

In order to render the advantage of the study of health in the present times, as compared with former ages, more palpable, I shall extract from history a few instances of those expeditions by sea, which have either been totally frustrated, or nearly so, by the neglect or ignorance of the means of preserving health.

The life at sea being more artificial than that at land, affords greater latitude for good and bad management in the conduct of health. The losses and miscarriages of expeditions on this element, have by the records of history been both more numerous and more grievous than those by land. There is one disease, the scurvy, which has affected armies so rarely, and in so small a degree, that it may be reckoned peculiar to the sea service, of which it used to be the greatest scourge. Sir Richard Hawkins, an eminent commander and navigator, in the reign of Queen Elizabeth, mentions that in the course of twenty years, he had known of ten thousand men having perished by this disease; a prodigious number, when we reflect that the navy then was not more than a twentieth part of what it now is. The expedition to the West Indies and North America, in the year 1693, consisting of two ships of the line and six frigates, under Sir Francis Wheeler, miscarried in the attack on Martinique, through the force being weakened by diseases; and in his voyage to England, the companies of his ships were so weakened by mortality from scurvy and