

August, at eleven in the morning, both ships came to an anchor at Stromness. From hence I was despatched by Captain Gore, to acquaint the Board of Admiralty with our arrival; and on the 4th day of October the ships arrived safe at the Nore, after an absence of four years two months and twenty-two days.

"On quitting the *Discovery* at Stromness, I had the satisfaction of leaving the whole crew in perfect health, and, at the same time, the number of convalescents on board the *Resolution* did not exceed two or three, of whom only one was incapable of service. In the course of our voyage the *Resolution* lost but five men by sickness, three of whom were in a precarious state of health at our departure from England; the *Discovery* did not lose a man. An unremitting attention to the regulations established by Captain Cook, with which the world is already acquainted, may be justly considered as the principal cause, under the blessing of Divine Providence, of this singular success. But the baneful effects of salt provisions might, perhaps, in the end have been felt, notwithstanding these salutary precautions, if we had not assisted them, by availing ourselves of every substitute our situation at various times afforded. These frequently consisting of articles, which our people had not been used to consider as food for men, and being sometimes exceedingly nauseous, it required the joint aid of persuasion, authority, and example, to conquer their prejudices and disgust.

"The preventives we principally relied on were sour krout and portable soup. As to the anti-scorbutic remedies, with which we were amply supplied, we had no opportunity of trying their effects, as there did not appear the slightest symptoms of the scurvy in either ship during the whole voyage. Our malt and hops had also been kept as a resource in case of actual sickness; and on examination at the Cape of Good Hope were found entirely spoiled.

"About the same time were opened some casks of biscuits, flour, pease, oatmeal, and groats, which, by way of experiment, had been put up in small casks, lined with tin-foil, and found all, except the pease, in a much better state than could have been expected in the usual manner of package.

"I cannot neglect this opportunity of recommending to the consideration of government the necessity of allowing a sufficient quantity of Peruvian bark to such of His Majesty's ships as may be exposed to the influence of unwholesome climates. It happened very fortunately in the *Discovery* that only one of the men, who had fevers in the Straits of Sunda, stood in need of this medicine, as he alone consumed