

I have visited many sections of our country, and in no part of it have I seen the mass of population looking more healthy, or having more of all the signs of health manifested in their appearance, than in Maryland. I have seen some of the largest gatherings of men that have ever taken place in our Union, and with any of them, the assemblages of farmers that I have met in my professional tours will favorably compare. Going through every part of each of the counties during all seasons of the year, I have had an opportunity of knowing whatever amount of sickness might exist, and I have in the same extent of population, found as much in those sections of our Union accounted the most healthy, as I have found in this Tide Water division. The only diseases at all prevalent are intermittent and remittent fevers, at some seasons. These only prevail during a portion of the year, and seem to be the best preventatives against the numerous and fatal class of diseases of the chest, which are so fearfully present in other parts of the country. Consumption so prevalent in many parts, is here almost unknown. My own observation, and the experience of its resident physicians, fully sustain this assertion. The people, then, of this part of our State suffer for a brief period of the year under a class of maladies, which, with proper treatment, are speedily and easily cured, and have almost a total exemption from a numerous class of always dangerous and frequently incurable diseases.

This is what I wrote more than fifteen years since, and with that amount of years of experience added, I am to-day fully satisfied of the truth of every word uttered.

But let this question be settled in another manner, by careful examination and analysis of the Health Report in the census of 1860, which, when properly sifted, will confirm all that I have said of the superior health of Maryland, all that I shall say of the particular healthiness of the Tide-Water section. This Report, unless properly explained, will do this section great injustice.

In the Preliminary Report on the Eighth Census, page 25, is a table giving the natural divisions of the United States and the rates of mortality in each. In Division 1, "Low lands on the Atlantic Coast," and on the next page, we have the following: "The First Division, comprising the Great Atlantic Plain, was remarked by the early explorers in America on account of its uniform level over a length of a thousand miles along the coast, and extending from fifty to one hundred miles inland. The sea and shore meet, for the most part, in a mingled series of bays, estuaries, and small islands rising just above the tide. The low grounds in summer abound in miasm, and a single night's exposure in the rice-fields of Carolina, is said to be very dangerous, and carefully avoided. But, away from the cypress swamps and marshes, there is generally a sandy soil; and the aggregate mor-