

of the Englishman. The men are often tall, very powerful, particularly in Kentucky, and well proportioned; but their complexions are not unfrequently sallow, and climate-worn, with a countenance resembling that of a person just recovered from an illness. This is partly the consequence of the climate, partly of their mode of living and their love of ardent spirits, still fatally prevalent. I am speaking of traveller's fare when I say, that the tavern tables are always well and plentifully supplied; but no viands are thought so palatable as those that are swimming in melted butter. A beef steak that would be excellent if cooked *au naturel*, is almost invariably placed at the head of the table, and in this manner almost invariably spoiled. At breakfast the bread and cakes cannot be too new, or too hot; and fresh supplies arrive during the meal, which is usually despatched with the most