

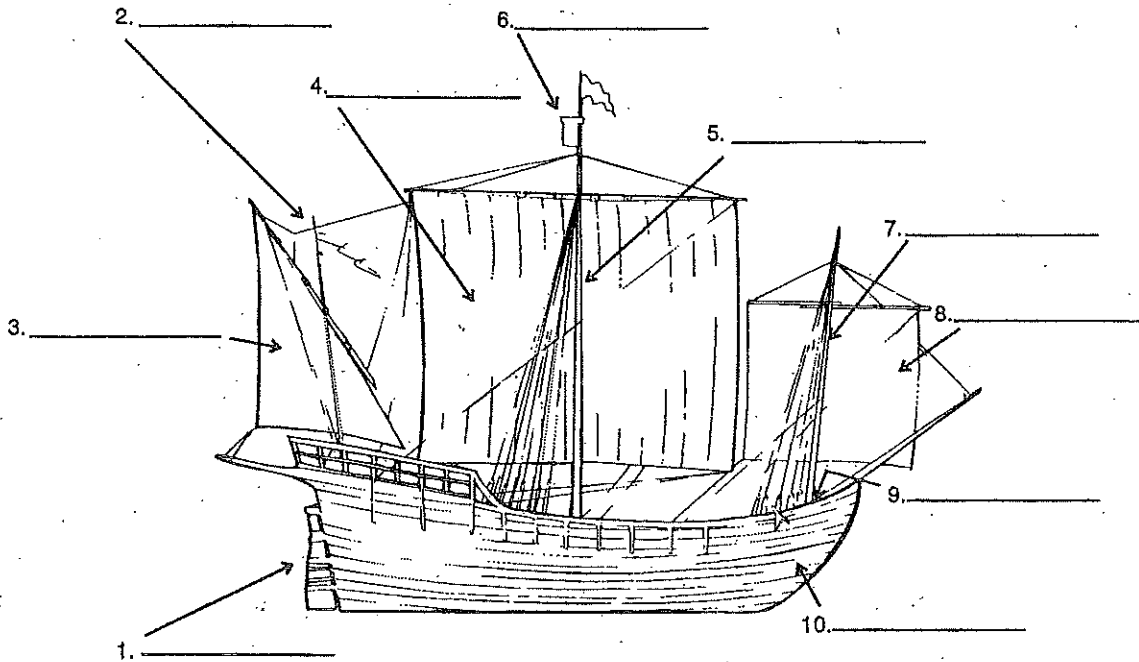
Chapter 8: Navigators and Sea Dogs Life At Sea Summary Assignment

Name: _____ Date: _____ Block: _____

A) CARAVELS

1) Please identify the parts of the Caravel ship below:

Word Bank				
crow's nest	rudder	hull	mainmast	mizzenmast
foremast	forecastle	mainsail	mizzensail	foresail



1. What would be the scariest part of being on a caravel ship in your opinion? Explain.

Scurvy

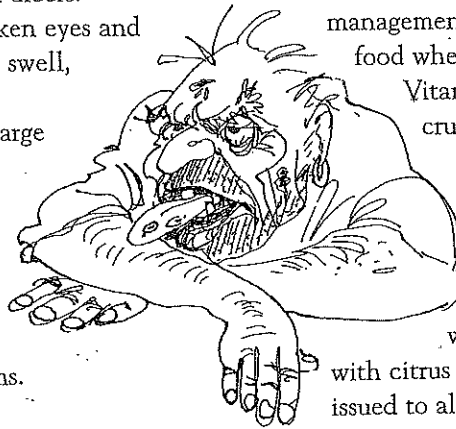
After two years at sea Cook arrived in Batavia (see map p 29), having lost just eight men - none of them to the dreaded mariner's disease of scurvy. Sadly the visit to Batavia lead directly to the loss of another 30 of the crew. Ironically it was not the sea that killed them but the land diseases of malaria and dysentery (flux as it was called). By the time they had arrived home the ship was still free of scurvy which was a remarkable record.

Ships on long sea voyages sometimes lost over half their crew to scurvy. It was a major problem for all seafaring countries. Experienced sailors realised it was their diet that had something to do with it but that didn't solve the problem. The burning question was how to keep food fresh; fruit and vegetables, in particular.

Have a look at the weekly menu on p 46 and you can see the struggle to provide a balanced diet at sea.

Scurvy - what happens to you when you've got it

1. Loss of strength, depression. Skin and tongue break out in ulcers.
2. Yellowish skin, sunken eyes and sore muscles. Gums swell, bleed and go black.
3. Teeth fall out and large bruises appear without cause.
4. Eyesight begins to fail in some cases.
5. Exhaustion, diarrhoea, heart and kidney problems.
6. Death.



And the cure is ...Vitamin C!

Without continual top-ups of fresh food our body loses its store of Vitamin C in about 12 weeks. After that time the problems really start ...

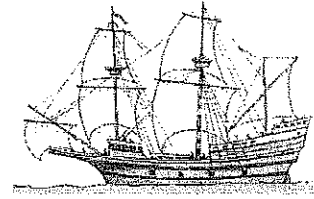
If you had truck loads of citrus fruit or Vitamin C tablets back then you would have become a millionaire and won the Nobel Prize for science at the same time. Even bad cases of scurvy (up to stage 5) could be cured with a strong dose of Vitamin C through fresh fruit, particularly citrus fruit, and vegetables, (although it wouldn't grow your teeth back).

The Admiralty issued *Endeavour* with a variety of foods thought to be effective in the prevention and cure of scurvy and asked Cook to experiment with their use. When he returned to England, Cook praised sauerkraut or pickled cabbage (only a little Vitamin C) and malt (no Vitamin C), which he used consistently throughout the voyage, as being very effective against scurvy. Unfortunately he did not carry out the experiments scientifically as he tried everything together and came up with the wrong answer.

His success in fighting the dreaded disease was due to his high standard of crew management and his desire to obtain fresh food whenever possible rather than using Vitamin C rich foods at the crucial times.

His praise of malt and sauerkraut set back the fight against scurvy in the Royal Navy for 25 years and it was not until the end of the 18th century that the Navy were persuaded that the answer lay with citrus fruit, and lemons and limes were issued to all sailors.

B) Ship Food

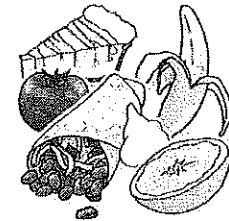


STANDARD WEEKLY RATION PER MAN								
	Bread	Beer	Beef	Pork	Peas	Oatmeal	Butter	Cheese
Sunday	1 lb	1 gal	-	1 lb	½ pint	-	-	-
Monday	1 lb	1 gal	-	-	-	1 pint	2 oz	4 oz
Tuesday	1 lb	1 gal	2 lbs	-	-	-	-	-
Wednesday	1 lb	1 gal	-	-	½ pint	1 pint	2 oz	4 oz
Thursday	1 lb	1 gal	-	1 lb	½ pint	-	-	-
Friday	1 lb	1 gal	-	-	½ pint	1 pint	2 oz	4 oz
Saturday	1 lb	1 gal	2 lbs	-	-	-	-	-

1) What was the staple (or main) food that the men would eat?

2) What was the main thing missing in their diet that caused scurvy?

3) What were 5 symptoms of Scurvy?



4) What is the cure for scurvy?? _____