were in a precarious state of health at our departure from
England; the Discovery did not lose a man. An unre-
mitting attention to the regulations established by Capt.
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 re-
quired the joint aid of persuasion, authority, and example,
to conquer their prejudices and disgusts.

The preventives we principally relied on were sour krout
and portable soup. As to the antiscorbutic remedies, with
which we were amply supplied, we had no opportunity of
trying their effects, as there did not appear the slightest symp-
toms 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 biscuit, flour, malt, pease, oat-
meal, and groats, which, by way of experiment, had been
put up in small casks, lined with tin-frail, 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 that had fevers in the Straits of Sunda,
stood in need of this medicine, as he alone consumed the
whole quantity usually carried out by surgeons, in such ves-