

In our last cruise we had not much sickness, the Captain had allowed the seamen to supply themselves with pigs. These were left to run on the main deck and one day I counted one hundred of them. They were washed every morning and fed by their owners. That supply of fresh meat helped keep off the scurvy *

We have now on board six live sheep, five goats and six kids. They eat under the deck and when I came up this morning it stank of the cowyard.

They (seamen) should be compelled to keep their trousers and other clothes clean, no matter how often they are worn. Officers should make sure that their men have enough clothes, with soap before they are allowed to spend their money on other things.

Dr Thomas Trotter

Angus Mc Kie

Activities

You are helping Dr Trotter to draw up advice to the Admiralty to keep sailors healthy on long voyages.

There have some very bad practices aboard the ships of his majesty's Royal Navy (explain what has likely caused diseases)...

There is evidence that the health can be improved by ... (explain how)...

I therefore recommend that ...

