

Mr. EDITOR—The following has so much plain good sense in it, that to offer to add, diminish, or change, would spoil it. We are somewhat in a similar position to what our ancestors of the Atlantic shore were—but to the subject:

“That the Americans, as a people, have degenerated from their ancestors in point of stature, limitation of life, and ability to endure fatigue, would seem to be a fact generally admitted. Some of the causes it may be well to notice, as it is highly important, as a nation, that we should not only have vigorous understandings, but strength of body to plan and execute any undertaking man may perform. One of the most obvious causes of declining strength, is the SEDENTARY LIFE of an increasing number of our citizens, added to the fact that far too little exercise is taken in the open air. It is so ordered on our planet, that man shall acquire a living BY THE SWEAT OF HIS BROW—and it is further ordained, that the labor implied in the mandate shall invigorate his bodily powers. Another reason why we do not possess the constitutions of our ancestors, is our luxurious mode of life when compared with theirs. We use more tea, coffee, and sugar than they did, and our food is frequently seasoned to death. In fact, modern cookery is becoming a science, calculated to pamper the appetite of the indolent; leaving the victim no other excuse than PASTRY for becoming a gouty dyspeptic. Another palpable cause of pulmonary habits, is FASHIONABLE DRESSING. What tends much to weaken us—although perhaps not so considered—is the use of stoves instead of fire places for warming rooms: and I may add to this another, in the general introduction of bolting-cloths into grist-mills. ANDREW LOUCKS, who, at our interview, was in his NINETY-SEVENTH YEAR, in answer to the question, “why were people of your day healthier than those born at a later period?” replied, “we ate lighter food when I was a boy than at present—such as soups; used a great deal of milk, and but little tea and coffee. We sometimes made chocolate by roasting wheat flour in a pot, though not often.—But, ah!” added the old man, “young people are now up late nights—to run about evenings is NOT GOOD, but to take the morning air IS GOOD.” VINDEX.

P. G. STEWART,
CLOCK AND WATCH MAKER.

ALL orders executed with neatness and despatch—on reasonable terms. Oregon City.

T'VAULT and THURSTON.

ATTORNEYS AND COUNSELLORS AT LAW,
AND SOLICITORS IN CHANCERY,

Will practice in the Supreme and Circuit Courts of Oregon Territory. Office in Oregon City. 1s.

KILBORN, LAWTON, and CO.,
GENERAL COMMISSION MERCHANTS,
And Dealers in Oregon Produce.

A GENERAL assortment of merchandize constantly on hand.
NOYES SMITH has retired, as a partner, from the concern, and the business will be continued as heretofore.

F. W. PETTYGROVE and CO.,
GENERAL COMMISSION MERCHANTS,
And dealers in Dry Goods, Groceries, and Oregon Produce.
F. W. PETTYGROVE, Portland.
A. E. WILSON, Oregon City.
DAVID M'LOUGHLIN, Champoeg.
Oregon City, April 7. 1s.

NEW STORE.

FOR sale at the New Store on Main St., the cargo of Brig Eveline—consisting of a large and extensive assortment of

Dry Goods, Hardware, Crockery, Groceries,
Agricultural Implements, Boots and Shoes,
Stoves, Fire-arms, Paints, Iron, and
Ready-made clothing.

The above articles are of superior quality, and will be sold low by
H. CLARK.
Oregon City, April 19, '48. 3ts.

NEW GOODS.

JUST received per Bark Janet, and for sale at reduced prices, at the Store of F. W. PETTYGROVE and Co., at Portland and Oregon City:

2 thousand gall's molasses	32 kegs white, green and black lead
15 hundred barrels salt	12 bags shot
Sixty do syrup	16 boxes window glass
100 lbs. black pepper	114 doz. flint tumblers
5 thous. lbs. manilla coffee	45 “ plates
1 thous. “ arrowroot	15 “ striped shirts
5 hundred “ salaratus	40 “ regatta “
1 thous. “ tobacco	2 thous. assorted needles
1 thous. “ rice	6 cases flannel
Forty boxes tea	300 pieces assorted prints
Twenty “ soap	5 bales brown drills
2 thous. bags br'n sugar	6 “ blue cotton
Sixty gall'ns linseed oil	3 “ shirtings
1 hundred kegs cut nails	2 “ duck
20 doz. pocket knives	6 “ canvass
50 sets knives and forks	36 dozen crimson pongee handkerchiefs
20 pairs carving ditto	200 lbs. sewing twine
19 doz. butcher knives	316 “ linen thread
6 “ chopping axes	225 “ cotton “
10 boxes pipes (clay)	25 doz. manilla bats.
6 doz. prs. scissiors	etc. etc. etc.
46 “ lamps	
6 coils manilla rope	
20 gross matches	

April 14, '48. 2ts.

NEW GOODS.

JUST arrived per Sch'r Mary, and for sale at Couch and Crosby's, Oregon City and Portland, viz:

Silk and Madrass hdkfs.	Butts and screws, vicking.
Calico, chintz.	Matches, pipes.
Mer. blue prints.	Palm-leaf bats, summer clothing, lamps, blacking.
Linens, shirting stripes.	Fancy soaps.
Tickings, bro. cottons.	Blank books, paper, ink.
Red and orange do	Mustard, cassia, alspice.
Bro. white and blue drills.	Claves, nutmegs.
Gent's and ladies' hose.	Molasses, syrup, tea.
Bl'k silk neck kerchiefs.	Coffee, sugar, salt.
Demins, cotton flanel.	Vinegar, oils, turpentine.
Shirts, gloves, suspenders.	Lead, pitch, nails.
Buttons, thread, tape.	Crockery and tin ware.
Pencils, scissiors, pins.	Glass and glass ware.
Lace, c mbs, sealing-wax,	
Locks, files, buckles.	

For sale for cash or produce.
April 14, '48. 2ts.

CONTINUED.

THE MAIN STREET HOUSE.

THE LARGEST AND MOST COMMODIOUS PUBLIC HOUSE IN OREGON,

IS still kept by the undersigned, where the public are entertained free of CHARGE, as the proprietor always takes pay in hand. THANKY for past favors—suit yourself as to the future—but if you choose to call you may rest assured I will do all I can to render your stay agreeable. MOSS.

N. B. I will rent the above described property for three years if I can find a suitable tenant. MOSS.
Oregon City, April 7. 1st