

on ship refuse to eat it; it is in $\frac{1}{4}$ lb pieces and of a dark brown color inside and out, and so hard as to require a hammer to break it up in pieces; it is made solely of bran and only a wolf's stomach can digest [it]; it is calculated to kill by slow starvation. The rice is also of the worst quality, yet it is edible; each person gets $\frac{1}{2}$ lb weekly. Beans and peas are fair. Butter as I have described it. Flour was gritty with sand and $\frac{1}{2}$ lb per week was a portion for each. Potatoes were very bad, black, bad smelling and rotten, hardly fit for pigs. Such as they were we got but sparingly of them, sometimes none for 3 or 4 days. We often wished for some of ours at home. The water is rain water several weeks old and leaves a black sediment after standing awhile; but we had enough of it and that we were thankful for. After recovering from seasickness one gets a thirst that can hardly be quenched; one should have acid dried fruits in such cases, which is better than all the medicine in the world. We greatly wished for our Green Sap Sago cheese [Schabzieger] to give a better flavor to our rancid watery potatoes and to strengthen our stomachs. One should take along sugar and coffee also, especially those who contract their passage with the ship food included. I advise — from experience — every person or company that may follow us either on their own account or under control of any society, to bring their own supply of food if they value their health, besides it is $\frac{1}{3}$ cheaper. The agents in Amsterdam, Sambrie & Co., make a profit of 29 florins on each passenger, which on the 185 expedited by them on this ship makes 4,495 florins. We have such miserable food that God may pity us. I only wish that those who so miserably contracted us might have the power to glance into this hospital; they would blush in terror on their own account. I would not wish my worst enemy the condition we are in. I trust we will get double reward, for we have passed through purgatory. I believe I could defy seasickness, and actually escaped the vomiting, but an excessive dysentery is wasting my flesh and strength. And I am not the only one, the strongest constitutions that seemed to