



Napoleon and Doctor Verling on St Helena

J David Markham

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Many books have been written about St Helena and its most famous resident, the exiled Emperor Napoleon Bonaparte. The episode has been so intensively researched that it is rare for a fresh, unpublished account to come to light. Yet Dr James Verling's St Helena journal is just such a source. Verling was based on St Helena during Napoleon's imprisonment and he was even appointed as Napoleon's official physician. Throughout his stay, this young doctor kept a vivid diary of his experiences. Through Verling's eyes we get a fresh view of daily life on the island and of the suspicion-filled society that grew up around Napoleon during his last years.

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