

Calvert, Charles and St. Mary's counties on the West Shore.

To this part of Maryland particular attention is desired, for the reasons, that in addition to the general cause of the loss of labor, viz. : that of the late civil war, there has been superadded here the total abstraction of most of it, and the great derangement of that which remained, for it was in this part of the State by very far the largest number of Negroes were held at the time of the adoption of the Constitution by which they were liberated ; and from this part a very large proportion of able bodied colored laborers were enlisted to fill the quota of other States in the United States army. Here then where the abstraction and derangement of labor was greatest, the largest portion of land will be offered for sale, and information the most minute and particular will be required.

THE HEALTH OF THIS SECTION.

As this is the first consideration for the immigrant, so it will be the first on which information will be given. This being of the first importance, I shall examine specially and generally, and by both means of proof show it to be as healthy as any section of the Union. The opinions, like many other opinions, that it is unhealthy, is totally without foundation. My opportunity for observation has been better, perhaps, than that of any other individual, whilst my professional studies, as they enable me to observe accurately, should give my opinions some consideration. So far as my knowledge extends, no part of our country is more healthy than this. There is no better mode of judging of the health of a country than by the physical appearance of its inhabitants. On this subject all writers on the science of health (Hygiene,) agree on this general rule, that the physical development of the inhabitants of a country is the best criterion to judge of the health of that country. The reasons of the truthfulness of this index are perfectly in accordance with sound physiology. Muscular development cannot take place, except when all the organs of nutrition are capable of performing their functions in a proper manner. This they cannot do, if exposed to the influences of causes which produce disease ; if they do it not, then the appetite will not take food—or if the appetite does, it will not be converted into aliment. Hence, instead of the full development of the osseous system, (the bones,) and muscular system, they will be sparingly nourished, and attain but little size. Travellers, and indeed all persons, speak invariably of the diminutive size of the inhabitants of unhealthy districts, and of the puny stature of the denizens of closely built manufacturing towns, in comparison with the large size of the inhabitants of mountainous countries. Experience and the laws of physiology, then, alike declare, that the best test of the health of a country is, the physical development of its inhabitants.