

## QUOTATION

### CAPTAIN JAMES COOK, BEHAVIOR ANALYST

At this time we had but very few men upon the Sick list and these had but slite complaints, the Ships compney had in general been very healthy owing in a great measure to the Sour krout, Portable Soup, and Malt . . . The Sour Krout the Men at first would not eat untill I put in practice a Method I never once knew to fail with seamen, and this was to have some of it dress'd every Day for the Cabbin Table, and permitted all the Officers without exception to make use of it and left it to the option of the Men either to take as much as they pleased or none atall; but this practice was not continued above a week before I found it necessary to put every one on board to an Allowance, for such are the Tempers and dispossissions of Seamen in general that whatever you give them out of the Common way, altho it be ever so much for their good yet it will not go down with them and you will hear nothing but murmurings gainest the man that first invented it; but the Moment they see their Superiors set a Value upon it, it becomes the finest stuff in the World and the inventor an honest fellow.

*From: J. C. Beaglehole (Ed.). (1955). The Journals of Captain Cook on his Voyages of Discovery: Vol. 1. The Voyage of the Endeavour, 1768-1771 (p. 74, entry for April 13, 1769). Cambridge: Hakluyt Society.*

Contributed by M. C. Newland, Division of Toxicology, Box RBB, University of Rochester Medical Center, Rochester, New York 14642. Daniel Boorstein (*The Discoverers* [1983], New York: Random House) described Cook's treatment of his crew as unusually sophisticated because of his limited use of flogging, his reliance on techniques such as that described above, and the general good health of his crew.