

OREGON SPECTATOR.

C. L. GOODRICH, EDITOR, PROPRIETOR AND PUBLISHER.

FREEDOM FROM ALL FOREIGN INFLUENCE IN OUR OWN DEAR NATION.

TERMS, FIVE DOLLARS PER ANNUM—IN ADVANCE.

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The Oregon Spectator;

(The first paper ever printed on the Pacific Coast.)

OREGON CITY, O. T.

A WEEKLY NEWSPAPER,
DEVOTED TO THE AMERICAN, MORAL, SOCIAL, LITERARY AND AGRICULTURAL INTERESTS OF THE PEOPLE OF OREGON.

PUBLISHED EVERY SATURDAY MORNING, BY C. L. GOODRICH, EDITOR, PROPRIETOR AND PRINTER.

The Spectator will ever be open to the free discussion of all subjects of sufficient interest to the people of this Territory. It will particularly strive to advance the interests of all American freemen, and will not oppose any Church or denomination, until it becomes apparent that their object is the taking of the government into their own hands, as a body, or, as a Church, of having our law making and office-holding at their disposal.

A moral tone will ever be a leading feature of the Spectator, and while its columns may be filled with useful, literary and social instruction, on a strict regard for truth and morality will be observed.

Agriculture, as shall best advance the interests of Oregonians, will be a feature never neglected.

The fair and good of our land shall ever receive, to the former due respect, and to the latter all the assistance we can render in advancing their useful and moral education, and to assist into their minds the true American principles of our glorious Union.

Special care taken to note Territorial news, for the benefit of people in the United States and other countries.

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LAW OF NEWSPAPERS.

Subscribers who do not give express orders, will be sent a copy of the Spectator, and if not returned, it will be sent to the publisher.

It is the policy of the Spectator, to publish all news and information of general interest, and to give the people a full and complete view of the proceedings of the government, and of the affairs of the Territory.

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understands no humbug but his own, arrested my scheme and prosecuted me for obtaining money under false pretenses, as the horse was not what it professed to be; but I think wrongly, as the people who saw it were satisfied, and they got the worth of their money.

Now the scientific humbug should know the precise moment to act, as I did, or the world would never have been filled with a sight of the woolly horse.

When the woolly horse arrived from Connecticut he was put in a stable near Lovejoy's Hotel. One of the boarders who came to see him recognized him as an animal he had seen at Bridgeport.

"Good heavens!" he cried, "I have seen that animal before; it is really an extraordinary humbug."

He took up a friend from the same hotel, and after he had seen the animal let him into the secret, and in succession thirty-seven persons were taken up, all of whom took the humbugging in good humor except the last one.

Have not the vanity to call myself a real scientific humbug, I am only an humble imitator of the profession.

My ambition to be the Prince of Humbug I will resign, but I can assure them that if I had been able to give them all the humbug I have thought of, they would have been simply satisfied.

Before I went to England with Tom Thum I had a skeleton prepared from various bones. It was to have been made 18 inches high; it was to have been buried a year or so in the ground, and dug up by accident, so that the public might learn that these were genuine fossils. The price I was to give to persons who proposed to put the skeleton together was two hundred and twenty-five dollars.

By sending Tom Thum more successful than I thought, I sent word not to proceed with the skeleton. My manager, who never saw the skeleton, thought the scheme was still going on, and he had sent the skeleton to the States.

Several years ago I received from the States a skeleton of a gigantic skeleton that had been found. As you may think it was a skeleton of a giant, and he did not see the skeleton. The owner asked me to examine the skeleton. I wrote to him that if he would take it, I would take it, if he would give me a hundred dollars, and I would give him a hundred dollars.

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as fat as a match, and as healthy as the small-pox. My best hat is a standing guard for a window pane that went out the other morning at the invention of a brickbat. It's getting cold down here; wonder how I'll get out. I ain't able to climb—if I had a drink I could think better; let's see, I ain't got three cents; wish I was in a tavern I'd spruce one. When any body treats and says "come fellows," I always think my name's "fellers," and I've got too good manners to refuse. Well, I must leave this, or they'll arrest me for an attempt at burglary. I ain't come to that yet. Anyhow, it was the wheelbarrow did the harm, not me.

DRINKING WATER.

It was further observed, that cold water swallowed during the process of digestion, instantly arrested it, and the process was not resumed until the water had been there long enough to be warmed from the temperature at which it was drunk, to that of the stomach; or from some forty degrees, to a hundred. To accomplish this, the heat must be abstracted from the general system, chilling it. Strong, robust persons may not feel this, but if a person in feeble health drink cold water at a meal, at all largely, he rises from the table chilly, and soon has fever; while the stomach, being kept that much longer at work in digesting the food, loses its vigor, the digestion is imperfect, and the food becomes impure—thus laying the foundation of disease. The inevitable inference from these facts is, that cold water is injurious to health if taken at meals. Injuries to the most robust, if taken copiously, and to persons in feeble health, if taken at all beyond a few swallows, at the meals.

I therefore set it down as a clearly established fact, that a glass or more of cold water, drunk habitually at meals, or soon after, is a pernicious practice, even to the most healthy.

It is done in another manner; it is given, or any other fluid, diluted to the gastric juice, and this weakens its power to dissolve the food. The amount of gastric juice is not lessened, but its power is diminished by dilution. The finger will be scalded by dipping it into a vessel of boiling water, but if an equal amount of cold water be added it may be thrust in with impunity, although there is as much heat in the mass as before, but it is so diffused. A glass of brandy will almost strangle a person not accustomed to it, but if largely diluted, it gives no trouble, although all the brandy is there that was there before.

We have then made another advance, that any kind of fluid, taken at a meal, or soon after, is positively injurious to health.

Largely is a relative term. A glass of cold water, or two cups of coffee or tea, is a large amount of fluid for one meal. Thus, standing in a class with my patients is—take half a glass of water at a single meal, or a single cup of weak tea or coffee, never increasing the strength of quantity, and drink nothing within such an interval as this.

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