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[square brackets] indicate definitions, etc

?? indicates words Irene couldn't read

Gilchrist's abbreviations have been entered here in full

## Journal of Surgeon, Dr Archibald Gilchrist, *David Clark*

[p12]

**Port Phillip, Australia**

**4th November 1839**

### General Remarks

The ship, David Clark of Greenock, chartered by the Secretary of State for the Colonies, and employed, during the period of this Journal, in conveying Emigrants from Scotland to the Colony of New South Wales, is a vessel of 608 tons with a spacious poop, and a lower deck of which the height between decks is from 6 feet 4 and 6 feet 5. This deck with the exception of a small portion bulkheaded off at its foremost extremity, was with entirely appropriate to the accommodation of the Emigrants. It is provided with 6 scuttles [small openings, or lids thereof, in a ship's deck or hull.] in each side, and 2 stern ports, which were always kept open, when the state of the weather admitted of it.

The embarkation of the Emigrants commenced at Greenock on the 6th June 1839, and was only finished on the 13th on the afternoon of which day, we got underway with a passable breeze, and soon left behind us the bold and beautiful shores of the Firth of Clyde.

The number of Emigrants embarked, amounted in all to 229, being about 40 fewer than the ship had been fitted up for. They were classified as under:

	Males	Females		Males	Females
Above 50 years of age	3	2	Brought forward	97	67
Between 40 and 50	14	11	Between 7 and 14 years of age	26	21
Between 30 and 40	14	7	Between 1 and 7	7	10
Between 20 and 30	40	32	Below 1 year of age	-	1
Between 14 and 20	26	15			
Carried forward	97	67	<b>Total</b>	<b>130</b>	<b>99</b>

During our passage, we had occasion to call at Rio de Janeiro, for the double purpose of provisioning refreshments, and of having the cooking apparatus repaired. The period of the Journal, therefore naturally divides itself into two parts, the first from the commencement of the embarkation at Greenock on 6th June, until the date of sailing from Rio on the 23rd August; – the second from the second from the 23rd August until the final disembarkation of the Emigrants at Port Phillip on the 3rd of November 1839.

### Part 1st

The Ship as before stated sailed from Greenock on the 13th June, and passed through the North Channel, between Scotland and Ireland, but owing to the prevalence of light winds, did not get clear of the land until the 17th. During those days we had finer weather, the Thermometer at noon saying from 52° to 58°. After the 17th June, we advanced gradually to the Southward and on the 1st July passed the Latitude of Madeira, having had fine weather, the Thermometer at noon having gradually risen from 57° to 71°. - Between the 1st and 11th July, we were sailing in the N.E. trades, when we

generally had cloudy weather but excepting on one day, no rain, and that very light. Range of the Thermometer between 6 a.m. and 9 p.m. from 68 to 79°. - We were from the 11th to 24th July in getting from 11° North Latitude, when the trade ceased, to the Equator, having had the usual calms, light, variable, and Southerly winds usually met with in those Latitudes. There were two thunder storms, and it rained heavily on five different days. Thermometer between 6 a.m. and 9 p.m. from 75° to 83°. - We passed the Equator in the 25th Degree of West Longitude on the 24th July, and made Cape Frio in the Empire of Brazil on the 5th August. During the greater part of this period, we had a steady S.E. trade with fine weather, but had heavy showers of Rain on 2 days, and light showers on 7. Thermometer between 6 a.m. and 9 p.m. from 71° to 81°. We were kept off Cape Frio by Westerly winds and calms for 6 days, and only got into the bay of Rio de Janeiro on the evening of the 12th August. Thermometer 67° to 75°. We remained at anchor until the morning of the 23rd when we again proceeded on our voyage. During our stay at Rio, we had beautiful serene weather, the Thermometer ranging between 6 a.m. to 9 p.m. from 66° to 77° and only on one occasion rising so high as 82°.

During this part of the voyage, there can scarcely be said to have been any prevailing disease, excepting psora [a scabies-like skin eruption], which made its appearance extensively; but by the rigid system of separation and inspection, it was got under. The following brief notices are given of some of the principal diseases that came under treatment.

Two cases of fever (No.3 and 5 in this Journal) both of a mild nature occurred before reaching the Latitude of Madeira, and none affected afterwards.

Two cases of Enteritis, and one of Peritonitis (No.1, 3 and 15) came under treatment, they afford little need for remark, in addition to the details contained in this Journal.

Of Pneumonia, five cases were put on the list, the most sever of which is inserted in this Journal (No.7). It was remarkable on account of the excessive action of the heart and arteries.

The only case of Hepatitis (No.14) occurred whilst in the ?? Latitudes, and yielded to the use of bloodletting and mercurial purgatives.

The cases of Rheumatism, thee in the number, were of a slight nature.

“Ophthalmia” Mild inflammation of the tunica conjunctiva was rather prevalent, chiefly among the children, and was probably brought on by the exposure of the eyes to a strong light without being properly shaded. Eight cases were put on the Sick list, and cured by the use of purgatives and collyria [boric acid eyewash] assisted in three cases by the application of blisters to the temples.

The only case of Haemoptysis [vomiting blood] that was treated, is inserted in the Journal (No.6).

“Cephalad” [towards the head]. Several cases of Headache occurred during the hot weather, some of which, but for the timely use of purgatives and occasionally of bloodletting, might probably have terminated in Fever.

There came under observation two cases of Diarrhea, and not one of Dysentery.

Constipation was very prevalent, particularly among the females, and large quantities of purgative medicine were in consequence administered. One case (No.9) in which large doses of purgatives were for the removal of constipation is inserted in this Journal.

Among the married females, one case of Abortion (No.2) occurred, probably induced by a fall; and one woman was safely delivered of a male child on the 1st of August.

Soon after embarkation all the Emigrants were vaccinated, who had not been so, and a weekly day from vaccination was appointed, on which nearly all those who had been previously vaccinated, but not had Small Pox, were re-vaccinated. In nearly half of them the genuine disease was produced, and went through its regular course; whilst in the others, the vaccination either took no effect, or a small vesicle was produced, which soon formed a crust, generally from the 5th to the 8th day.

The people before getting fresh beef at Rio de Janeiro, had been 53 days on salt victualling, by which, so far from having suffered in health, they had nearly all improved in appearance. During our stay at Rio, they were supplied with fresh beef and vegetables, and two oranges were issued to each person daily.

## Part 2nd

The ship sailed from Rio de Janeiro on the 23rd August, and on the 16th September passed the Meridian of the Cape of Good Hope in 78 degrees of South Latitude. During this period, in proportion, as we increased our Latitude, the weather became cloudy and boisterous. We had gales of wind on 8 days, and the Thermometer at noon gradually sank from 74° to 51°. The prevailing wind was from the Westward and the Thermometer rose or sank as it veered to the Northward or Southward. Rain fell frequently, there having been only 7 days entirely free from it. The Emigrants were in consequence kept much below, and the beds were often not got on deck. There was generally a heavy sea, and on that account the scuttles were almost always kept shut.

The passage from the meridian of the Cape to the small island of St Paul's in the Indian Ocean, occupied between the 16th September and the 4th October during which time, we had almost constant Westerly winds, and two heavy gales, the first of which continued for 2 days and the last for 5. During this last, it blew extremely hard, and we had a very high sea, which rendered it necessary, during part of the time to batten down all the hatches, with the exception of the after companion, and a small scuttle in the booby hatch of the after hatchway. During this part of the voyage there were only 2 days free from Rain or Hail, and there were several thunder storms during the gales. The range of the Thermometer between 6 a.m. and 9 p.m. was from 44° to 65°. At the height of the gale on the 26th September the Symposiometer [?Sympiesometer, a compact and lightweight type of barometer widely used on ships in the 19th century] fell to 28.66. The Emigrants were, as a matter of course kept much below during the gales, and the lower deck was often wet, by part of the seas shipped getting down the hatchways; but advantage was always taken of the weather moderating, to get the people on deck for the benefit of the fresh air, to have the deck dried by means of windsails and stoves, and to have the bedding shaken and aired.

Passing the island of St Paul's on the 7th October, we anchored within the entrance of this inlet [outside the Heads] on the 25th. The wind during this period, was almost constantly from the Westward, shifting sometimes to the North or South – its force was from a light breeze to a fresh gale, but we encountered no heavy gale. There was a proportion of fine weather but showers of Rain or Hail on 12 days. The range of the Thermometer between 6am and 9pm was from 51° to 70°. The ship was got underway on the 27th and anchored in Hobson's Bay the same afternoon. On the 28th the Board for examining the Emigrants, assembled on board and examined the Emigrants. On the 29th we landed 212 of them and on the 3rd instant the last 3, who had been kept on board as Convalescents, were sent on shore, where my medical duties ceased. During these 10 days in the Port Phillip, on 3 days, there have been land and sea breezes – on 4 fresh ?? breezes, and on 3 fresh ???. The weather has been fine, there having been a light shower of Rain on one day only.

The general health of the people has been better during the second than the first of the voyage. Their appearance was improved after the use of the refreshments obtained at Rio, they had got more accustomed to a sea life, and had scarcely any of them a return of sea-sickness even in the worst weather. Besides the improvements obtained at Rio, we took to sea with us, fresh beef and bullocks, so we did not recommence salt victualling until the 1st September, from which date it was continued for 57 days until we obtained fresh meat at this place.

The mode of victualling, and the Regulations to be observed in this Service are so minutely stated in the Printed Instructions, that it is unnecessary to give any detail of them here. Concerning any improvements of which I may consider them susceptible, I shall agreeably to my Instructions, report to the Agent General. One medical fact, however relating to the victualling, is worthy of inspection. The oatmeal porridge with molasses for breakfast has a most beneficial effect in promoting regular ?? evacuations, and may thus act as prophylactic against Dysentery.

An impression generally prevails that children suffer much in health from a long sea voyage. In as far as the experience of one voyage may have weight, my opinion is, that with proper food and attendance, children do not suffer in health at sea more than adults. Relatively, their minds are freer from anxiety – they take more exercise, and feel the motion of the ship less. On board here, they certainly, with three exceptions, appeared to thrive as much as they could have been expected to do on shore.

The only prevailing disease during this part of the voyage, has been ophthalmia affecting severely the tunica conjunctiva, and at its first invasion often producing great swelling of the palpebrae [eyelids]. Bloodletting has been found necessary in only one case. The others have been readily cured by the use of purgatives and callyria [eye wash], sometimes aided by the applications of blisters to the temples or nape of the neck.

One case of peritonitis (26) has terminated fatally. An examination of the body would have been highly desirable, but I decided that the excitement and agitation of the mind which such a step would have produced among the female passengers.

A few cases of Ephemeral Fever, occurred within the last fortnight before disembarkation. An emetic was found sufficient to cut the disease short in all of them, if instead under any circumstances, their situation would have been more than ephemeral.

“Fractura.” Both of the ??

One child was born on the passage, and landed in a thriving state. The only death was that alluded to above.

[Signed] Archibald Gilchrist MD Surgeon Royal Navy