

is therefore seldom allowed to repose. I think, moreover, that their climate is the occasion of two bad habits to which the Americans are prone, namely, the use of tobacco and of spiritous liquors. An Englishman could not drink as the Americans do; it would destroy him here in a very short time, by the irritation it would produce upon his nerves. But the effect of tobacco is narcotic and anti-nervous; it allays that irritation, and enables the American to indulge in stimulating habits without their being attended with such immediate ill consequences.

To the rapid changes of the climate, and to the extreme heat, must be also to a great degree ascribed the excessive use of spiritous liquors; the system being depressed by the sudden changes demanding stimulus to equalize the pulse. The extraordinary heat during the summer is also another cause of it. The Rev. Mr. Reid says, in his Tour through the States, "the disposition to drink now became intense; we had only to consider how we might safely gratify it; the thermometer rose to 100°, and the heat and perspiration were intolerable." Now, if a Christian divine acknowledged this feeling, it is not to be supposed but that others must be equally affected. To drink pure water during this extreme heat is very dangerous: it must be qualified with some wine or spirit; and thus is an American led into, a habit of drinking, from which it is not very easy, indeed hardly possible, for him to abstain, except during the winter, and the winters in America are too cold for a man to leave off *any* of his habits. Let it not be supposed that I wish to excuse intemperance: far from it; but I wish to be just in my remarks upon the Americans, and show, that if they are intemperate (which they certainly are), there is more excuse for them than there is for other nations, from their temptation arising out of circumstances.

There is but one other point to be considered in examining into the climate of America. It will be admitted that the American stock is the very best in the world, being originally English, with a favourable admixture of German, Irish, French, and other northern countries. It moreover has the great advantage of a continual importation of the same varieties of stock to cross and improve the breed. The question then is, have the American race improved or degenerated since the first settlement? If they have degenerated, the climate cannot be healthy.

I was very particular in examining into this point, and I have no hesitation in saying, that the American people are not equal in strength or in form to the English. I may displease the Americans by this assertion, and they may bring forward their Backwoods-men and their Kentuckians, who live at the spurs of the Alleghany Mountains, as evidence to the contrary; but although they are powerful and tall men they are not well made, nor so well made as the Virginians, who are the finest race in the Union. There is one peculiar defect in the American figure common to both sexes, which is, *narrowness of the shoulders*, and it is a very great defect; there seems to be a check to the expansion of the chest in their climate, the physiological causes of which I leave to others. On the whole, they certainly are a taller race than the natives of Europe, but not with proportionate muscular strength. Their climate, therefore, I unhesitatingly pronounce to be bad, being injurious to them in the two important points, of healthy vigour in the body, and healthy action of the mind; enervating the one, and tending to demoralize the other.