

The most temperate climate is between the degrees of 40 and 50 ; where the human form is in its greatest perfection ; and where we ought to form our ideas of the real and natural colour of man. Situated under this Zone the civilized countries are, Georgia, Circassia, the Ukraine, Turkey in Europe, Hungary, South Germany, Italy, Switzerland, France, and the North of Spain ; of all which the inhabitants are the most beautiful people in the world.

As the principal cause of the colour of mankind, we ought to consider the climate ; the effects of nourishment are less upon the colour, yet upon the form they are prodigious. Food which is gross, unwholesome, or badly prepared, produces a degeneracy in the human species ; and in all countries where the people are wretchedly fed, they are ugly, and badly shaped. Even in France, the inhabitants of country places are more ugly than those of towns ; and I have often remarked, that in villages where poverty and distress were less prevalent, the people were in person more shapely, and in visage less ugly. The air and the soil have also great influence on the form of men, animals, and vegetables. The peasants