

happened in the case of Captain Sabine's servant, that such an accident ought to occur.

Although the winter was commenced with full confidence in the abundance and efficacy of our resources, we could not be quite indifferent to the many examples on record of the fatality that had attended most of those adventurers, who either by accident or in hopes of commercial profit, had wintered in those climates. With these facts before us, it would have been too much, however sanguine we might have been, to have expected a total exemption from scurvy, and many evils arose during the winter favourable to its production, requiring unceasing vigilance to watch and oppose.

Among the causes which have been considered most active in generating this destructive disease, are to be noticed the following, *viz.*, a diet deficient in quantity or quality; a cold, damp, and impure air; uncleanness, habits of idleness; mental disquietude; and in short, whatever is capable of producing debility. The absence of a due quantity of acedent vegetable food is always the exciting cause.

In the sea-scurvy, the salted provisions used by the seamen have been held by many to be the most constant cause predisposing to the disease, depending as some think, on the nutritive parts of the meat being dissolved, and lost in the brine; or, according to others, owing to a chemical combination between the salt and the animal fibre, destructive of its nutritious properties. The present unfrequency of the disease in His Majesty's service may induce a doubt whether the rations of the seamen, modified as they are at this time, are capable of producing such a predisposition, without the co-operation of some other powerful remote cause.

In the equipment of the Expedition, however, every measure that appeared conducive to the improvement of the antiscorbutic qualities of the provisions was adopted. A large quantity of the meats preserved by Messrs. Donkin and Co. without salt, as well as of their vegetable and concentrated soups was embarked, and placed at the discretion of Captain Parry, who, by the substitution of them in lieu of proportional quantities of salt beef, greatly