

"At the British hospital, in the four years commencing 1st October, 1865, and ending 30th September, 1869, 251 cases of scurvy were received from 57 vessels, 27 ships sending each but a single case, and 13 ships sending each nine cases and upwards. Official investigations were instituted into the circumstances attendant on the voyages of 13 of the vessels, the crews of which were affected by scurvy, and our inquiries have established the inadequacy of this diet to maintain the health of seamen, even when supplemented by the anti-scorbutics enforced by the Merchant Shipping Act of 1867, as scurvy occurred in those vessels only in which the scale was adhered to."

The following scale will show the comparative values of different articles of food as anti-scorbutics:—

<i>Powerful Anti-scorbutics.</i>	<i>Indifferent Anti-scorbutics.</i>	<i>Powerless as Anti-scorbutics.</i>
1. Fresh juicy vegetables, as raw potatoes, onions, &c.	1. Dried vegetable matter, as preserved potatoes, compressed vegetables, &c.	1. Rice, barley, sago, arrowroot, &c.
2. Fresh fruits, as oranges, apples.	2. Fresh or preserved meats, especially within the tropics.	
3. Fruits and vegetables preserved in sugar, or otherwise, with their juices.	3. Vinegar. Lime-juice as found on board merchant ships after 12 months' voyage.	

"The salt beef and salt pork constitute the main articles of a seaman's food, and are supposed to represent an amount of nourishment which they are far from containing. Scurvy is essentially starvation. The histories of such cases as proved fatal on board the ships, and they were not a few, showed that those who laboured longest and hardest were the first to die. Officers and others, who were not required to use physical exertion, escaped the disease. One man was a prisoner, and fed on bread and water during a voyage of upwards of ninety days; he took scarcely any exercise, and for a considerable portion of the time never moved from his cell; he arrived here in good health and without a trace of scurvy, whereas all his shipmates were more or less severely affected."

"The great majority of the cases of scurvy recorded above, originated in vessels, the crews of which were not allowed vegetables whilst the ships were in port. Let it be assumed that the expense of providing food better adapted to maintain the health of the men would be greater than the expense of providing food according to the scale now in use. The food supplied is but a part of the seamen's wages, part of the value paid for their services. If, therefore, more value be given to the seaman in food, less will be required in money; and no wages will be better appreciated by the seaman than good food."