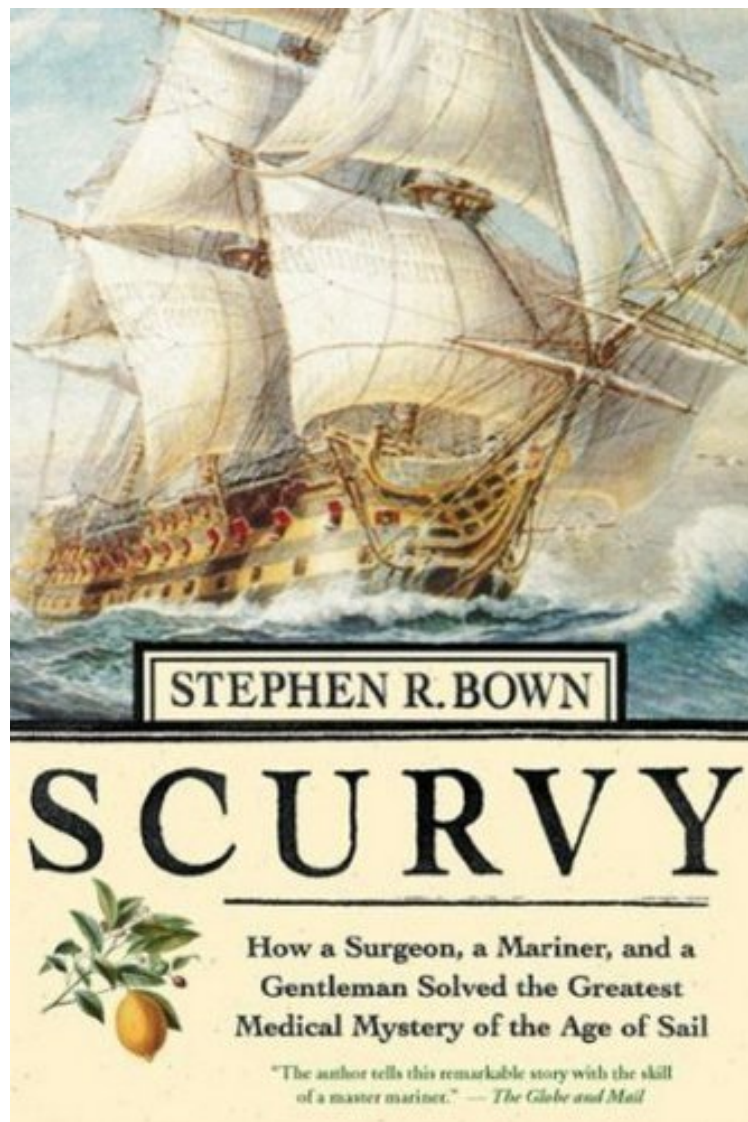


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0 of 0 people found the following review helpful. Four StarsBy Valued CustomerInteresting what people from the past had to endure on long voyages.4 of 4 people found the following review helpful. Napoleon, Limes, Lemons and LimeysBy Heather MoserThis is a fascinating, often amusing book on a very interesting subject. It reads with all the gripping suspense of a well-written novel, while being meticulously researched to be historically accurate. Mr. Bown writes with his trademark contagious enthusiasm for his subject while answering all the questions you and I could possibly think to ask about scurvy. I had no idea, before reading this book, how horrifying the disease could be. The machinations of governments and navies are appalling, as is their total disregard for the plight of their apparently disposable mariners. Nor would I have guessed that the lowly lemon played a major role in defeating Napoleon! You have to wonder why history textbooks are so unnecessarily stultifying, when writers of Mr. Bown's caliber do such a wonderful job of making us gobble up their words as easily as citrus-flavoured Vitamin C tablets!

Scurvy took a terrible toll in the Age of Sail, killing more sailors than were lost in all sea battles combined. Finding the cure for the dreaded disease ranks among the greatest of human accomplishments, yet its impact on history has been largely ignored. Now, in this best-selling book, Stephen R. Bown shines a light on how the mystery was solved in a spellbinding tale of ships, sailors, and the age of exploration.