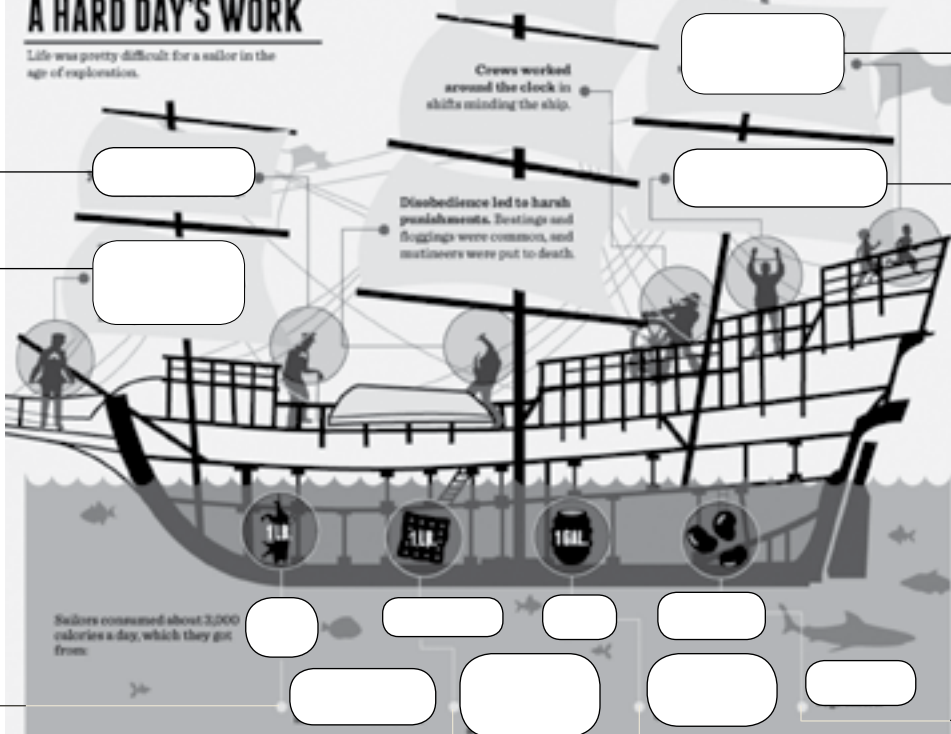


THE AGE OF EXPLORATION

LIFE ON THE OPEN SEAS

A HARD DAY'S WORK

Life was pretty difficult for a sailor in the age of exploration.



SCURVY, SEASICKNESS AND SLIME

IF THE DIET DIDN'T KILL YOU,

THERE WERE PLENTY OF OTHER THINGS THAT COULD.

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It was common to lose 50 percent of a crew to scurvy, known as the "scurrage of the seas."

Explorer James Cook was a pioneer in scurvy prevention. He fed his men sauerkraut and dried vegetable soup.



IGNOMINIOUS ENDS

Captains didn't have it much better than their crews.

