

scarcely remain secure in their beds; their chests and other articles of use were all thrown into one common heap: in short, I never witnessed such disorder before. I felt my mind deeply impressed on the occasion, and firmly stayed on the God of my salvation. The vessel sailed near ten miles an hour part of this day, till the shifting of the wind caused a decline in sailing.

5th.—We are now three weeks this day at sea, and by this time, have a tolerable knowledge of what kind of provisions are most needful for a voyage to America:

And 1st. Oatmeal, and cutlings are much used, molasses also; potatoes are of the greatest value, nothing more so in my judgment. Salt, or hung beef, pork, bacon or hams, are all excellent in their use; veal when salted, and afterwards watered, then boiled with beef or bacon, will produce a soup very desirable. One family here, brought a quantity of fowl in pickle, which when watered, eat very delicious. Coffee is much preferable to tea, the water being so bad, as to render the tea rather insipid and tasteless: bottled ale is good for drink, but in my opinion, cyder when mixed through water, is a much better and cooler drink for the stomach than any other; a constant thirst being common to all on sea. As to spices, pepper, and ginger is mostly used. Flour is essentially necessary; cake bread or pan cakes being very applicable to weak constitutions. Eggs are much used, and when well grazed, or put in salt pickle for six hours, and well packed, will keep fresh a considerable time, this I found by experience. Good port wine is very reviving on sea, when used moderately; but spirits is not so very necessary here. I conceive pickled cabbage to be very useful, such kind of diet only answering whilst sickness prevails; I therefore recommend it.

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