

**Life At Sea: Sores, Scabs, and Scurvy**  
**Health Measures On Board**

Answer Sheet

1. After reading Captain Cook's health measures, what were the main things he was concerned about?

**Staying dry, antiscorbutic measures to prevent scurvy, fresh water.**

2. What was the purpose of taking antiscorbutics along on the voyage?

**They helped prevent scurvy.**

3. Why do sailors need clean, dry clothes? Why a cold bath?

**The clean clothes do not have as many germs or bugs and therefore they would not transmit diseases. A cold bath kept the sailors clean. Most sailors did not wash for months at a time.**

4. What unknown organism did these explorers try to kill by washing the ship with vinegar?

**They were really killing germs on board. When they cleaned the ship, it smelled better because they killed the germs. They did not understand about germs, but they knew when the smell was gone, people were healthier.**

5. What might happen to the water on board after a few months? Was this why Captain Cook looked for fresh water?

**Water after a few months became stale, like old pond water. It grew algae and other organisms. Fresh water was a necessity to keep the crew healthy. One problem was that some of the fresh water had microscopic organisms that gave the sailors dysentery and other fluxes.**