

that of the neighboring mainland. In the summer time the resident is sure of a cool, rather moist climate. As along all this shore, from Boston northward, there is, during the presence of seaward winds, a liability to fog. These mists are, however, not unfavorable to health. The extensive forests of balsamic firs seem to affect the atmosphere of this region, causing a quiet of the nervous system, and inviting to sleep. The summer season begins about a month later than in Southern New England, and the period of frost comes a little earlier. Thus the extreme period of summer heat is so far shortened that we may almost say that the summer time here consists of a lengthened spring time and an earlier autumn.

“The best evidence of the goodness of the climate is to be found in the general condition of the present population of the island,—a population that has been upon the soil for several generations. This folk has had the disadvantages arising from the rude and tasking life of fishermen, which gives hard labor and a scanty diet. Yet they are the best conditioned people that I have ever seen: the children especially are models of vigor and health.