

more effect, then did our enemies; which was a great error, being able to fight with lesse disadvantage, and yet to fight with the molt that could be imagined, which I knew not off; neither was able to direct, though I had knowne it; being in a manner senselesse, what with my wounds, and what with the agony of the surrendry propounded, for that I had seldome knowne it spoken of, but that it came afterwards to be put in execution.

Errors in
Fight,

The Generall not being able to succour his Vice-admirall, except he should vicerly leaue vs, gave them order, to shift as well as they could for the present, and to beare with the next Port, and there to repayre their harmes. Himselfe presently followed the Chate, and in short space tetched vs vp. and beganne a fresh to barter vs with his great and small shott. The Vice-admirall (having saved what they could) cutt the rest by the board, and with Foresayle and Mylon came after vs also, and before the setting of the Sunne, were come vpon our broad side, wee bearing all our Sayles, and after kept vs company, lying vpon our weather quarter, and annoying vs what shee could.

Here I hold it necessary, to make mention of two things, which were most preiudiciall vnto vs, and the principall causes of our perdition, the errors and faults of late dayes, crept in amongst those who follow the Sea, and learned from the *Flemings* and *Easterlings*. I wish that by our misfortunes others would take warning, and procure to redresse them, as occasions shall be offered.

Learned from
the *Flemings*
and *Easter-*
lings.

The one, is to fight vnarmed, where they may fight armed. The other, is in comming to fight, to drinke themselves drunke. Yea, some are so madd, that they mingle Powder with Wine, to giue it the greater force, imagining that it giueth spirit, strength, and courage, and taketh away all teare and doubt. The latter is for the molt part true, but the former is false and beastly, and altogether against reason. For though the nature of Wine, with moderation, is to comfort and reuiue the heart, and to fortifie and strengthen the spirit; yet the immoderate vse thereof worketh quite contrary effects.

1. To fight vnarmed.
2. To drinke to excede.

In fights, all receipts which adde courage and spirit, are of great regard, to be allowed, and vsed; and so is a draught of Wine, to be giuen to every man before he come to action, but more then enough is pernicious; for, exceeding the msane, it offendeth, and infeebleth the sences, conuerting the strength (which should resist the force of the enemy) into weakenesse: it dulleth and blindeth the vnderstanding, and consequently depraueth any man of true valour. For that he is disenabled to iudge and apprehend the occa-