

&c. Sea sickness cannot be prevented by any thing with which I am acquainted, though it can be materially lessened by being as much as possible upon deck, and by eating little at a time, and frequently.

In choosing a birth, either in the cabin or steerage, the middle of the vessel, or as near to it as can be procured, is desirable on account of the ship's motion being there less felt. Books will be an occasional, and but an occasional, relief to the monotony of a sea voyage. Those of a light and amusing character are the most suitable. Reading for more than half an hour at any one time produces the head-ache, and sensibly affects the eyes. *Medicines* are an important article of sea stores: they should be in pills, and taken frequently, with great exactness, at stated periods, and in as small quantities as can possibly produce the effect. Steerage passengers should have a specific agreement with the captain for the use of the place of convenience: this is an important consideration; and I have heard of great inconvenience experienced by such persons in being denied this. A flute, a violin, and a pack of cards, are pleasant companions.

*Packing up.*—A SELECTION should be made in a box by themselves of clothes intended to be worn at sea. Those of the most inferior kind will do as well as the best. A warm great coat will be found useful. The provision casks should be written on "Stores." Baggage must be entered at the Custom-house; and in procuring a *cocket*, care should be taken that the whole of the packages are enumerated; if this is neglected, an additional expence will be incurred.

*Articles desirable to be taken out.*—Clothing of every kind, except silks and silk pocket handkerchiefs. Females would do well to take no article of dress, *particular* in appearance. Men's trowsers should be of the Wel-