

Life at Sea: Sores, Scabs and Scurvy Diseases

The following are some common diseases that sailors had during sea voyages.

Dysentery	Chronic disease of the large intestines from an amoeba
Symptoms	Diarrhea with blood and severe abdominal cramps.
Malaria	Fever from a parasite transmitted by mosquitoes
Symptoms	Fever, chills and sweating. Untreated, the attacks continue to recur. Treatment was quinine, which was toxic to the protozoan that caused the malaria.
Malnutrition	The lack of proper vitamins in diet
Symptoms	Lack of energy, sleepiness, vulnerability to colds and flu. Can be fatal
Syphilis	Infectious disease caused by bacteria transmitted by sexual contact
Symptoms	Sores appear on infected area, after six weeks a rash appears. Fever, sores and headaches continue until 12 weeks. The last stage can last 20 to 30 years. Internal organs will be infected, the brain or blood vessels enlarge, and the person dies.
Scurvy	Disease from a deficiency of vitamin C
Symptoms	Weakness, spongy and inflamed gums, loose teeth and ruptured blood vessels. If not reversed it will eventually result in death.
Sea Sickness	Being off balance on board a ship
Symptoms	Upset stomach, vomiting and headache. Can cause dehydration. Usually goes away after a few weeks at sea.
Typhus	Contracted from body lice
Symptoms	After 5 days a dark red rash appears. 10 days after being bitten: high fever, pain in the muscles, headaches. By the second week the victim becomes delirious and dies. If the victim survives the first 2 weeks, he or she will recover.