

SCURVY + CITRUS + CLINICAL TRIAL =

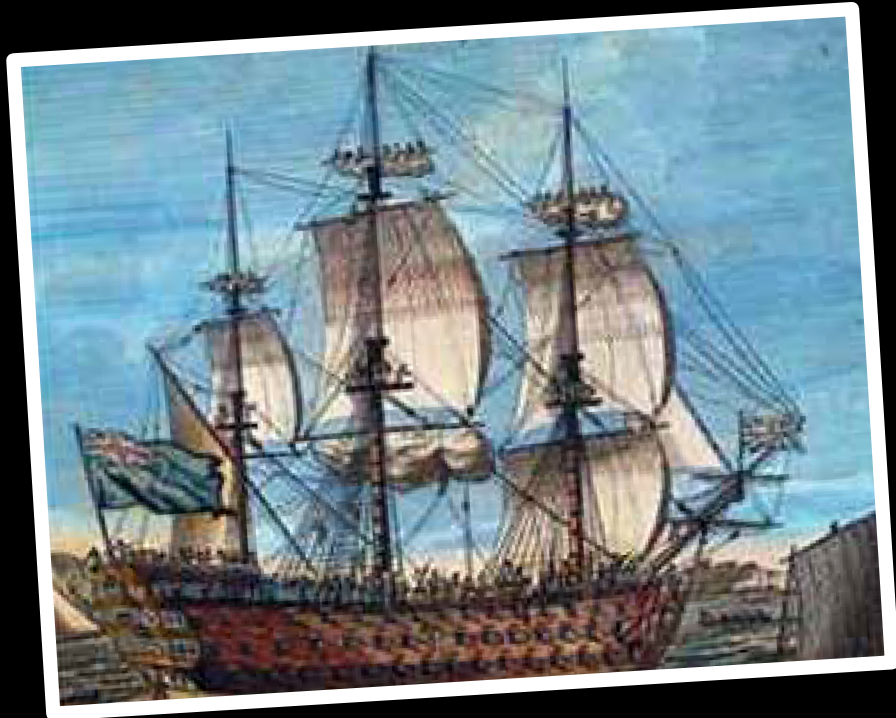
HISTORY!

CLINICAL TRIALS DAY

celebrates the day
JAMES LIND
started his famous
scurvy clinical trial,
MAY 20, 1747.



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Lind was a surgeon mate aboard the HMS Salisbury of Britain's Royal Navy fleet.



After eight weeks at sea, scurvy was sickening the crew.



Lind divided 12 sick sailors into six pairs and used different supplements for their diet: cider, vitriolic elixir (diluted sulfuric acid), vinegar, seawater, two oranges and a lemon, or a purgative mixture.



Eventually citrus was required in sailors' diets, but it was 42 years after Lind published his work!



Lind's study design is credited with inspiring future clinical trials.

Only the two sailors who ate the citrus fruit improved. One sailor returned to duty and the other became a caregiver to the sickened crew.



He was testing his idea that the putrefaction of the body caused by scurvy could be prevented with acids.

Cardinal Bernardin Cancer Center
Clinical Trials Office