

1747:

For his experiment, ship's doctor James Lind divided sailors suffering from scurvy into different groups. All received the same diet:

- group 1 received an additional 1 litre of cider;
- group 2 received 25 drops of sulphuric acid;
- group 3 six spoonful's of vinegar;
- group 4 a quarter of a litre of seawater;
- group 5 two oranges and a lemon and
- group 6 a spice paste and barley water.

The sailors in group 2 recovered after just one week, an improvement in the other groups could only be observed to some degree in group 1.

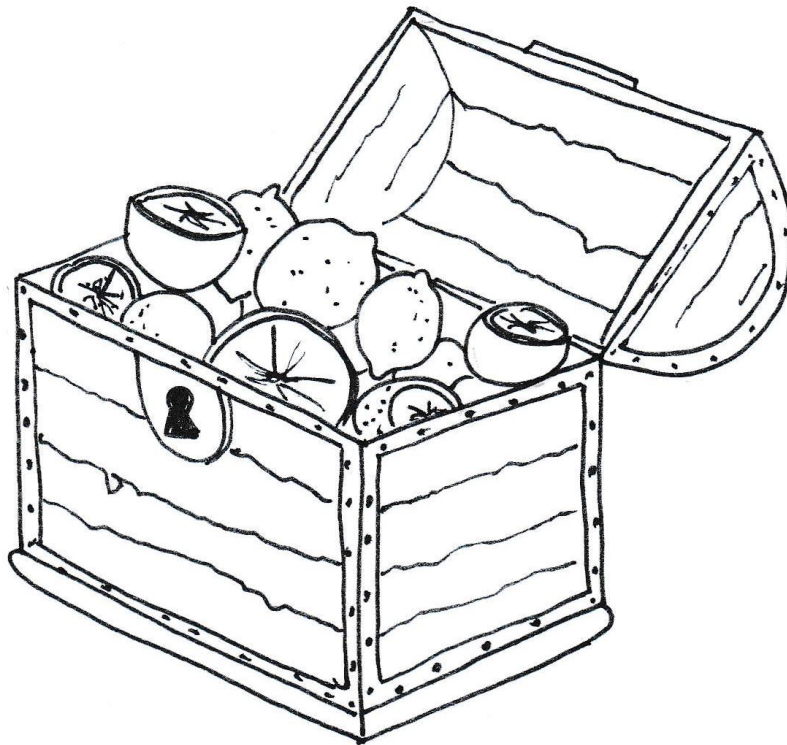


Photo credit: Pia Schweiger