

covered; and, if used in time, will, with proper attention to other things, no doubt prevent the scurvy from making any great progress for a considerable while; though perhaps it may not cure it at sea.

*Sour Kroust*, of which they had a large quantity, is a wholesome vegetable food, highly anti-scorbutic; and it spoils not by keeping. A pound of this was served to each man, when at sea, twice a week, or oftener, as was thought necessary.

*Portable Broth* was another great article, of which they had a large supply. An ounce of this to each man, or such other proportion as circumstances pointed out, was boiled in their pease, three days a week; and when they were in places where vegetables were to be got, it was boiled with them, and wheat or oatmeal, every morning for breakfast; and also with pease and vegetables for dinner. It enabled them to make several nourishing and wholesome messes, and was the means of making the people eat a greater quantity of vegetables than they would otherwise have done.

*Rob of Lemon and Orange*, is an anti-scorbutic they were not without. The surgeon made use of it in many cases with great success.

But the introduction of the most salutary articles, either as provisions or medicines, will generally prove unsuccessful, unless supported by certain regulations. On this principle, many years' experience, together with some hints the Captain had from Sir Hugh Palliser, Captain Campbell, Wallis, and other intelligent officers, enabled him to lay a plan whereby all were to be governed.

The crew were at three watches, except upon some extraordinary occasions. By this means they were not so much exposed to the weather as if they had been at watch and watch, and had generally dry clothes to shift themselves, when they happened to get wet. Care was also taken to expose them as little to wet weather as possible.

Proper methods were used to keep their persons, hammocks, bedding, clothes, &c. constantly clean and dry. Equal care was taken to keep the ship clean and dry, betwixt decks. Once or twice a