

abundance. They could not afford to purchase butcher's meat, although it was at a very low price; they therefore lived wretchedly poor. Of late years they have the habit of eating great quantities of corned or cured fish and potatoes; and can also afford to purchase bacon and butcher's meat, which the butchers now find they can readily sell. They also export a considerable quantity of corn, although the population of that county is considerably increased, and the people live so much better than they did formerly. This may appear a paradox, but it is a truth; and the mystery may be easily removed, if any one will take the trouble to calculate what a good and wholesome meal will cost, composed chiefly of cured fish and potatoes, and a small quantity of toasted bacon, or pork. Those who are accustomed to this meal are remarkably partial to it, and if this calculation be compared with a meal made up of other food, it will be found that enough saving will be produced to purchase some butcher's meat, and other articles of variety at times; and, as the people of Cornwall can sell and consume as much fish as they can catch, they can afford to purchase other food, when they are so inclined.

The Cornish people are remarkably healthy and good looking, since they have taken to the use of this description of food; and it is a com-