arrest and imprisonment of Dr. Houard, and their subsequent release, upon the demand of the United States Government, and says:

Who, then, shall question the right of this nation to protect American citizens on American soil? And who that surveys events in South Carolina during the past four years, will be bold enough to deny that such protection was needed here? If, however, the grand juries and the courts do their duty faithfully and fearlessly, there will never again arise a necessity for the assertion of this protection by the exhibition of a military force on the part of the United States. The State of South Carolina has never abdicated, for an instant, her sovereign jurisdiction over all offenders against her laws on her own domain. The Government of the United States has never demanded that she should abdicate that jurisdiction; but, on the contrary, demands that the State shall effectually assert it.

You will, therefore, make a most rigid inquiry into the organized system of crime in question, and present for indictment and speedy trial all persons who may be shown, by the testimony before you, to have been concerned therein, whether such persons stand indicted in the United States Court for violating the Enforcement Act of Congress or not.

The Judge seems called upon to attack Hon. B. F. Perry's letter, in regard to what he considers the best course to be pursued by the white people of the State. While we disapprove of Gov. Perry's propositions, we believe that a

Judge upon the bench, in addressing a jury, transcends his duty when he gives political advice and exhibits his partisan feelings. He is there to administer the law, and not to disseminate political ideas. The following are Judge Mackey's remarks: The italics are ours: The court desires, further, gentlemen of the grand jury, to bring to your attention another matter, not entirely irrelevant to the one just considered. The newspapers are giving currency to a letter purporting to have been written and signed by a feigning of this State, of high authority upon legal questions, which letter is not only a scurrilous libel upon its face, but is calculated to seduce many well-meaning citizens into a grave infraction of the laws. The writer of the letter complains therein of two classes of persons, in connection with the recent congressional election in this district—the one whom he terms the "white voters," and the other "negro voters." He charges that the first class generally refrained from voting, and that the second class universally voted, but voted against the writer. The letter is not entirely explicit as to whether it is designed to subject the first class named to any "pains and penalties" for so refraining from voting; but its purpose in regard to the second class is unmistakably set forth.

The court would state that if the exaction of such a stipulation from laborers and tenants does not violate any existing Act of Congress, it is "devoidly to be wished" that there will soon be an Act of Congress that would be thereby violated. Any attempt, however, to enforce such a stipulation, would be an infraction of the election laws of this State, as a manifest "intimidation of voters" and if the voter consented and fulfilled the "stipulation," it would render him liable to the penalties of the law. A voter cannot legally make his ballot the subject of such a stipulation. He holds it as a high and sacred trust for the country of which he is a citizen, and the law prohibits him from using it for pecuniary gain, or making profit for himself in casting it. The writer says: "I therefore urge upon the white people, all over the State, to determine unanimously and at once, to have nothing to do with the Radicals, white or black, in tenting their lands or employing their laborers, without they will agree, in writing, under a penalty, to vote with them in all future elections." To "determine unanimously" upon such a matter, implies consultation, and a confederacy to attain the end proposed. Such determination, so reached, will subject the parties engaged therein to indictment for conspiracy. It will be the duty of this court, with your aid, gentlemen of the grand jury, to check, by prompt and decisive action, in obedience to the laws, every such proposed system of debauchery, aimed at the free electors of the State.

The Lean and the Fat Bantingism. Let not the readers of the PHOENIX be startled at the announcement of my subject. I hope that some good will come from the discussion. If it be true that some persons are so lean as to be walking skeletons, it is alike true that others are so oppressed by fat as to be unable to walk at all. It cannot be stated with exactness what amount of fat constitutes excess. A moderate amount is a sign of health; but what is this moderate amount? Leaving it to my readers to estimate the value of the answer, I reply that physiologists generally fix the amount of fat at about the twentieth part of the weight of a man, and the sixteenth part of a woman. Whenever the proportion falls below or rises above this, the condition is abnormal. The fatty or adipose tissue is diffused over the whole body, and even in cases of great emaciation some fat is always left. The principal seat of the deposit in young people is the cellular tissue immediately under the skin, but in middle age there is also a tendency to accumulation in the neighborhood of certain internal viscera, as well as in the subcutaneous cellular tissue. These accumulations are sometimes enormous, and then they may be considered a serious evil. Let me mention a few of the most memorable examples. The following persons may be regarded historic: Powell weighed 560 pounds; Spooner, 569; Bright, 729; and Daniel Lambert, 739; thus leading the host of fat men. It may be, however, that a Dr. Stafford surpassed Lambert, if there be any truth in his epitaph: "Take heed, O good traveler, and do not tread hard, For here lies Dr. Stafford in all this church-yard."

It is a well established opinion that obesity does not conduce to longevity, and as it is attended by many inconveniences, some of your readers may be obliged to me for addressing to them a few thoughts on the subject. In considering the remedy it behooves us, first, to consider the conditions which favor an excessive deposit, with the view of removing or obviating them as far as possible. I remark, first, that there is a constitutional, hereditary predisposition to corpulence, and we see this exemplified in families where every member has this distinction. Doctors have enumerated among the conditions, climate and locality. The use of a large amount of liquid favors the deposition of fat. But of all conditions, food and regimen are the most important. Let us consider somewhat particularly the subject of food. The usual classification of food is into the nitrogenous and non-nitrogenous. The first includes albumen, fibrine and casein, and the second starch, sugar and the fats. The substances belonging to the latter are regarded as particularly favorable to the formation of fat, when taken into the system. Experiment proves, beyond question, that the free use of non-nitrogenous food, and particularly when accompanied with inactivity, causes the deposit of fat. It is illustrated in numerous instances, both in man and the lower animals. Having noticed briefly some of the main conditions, I come now to the remedy. I remark first, that where the constitutional hereditary predisposition exists, greater perseverance and care are necessary in carrying out the treatment, as in the case of other hereditary predispositions. I have to add, that while there seems to be in many cases great difficulty in increasing the amount of fat, it seems very easy to diminish it by judicious treatment. Everybody has heard of the use of acids, and particularly vinegar, to reduce the bulk. We are told that a Spanish General so reduced himself by vinegar that he could fold his skin around his body. A Dr. Fleming advises the use of soap for a similar purpose, and Darwin advises salt and salted meats. I pass these expedients by, with the remark that they are pernicious, and, therefore, not to be resorted to. There is no substitute for diet and regimen, and to them alone must we look for relief, and they will never fail. Let me say to my corpulent readers that if they wish to live long, they must look to diet, and not to drugs, as too many do. By way of encouragement, let me give a case or two of successful practice. Dr. Cheyne was an eminent physician, and known as the "big fat doctor of Bath." By attention to diet and regimen, he reduced himself from 448 pounds to 229, and enjoyed good health until the age of seventy-two. Dr. Gregory, of Edinburgh, reports cases where the reduction reached a third, and the persons lived to a good age in the enjoyment of health. It would be easy to multiply examples, but I call attention to Mr. Banting, who has a dietetic immortality. Mr. B. was a very fat gentleman; and in addition to the inconveniences always present with that condition of body, was suffering from deafness. Dr. Harvey was Aural Surgeon to the Royal Dispensary for Diseases of the Eye, and was consulted for the defective hearing. The Doctor concluded that his deafness was connected with his obesity, and prescribed a diet for the reduction of his bulk. Mr. Banting, in the end, was relieved of both his corpulence and his deafness, and informed the world of it through the press, and Dr. Harvey published a volume "On Corpulence in relation to Disease." To the Doctor, then, belongs the higher honor, and the system, if I may so dignify it, or dietary, should have been called, perhaps, Harveyism, and not Bantingism. It will be perceived in the dietary that Dr. H. prescribed for Mr. B., that food of the non-nitrogenous class is not wholly excluded, but allowed in the smallest quantity, while the nitrogenous is much increased. I must remark, too, that the bill of fare is a very respectable one: Breakfast—Four to six ounces of meat, two ounces of biscuit or toast, and a large cup of tea, but without milk or sugar. Dinner—Ten to twelve ounces of any kind of fish, except salmon, any vegetable, except potato and vegetable roots, any kind of poultry or venison, and two ounces of toasted bread. With it, drink two or three glasses of good red wine, sherry or Madeira, avoiding champagne, port or beer. In the afternoon, four to six ounces of fruit, one or two biscuits, and again a large cup of tea, without milk or sugar.

While I would advise all the kindred of Lambert to follow the example of Banting, my kindness of heart prompts me to say to those who prefer to remain as they are, that *embonpoint* is generally a sign of good humor and cheerful temper. Hear the words which Shakespeare puts in the mouth of Caesar, in his address to Antony, where he places in contrast the fat and the lean: "Let me have men about me that are fat, Sleek-headed men and such as sleep o' night; Yond' Cassius has a lean and hungry look—He thinks too much. Such men are dangerous." In some of the countries of the East, obesity is looked upon as a beauty, and young ladies are fattened for marriage; and Erasmus tells us of a nation of people who elevated to the throne the fattest among them. In the case of very fat persons, the specific gravity is much less than that of water, and they will float in it. We read that a fat lighter-man on the Thames fell repeatedly overboard, without any other inconvenience than that of a good ducking, as, though he knew nothing whatever of the art of swimming, he continued to flounder about like a firkin of butter, till he was picked up. This is an advantage to the credit of the fat man, and would seem to give him greater security against the perils by water, than that enjoyed by the most skillful swimmer. If it be true, as is urged by many physiologists, that among other uses, the fat serves as a provision in cases of wasting indisposition, when the digestive organs are incapacitated from performing their office, it follows that a large deposit is of advantage in this emergency. May not my fat readers then take to themselves the comfort, that the world is divided on the subject; that the fat have their admirers as well as the lean, and that the latter are made the subject of joke as well as the former? We have the story of two corpulent actresses, a Mrs. Cline and a Mrs. Pritchard, quarreling about picking up a letter accidentally dropped during the performance of one of the plays, to the amusement of the spectators, as neither could possibly do it; and Butler, in Hudibras, satirizes fat men in the person of his Starvo Galt. But as an off-set, we have the story of a priest, who was so lean, and dry in his articulations, that he was unable to go through the celebration of mass, as his joints and spine would crack in so loud and strange a manner, that the faithful were terrified and the faithless laughed; and we have another story of a diminutive Frenchman, who, upon being ordered to drink a quart of ptisan, replied, with a deep

sign: "Alas, doctor! that I cannot do, for I hold but a pint!"

Though we may not be able to come up to that ideal standard in which is embodied the perfection of physical development, still it is generally within our power to make an approximation which will exempt us from many of the discomforts and inconveniences which attach to either of these abnormal conditions. M. L.

Local Items.

CITY MATTERS.—The price of single copies of the PHOENIX is five cents.

Remember, John Robinson's circus, menagerie and aquarium exhibits here to-morrow evening.

The Watkins troupe concluded their engagement last night to a well filled hall. Mr. Watkins, as old Rip, showed conclusively that he is one of the most versatile actors of the age. We hope to greet him again at an early day.

Old newspapers for sale at PHOENIX office, at fifty cents a hundred.

All letters and communications intended for this office, should be directed to "PHOENIX, Columbia, S. C.," or to the proprietor, JULIAN A. SELBY.

At a meeting of the Joint Stock Association, yesterday, it was decided to apply to the next Legislature for a charter. Messrs. Shiver, Palmer and Swaffield were appointed a committee to apply for the charter.

The State Board of Canvassers have reported that the total vote for Governor was: F. J. Moses, 69,838; Tomlinson, 36,533; scattering, 351. Majority for Moses, 32,704.

Messrs. J. A. Hendrix and Bro., the popular grocer, will accept our thanks for samples of articles in their line.

Mr. Joseph Newman, who resides a short distance from Columbia, on the Winstboro Road, was knocked down and robbed, yesterday evening, while on his way home.

An easy way to get rid of cock-roaches is to spread sprigs of tansy where they are troublesome, and they will leave. It is also effective in driving away black ants.

The Presidential Electoral College consists of 366 members; necessary for a choice, 184. The State colleges vote respectively at the State capitals, and a special messenger is sent with the result to Washington, where Congress counts the votes and proclaims the result.

It is considered humane now for "smokers" to carefully quench the sparks on their "stamps" before casting them on the sidewalk, to prevent ladies' trails from catching fire.

"Meet me at the gate, love," has been changed to "Meet me at the grate, love." The cool weather has necessitated the change.

There are two kinds of people who are glad that the elections are over—people who made money by them and people who didn't. The first are glad because they made the money and can now enjoy it, and the others are glad because they think they now have a chance to make some money, people having got their business wits back again.

The eccentric individual who stops to shake hands with everybody whom he meets in the street is said to have been engaged for a fabulous sum to do all the hand-shaking that will, of course, have to be done when the successful candidates give their receptions.

Fortunately the Fair closed before the unpleasant weather set in. Yesterday was a particularly disagreeable day—cold and drizzly.

Our up-town citizens can now be saved the trouble of traveling to the city market for fresh meat. Messrs. Pope and Drennan have secured convenient locations—on Richardson street—the one corner of Richland and the other corner of Boundary—where they will keep up a supply.

The case of shark's teeth, exhibited at the State Fair, and for which a premium was awarded, was donated by Mr. Barkley to the Ladies' Memorial Association. It was raffled for thirty dollars, won by Mr. Rabb, of Fairfield, who re-donated it to the association, and it is again to be disposed of by raffle. It will prove a valuable addition to any cabinet of curiosities. The handsome cake, exhibited by Miss Walthour, was awarded to Gen. Hagood.

Werner's patent iron awning frames are well worthy of attention. If the ordinance relative to wooden awnings should be enforced, it would be the means of bringing them into general use. Messrs. Cameron, Barkley & Co., of Charleston, are the agents.

The dwelling of Mr. F. M. Drennan, sr., was entered by robbers on Friday night, and a number of articles, including a watch, carried off.

Messrs. Nathaniel Pope and Wade Tarrar succeeded in arresting two escaped colored jail birds, yesterday.

We have received the first few numbers of the Daily Liberal, published at Greensboro, N. C., by E. J. Gathrie.

By circulars, we learn that an emigrant train will leave Columbia, Ga., on Tuesday, the 19th inst., and run through to Memphis, Tenn., via Nashville. Now is the time to make the trip at greatly reduced rates. There is in this city an old lady who, for two years past, has been in a very desponding state of mind, because, forty years ago, she made a smoking-cap for a young man. Tobacco appears to her in the dreary night-watches, and says it will sink her, and that all the saltpetre in the world cannot save her. Men of straw are not uncommon, nor is straw bail, but it is now stated that babies made of straw are not infrequently carried about the streets by beggar women. This, indeed, may be called tickling the nose of charity with a straw. Some of the vines that creep up to the windows of city houses have again burst out into blossom. This time it is with paper shirt-collars, which are revealed as the leaves drop away from the vines that had become receptacles for discarded objects. In Yorkville, on Thursday, twenty persons were indicted by the grand jury on Ku Klux charges. These are the first indictments made in the State courts. Persons should be careful to buy their postage stamps from the post office alone. The post office department is in receipt of information, it is reported, to the effect that a large quantity of counterfeit postage stamps are in circulation. They are excellently engraved, nearly equal to the genuine, and are being sent out by operators near a large Northern city. We understand that one of our most promising youths has recently been flatly rejected. "Young man, go West." It's an ill wind that blows nobody good. Here are the horse blanket manufacturers rejoicing in the brisk trade ever known. The newspaper is just as necessary to fit a man for his true position in life as food or raiment. Show us a ragged, bare-foot boy, rather than an ignorant one. His head will cover his feet in after life if he is well supplied with newspapers. Show us the child that is eager for newspapers. He will make the man of mark in after life if you gratify that desire for knowledge. Other things being equal, it is a rule that never fails. Give the children newspapers. PHOENIXIANA.—Always "hard pressed"—Bricks. Mill dewa—Wages of factory girls. The proper home rule—Fall measure. The last appeal—A shoe-makers' strike. Educated on a sound basis—The drummer. The best throw of dice is to throw them away. "Two much of a good thing"—Twins. A gushing poet asks in the first line of a recent effusion, "How many weary pilgrims lie?" We give it up, but experience has taught us that there are a good many. Prussia has purchased 150,000 new rifles of England. "Let us have peace" is her motto, but it is a fowling piece, and a great many of it, that she wants. Order is Heaven's first law. The first man-date dates from Adam. Many gentlemen have pockets made in the sleeves of their over-coats, wherein a lady may keep her hand warm when walking arm-in-arm with them. The way to get rich—Make money. Columbia is blessed with whistlers. How to make money—By being a United States Marshal at \$5 per day. Farmers' daughters are the best agricultural fairs. DANCING SCHOOL.—Prof. Milan will open his dancing school, in hall over Messrs. Loric & Lowrance, Monday, Wednesday and Friday evenings, at half-past 7 o'clock, for gentlemen, commencing Monday, November 11. Class for ladies, misses and masters Tuesday, Thursday and Saturday afternoons, at 3 o'clock. RELIGIOUS SERVICES THIS DAY.—Trinity Church—Rev. P. J. Shand, D. D., Rector, 11 A. M. and 4 P. M. Catholic Church—Rev. J. L. Fullerton, First Mass, at 7 A. M.; Second Mass at 10 A. M.; Vespers at 4 1/2 P. M. Marion Street Church—Rev. W. D. Kirkland, 10 1/2 A. M.; 7 1/2 P. M. Sunday School, 3 1/2 P. M. Washington Street Church—Rev. M. Brown, 10 1/2 A. M.; 7 1/2 P. M. Lunatic Asylum—Rev. D. K. McFarland, 9 A. M. Lutheran Church—Rev. A. R. Rude, 10 1/2 A. M. Baptist Church—Rev. J. L. Reynolds, 11 A. M. Presbyterian Church—Rev. J. R. Wilson, 10 1/2 A. M. and 7 1/2 P. M. LIST OF NEW ADVERTISEMENTS. Meeting Myrtle Lodge, K. of P. Seibels & Ezell—Wanted. Shepherd Dog Strayed or Stolen. D. Gambrell—For Sale. J. J. McCants—School Notice.