

# GROG - IT'S BIRTH

In the British Navy of the 18<sup>th</sup> century, Rum was a substitute for the Brandy and Beer ration that was not available in the tropics.

In 1740 Admiral Vernon ordered his captains to dilute the rum with water in an effort to cut down on drunkenness in the fleet. Admiral Vernon was known to his men as "Old Grogham" for a Grogham Boat Cape that he wore, and the diluted rum became known as GROG.

The daily ration was reduced to 1 gill a day and the evening gill was discontinued in 1850. The issue to officers was stopped in 1881. The issue to Warrant officers was not stopped to 1918, but Chiefs and Petty Officers drew their rum undiluted. To all rating the ration was 1½ gills of water to ½ gill of rum. This was totally discontinued in 1970.