



Smithsonian Institution

Archives Center - NMAH

Charles Francis Hall's Notes on Arctic Explorers Circa 1860, Volume 1

Extracted on Mar-28-2024 04:59:19

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1/ Bread

[[list follows, shown as a chart on the page, with each vertical column listed below as one line]]

Beef 1/2 lb
Bread 1/2 lb
Pork 1/2 lb
Flour 1/4 lb
Suet 1/2 oz
Raisins 1/3 oz
Cocoa 1 oz
Sugar 2 oz
Pease 1.16 gill
Oat meal .2 gill
Wine .6 gill
Spirits 1 1/2 gill
Vinegar .29 gill
Tobacco 1.14 ozs
Lemon Juice 1.14 ozs
Sugar for lemon ^[[juice]] 1.14 oz
Molasses 1 oz
[[end of the list/vertical column chart]]

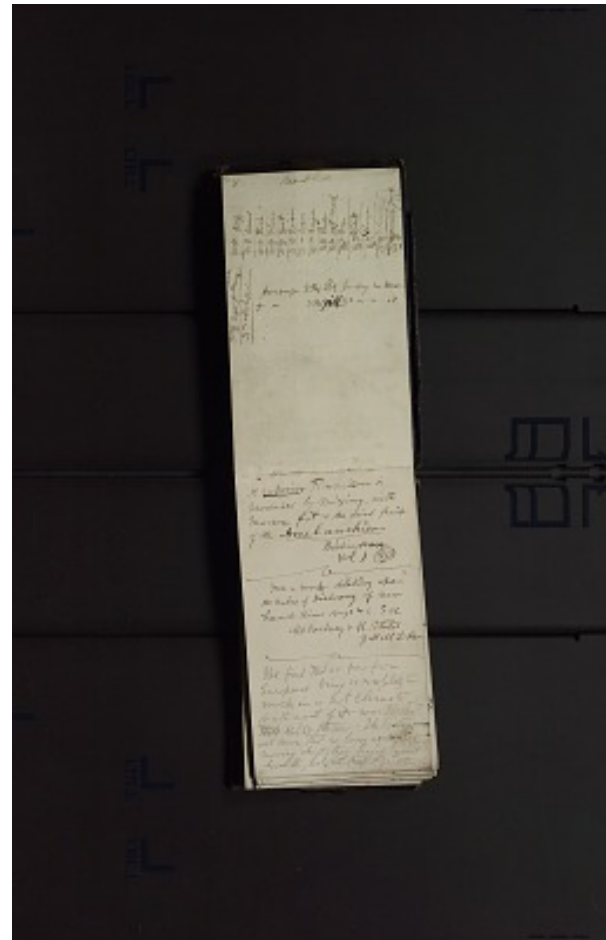
Average 2 1/4 lbs. per day Ea Man
& [[ditto for Average]] 3 3/4 gills [[ditto for per day Ea Man]]

[[end page]]
[[start page]]

A superior Pemmican is produced by mixing,
with marrow fat & the dried fruit of the Amelanchier.
Richardson Vol 1 40

From a work dilating upon the Books of Discovery of new Lands River
Bays &c see McCartney's U. States
YMML Asn

We find that so far from Europeans being unable to work in a hot climate
it is the want of ~~it~~ work that
~~that~~ kills them. The Portuguese all
know, that so long as they are moving about, they enjoy good health,
but let them settle



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