

CAROLINA WATCHMAN.

BY HAMILTON C. JONES.

SALISBURY, N. C. SATURDAY, JUNE 25, 1836.

VOL. IV—NO. 49—WHOLE NO. 205.

TERMS.

The WATCHMAN may hereafter be had for one dollar and fifty cents per year. A Class of FIVE new subscribers who will pay in advance the whole sum at one payment, shall have the paper for one year at Two Dollars each, and as long as the same class shall continue (thus to pay in advance the sum of Five Dollars the same terms shall continue, otherwise they will be charged as other subscribers.)

Subscribers who do not pay during the year will be charged three Dollars in all cases. No subscription will be received for less than one year.

No paper will be discontinued but at the option of the Editor, unless all arrearages are paid for.

All letters to the Editor must be post paid; otherwise they will certainly not be attended to.

TERMS OF ADVERTISING—Fifty Cents a square for the first insertion, and Twenty Five Cents per square for each insertion afterwards. No advertisement will be inserted for less than one Dollar.

Advertisements will be continued until orders are received to stop them, where no directions are previously given.

Advertisements by the year or six months will be made at a Dollar per month for each square, with the privilege of changing the form every week.

MRS. S. D. PENDLETON



Milliner & Mantua-Maker,
I inform the public that she has just received the NEW YORK & PHILADELPHIA Spring and Summer
FASHIONS FOR 1836,
and will execute work in the various branches of her business, in the most fashionable style, with dispatch and promptness.

Orders from a distance will be strictly attended to, and articles of Dress carefully packed and sent of according to direction.

P. S. Mrs. P. keeps on hand, for sale, a stock of Fashionable Bonnets, Caps, Turbans, &c. &c. Salisbury, April 30, 1836.

FEMALE SCHOOL,
IN SUGAR CREEK, MECKLENBURG COUNTY, N. CAROLINA.

MRS. M. A. CALDWELL, respectfully informs the public, that she has just entered on the duties of her Summer Session.—A number of young ladies have already been received, but as an assistant can be obtained at any time, she will continue to receive pupils at any period during the session (a term of 5 months) charges made only from their time of entrance into the school, are taught all the important branches of an English Education, both useful, and ornamental.

Boarding can be obtained in genteel families at 25¢ per month.

For the information of those at a distance, she would observe; that the situation in which this school is taught, is about three miles north of Charlotte—remarkably healthy, and in a neighborhood distinguished for the good morals of its citizens, and convenient to the Presbyterian Church.

M. A. CALDWELL.
June 18, 1836.—2w 18

NEW BOOKS.

TURNER & HUGHES have just received the following new and interesting Books, &c.

Allen's last end of the Tribunes by E. L. Bulwer, 1 vol.

Allen's Hunting Toads, interspersed with characteristic anecdotes, sayings and dialogues of sporting men, including notices of the principal Cricketers of England.

The Address of Padua and other tales, 2 vols. Henry Crivley

The Empress, by G. Bennett

Allen's Life of Scott

Bentley's Life of Johnson

The Life of Bishop Heber

Raymond's Works

Annals of America

Sketches of Turkey

Metropolitan in England

Tales to the Lakes

Geographical Manual

Voyages of the Grotto

Life of Clarke

Biological Cyclopedia

Shipwrecks and Disasters at Sea, with 100 Engravings

Pratt's pleasant Peregrinations

Chapman's Interest Tables

Mathew's Farrier, new edition

Hunter's Special Anatomy

Webster's Dictionary, octavo

Calend' Toy Books, and 30 different kinds, &c. &c. a great variety of other Books.

For sale by
TURNER & HUGHES.
June 9.

ROWAN COUNTY

Sunday School Union.

A meeting of this Society with the Will of the Divine Providence, will take place on the 1st of July next, in the Presbyterian Church at Salisbury at 9 o'clock, A. M. at which all the Sabbath Schools in connexion with the Society are invited to become connected with it, are particularly requested to send one or two Delegates.

By order of the Executive Com.
CHAS. L. TORRENCE.
June 18, 1836. Secretary pro tem.

NOTICE.

A meeting of the members and friends of the Temperance Society will be held at Wesley Street, near Mashach Pickett's, Esq. on 4th day of next address are expected: Services commence at 12 o'clock.

June 18, 1836.

JOB PRINTING
Of every description neatly
(Done at this Office.)

From the London Metropolitan.

POPULAR INFORMATION ON THE HUMAN SYSTEM.

LETTERS TO BROTHER JOHN.—NO. 1.—(Continued.)

Whitechapel Churchyard, Jan. 20, 1836.

It will be convenient to state here that there are contained in the body two kinds of blood, differing from each other as much as any two things can well differ. The one is a beautiful, bright vermilion colour, teeming with the living principles, pregnant with all those elements from which the whole of the body and all its fluids, except one, are elaborated, and in a condition ready and instantly to part with those elements, each at the proper moment and each in the proper place, accordingly as the nutrition of the several parts of the body requires them. This vermilion blood, as it were, in a state of excitement, being surcharged, not with the principles of electricity, but with the principles of living matter; and as it circulates through the minute vessels, parts with those living elements with the readiness and freedom with which a highly excited body parts with its electricity. This blood is conveyed in vessels called *arteries*. The other kind of blood is a nasty, thick, purplish, blackish, inky puddle, unendowed with any good quality, endowed with many pernicious ones, productive of much mischief, but guiltless of any one good with which I am acquainted, save only that from it the bile is formed. This blood is contained in vessels called *veins*. Some of the principal differences between *arteries* and *veins* are the following:—The *arteries* carry the living blood from the heart to every point of the body. The *veins*, like so many waste pipes, carry the deteriorated, dirty, and if I may so speak, dead and useless blood from every point of the body to the heart. The *arteries* arising by one large trunk from the heart, become smaller and smaller as they pursue their course towards their termination. The *veins*, arising from the innumerable terminations of *arteries*, become larger and larger as they proceed. The *arteries*, therefore in the neighborhood of the heart, from which as I have just said, they all arise by one common root, (the *aorta*), are large and few; but from the sides of these there are perpetually given off smaller and smaller *branches*, while, from these smaller ones, still smaller than they, continue to arise, and so on until the whole are finally lost in indistinguishable minuteness.

While the *arteries* are in this state of wonderful attenuation, their course is exceedingly tortuous; they recoil upon themselves, and are circumscribed hither and thither until there is scarcely a point in the body which is not occupied by one of these little vessels. After having thus permeated the universal body, they lose the characteristics of *arteries* and assume the structure of *veins*. The terminations of *arteries* are the beginnings of *veins*. This termination of *arteries* in *veins* can be seen by the aid of the microscope, in the frog and salamander. In some fishes it can be seen with the naked eye. The *arteries* near their termination and the *veins* near their beginning are many times smaller than the finest hairs, and this hair-like state of minuteness constitutes the ultimate tissue of the *arteries* and *veins*—and so the tissue formed by the nerves and absorbent vessels, while in their last state of minuteness, constitutes the ultimate tissue of the nerves and absorbents, and that beautiful network formed by the interlacing of all these delicate hair-like threads, viz. *arteries*, *veins*, nerves, and absorbents in their minutest condition, constitute the ultimate tissue of the body, and this ultimate tissue constitutes, in fact, nearly the whole of the body. For all that which appears to our eyes so firm and solid (not even excepting the bones) is almost entirely consisting of this astonishing network of minute vessels and nerves. This network, or ultimate tissue of the body, owes its compactness to its being firmly compressed and interwoven, to its being well and accurately filled with fluid, (principally blood,) and to the circumstance of its being everywhere supported, held together, contained, and as it were, closely stowed away in the cells of the cellular substance.

In order to obtain a clear notion of the cellular substance, its universality and appearance, just fancy it possible for an anatomist, with a finely-pointed instrument to pick away every part of your body which is not cellular substance: what remained would be of course cellular substance only; and you would present exactly the appearance of a man made of honey-comb or sponge. But if this spongy residue of you were perfectly dried, it would be so light that the sigh of a butterfly in love would be sufficient to scatter it to the four winds of heaven. Notwithstanding it pervades, therefore, the whole body, its actual quantity or weight is exceedingly small. If you doubt the existence of this universal cellular substance, and would like to see it proved by actual experiment on your own person, only let me know, and I will come prepared with a proper instrument, and begin to pick away whenever you please. Only, my dear John, when I have done picking, I will by no means undertake to put you together again. I trust you have now a tolerably accurate idea of the ultimate tissue. If you have not, I pray you to refer back and read again; and every now and then shut your eyes, and endeavor to ascertain whether you clearly understand what you just read or not, and by no means proceed to a second sentence before you have fully understood the first.

Pardon this earnestness; and if I have been somewhat tedious or tautological, you must pardon that too, for I am extremely anxious that you should obtain a distinct conception of the nature of the ultimate tissue; otherwise I shall have lost both my time and labour, and it will be impossible for you to understand me when I come to speak of diet, the conduct of life as it relates to the preservation of health, the origin of disease, &c. &c. all of which have a direct reference to this ultimate tissue. It is besides the most beautiful, the most wonderful, the most important structure in the human fabric, magnificent in its very simplicity, stupendous in its minuteness, and it is the secret chamber in which nature conducts all her hidden operations. Hither are brought and dealt with by that subtle and mysterious Operator all the elements necessary to the production of a Newton, a Milton, a Plato, or a Montaigne, a Robespierre, a Democritus; a Howard, or a Rabelais; a Richard the First of England, or a Louis the Eleventh of France; a Napoleon, a Peter, a Lear, a Goneril, a Falstaff; a genius or a dunce; a martyr for religion or a murderer for self; a fanatic or a fool. The physical is the father of the moral man; and it is quite true, "Quod animi mores temperantia sequantur; and no less true is that "Philosophy has been in the wrong not to descend more deeply into physical man;—there it is that the moral man lies concealed; and the outward man is only the shell of the man within."

To alter a man's moral character, you need only alter his physical condition. Take the brave and hardy mountaineer from his hills—lay him in luxury—let him be fed on dainties and couched on down—let his lullaby be sounded by the soft breathing of the tassel-vine lute; instead of the wild music of the whistling wind,—you will soon reduce him, first physically and then morally, to the rotund but helpless condition of the turtle-fed imbecile alderman. In a few years replace him on his mountain post—set him beside his former companions—show him the aggressor against his rights, the oppressor of his race—bid him meet and repel the common enemy. Behold! his courage has fled, the love of liberty and independence is dead within him, the spirit of freedom sleeps; he trembles and yields, preferring the indolence of slavery to the toil necessary to preserve him free. It may be said that courage is but one of the moral qualities: true—but it is one on which many others depend. Courage results from a consciousness of physical strength, and cowardice from a consciousness of physical weakness. The strong will not shun danger, because he feels himself competent to resist and repel it. The weak man knowing himself unable to surmount danger by an exercise of strength which he does not possess, will resort to other means of preservation—to petty cunning, wily stratagem, mean subterfuge, lying, and circumvention. Thus the virtues which are directly opposed to these vices all depend upon courage at least, to a considerable extent; and courage depends on physical strength, the size of the heart and lungs, the firmness of the heart's structural fibre, and the liveliness and energy with which circulation and animalization is performed. The fortitude with which the Indian savage endures torture at the stake, I shall endeavor to show by and by is clearly the result of his physical condition. It may be objected, that we have numerous instances of undoubted courage in men possessing but little physical strength; but this objection will not hold. When the noble scion of a noble house, the nursing of luxurious ease from his cradle, goes out to fight a duel, is it because he loves danger for the sake of the pleasurable excitement it affords? No. Is it because he is indifferent to danger? No. What is it then which urges him on? It is the fear of disgrace; it is the dread of being booted from that sphere of society in which he moves; it is his fear of the finger of scorn which impels him; this, therefore, is not courage! this is fear! If he refuses to fight, he knows that he will be degraded from his caste—his views, whether of love or ambition, will be destroyed. If he fight he has a chance to escape, and if he escape his character as a man of courage is established. His, therefore, is a choice of two evils, and he chooses to fight as being the less evil of the two. If he could avoid both evils, assuredly he would do so. But this is not courage! The mere act of fighting does not constitute bravery. It is the feeling, the inward feeling which carries with him to the field, it is this which constitutes true valor. The rankest coward that ever lived will fight if he knows that instant death attends his refusal, or that there is more danger in running away than in going forward. True courage loves danger for the sake of the excitement it affords—loves it for the same reason that men love wine: loves it, too, for the glory consequent on overcoming it. Had Richard the First not been the giant he was, would he have been the hero he was? Would he have courted danger as he did, alone and single-handed? I have said that many virtues depend on this single quality of courage. Richard possessed the *ne plus ultra* of courage, and he was high-minded and generous to a fault. He sought to accomplish all his ends openly, avowedly, and honorably, because he felt himself able to do so. His brother John was a coward, and how did he seek to accomplish his objects? Why, by every species of low and cunning villainy, not stopping even at murder. Had John been physically constituted as Richard, and Richard as John, John had been called the lion-hearted, and Richard the craven coward. Again, it may be urged that on the field of battle men not physically strong have frequently performed feats of gratuitous and unequalled daring. But neither will this objection hold, for at the time of performing these deeds of valor their physical constitution is actually altered.—The brain, powerfully excited by the scene, the trumpet clang, the paucity of war, the martial music, the stir, the life, the uproar all around, pours into the heart a resistless tide, as it were, of nervous energy, and the heart, obedient to the impulse, propels the blood in a stream of triple force along the *arteries*, until every organ of the body is in a state of the highest excitement, swollen and distended with the living current. Thus for a time the weak become actually strong, and hence these instances of courage in the weak. The same thing occurs in anger. A man under the influence of rage not only appears but really does possess triple the physical power which he can command when calm.

Madness in all its grades, from mere eccentricity, through all the deviant wanderings, wild imaginings, and musing moodi-

ness of the poet's mind, up to the furious ravings of incurable insanity, has its seat in the physical structure or physical organization of the brain. And what are all these varying shades of insanity but so many peculiarities of character, taking the name of eccentricity while they are but slightly marked and harmless; or of insanity when deeply marked and dangerous; and of patriotism when the effect of the ruling passion is to benefit the state, though that benefit be purchased at the small cost of self-destruction? Was not the Roman mad who, in order to show his enemy how little he cared for his threats of punishment, thrust his own hand into the fire and held it there till it was consumed? Codrus, the last king of Athens, allowed himself purposely to be killed by one of his enemies, the Heraclidae, because the oracle had declared that the victory should be won by that nation whose king should be slain in battle. Codrus, therefore was a patriot. Had he done the same thing from sadness of heart, weariness of the world, or simply to please himself; he would have been a suicide and a madman.

The moral qualities are therefore, at least to a great extent, the offspring of physical structure. I know that moral causes may, and often do, produce physical disease; but this does not weaken the argument, for a child may destroy its parent. The qualities of the mind, also, may be modified, improved, trained, and properly directed by religion and education. But so, also, may the child of one parent be nurtured and educated by another.

One of the most familiar instances of the influence of physical conformation on moral character is to be found in the fact, that all the most courageous and ferocious animals have a heart remarkably large and strong in proportion to their size, while the weak and timid have hearts proportionally small. It is as impossible for an animal with a small flabby heart to be bold and strong as for two and two to equal five.

I am glad to perceive, by some late publications, that the truth of this doctrine is beginning to be admitted, and I trust it will not be long before parents can be made to understand that the only certain method of securing to children a vigorous and healthy mind, is first of all, to allow them the opportunity of acquiring a vigorous and healthy body. Let them be assured, too, that those who begin by cramming a child's memory (for judgment is out of the question) with a quantity of bad French and worse Latin, together with the terms and problems of the abstract sciences, which, after all, they can only learn to repeat as the parrot does, by rote without understanding; let them, I say, be assured that those who thus begin, by seeking to make a child so very, very wise, will end, in all human probability, by making him a fool. I have been seduced by this bewitching subject into a long digression;—but let us return to the *arteries* and *veins*.

The *arteries* ramifying in every direction, like the branches of the tree from their common root in the heart, and having shot their minute and hair-like terminations into every part of the body, so that you cannot insert the point of the finest needle without wounding one or more of them. These hair-like veins (which are merely a continuation of hair-like *arteries* with an alteration in the structure of their coats) soon begin to unite two into one, to form larger veins. These larger veins again presently unite two or more into one, to form larger still; and so on, until all the veins of the body have united together, and so formed two very large ones which empty themselves into the heart. One of the grand distinctions then between *veins* and *arteries* is, that while the *arteries* arising from the heart multiplied in number and diminished in size, until they have reached & distributed their blood to the ultimate tissue, the *veins* arising from the ultimate tissue are constantly becoming diminished in numbers and increased in size, until they have reached and carried their blood to the heart.

Another general distinction between *arteries* and *veins* is, that *arteries* possess contractility. That is, they possess the power of contracting upon (and so propelling) their blood, and then of recovering their size, and contracting again; and so on. This alternate contraction and expansion constitutes the pulse. The *veins* are simply and but slightly elastic. A simply elastic body can only contract after having been previously expanded. The *arteries* can contract without previous expansion. This power they owe to what is called contractility. The *veins*, therefore, have no pulse, and consequently little or no power to propel their blood. The blood in the *veins* is driven on by various extrinsic circumstances, such as the contraction of muscles around them, the pulsation of *arteries* in their neighborhood, a dependent position, &c. The *veins*, therefore, have valves which, when the blood has been squeezed onward towards the heart by the adventitious causes just mentioned, prevent its regurgitation or gravitation backward.

I have said that there is scarcely any point in the body which is not occupied by vessels and nerves. It follows, therefore, that there is scarcely any point of it which does not consist of vessels and nerves. And this is true. When you look at a piece of red raw flesh, that which appears to you a solid mass, is, in fact, little else than a wonderful and compact tissue of nerves and hollow tubes firmly compressed and matted together. The only solid parts are the nervous threads, a little cellular substance, and the delicate membranes forming the coats of these hollow tubes—that is, the blood-vessels and absorbents—and even these are porous—at least the blood-vessels. Even that which anatomists call

the muscular fibre, and which you call the grain of the meat, has been asserted by Ruyseh to be more than little bundles of vessels—minute tubes, like the hairs of our head, every one of which you, of course, know is hollow. Ruyseh's opinion is very high authority, for he possessed a secret which enabled him to carry the art of injecting minute vessels to a degree of accuracy which has never since been equalled, nor even approached. But he died, and like a miser, refused to divulge his secret, though large sums of money were offered him. If any man deserved to have confession extorted from him by the rack, it was Ruyseh. Also true I have said of the red raw flesh as also true of the bones—especially of young animals. For the internal structure of the bones is honey-combed, and highly spongy, and their cells every where are filled with vessels and nerves. From all this there results another consequence, which is this: that nearly the whole of the body consisting of tubes, and these tubes being filled with fluid, a very large proportion of the whole body must consist of fluid. This, too, is true. If you take a piece of human muscle (that is, what you call, in meat, the lean part) of the size and thickness of an ordinary beef steak, and dry it perfectly, it will become no thicker than a sheet of paper. In fact, fully five-sixths of the body are fluid. The next large proportion consists of the solid matter composing the nerves and the coats of vessels. What remains is too trifling for consideration.—*As revoir—a lieux.*

E JOHNSON.

From the N. Y. Herald.

Thoughts on Puffery and Editorials.

There is a secret about puffery which the public at large do not understand. Editors have been suspected of puffing, when in want of a subject to fill their columns, or to oblige friends & adherents, but no one has yet explained the grand fundamental secret of the thing. It is one of the methods of getting a living!

Editors are certainly the parasites of the age. All the public shooting-irons saved, all the clothing, all the provisions, and THREE MILLIONS more, increased THOUSAND DOLLARS besides! This is another sort of contract to your rip rap. Pray let me hear from you immediately.

ROB SHORT.

P. S. I hope you'll let me have the refusal of the Seminole war. I'll take that at half price—four hundred thousand.

A new order of Fantasticals.—It appears that down at Brunswick in Maine, where Bowdoin College is, all the students, medical and otherwise, by a late law were ordered out at the May Training. They demurred, but came out as warned, and according to previous agreement made a most laughable affair of it. They suspended a huge flag from the vane of the meeting house four yards long, with the word "Bellum" inscribed on it in large capitals—another on the spire of the chapel and a third from the college yard, 150 turned out, arrayed in the most fantastic and ridiculous manner, their imagination and ingenuity, which had been at work a week preparing, could conceive. Some were in drawers—some in shirts—some with their clothes turned wrong side out, bedizened with ribbons—some wore moustaches half a foot long, and whiskers made of buffalo skin. Some had painted hats 3 or 4 feet high—armed with fine pokers, &c. The banner of the Freshmen had the picture of an ass size of life—another, the motto Death and Victory. The Juniors a full grown hog rode by an officer—the medical Students a skeleton. The band of music bore one with the Devil Fiddling, and tin horns and conch shells for instruments. When the names of the company were called, they all shouted "here!" at once, and the scene is described throughout as inconceivably ludicrous to the spectators and all concerned.

New York Star.

Extract of a letter received at New York, dated London, 14th May, 1836.

Mr. JAYDON has just concluded a bargain on behalf of the United States Bank, which may possibly have some effect on your exchange: The conditions of the bargain are these: that the United States Bank issue bonds to the extent of one million and a half sterling, £100 sterling per bond, redeemable at three periods of 12, 18, and 24 months, in equal proportions, with interest payable in London, at 5 per cent, both the interest and principal to be paid without reference to the exchange between the countries: It has not yet transpired how the transmission of this sum will be conducted, whether in specie or by the bank drawing.

Business appears to be going on prosperously in this country, but money is more in demand, and will, we think, continue so for some time, particularly if the operation above alluded to should be conducted in specie.—American

FROM FLORIDA.

The Band at the Block House Relieved.

TALLAHASSEE, MAY 30, 1836.

Our country for the present is very quiet. We have heard nothing of the enemy for two weeks that is entitled to credit.

An express reached us this morning from the mouth of the Wythechochee, giving us the gratifying intelligence that Lieut. Colonel Read, at the head of 75 or 80 men, had succeeded in relieving the small garrison of 40 men posted at a block house on that river, without firing a shot. He had also entered the Sarsance for the purpose of relieving a small garrison of militia posted at Suwanee Old Town, who were at the last accounts encompassed by the enemy. He will be at home again in a few days, and we are preparing to receive the gallant handful of men who have fought so many weeks the whole force of the enemy, with the honors they deserve. My old school-fellow, Dr. Samuel A. Lawrence, was the surgeon of the garrison relieved. His relations and friends in Savannah will no doubt be much rejoiced to hear of his safety. The people who abandoned their plantations in Jefferson county, and the frontier of this county, have mostly returned, and the district of Middle Florida is now as quiet as any part of the Southern country.

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