

# In Memory of James Lind

Read these facts to discover more about James Lind.



- James Lind was a Scottish doctor who was born in Edinburgh in 1716.
- From 1731 he trained at the College of Surgeons in Edinburgh.
- In 1739, Lind became a surgeon's mate, and sailed the English Channel, the Mediterranean, Guinea and to the West Indies. At this time, sailors commonly suffered from scurvy which is a disease caused by lack of Vitamin C in the poor diet they had, whilst spending long spells at sea. Sailors suffered symptoms such as loose teeth, bleeding gums and old wounds reopening.



- In 1747, Lind was a surgeon on HMS Salisbury and he carried out experiments to try to discover the cause of scurvy. He picked 12 sailors from the ship who all suffered from scurvy, and divided them into six pairs. Each group was given different things to eat or drink alongside their usual food. He gave them seawater, cider, spices and barley water, vinegar, sulphuric acid and the last

group were given oranges and lemons; citrus fruits. The sailors who were fed citrus fruits (high in Vitamin C) made a good recovery. There was nothing new about his discovery but Lind had proved that citrus fruits were far better than any other cures.



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- Shortly after, Lind published his findings on scurvy and Vitamin C, and though he was almost ignored at the time, one Captain was paying attention. Captain James Cook, taking notice of Lind's findings, became the first mariner to sail round the world without losing a single crew member to scurvy.



- In 1748, Lind retired from the navy and went to Edinburgh University.



- In 1753 and in 1757, he published documents that discussed the dreadful living conditions and diet of sailors at that time.

In 1758, he became a doctor at the Naval Hospital in Gosport where he investigated making fresh water from salt water as a regular supply for ships.

- In 1763, James Lind published another document on typhus fever in ships.

- In 1768, he wrote another document on diseases contracted in hot climates and how these could be avoided.

- Lind died in 1794 in Gosport.

- James Lind's findings on scurvy were seen as important when he made them but it was not until more than 40 years later, in 1795, that the Admiralty ordered a supply of lemon juice to ships. When this happened, scurvy disappeared almost completely from the Royal Navy.

- James Lind is remembered in a memorial plaque at the Edinburgh Medical School. A plaque showing Lind's face and a list of his accomplishments was presented in 1953 by the Sunkist Growers of Citrus Fruit of California and Arizona. Below his face it reads, The Hippocrates of Naval Medicine.



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If you had to summarise James Lind's life and achievements for a new memorial to him and the work he did, what would you say?

Read the facts about his life carefully and create your own memorial text below.

**"THE PROVINCE HAS BEEN MINE TO DELIVER PRECEPTS;  
THE POWER IS IN OTHERS TO EXECUTE"**

1716



1794

**JAMES LIND**

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