Australian European history is embedded in travel. Between 1787 and 1900, more than 1.6 million immigrants, including around 160,400 convicts, travelled to Australia by ship, mostly from the British Isles.

Many of these journeys lasted more than 100 days, non-stop, and the men, women and children who undertook them endured raging seas, extreme weather and all manner of other duress. Many kept diaries chronicling their journey.

In *High Seas & High Teas: Voyaging to Australia* (NLA Publishing $44.99), historian Roslyn Russell uses these diaries as well as shipboard newspaper clippings from various vessels to provide an intriguing and often moving insight into these brave, often naive journeys.

The book contains many fascinating illustrations from these significant times as it looks at the reality of life on board, from cramped conditions, convict companions, unpalatable food, disease, rough weather and boredom, to the community and relationships established on such a life-changing journey.

The foreword by Kerry O’Brien also details his ancestors’ voyages to Australia in the 19th century. Doctor Roslyn Russell is a historian and museum curator who has written and edited books and articles on Australian and Caribbean history and museology. See publishing.nla.gov.au.