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In my letter to Mr Pratt accompanying this I have requested as a present from the Society a pocket compass to enable me to find my way thro' the woods, and a silver watch that will keep the time well. I am not particularly anxious about the watch on my own account as I have one, but one that keeps the time better would be very useful, and I leave it to Mr Pratt to judge from my statement as to the propriety of sending me one. I am also in want of a few medicinal comforts. Before I left London I had long been accustomed to a sedentary life, but by entering upon a different course, by being frequently deprived of my accustomed rest in the night in stormy weather, and by a change of climate and provisions I fear I have been rather injured in my constitution. My appetite is tolerably good, but the organs of digestion in my stomach are very weak, and I feel very often oppressed there. After eating such salt provisions as are provided for the use of the ship I often vomit & purge excessively. I live chiefly upon flour & water when I am at sea. I shall avail myself of your kindness in mentioning the above circumstances to Mr Pratt not doubting but by your desire he will send a few articles for the use of myself & family. I could wish to have included some essence of Peppermint, and should require directions in order that I might know in what proportion to take the medicines.

I and my colleague Mr Hall have been treated with great kindness and hospitality by Governor Dary, the Rev. Mr Propwood