

# Life at Sea: Bibliography Part 1

by [Iver Cooper](#) | Dec 16, 2020 | [1632 Tech](#), [Gazette Extras](#), [Iver Cooper](#)

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Note I have seen grog proportions ranging from 1:2 to 1:4 quoted, and I am advised that an especially dilute grog (1:6 to 1:8) was a punishment. See Blake, *The Illustrated Companion to Nelson's Navy*.