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DEAR CAPTAIN

I AM THE SHIP'S DOCTOR AND I RECOMMEND
THAT YOU WILL TAKE DIARY PRODUCTS SO
YOU DO NOT RISK GETTING SCORBOSID ALSO
WOULD U TAKE MEAT SO THAT U GET ALL
YOUR VITAMINS AND MISERALS.

ALSO I HOPE U RECOMMEND THAT U TAKE
SOME FOODS THAT CONTAIN SUGARS ALSO
SOME FOODS THAT CONTAIN JUST A LITTLE
FAT

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