

latitudes in the United States. So far as health is concerned, we suppose the advantage to be on our side of the mountains [the western side of the Alleghany], while in reference to vegetation there is no observable difference."

Cobbett, in his "Year's Residence in America," says on this subject: "Of health I have not yet spoken; and though it will be a subject of remark in another part of my work, it is a matter of too deep interest to be wholly passed over here. In the first place, as to *myself*, I have always had excellent health; but during a year in England, I used to have a cold or two, a trifling sore throat, or something in that way. *Here* I have neither, though I was two months of the winter travelling about, and sleeping in different beds. My family have been more healthy than in England, though, indeed, there has seldom been any serious illness in it. We have had but *one visit from any doctor*. Thus much for the present on this subject. I said, in the second "Register" I sent home, that this climate was *not so good as that of England*. Experience, observation, a careful attention to real facts, have convinced me that it is, *upon the whole*, a better climate." And in his "Emigrant's Guide," after speaking at some length respecting the nature and effect of the seasons on man and vegetation, he says: "I have said frequently that I never knew the want of health in America. . . . Mr. Brissot, after a very minute inquiry and comparison, ascertained that people once grown up lived longer in the United States than in France." Like all other writers on this subject, Cobbett earnestly warns the emigrant against intemperance, as the greatest enemy to health.

The author of the "Mechanic's and Labourer's Guide" observes: "The constitution of man is capable, with a proper degree of caution, of adapting itself to any climate; and the natives of no country possess this faculty in a greater degree than those of Great Britain. The sudden atmospheric changes for which their own country is so remarkable, and to which they have been from birth inured, render them less subject to attack from that cause, than the natives of less changeable climates. The variations they meet with on the voyage, sufficient to make, for a time, even a settled extreme desirable, assist in qualifying them more effectually to withstand the intensity of heat and cold they have to encounter, and, together with their originally-vigorous constitution, enable them to meet both as well, to say the least, as the most robust of the natives. When illness therefore occurs upon or shortly after arrival, it is probably much more the result of indiscretion than of mere change of climate."

Still, however, with all allowances, it must in candour be stated, that much more care and expense is requisite to ensure permanent good health in the United States than in this country. And if climate be considered as a component of real comfort, or the emigrant's constitution be so weak as to be easily affected by this circumstance, then the inconvenience and outlay which must arise from this source must be taken into consideration, as one item of the cost at which the substantial advantages otherwise resulting from emigration to the States are to be secured.

#### SHIPPING, PROVISION FOR THE VOYAGE, AND GENERAL INSTRUCTIONS.

Under this head we cannot do better than present directions from the best authorities. The admirable "Guide" published by Mr. Knight, to which we have already so frequently referred, and which should be in the possession of every emigrant who can afford its price (4s.), in consequence of its full and explicit instructions, both as to the best mode of reaching the States, and the conduct proper during a residence in them, contains very full information on the matter immediately before us. We select the following as likely to be generally useful to the reader:

"In taking passage for the voyage, the principal things to consider are, the quality of the vessel, its conveniences, punctuality, and charge. These differ very considerably in most of the passage-ships; but for speed and safety, convenience, and depend ence on the time of sailing, the London and Liverpool line of packets are much superior, and the advantages they possess in so high a degree, and the additional expense of travelling by them is so trifling, as to secure

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