Scurvy

directions can sometimes be confusing and hard to follow but the directions for preventing scurvy is easy. Eat oranges, lemons, and other citrus fruits. What is Scurvy, how does eating citrus fruit prevent scurvy? Scurvy is a disease. That people get if they don’t get enough vitamin C. They become very weak, their gums become spongy and inflamed, and they’re teeth become loose and may even fall out.

**MONDAY**

The directions seem simple today but people didn’t know about Vitamins a long time ago. People only knew that sailors began to die of this terrible disease on long sea journeys. James Cook, a famous British navigator, was the first sea captain to prevent scurvy in his men. Born in 1728, Cook were the first European to explore Hawai’i and other parts of the South Pacific Ocean. He sailed to Tahiti, New Zealand, and Australia.

**TUESDAY**

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Despite the length of Cook's expeditions, very few of his men died from scurvy. Cook was able to prevent scurvy in his men by stocking his ships with sauerkraut. Cook forced his men to eat it daily and he made them eat fresh foods at port stops. At first, some sailors didn't want to follow Cook's dietary rules. It wasn't until 1795, sixteen years after Cook's death, that lime juice was issued to all British naval vessels. As a result, scurvy began to disappear among British seamen, just as it had with Cook's crews.

**WEDNESDAY**

We know today that Vitamin C, or ascorbic acid, is necessary for the formation of tendons, ligaments, bones, and cartilage. Vitamin C is found in lots of fresh foods, including oranges, lemons, and melons. It's also found in tomatoes, grapefruit, and bananas. Today, cases of scurvy are rare because it is easy to get fresh food. Captain Cook didn't know what we do now about vitamins, but he made his men follow life-saving directions. With Cook's directions, scurvy, a deadly disease, was prevented.

**THURSDAY**