

tion, the health of this country can be made to equal any other part of this union. The diseases most prevalent are remittent and intermitting fever, in the autumn. These have been attributed to the decay of vegetable matter in peculiar localities, and there are particular locations in almost every country where fevers are engendered from this cause. There is no doubt that on all of our tidal rivers and fresh water streams in the southern and western country general causes of these fevers exist, and that persons resident there are liable to them. My own very careful observation, however, has convinced me thoroughly, that this *general cause* is insufficient unless there be also *local special causes* to assist it.

If the general cause was sufficient, the whole district of country being exposed to the same causes would experience the same effects. This we all know is not the case; sometimes a particular house will suffer very much, and all others in the neighborhood will escape. In another season, a different house will be attacked, the other remaining healthy. I have frequently seen two houses within a hundred yards of each other, the one entirely healthy throughout the season, the other having its inmates frequently attacked. Sometimes a particular house will escape for several years, and then be severely visited again, alternating thus between perfect exemption from, and continual attacks to, the autumnal fevers.

All these facts, familiar to all who live in these districts, show most conclusively that a local and special cause must act with a general one to produce disease. Does not this fact at once teach us how to avoid disease, by removing its causes? How to preserve health by removing the local causes which produce disease? Remove the local cause and the general one is harmless. On this account, then, the most perfect cleanliness should be observed, and all dwelling houses, negro quarters and all other places contiguous to residences should receive particular attention. No filth, no garbage of any kind should be suffered to remain near dwelling houses, no cabbage leaves or stalks, no cucumber or melon rinds, no refuse from the wash; especially no pig-pens should be suffered to remain for a moment within a hundred yards at least of dwelling houses. I have frequently seen most violent cases of remittent fevers, dysenteries, &c., produced from these causes; first one and then another of a family would be taken down, and be benefited but slightly by the usual remedies until these nuisances were removed, when remedies would at once resume their wonted efficacy, and no more cases occur. These have not been isolated instances—their occurrence has been frequent in different parts of the State which I have visited. Neither should weeds be suffered to grow near the dwelling; cut them down and carry them with offal of every kind to the manure pit. Manure will thus be saved, means for agricultural improve-