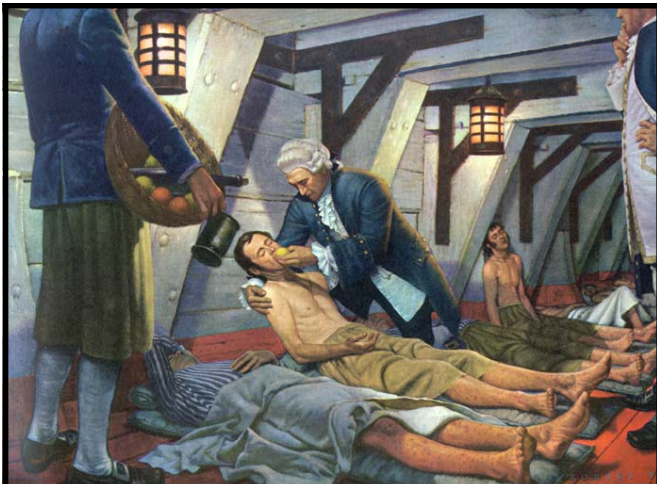


Scurvy

*Scurvy was a disease which was the curse of the navy. It is caused through a lack of fresh food on long voyages. The symptoms are horrible: the skin goes black, muscle joints ache and gum tissue grows out of the mouth. The breath of someone who caught the disease was terrible.

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.

Aaron Thomas



James Lind, a surgeon in the Royal Navy, conducted clinical tests that proved that citrus fruits and their juices would cure and prevent scurvy, the disease which killed a million seamen between 1600 and 1800. In this painting he is shown aboard HMS Salisbury in 1747. Lind published his paper, *A Treatise on the Scurvy* was published in 1751. He later became Chief Surgeon of the Royal Naval Hospital and published many more papers on how to safeguard the health of sailors.

Wellcome Trust

Shortly after leaving St Helena we touched upon a small island where we got an abundant supply of turtle' First we turn it on its back. Our men succeeded in taking sixteen, each weighing a 1/5 of a ton. Every evening for near six weeks we took one of the creatures and prepared him for the pot.

William Richardson

Sir Edward Pellew encourages his men to use every method to catch fish, which has helped reduce the amount of scurvy aboard his ship. What a pity this excellent idea is not practised by most in the fleet.

Dr Trotter

1795 - lemon juice was given daily to prevent scurvy.

We have three dozen turkeys on board which cost us only two shillings (10p) a piece. I have got a nice cow for ten pounds.