

The Story of Scurvy

Narrator	It is 1750 and the age of discovery. Many people are exploring the world using sailing ships, but it can take a long time to travel from one continent to another
Captain Cook	I am on a ship in the middle of the Pacific Ocean and I've noticed that quite a few of my sailors are ill.
Sailor 1	Captain Cook, I'm feeling really unwell and so weak.
Sailor 2	Captain, my gums are bleeding and all my teeth are falling out!
Sailor 1	I've got purple blotches all over my body and blood is coming out of my nose too.
Captain Cook	This is serious - I wonder what the problem is?
Narrator	In fact, the sailors' organs inside their bodies were bleeding and if they did not reach land and fresh food, they died. The disease was called Scurvy.
James Lind	My name is James Lind and I am a Naval Surgeon. I have noticed that more sailors in the Navy are dying of Scurvy than in battle.
Sailor 2	Do you have any idea how we can prevent this terrible disease?
James Lind	I have read that 200 years ago, oranges and lemons were eaten by sailors when they were at sea. I think diet may have something to do with it.
Sailor 1	So we should be eating fresh fruit?
Captain Cook	I think I will take plenty of lemons, limes and other citrus fruit on all my voyages
Sailor 2	Great, limes are my favorite!
James Lind	All ships must carry this fruit, I'm sure it will improve things.
Narrator	Once the sailors were eating the citrus fruit, scurvy disappeared as if by magic. The magic ingredient was vitamin C, but no one knew that until 1932.