

telligence afforded me, for he instantly added, in an under tone, "But if you and your lady should not attend prayers, it will not be noticed."

A Bostonian, who had returned from a tour in England and Ireland, much struck with the poverty of the lower classes, and with the difficulties experienced by those who are struggling to rise in the world, remarked to me, "We ought to *be* happier than the English, although we do not *look* so." There is, in fact, a care-worn expression in the countenances of the New Englanders, which arises partly from their striving and anxious disposition, and their habits of hard work, mental and bodily, and partly from the effects of the climate.

One of their lawyers expressed to me his regret that the members of his profession, and their most eminent politicians, physicians, and literary men, would not spare themselves, and give up some time to relaxation. "They seem determined," he said, "to realize the sentiment so finely expressed by Milton—

‘To scorn delights, and live laborious days.’

Our ancestors had to work fifteen hours out of every twenty-four, in order not to starve in the wilderness; but we persist in straining every nerve when that necessity has ceased." He then reminded me how much more cheerful, plump, and merry the young negro children looked in the South, than those of New England, who had all the appearance of having been forced in their education, and over-crammed at school.

I suspect, however, that the principal cause of the different aspect of the Anglo-Saxon race in England and America is the climate. During both our tours through the United States, my wife and I enjoyed excellent health, and were delighted with the clearness of the atmosphere, the bright sun, and the great number of cloudless days; but we were told that, if we staid a second year, we should feel less vigorous. Many who have been born in America, of families settled there for several generations, find their health improved by a visit to England, just as if they had returned to their native air; and it may require several centuries before a race becomes thoroughly acclimatized.