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Secondly, let every vessel that floats over the ocean have the total-abstinence temperance flag nailed to the mast-head. Here, too, the example should be exhibited from the quarter-deck; for I hesitate not to affirm, that the greater part of the difficulties, insubordination, and mutinies, which have taken place among seamen on the ocean, have arisen principally from the fact, that the demon of intemperance had the exclusive command of the ship. Nay, I may go further, and not overstep the bounds of truth; and say, that, in former years at least, many of the losses, shipwrecks, and, consequently, loss of life, &c., which have occurred at sea, were caused by the practical inebriation of the cabin officers.

But it is a source of great satisfaction to know, that this great evil is now almost universally banished from the cabins of nearly every vessel that floats on the ocean; and, indeed, it has latterly been excluded from the forecastles of some of our gallant ships. In connection with this, care should be taken, as much as possible, for the comfort of sailors, in regard to that part of the vessel which is assigned to them for their eating, sleeping, &c. I have been before the mast myself in vessels, in the forecastles of which (so far from being sufficiently capacious for a dozen men to live in) there was not really room enough, as a sailor would say, to swing a cat in; and besides, what with the decks leaking, and the seas thrown into it as the ship plunged through the water, — by reason of these, we scarcely kept our bedding or clothing fit either to sleep in or wear; and in those cases I invariably found the main deck the more comfortable place of the two.

It is certainly astonishing that, while the owners of ships instruct the builders to make ample room for the cabin, where there are in general not more than three persons, yet there is not allowed, in general, more than one half the space of the cabin to be devoted to the comfort and convenience of the crew, consisting, perhaps, of twelve or fifteen men. Of course, it is not my province to dictate, or lay down, any specific rules for the regula-