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SATURDAY, JULY 27, 1805.

From the (N. Y.) Daily Advertiser.

TO THE EDITOR,

SIR,
You will, I think, coincide in opinion with me, that the following extract from Dr. Buchan's "Advice to Mothers, on the Subject of their own health, and on the means of promoting the health, strength and beauty of the offspring," is well worthy of the attentive perusal of your fair readers. It is written in the most agreeable style, and conveys the most valuable instruction to the fair sex; in whose health and happiness our own is inseparably involved.

By giving the article a place in your paper, when it suits your convenience, you will oblige

A CONSTANT READER.

The desire of preserving and improving personal beauty, which discovers itself at an early period, in the female breast, is wisely designed by nature for the best and most important ends: it is a powerful check on excesses of every kind, and is the strongest incitement to cleanliness, temperance, moderate exercise, and habitual good humor. All that is necessary to convince young people that these are the true means of rendering them lovely, because they are the only means of securing the enjoyment of health, the very essence of beauty; instead of sourly discouraging so natural a wish, let us point out the way to its full accomplishment, and thus prevent many amiable women from taking a wrong road, and from destroying both health and beauty by an absurd pursuit of the latter alone.

One of the first truths to be impressed upon the minds of young women, is, that beauty cannot exist without health, and that the one is absolutely unattainable by any practices inconsistent with the other. In vain do they hope to improve their skin, or to give a lively redness to their cheek, unless they take care to keep the blood pure, and the whole frame active and vigorous. Beauty, both of shape and countenance, is nothing more than visible health; the outward mirror of the state of things within; the certain effect of good air, cheerfulness, temperance and exercise.

There is nothing perhaps so pernicious to women as the use of creams, and pastes, and powders, and lotions, and numberless other contrivances to bleach the skin or to produce an artificial white and red. All of them act with double injury, not only in destroying the surface, which they are expected to beautify, but in poisoning the habit, and causing a fatal neglect of the great preservative of life itself. A blotch or a pimple, however offensive to the eye, gives timely notice of the impure state of the fluids, and of the kind efforts of nature to expel the noxious matter. Ought not these efforts then to be assisted by a judicious plan of diet and regimen, instead of throwing back the impurity into the blood, and converting the very means of health into the seeds of infection and disease? Besides, lead or mercury is the chief ingredient in all those boasted cosmetics, and being absorbed through the skin, cannot fail to occasion cramps, spasms, convulsions, colics, and the incurable train of nervous and consumptive complaints.

Beauty is impaired, and health too often destroyed, by other absurd practices, such as drinking vinegar, to produce what is called a genteel or slender form, and avoiding exposure to the open air, for fear of its injuring the fancied delicacy of a fine skin. Vinegar, used as a sauce in moderate quantities, serves to correct the putrescent tendency of various articles of food, and is equally agreeable and wholesome; but when swallowed in draughts, for the purpose of reducing plumpness, it proves highly injurious, causing excessive perspiration, relaxing the bowels, imparting no small degree of acrimony to the blood, and very much enfeebling the whole system. The dread of open air is still more ridiculous and detrimental. Look at the healthy texture of the milkmaid's skin, and at the roses ever blooming on her cheek, and then consider whether the open air can be unfavorable to beauty. The vicaries of fashion may effect to despise these natural charms, and to call them vulgar: the heart of man feels their irresistible attraction, and his understanding confirms him in so just a preference. Surely the languid, sickly, delicacy, produced by confinement cannot be compared to the animated glow of a face fanned by the refreshing breeze.

The woman, therefore, who feels a laudable wish to look well, and to be so in reality, must place no confidence in the silly doctrines of the deceitful arts of fashion. She must consult nature and reason, and seek for beauty in the tem-

ple of health; if she looks for it elsewhere she will experience the most mortifying disappointment; her charms will fade; her constitution will be ruined; her husband's love will vanish with her shadowy attractions; and her nuptial bed will be unfruitful, or cursed with a puny race, the hapless victims of a mother's imprudence. She cannot transmit to her children what she does not herself possess; weakness and disease are entailed upon her posterity, and even in the midst of wedded joys, the hopes of a healthy vigorous issue are blasted forever.

The only way to prevent such evils is to pay a due regard to those rational means of promoting health, which I have already hinted at; temperance, exercise, open air, cleanliness, and good humour. These subjects are pretty fully discussed in my "Domestic Medicine," yet a few remarks may be proper on the present occasion.

In laying down rules of Temperance, I do not wish to impose any restraint on the moderate use of good and wholesome food or drink; but under these heads we must not include spirituous liquors; relaxing and often repeated draughts of hot tea and coffee; salted, smoke-dried, and highly seasoned meats; salt fish; rich gravies; heavy sauces; almost indigestible pastry; and sour, unripe fruits, of which women in general are immoderately fond. We pity the green-sick girl, whose longing for such trash, is one of the causes as well as one of the effects of her disease; but can any woman capable of the least reflection, continue to gratify a perverse appetite by the use of most pernicious crudities? Fruit, in the season of its maturity, is no less salutary than delicious. By plucking and eating it before it is ripe, you defeat the natural purpose of nature, and will severely feel her resentment. The morning is the best time to eat fruit, when the stomach is not loaded with other ailments. Even in the evening I had rather see it introduced than the enervating luxuries of the tea table, or the still worse preparations for a supper of animal food. A meal of this sort should not be made twice in one day. After a hearty dinner, a long interval is necessary before nature can require, or even bear, without injury, another substantial repast. Suppers are doubly prejudicial on account of the lateness of the hour, and the danger of going to bed with a full stomach. Appetites are often occasioned by an inconsiderate and unseasonable indulgence, but its certain effects are restless nights, frightful dreams, broken and unrefreshing slumbers, an incapacity of early rising next morning, head-aches, paleness of aspect, and general relaxation. Whoever sets any value on health or beauty, will always make very light repasts at night, and will go to bed early; that is to say, never later than ten or eleven o'clock, in order to enjoy sweet repose, and to rise betimes, with renovated strength and alacrity to the pleasures and duties of the ensuing day.

[To be concluded to-morrow.]

NEW-YORK, July 24, 1805.

From Capt. Elisha Smith, of the brig Bellona, arrived last night from Martinique, we have received the following particulars:

Capt. Smith left Fort Royal (Martinique) on the 4th of July. It was then reported, that the French fleet had sailed for France, and that the British fleet under Lord Nelson was in chase of them. The French fleet, previous to their departure, had taken on board most of the troops that was there; and it was conjectured that their destination was against Antigua; but on the news of the arrival of Lord Nelson, soon after the departure of the fleet, dispatches were immediately sent to inform them of it. Soon after accounts came to Fort Royal of their having sent the troops to Guadaloupe, and made sail for Europe. It appeared that the French fleet were expected to return to Martinique, as all the bake houses was put in requisition to supply them with bread, and the flour for that purpose lodged in the royal stores; but that order was afterwards countermanded. The troops went with the fleet arrived at Fort Royal in frigates, &c. a few days before Capt. Smith sailed. About the time of his leaving Fort Royal, a cartel, which had arrived from Barbadoes, sailed with all the British prisoners. A frigate had arrived there from France, said to have on board paper money to pay the troops—said she spoke the first French squadron in the bay of Biscay, bound home. On the 5th of July, in passing off Dominica, Capt. Smith counted 12 or 14 sail of large vessels, apparently men of war, lying in Prince Ruperts Bay. One of them appeared to have a white flag at the mainmast head. On the 7th inst. in lat. 19, 30, long. 62, 20, the Bellona was enveloped in a dreadful thunderstorm—while all hands were in the act of clewing up the topsails, she received a violent shock of lightning, and every person on board struck down with it: one man was killed and another wounded. The fore-top-gallant-mast-head was shivered to pieces and the fore-top-mast so badly injured as scarcely to stand till next morning, and the foremast was also badly injured, from the trussel trees to the deck. The lightning entered into the forehold by the foremast, and appears to have found vent upwards, as four of the deck planks before the foremast were started. We have seen a letter dated Cadiz Bay, the 3d of June, mentioning that a Spanish ship of war which had been lying in port

some time, went out on the 2d June to cruise in the mouth of the harbour, and met with an English frigate of 44 guns. The Englishman attacked him, and maintained a brisk fight of four hours, and then sheered off, the Spaniard being too heavy for him, but so badly managed, that the frigate although considerably injured easily made her escape. The letter adds, that this glorious victory, (if it deserves that name) was on the following day celebrated in Cadiz, from whence the fight was seen, by the ringing of bells and beating of drums.

Extract of a letter from Samuel G. Bailey, master of the brig Hudson, dated Cadiz Roads, June 2, to his owner.

"I am sorry to inform you of my detention here. I was boarded by a Spanish privateer on the 10th may, about 15 leagues to the westward of Cadiz, which took my papers and letters; they then told me I might follow them into Cadiz, or go to hell if I pleased, and left me without putting any men on board. I made the best of my way into Cadiz, where I arrived the next day, and was immediately put under quarantine, where I have remained ever since, being 25 days, and have not the least communication with the shore or any vessel, the privateer laying along side me, and does not suffer any boat to come along side my brig, nor will she let me go out of the big, therefore I cannot inform you what they intend doing; but at all events if they take the cargo, they will pay the freight, and if cleared I am in hopes of being paid for detention. I have wrote to the consul, desiring him to assist me all that lies in his power, but he seems to do but little for me; and having no letters to any person here, to no one to intercede, therefore it is uncertain how long we shall remain under quarantine, though they promise to release me day after day. I should have wrote before, but was not permitted; the privateer being gone from along side to repair, and by greasing the fingers of the guard, they permitted me to send this letter on board an American vessel.

"P. S. The brig Hudson was bound from New York to Naples, and the only reason assigned for the privateer detaining my papers is may not having a passport from the Spanish consul."

A letter received by a gentleman in this city from a respectable character in Santo Domingo, dated the 25th June, states that it was reported there, that the French and Spanish fleets, had taken the Cape and Port-au-Prince; and that the Brigands had retreated to the mountains with great loss, without burning these cities.

CHARLESTON, July 15.

Extract of a letter from Savannah, dated the 11th inst.

"The British frigate Cambrian, chased into the River St. Mary's the privateer that took the ship Two Friends, Captain McNeal, and afterwards sent in her boats and captured her, and with the privateer took possession of the two English prizes lying in the river, & carried them all off together.

We are informed that the above prizes have been sold in Savannah for 12,000 dollars.

RALEIGH, July 22.

A respectable correspondent of Wayne county, has sent us the following melancholy and alarming account of the conduct of the Negroes in that quarter, and the proceedings lately had against them. The statement is published in the gentleman's own words.

Wagnesborough, July 15.

"Dear Sir,

"I take the liberty from a sense of the danger which the white people of this State are in, to communicate to you one of the most shocking plots by the Blacks imaginable. If you think it worthy of a place in your paper, it might serve to put people on their guard.

"We have been engaged in this county in the trying of Negroes for poisoning the Whites, ever since Monday last. One suffered death at the stake (was burnt alive) on Saturday last, for poisoning her master, mistress, and two others; two more are under sentence of death, and are to be hanged on Wednesday next. Thirteen are imprisoned under guard, a part of whom, from the evidence, I expect will suffer death, and we are daily making new discoveries. Some have been brought from Sampson, others from Johnston, so that the plot appears to have been a general one. It is said by some of the prisoners, that the head men are to be poisoned first, and the rest are to be subdued; and after detaining a sufficient number in slavery, the balance, if refractory, are to be put to death.

"We proceed this morning with the trials, and God only knows what the event will be. Six or eight Light Horsemen are continually on duty to bring up charged negroes, besides a strong guard of Infantry about the prisoners. What raised the first suspicions in this business, was the death of one or two of our respectable men."

We understand that one of the persons poisoned was a Mr. Jernigan.

NATCHEZ, June 21.

Col. Burr, late Vice President of the United States, arrived here on Monday, and on Wednesday departed for New Orleans. He received every attention his short stay would permit; was visited at his lodgings by his Excellency Governor Williams, and a number of respectable citizens. We understand that he intends

returning to this place in a few weeks, with a view of spending the greater part of the summer here.

Mississipp. Mess.

American.

SATURDAY, JULY 27, 1805.

The honorable JAMES MADISON, Secretary of State, and his Lady passed through this city yesterday, on their way to Philadelphia.

The Salem Gazette of July 19, says— "Hitherto our fishermen have deemed themselves safe from British impressments in their humble occupation, and many of them have therefore thought it necessary to provide themselves with protections.— A frigate, taking advantage of this confidence in British generosity, has gone among our crafts upon the fishing ground, and taken out such men as she found destitute of protections, and the frigate has gone into Halifax with the men on board.— Information having been forwarded of this transaction, a small vessel sailed from hence yesterday for Halifax, carrying the necessary documents to establish the birth and the citizenship of those who are impressed, with the view of obtaining their release; in which we hope they will be successful."

Captain Smith, of the brig Bellona, from Martinique, informs us that an English cartel, which had arrived at Fort Royal from Barbadoes, reported that intelligence had been received there that Lord Nelson had fallen in with the French fleet, and captured four sail of the line. Captain Smith also informs, that it was reported at Fort Royal that five sail of American vessels, one of them a 20 gun ship, from St. Domingo, were captured and carried into Guadaloupe.

N. Y. Daily Advertiser.

The following piece of intelligence from the Petit Courser of yesterday is, we presume, premature, as no mention is made of it in the Boston papers.

"At the moment of putting this paper to press we received an article of news, of which we cannot warrant the authenticity: namely, the arrival of Gen. Breaux at Boston. It is said that this illustrious proscrip is going to settle with his family, in this peaceful country at least for some time. The presence of the victor of Hohenlinden cannot be indifferent to those who bear the name of Frenchmen—nor to those, we will add, who regard magnanimity, integrity, talent and virtue."

[Ibid.]

CONDITION OF HOLLAND.

No man can contemplate Schimmelpenninck's picture of the present condition of Holland, and recollect the wealth and prosperity of that nation in the early part of the last century, without experiencing the mingled emotions of pity for their sufferings and indignations for the cause which produced them. No inhabitant of Holland can consider the wide-wasting desolation of the French arms, sweeping before it the independence and constitution of every little surrounding state or the gigantic ambition of Bonaparte which still holds these nations or their rulers in subjection, without deploring the calamities of the French revolution. Yet it is not to the French alone that Holland must look for the only or original cause of her subjection and suffering. Much as the British government may affect to abuse the encroachments of France upon her independence and however they may have pretended to hold out the idea that the restoration of her liberties is to constitute one of the preliminaries of peace, still does a faithful history declare the despotism of England to be the first occasion of the subjection of Holland. The Englishman inveighs against the ambition of France upon the continent, and yet forgets that his own nation is the tyrant of the ocean. He exults at the idea, that his own country has escaped a revolution, which has extended its ravages and its ruins to surrounding states: at the very moment when the systematic injustice of his country extends to every sea; and makes a prey of every vessel, which does not submit to its arbitrary rules.

"During the last war (says Schlegel) the English authorised their privateers to take every vessel carrying enemy's property or merchandize contraband of war expressly comprizing therein, materials for ship-building. The instructions were without limitations or exceptions, not even of ships belonging to states, with which there were treaties to the contrary then actually in force! The natural con-

sequence of which was, to cover the seas with English privateers, which seized indiscriminately upon all vessels, neutrals as well as enemies. A considerable fleet of Dutch merchantmen destined for France, laden with timber and other materials for ship building, was taken and condemned as lawful prize contrary to the express tenor of the treaty of commerce in existence between these nations and although it was proved that this fleet had sailed before the declaration of war could be known. This injustice determined Holland to ally herself closely with France, and to take a part in the war against England. It was the foundation of those intestine troubles which in the sequel afflicted that republic once so flourishing."

[Enquirer.]

We are happy to perceive a spirit of experimental improvement extending among our Virginia Farmers. As a proof of this fact, we may observe that a merchant of this city has lately imported from Ireland, 7 lbs. of Jerusalem or Egyptian wheat, which cost as much as a guinea per pound; and which by the time it came to hand amounted to not less than 44 shillings per pound. It will somewhat surprize farmers that so small a quantity of any kind of wheat could be worth as much as 7/15 8s. but when they come to consider its reputed qualities, together with its scarcity, we hope their surprize will give place to the more active sentiment of imitation. Mr. George Blakey near Hanover town, for whom it was imported, intends it is said, to sow it in drills and hopes to gather from it 2 or 3 bushels.

The Egyptian wheat was first brought from Egypt by one of the Irish officers in the army of sir Ralph Abercrombie. Its stem, which for strength and thickness resembles the strongest reed, is about six feet high, having when nearly matured, a top or head about twice the size of an ear of our common wheat, together with smaller ears, branching something in the manner of oats. What is said to be most remarkable about the stem is, that it is not hollow, but filled with a nutritious sap or pith, which makes it equal to oats as a provender for horses or neat cattle. We hope that Mr. Blakey will make as complete an experiment as circumstances will permit upon the growth, productiveness & uses of this curious production, and that he will communicate the result of his researches to all his fellow labourers in the harvest field.

A late English paper informs us that "Mr. Showler, of Lincoln, three years ago, planted 25 grains of this wheat, and the second year's produce was 10 bushels. This year he reaped upwards of 40 quarters."

[Ibid.]

Extract of a letter from a gentleman at St. Mary's to the editors of a Savannah paper, dated July 6.

"At this moment is passing this place, on the opposite shore, the schooner Matilda, late French privateer, captured by the Cambrian frigate, captain Beresford, and manned by her with 100 piked men, for the purpose of cutting out two prizes, and the privateer which captured them. The Spaniards are prepared, and in a little time, I presume, an action will commence. They are not now distant more than 6 miles. The Cambrian has captured another French or Spanish privateer."

By captain Chadwick, of the schooner Hannah, arrived here yesterday from St. Mary's, we have been favoured with an account of an engagement which took place on Saturday last, at Rose Bluff, between a schooner fitted out by the Cambrian frigate, for the purpose of cutting out from their moorings on the Spanish shore the vessels referred to in the above extract of a letter.

The schooner fitted out by the British frigate was captured by her from the French about two weeks since, after a chase of 22 hours, between Charleston and Tihce bar, mounting eighteen 9 pounders and carrying 110 men. She appeared abreast of St. Mary's at 3 o'clock, and came to; and at 4 got under way again and sailed up the river to commence the attack, which took place about 5. The engagement lasted near an hour, when three boats were manned by the British schooner to board the privateer, which they effected, and retook the ship, brig and privateer. The English had four men killed and ten wounded. The lieutenant received a shot through his jaw and in one of his thighs, but was not thought in a dangerous state. On the part of the Spaniards, five were killed, and fifteen made prisoners; the remainder jumped overboard and swam to the shore. A