

crabs and oysters, and some of them with wild fowl of flavor and excellence, unequalled elsewhere.

The character of its soil, and the means at hand for its improvement, are no less worthy of admiration. The variety of its soils affords an opportunity for the cultivation of every kind of grain, fruit or grass, which the climate of this latitude will admit of. Many of its soils are peculiarly adapted to the growth of wheat; others raise the finest crops of corn: its fruits, particularly peaches, are equal to the best in the country, and nothing is wanting but careful cultivation to make it the vineyard of the Union; and its capacity for growing grass will render it a fine grazing country. It has an abundance of the finest timber, particularly white oak, pine and cypress. In many places there are extensive deposits of bog iron ore, easily obtained, and several of the largest of chrome ore in the world. One great and valuable feature of this country, is the abundance and variety of its resources for agricultural improvement. On many of the rivers there are large deposits of Indian shell banks, capable of affording many millions of bushels of the purest lime. It has numerous deposits of very rich shell and green sand marl. In some of the counties the green sand marl contains a large per centage of gypsum. In many large districts of country shell marls, containing from forty to seventy-six per cent of airslaked lime, can be obtained with the greatest facility, being sometimes within a few feet of the surface, sometimes *cropping out* upon it.

The shores of the bay, and its numerous creeks and rivers, afford large quantities of sea-weed, a most excellent and valuable manure. In other counties the marsh mud, easily obtained, is exceedingly rich in those constituents most generally needed by worn out soils. To those of its soils which require magnesia, the Chesapeake and Delaware canal, and Susquehanna river, afford every facility for a cheap supply. The whole country is well wooded, timbered and watered.

I find it to be an opinion generally held, that this is a very unhealthy section of our State. 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. All writers on the science of health (Hygeine,) 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