

SCORBUTE

Meaning: Scorbute is an archaic term for a deficiency disease caused by a lack of vitamin C, commonly known as scurvy.

1. Scorbute is a term rarely heard today, as it refers to a deficiency disease now commonly known as scurvy.
2. Historically, sailors were particularly vulnerable to scorbute due to their limited access to fresh fruits and vegetables during long voyages.
3. The symptoms of scorbute include fatigue, swollen gums, and joint pain, all of which can severely impact one's health.
4. Efforts to prevent scorbute in maritime communities led to the discovery of the importance of vitamin C in the diet.
5. Despite its historical significance, scorbute is largely preventable with proper nutrition and access to fresh produce.

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