

My idea is to resolve -

Nov. 21st

Not to drink any more until the ship is ordered to return to the United States - accepting in company - meaning thereby when I am invited out to dine, or have to ask others to see me - and leaving scope for an occasion like the going home of a ship - or a birthday.

And when dining out to limit myself to the first bottle + two glasses if sherry.

But not to drink on excursions, or from fancied fatigue - The late gale was probably as severe a trial of my physical endurance as I am likely to undergo.

My object is to prevent the fleet from becoming ~~subject to the~~ master of the spirit