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LONG LIFE TO YOU.

"Old Longevity," as Dr. T. S. Lambert is commonly known, is a familiar figure around New York. Whether in Liberal clubs, where he may be heard discussing social, political or scientific questions, at temperance meetings or at farmers' clubs, his appearance is certain notification that longevity is related, however remotely, with the subject under discussion.

"Are there any indications of longevity that can be relied upon?" he was asked by a Star reporter.

"Certainly. All living things have a natural inherited life, which may not be extended beyond the time to which it is limited, but which may be shortened by improper treatment."

"Has not vocation something to do with length of life?"

"It apparently has, but more apparently than really. Oftentimes vocations have been thought to be especially favorable to long life, when, in fact, if naturally short-lived people should undertake to follow them, they would be found very prejudicial. Farmers for instance, have been found to be a very long-lived people, according to the Massachusetts Board of Health, but a person must be naturally long-lived to be a successful farmer. If there are weak boys in the family, the mother almost always, out of kind-heartedness, will say: 'James, or Johnny ought not to be kept to work on the farm; he is too delicate; he must be put as a clerk or doctor; or, perhaps, study for the ministry; so that those who are not long-lived do not usually become farmers.'

"Tailors and shoemakers are usually thought to be short-lived; yet in some towns, where nearly all the population have been shoemakers, as great length of life has been found as in towns where nearly all the population are farmers. Those who are not strong and vigorous, however, frequently enter upon the trade of tailor or shoemaker, where the person is protected from the weather, and the trade gets the credit of the length of life of the persons who seek it. This or that vocation cannot be said to be long or short-lived so much as that long or short-lived people naturally seek that trade. The labors of judges are severe, yet they are among the most long-lived people in the community, as I found before the war, when I had an opportunity of examining the inheritance of every Judge of the United States courts, and found in each instance that they came from long-lived ancestry on both sides of the house. So, also, when I inquired into the ancestry of the three Selectmen in each of 111 towns in Maine, Massachusetts and Connecticut, I found invariably that they were long-lived on both sides of the house."

"It is said that a new generation of newspaper men arises every seven years. Does their vocation affect their longevity?"

"I have had my mind upon the fact that the business of a reporter would not tend to longevity, though the accidents of the business connected therewith have more to do with short life than the business itself. The tobacco which they smoke, and the beer which they drink, do more to shorten their life than their labors. Yet, in this city and Boston, editors have shown a higher than an average length of life. Bryant, though a tireless worker, lived to an advanced age, and Mr. Greeley would have done so also had his system not been reached by malarial disease contracted in the

South. I never believed his Presidential campaign had anything to do with his death."

"Can the indications of this longevity or brevity of life be discerned?"

"Very readily. The indications are dependent upon form, size, color and surface, which can readily be discerned by the practiced eye. To-day I was in an office speaking with a person on this matter of longevity, when a stranger came in whose appearance indicated in the most positive manner great length of life, and I remarked that that individual would be found to have long-lived ancestry on both sides of the house. I felt sure of it on account of the combination in him of so many indications of great longevity."

"What were those indications?"

"His head was very broad through from side to side, indicating the inheritance of longevity on his father's side. His head was deep from the bridge of the nose to the bridge of the ear, which was situated low on the side of his head. His features were of large size, his upper lip strong, his eyes broad apart, his nostrils ample, his eyes blue and brown mixed, being a perfect blaze; the color of his skin was healthy and the surface exhibited indications of the vigorous action of that organ; his trunk was long and large around, his hair and whiskers had the colors which indicated equal inheritance from both sides of the house. On inquiry, it was proved that on both sides his ancestry reached above the age of ninety."

"What are the indications of short life?"

"They are where the indications of long life are wanting. If, for instance, you find a person with a head narrow through from side to side—not exceeding five to five and a half inches—you may be certain that his father's ancestry, with rare exceptions, have not reached the age of eighty or ninety years, and that he has not inherited the exceptional long age. If you find a person who, from the bridge of the nose to the orifice of the ear measures not more than four or four and a half inches, you may be sure he has not inherited great strength of life from his mother's side. If a person is narrow through the head from side to side, and the distance is small from the bridge of the nose to the orifice of the ear, you may rest assured of his brevity of life, which no precautions can prevent. The advantage of understanding these indications is where long and short life are inherited in the same person. For example, if a person has inherited two-thirds of his being from a long-lived ancestor and one-third from a short-lived ancestor, the time must come for the death of the short-lived part of the lung before the long-lived part, and in the worst of life the short-lived part may prove the victor if the man has not taken care of himself; when, if proper care had been taken at that time, he would get rid of the short-lived part of the lung and the long-lived parts would live on as if he had never been troubled with any short-lived parts. So with other organs. In fact, there may be a series of short-lived parts in the same organ, so that a man might have frequent attacks of disease of that organ, and yet live to a great age."

"Are not long-lived men equally liable to die from accident as any one else?"

"No; because the same characteristics which produce longevity will make a man discreet and cautious. Naturally, long-lived

persons are seldom intemperate. They may drink some, but are rarely found to be intoxicated. If they cross a street they look both ways to see whether a crossing is clear. A naturally short-lived man looks neither way. If a man has a potentiality of ninety years, he will live to nearly that age though he may do many things which to short-lived men would be suicidal."

"Has diet any effect on longevity?"

"Not particularly, so long as it be reasonably good. If unwholesome, it would, of course, tend to shorten life. Diet rather affects the vitality of man—his capacity of doing or performing any kind of work. If a man's vocation calls for great activity of the brain, he should choose that kind of food adapted to renew the brain, such as oatmeal, eggs, fish and tripe; if physical exertion is required, he should have muscle-making food. A man may be paralyzed in a part of his body affecting his vitality, and yet, on account of his longevity, live to an age that to persons generally appears to be very inconsistent with the small amount of vitality he exhibits. I have known a man to live twenty years after he was entirely incapable of thought."

"Can you indicate some prominent families that are long-lived?"

"Yes; Cyrus W. Field's family are long-lived. Ninety and one hundred years are not unknown with them, and his longevity will doubtless entitle him to reach that age. The family of Morse, of telegraph celebrity, are long-lived. The Vanderbilt family are naturally long-lived. All these have some characteristics—the central lower parts of the brain are large. The reason that these parts are essential to longevity is that the nerve centers there control the vital organs, such as the lungs, heart, stomach, etc. You will also find long-lived people similar in other parts of the body. They will have short fingers, a high instep, a long upper lip and large lobe to the ear; and you will find that Peter Cooper, or any other man who has lived to a great age, possesses in a high degree all these characteristics of long life which I have named. Jews, as a rule, have short legs and long bodies, and though their longevity does not enable them to reach a very great age, yet more of them on the average reach the ages of sixty or seventy than the Gentiles. The Germans in this country do not, as a rule, appear to have as much longevity as those who remain at home. I have never met one who had reached the age of ninety, though I have seen many Irish attain that age."

"Have you ever had occasion to investigate the number of centenarians in this country?"

"Yes, there are some; but their number is few. More are to be found in the state of New Hampshire and in the back part of North Carolina than anywhere else. Of many cases I have investigated I have never seen more than half a dozen persons over 100 years of age, and not a single one over 103. For years I offered a standing reward of \$500 for the proof of any person reaching 105 years, and \$1,000 for proof of any one being 110 years old; but the proof was never forthcoming."

"What is the average life of our people?"

"The average is of no account. If you take a man who is naturally to live to be 90 years old and a man who cannot live to be more than 30, you have 120 years between them, or an average of 60 years, which is not the slightest consolation to the 30 years man."

Parasited Rooms to Let

At Mrs. Minnion's lodging house.

Notice.

Ice cream, ice cream, at Rose's refreshment saloon, Saturday and Sunday evenings. Occident block.

Notice.

The Astoria Shirt and Outfitting Factory has moved next door to O'Brien's Hotel. Persons wishing good clothing to keep them dry will please call.

Don't Die in the House.

Ask druggists for "Rough on Itches." It cures rashes, itches, bedbugs, roaches, vermin, flies, ants, insects. The per box.

Skinny Men.

Wells' Health Renewer. Absolute cure for nervous debility and weakness of the generative functions. Sold at druggists. Oregon Depot, DAVIS & CO., Portland, Or.

"Rough on Itches."

New, quick, complete cure for dandruff, urinary affections, smut, frequent or difficult urination, kidney diseases, etc. at druggists. Oregon Depot, DAVIS & CO., Portland, Or.

Take Notice.

On after this date an additional cent per cord will be charged on all orders for sawed wood not accompanied by the cash, at Gray's wood yard. July 1st, 1881.

Attention Fishermen.

Use Nicholas' Balm of Gilead oil for sore or chapped hands, for sale by Joe G. Charters. The tables are free to all.

For the finest bath in the city go to the Orient bathing rooms, opposite Holden's auction store.

JOE G. CHARTERS, Prop.

War! War! War!

Water front offered free to any person that will build a saw mill in the city of Williamsport. Lumber we must have to build this city. We have one store in running order at present. Quite a number have already located in this city, and yet there is room. Sold on time to suit purchasers. Located one mile south of Astoria, on the sunny side of the hill, on Young's bay.

J. WILLIAMSON, SR.

Peruvian Bitters.

Dr. J. C. Holden. The Countess of Victoria was the Spanish Vicereine in Peru. The Countess, his wife, was prostrated by an intermittent fever, from which she was freed by the use of the native remedy, the Peruvian bark, or, as it is called in the language of the country, "quinquina." Grateful for her recovery, on her return to Europe in 1822, she introduced the remedy in Spain, where it was known under various names, until Linnaeus called it Chinchona, in honor of the lady who had brought them that which was more precious than the gold of the Incas. To this day, after a lapse of two hundred and fifty years, science has given us nothing to take its place. It effectively cures a morbid appetite for stimulants, by restoring the natural tone of the stomach. It restores the color of the face, as it does a fever, and destroys both alike. The powerful tonic virtues of the Chinchona is preserved in the Peruvian Bitters, which are as effective against malarial fever today as they were in the days of the old Spanish Vicereine. We guarantee the ingredients of these bitters to be absolutely pure, and of the best known quality. A trial will satisfy you that this is the best bitter in the world. "The proof of the pudding is in the eating," and we willingly abide this test. For sale by all druggists, grocers and liquor dealers. Order of J. C. Holden & Co., Agents for Astoria.

Notice.

THE DELINQUENT TAX ROLL FOR the year 1881, together with a warrant from the County Court for the collection of the same, in my hands. Delinquent taxpayers will please settle at once and save costs. A. M. TWOMBLY, Sheriff.

REAL ESTATE AUCTION SALE!

Tuesday, May 16--11 a. m.

BY ORDER OF THE BOARD OF DIRECTORS, I will sell at Public Auction, as above, that valuable and eligible lot known as Lot 4, in Block 2, in the city of Astoria, and the buildings thereon, to the highest bidder for cash. Said lot is that on which the Old Public School building stands, being on the northeast corner of Main and Astor streets.

Sale Absolute and Title Perfect.

E. C. HOLDEN, Auctioneer.

Attest: J. C. HUSTLER, School Clerk, 1882.

LEADING SUIT HOUSE!

CLOAKS AND SUITS. As I am not able to leave my store, I shall send to any ORDER, and will express that CANNOT BE EXCEEDED in America, from \$10 upwards, with privilege of exchange at Wells-Fargo, and if not good value I pay change BOTH ways. Address, with size.

H. B. LITT,

Corner Third and Alder Streets, PORTLAND, OREGON.

L. K. G. SMITH,

Importer and Wholesale Dealer in Cigars and Tobacco, Smoker's Articles, Playing Cards, Cutlery, Etc., Etc.

The largest and finest stock of Meerschaum and Amber goods in the city. Particular attention paid to orders from the country and vessels. Chenamus street, Astoria, Oregon. THEO. BRACKER, Manager.

MISCELLANEOUS.

W. A. DEMENT,

ASTORIA, OREGON.

DRUGS AND CHEMICALS.

Toilet and Fancy Articles.

PATENT MEDICINES, ETC.

Prescriptions carefully compounded at all hours.

See "Rough on Itches" and "Rough on Coughs," also kept.

MRS. DERBY.

DEALER IN

New and Choice

MILLINERY,

Dresses to suit the taste of the Ladies of Astoria to the fact that she has received a large assortment of the

LATEST STYLES OF

Hats, Bonnets, Trimmings,

FANCY GOODS.

Corner Main and Squemoque Streets.

WAR IS DECLARED WITHOUT FURTHER NOTICE

And no terms of peace until every man in Astoria has a new shirt.

MADE BY MEANY.

Look at the prices:

Paints to order from 50 to 80

Paints, Genuine French Cassinere 12 50

Suits from 25 00

The finest line of samples on the coast to select from.

P. J. MEANY, Cash street, next to Thomson's Jewelry Store.

Have Webster's balsam of wild cherry always at hand. It cures coughs, colds, bronchitis, whooping cough, croup, influenza, consumption, and all throat and lung complaints. 50 cents and \$1 a bottle.

HAIR VEGETABLE SICHIAN HAIR

RENEWER is a scientific combination of some of the most powerful restorative agents in the vegetable kingdom. It restores gray hair to its original color. It makes the scalp white and clean. It cures dandruff and humors, and falling out of the hair. It furnishes the nutritive principle by which the hair is nourished and supported. It makes the hair moist, soft and glossy, and is unsurpassed as a hair dressing. It is the most economical preparation ever offered to the public, as its effects remain a long time, and require only an occasional application necessary. It is recommended and used by eminent medical men, and officially endorsed by the State Assayer of Massachusetts. The popularity of Hair Vegetable Renewer has increased with the test of many years, both in this country and in foreign lands, and it is now known and used in all the civilized countries of the world.

FOR SALE BY ALL DEALERS.

A cough, cold or sore throat should be soothed. Neglect frequently results in an inextinguishable long disease or consumption. Brown's Bronchial Troches do not disperse the cough like cough syrups and balsams, but act directly on the inflamed parts, allaying irritation, give relief in asthma, bronchitis, coughs, catarrh and all chest troubles which singers and public speakers are subject to. For thirty years Brown's bronchial troches have been recommended by physicians, and always give perfect satisfaction. Having been tested by wide and constant use for nearly an entire generation, they have attained well-merited rank among the few staple remedies of the age. Sold at 25 cents a box everywhere.

HOSTETTER'S

CELEBRATED

STOMACH BITTERS

Among the medical means of arresting disease, Hostetter's Stomach Bitters stands pre-eminent. It cures the further progress of all disorders of the stomach, liver and bowels, revives the vital stamina, prevents and remedies chills and fevers, increases the activity of the kidneys, counteracts a tendency to rheumatism, and in genuine starved and soiled to angel, infirm and nervous persons.

For sale by all Druggists and Dealers generally.

Home Mutual Insurance Co.,

OF CALIFORNIA.

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Capital paid up in U. S. gold \$200,000.00

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All kinds of

ENGINE, CANNERY,

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GENERAL MACHINISTS AND

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Boiler Work, Steamboat Work, and Cannery Work a specialty.

LAND & MARINE ENGINES

Boiler Work, Steamboat Work, and Cannery Work a specialty.

CASTINGS.

Oral Descriptions made to Order at Short Notice.

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ALL KINDS OF FEED.

Hay, Oats, Straw, Wood, Etc.

General Storage and Wharriage on reasonable terms. Foot of Benton street, Astoria, Oregon.

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AGENTS FOR THE

Best San Francisco Houses and

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For all goods sold at San Francisco prices.

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Opposite Parker House, Astoria, Oregon.

\$67,000,000 CAPITAL.

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