

Name: _____

Directions: Using the information you have just finished reading, fill the worksheet below.

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

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

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

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

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

Match the description of the illness with its name.

- _____ Lack of proper vitamins in diet.
- _____ Being off balance on board ship.
- _____ High fever from being bitten by lice.
- _____ Disease of the large intestines.

- _____ Fever transmitted by mosquitoes.
- _____ Lack of vitamin C in diet.

- A.** Typhus
- B.** Sea Sickness
- C.** Dysentery
- D.** Malaria
- E.** Malnutrition
- F.** Scurvy

You be the doctor. Diagnose the different illnesses your sailor is experiencing.

