

exhibit a happiness and contentment born of that comfort. Here is being built up a great and powerful people—a Canadian people—possessing great elasticity and vigour of mind and strength of body—capable of assimilating and appropriating to itself all that it should not reject, and having vigour, force, and energy enough, to reject all that it cannot appropriate.

You, like ourselves, will admit there is a change which takes place in the European constitution after a short or longer residence in this western portion of the globe. These changes in physique—changes that we observe as well in the animal and vegetable kingdoms—changes so marked that many of the flora are sometimes with difficulty recognized, so different are they from their European cousins—those changes in the human constitution are no less marked: the high colour which flushes the cheeks, and reddens the skin of Europeans, fades somewhat; the skin becomes drier, less soft. The effects of the dryness of the air is visible in the dryness of the hair and nails of our bodies; the hair becomes darker and straighter, partaking more of the aboriginal type; the teeth are said to decay at an earlier age (but of this anon); the fat which cushions the muscles and gives a roundness to the general outline is less abundant, and the muscles of the face, or their tendinous prolongations, are more prominent. New habits spring up within us; we seem to take on a new form of existence, and the national and natural character is soon modified to suit the new order of things which here exist. Our cis-Atlantic life is active, yet it is not one of such ceaseless activity as, perhaps, with you. Methinks, we occupy, in that respect, an intermediate position between the people of the old world and you the people of the new.

During the couple of hundred years of its existence, Canada has given no sign of physical decay. On the contrary, the children of New France—longest in possession of the soil—are greatly superior in strength and