

SORREL AND SCURVY-GRASS, *continued*—

Captain Feilden, "Alert"—

Got mountain sorrel, but little scurvy-grass, 6072.

Mr. Bayley—

Piped hands to grass occasionally 6299.

SPEKBOOM—

Dr. Munro—

Account of spekboom, 8622-8631; used at the Cape to make tarts, 8623; its effects equal to lime juice, 8626-7.

SPIRITS. [*Effects of Wine and Spirits as antiscorbutic. See also Diet and Scurvy. The remarks, unless otherwise specified, generally apply to Sledging.*]

Subheads 1. General.

2. Rum.

Evidence.

1. General—

Sir J. Nares—

Issue of spirits, 107-8, 109-12; rum the usual form of spirits, 112; what the ration was, 111.

Captain Stephenson—

Spirits should be furnished to arctic travellers, 300.

Captain Markham—

Alcohol in moderation necessary at end of the day, 664; it was given in sleeping bags at night, 660.

Commander Beaumont—

Men did not care much about spirits except in tea, 993.

Lieutenant Giffard—

Advocacy of use of spirits, 1229; after supper, 1230; would not substitute lime juice for spirits, 1234.

Commander Aldrich—

Should be taken sledging, 1403.

Dr. Colan—

Spirits increase vigour temporarily under hard work, 2089.

Dr. Ninnis—

The quantity given in "Discovery" not enough to affect any constitution, 2698; grog conduces to sleep by producing a glow, 2731.

Dr. Coppinger—

Recommends spirits to be taken sledging as medical comforts only, 2933.

Dr. Pavy—

Alcohol of alimentary value as well as of narcotic stimulant powers, 5196-99; it increases the action of the heart, 5200; and the calibre of the vessels, 5201; the increased heat thus developed, is counteracted by its escape, owing to the warm blood being carried to the surface, 5202; diminishes capacity for work, but is advantageous for nervous system when exhausted, and predisposes to sleep, 5204-5; it diminishes the bad effects of over-exhaustion and promotes cheerfulness, 5206-7; one ounce enough to produce its effects, 5208.

Mr. Busk—

Should not be given as regular rations when sledging, alcohol consuming the strength and indisposing men to take food, 5249.

Dr. Guy—

Alcohol the finest narcotic possible, instance of its use in typhoid fever, 5415; and should be taken sledging, to be used with discretion, to induce sleep, 5415.

Rear-Admiral Pullen—

He had a little in Hudson's Bay the second year, but not enough for the men, 6160.

J. Organ—

Spirits have saved many a man, 6777; advantage over tea in not wanting preparation, 6777; and by acting as a stimulant, and enabling the men to do a little more work, 6778-82; work well done while grog lasts, 6782.

Dr. Barnes—

Objection to alcohol, except in very small quantities, its sudden abstraction not injurious, 7112.

Captain Hamilton—

In "Assistance" and "Resolute," wine was supplied to the sick, 3085.

(Remarks, by Dr. Rae, see Subhead 2.)

2. Rum—

Sir G. Nares—

Ration doubled in winter, 111; stopped when outbreak of scurvy took place, 182-3; hence it was not all consumed, 183; allowance of tea increased if rum decreased, 192, 197-8; formerly taken for luncheon, 193; was weary after rum, 196; tea only in the evening sledging with rum, 194; would not substitute lime juice for it, 200.

Captain Stephenson—

Allowance of, doubled during winter, 298-5; reasons for this, 311; half-gill enough for most men, 296; only taken before sleep sledging, 297; does not know if it added to physical endurance, 298; was a luxury in cold weather, 298-9; would not give up rum to carry lime juice, 304; necessary and acceptable at the end of the day, 503; if obliged, would give it up rather than lime juice, 504; all the rum consumed, but some as fuel, 360-61.

Captain Markham—

Felt better after he took to drinking his rum, 667, 698-7.

Lieutenant May—

Advantage after supper, 839.

SPIRITS. 2. Rum, *continued*—

Lieutenant Rayson—

Advantage at night when sledging, 1158; was taken in tea, 1166; makes men sleep better; and cheers them, 1159.

Commander Aldrich—

Advantage at night, 1401; how taken, 1401; only tried it once at luncheon, and men suffered inconvenience, 1401.

Commander Parr—

Rum is comforting after supper, and helps sleep, 1520; would not abandon rum, 1465, 1519.

Dr. Colan—

Advantage of, in producing cheerfulness, 2018-19; sledging used going to bed, 1794; was found beneficial then, 1792-3, 2017; ought not to be dispensed with, 2017.

Dr. Moss—

Objection to rum, 2422.

Dr. Ninnis—

Taken for luncheon when he sledged, 2713; men did not work better after it than after an ordinary halt, 2714.

Dr. Coppinger—

Rum, sledging, not a necessity, 2947-8.

Captain Hamilton—

A gill a-day, issued twice a-day, 3008; advantage at lunch in shorter halt, 3009; advantage of, at night, as conducive to sleep and preventing cold if wet, 3009; warmth produced by mixing rum and tea, which was due to the mixture, not to either alone, 3084-7; always mixed tea with rum, 3085.

Admiral Richards—

Used to be taken half at lunch, half at night, 3120; it was very acceptable to the men, 3121; a gill given, 3119; men worked better before than after it, 3122; advantage of rum at night in enabling men to change their gear and inducing sleep, 3176.

Captain Hobson—

Should be taken sledging, one gill a-day, 3548; men worked better after luncheon on it, 3549.

Dr. Toms—

Advantageous in great fatigue, 3745; should be given at night or to make spurts, 3746-7; but at luncheon tends to debility, 3748.

Captain Allen Young—

Attaches secondary value to rum, prefers tea, 3878-9; it is a necessity on board, 3880; would take both tea and rum sledging, 3804-5; excluding rum, if one must be excluded, 3806.

Mr. Ede (Sledging)—

Preference for tea over rum, 4099-4100; the reaction from excitement of rum produces too much depression, 4101; a little should be used as a fillip before the evening meal, 4102-3.

Dr. Lyall (Sledging)—

Both rum and tea good in their way, 4312; rum was useful, 4312; used in antarctic expedition, 4412; had a cheering effect at the end of the march, 4412; the men being too chilled to take off their boots till they drank it, 4412; they had it for luncheon and supper, 4413; after luncheon they worked better at first, but the effect soon worked off, 4414; but the men are more tired the second half of the day, 4414; prefers rum at night, tea for mid-day meal, 4313, 4415.

Dr. Piers—

In "Investigator" men did not latterly care so much for their rum, 4685; it might be dispensed with in arctic service, 4686.

Dr. Macdonald—

It induces cheerfulness, but is regarded a disadvantage in the arctics, 4864; half-a-gill would not injure a healthy man, 4864; men would not work so well after it, 4865.

Dr. De Chaumont—

Proved to be bad to work on, 5102; would not exclude it sledging, but would put it last in the diet, 5103; might be advantageous if distressed in the evening, 5117; the men having time to rest before subsequent exertion, 5118; useful as a ration at night in Ashantee, 5118.

Dr. Dickson—

Desirable, but lime juice of greater advantage, 5684; would sacrifice rum rather than tea, but considers it desirable, as producing cheerfulness, 5722.

Vice-Admiral Ommanney—

It should not be reduced when sledging, 5910; an extra issue advantageous, 5910; men worked better after it, 5912; would take it, it was liked, and given sledging from "Assistance" for luncheon, 5771-3, 5911-13.

(The following relate to Sledging, except Dr. Rae's.)

Captain Feilden—

Rum, if taken, most useful before going to the bags, 5963; disadvantageous when working, 5964.

Rear-Admiral Pullen—

His men took their rum in the day-time, and smoked at night in their bags, and did not want spirits, 6243.

Mr. Bayley—

Rum was taken for lunch and liked, 6891-5; was beneficial, 6894; men worked well after it, 6909; advantage of giving it on camping before tenting again, 6928.

J. Organ—

Advantage of it at end of the day, when tired or cold,