

desire to be here with me as Reformado, which did much trouble me. But after dinner (my Lord using him very civilly at table), I spoke to my Lord and he promised me a letter to Capt. Stokes for him, that he should be there. All the day with him, walking and talking; we under sail as far as the Spitts. In the afternoon, W. How and I to our Viallins, the first time since we came on board. In the evening, it being fine moonshine, I stayed late, walking upon the Quarter-deck talking with Mr. Cuttance, learning of some sea terms; and so down to supper and to bed – having an hour before put Balty into Bur's cabin, he being out of the ship.

7. This day, about 9 a-clock in the morning, the wind grew high; and we being among the sands, lay at anchor. I begin to be dizzy and squeamish. Before dinner, my Lord sent for me down to eat some oysters, the best my Lord said that ever he eat in his life, though I have eat as good at Bardsey. After dinner and all the afternoon I walked upon the deck to keep myself from being sick; and at last, about 5 a-clock, went to bed and got a caudle made me, and sleep upon it very well.

8. *Lords day.* Very calm again and I pretty well, but my head ached all day. About noon set sail; in our way I saw many wracks and masts, which are now the greatest guides for ships. We had a brave wind all the afternoon. And overtook two good merchantmen that overtook us yesterday, going to the East Indys, and the lieutenant and I lay out of his window with his glass, looking at the women that were on board them, being pretty handsome. I and Will Howe, the surgeon, parson, and Balty supped in the Lieutenant's cabin and afterward sat disputing, the parson for and I against extemporary prayer very hot.

9. We having sailed all night, were come in sight of the North and South forelands in the morning, and so sailed all day. In the afternoon we had a very fresh gale, which I brooked better than I thought I should be able to do. About 5 a-clock we came to the Goodwin; so to the castles about Deale, where our fleet lay, among whom we anchored. Great was the shot of guns from the castles and ships and our answers, that I never heard yet so great rattling of guns. Nor could we see one another on board for the smoke that was among us, nor one ship from another.