

The crews of whale-ships are much more prone to scurvy than I had any idea of: during our stay at Oahu, several ships arrived, more or less affected with this horrible disorder, which arose from various causes; my inquiries satisfied me it was in most cases to be imputed to the long period passed at sea, aggravated by the *despondency* arising from want of success. In one case in particular, the captain had stopped at some islands for fruit and provisions, of which he had received an ample supply, and, concluding that his crew would recover, he continued to cruise until he finally reached Oahu with no more than three men fit for duty. Several of his men had died, and the rest were in a very precarious state. This, in my mind, is a sufficient proof that it is absolutely necessary, not only to give the crew occasional relaxation, but a change of employment, and additional hours of rest; it also shows that fresh provisions are not alone a sufficient preventive against, or cure for the scurvy. A change of diet must be accompanied by a change of scene, and cleanliness. To a strict attention to these circumstances, and care in promoting cheerfulness, I impute the remarkable freedom from disease enjoyed in the squadron during the whole cruise. Feeling constantly that on the health and good condition of my men every thing depended, I lost no opportunity of encouraging amusements, and particularly enjoining attention to their cleanliness.

I would strongly urge upon the owners of whale-ships the necessity of the assignment of a larger and more airy apartment to the crew. The usual accommodation in the fore-castle of a ship is in every respect unfitted to preserve either cleanliness or comfort. There is, perhaps, more room for improvement in this respect than in any other that can engage the attention of the owners of ships. While they are lavishing every sort of expense on the cabins and saloons, and receiving the meed of praise from the civilized world for the costliness and beauty of the decorations, I would ask them to bestow some small attention and expenditure to increase the comforts of the common sailor, by whose aid alone their business can be carried on.

Among the masters of whale-ships with whom it has been my good fortune to fall in with, were many intelligent persons, from whom I have derived much pleasure and information in my intercourse with them. As a class, they bear a high character; but there are some, I regret to say, whose actions tend only to bring disgrace on themselves and the pursuit they follow. I shall not dwell upon such a disagreeable topic, trusting that time and good example will meliorate the evil.

There is one entreaty I would urge upon all those who are engaged