*** James Monroe Chapter No. 549 ***

***Jack Jouett Camp, Heroes of 76***

National Sojourners, Inc.

Charlottesville, Virginia

*Proudly Serving the Cause of Patriotism*

At a meeting of James Monroe Chapter No. 549, held at the home of Brother Bill and Lady Randy Baskerville in Charlottesville, Virginia on Wednesday the 5th of April 2017, with the following present:

Goldie Tomlin Jim Fields Scott Fielding Ed Crebbs

Russ Snodgrass Kent Schlussel Kirk Sheap HarveyFleshman

Bill Baskerville

Visitors: None

Ladies present: Susan Hodges, Sara Tomlin, Charlaine Crebbs, Sylvia Fielding, Judy Schlussel, Norma Sheap, Helen Fields, and Randy Baskerville

**Opening:** President Crebbs called the meeting to order at 6:30 pm in proper form. The President suspended the business meeting so that we could eat. The meal was prepared by the Baskerville’s with the members and ladies contributing various sides and desserts. There was plenty of food (main course was pulled chicken and pulled pork) and everyone enjoyed the delicious meal.

**Officers present were**: President: Ed Crebbs; First Vice President: Jim Fields; 2nd Vice President: Kirk Sheap; 3rd Vice President: Scott Fielding; Chaplain: Russ Snodgrass, and Secretary/Treasurer: Kent Schlussel.

**Purpose:** President read the Purpose of the Order followed by the opening prayer led by the chaplain, Brother Snodgrass.

**Introductions:**  President welcomed everyone.

**Reading of Minutes:** The minutes of the February 2017 meeting were approved as distributed to the members via email. Motion to accept was made, seconded and passed.

**Report of Treasurer:**

Checking Account Balance: Current as of 5 April 2017: $4173.49

Camp Followers Fund: $105.68

(no change)

Chapter Fund: $1584.43

Increase of $58.78

Flag Fund: $50.24

(no change)

Youth Leadership Fund: $898.97

Donation +$20.00

Unrestricted Fund: $1534.17

(no change)

TOTAL: $4173.49

**Reading of Communications:**

--Received the update to ceremonies for Heroes of ’76 manual.

--Received a thank you from the Wounded Warrior Project for the Chapter’s donation of $320.00.

**Announcements:**

Chapter:

1. Brother Goldie Tomlin announced that the annual Toys for Tots program will start in June and he would like to find someone else to head up this effort.
2. Brother Baskerville mentioned that the business below the Masonic Temple in Charlottesville, the Tap Room, have given any tips they receive to various charities. We should contact them and have Toys of Tots as one of the charities for their donation.
3. Bro Harvey Fleshman updated us on Bro Jim Starcher. Bro Jim is doing much better and reportedly cancer free!
4. Brother Scott Fielding reported on Brother Hank Booth. He is welcoming visitors at any time and would like to talk to the brothers. He has cut down on his Masonic activities until he gains more strength.
5. The June meeting will be at Bro Goldie Tomlin and Lady Sara’s home in Nellysford, VA.
6. Elections will be held at the June meeting. Bro Fielding is the chairman of the nominations.
7. Our President, Bro Crebbs will be going to the Youth Leadership Conference in Valley Forge this summer as a chaperon. We are hoping to send two or three students to this program.
8. Den Mother, Lady Susan Hodges, will be retiring from her job on 9th of June 2017. Everyone wished her well and congratulated her on reaching this milestone in her professional life.

Camp:

1. A Bivouac will be held on **Saturday, 29 April 2017** at Fort King Solomon in Crozet, VA. This is the 5th Saturday of April.
2. Flag presentation has been requested for the Grand Master’s visit for the 18th Masonic District at Ivy Creek Methodist Church on 16 June 2017. We will need to meet at 1700 hours with a social starting at 1800 hours and dinner at 1830 hours.
3. On 6 October 2017, the University of Virginia will be celebrating the 200th anniversary of the laying of the cornerstone of “Central College” (later the University of Virginia). The Masons at the time (in 1817) played a major role in laying of the cornerstone. The Camp has been requested to participate with flags. Details are still being worked out.
4. The Camp may be asked to present flags on 28 October 2017 for the Grand Commander of the Commandry.
5. Bro Bill Baskerville will present a program at Linn Banks Lodge on 16 November 2017. No need for the flags at this program.

**Presentation of Petition:** None.

**Secret Balloting on Petitions:** N/A.

**Initiation of New Members:** N/A

**Unfinished Business:**

--The day of the meeting was discussed. Very few members “voted” on which Wednesday to have our meetings during the past several weeks. The results were:

1st Wednesday: 5

2nd Wednesday: 3

3rd Wednesday: 2

4th Wednesday: 1

One person commented that since he lived out of town, it should not be up to him.

Comments were made that we should not change our meeting day just to accommodate maybe two members. Everyone knew the day of the meeting and it is up to them to join and come to the meetings or not come. After some further discussion, the meeting will remain on the first Wednesday of the even months. The President remark, as well as others, members should make an effort to attend the meetings. Everyone was reminded that this is one of the few Masonic organizations where our ladies can attend the same meetings as the brothers.

**New Business:**

--Motion made to send up to three (3) students to the Valley Forge Youth Leadership Conference by Scott Fielding and seconded by Jim Fields. If need be, it was announced that Brother Hodges (not present) would sponsor one of the youth. Motion passed.

--President Crebbs announced that letters will be going out to the 7th, 10th, 17th, 18th, and 19th Masonic Districts to assist us in sponsoring the students shortly.

--Motion made to pay for President Crebbs expenses for the Valley Forge Youth Leadership Conference as a chaperone by Russ Snodgrass and seconded by Bill Baskerville. After discussion motion passed. The President thanked the brethren for their confidence and support.

--Next meeting will be held on **WEDNESDAY, 7th of June 2017.** The meeting will take place at the home of Brother Goldie and Lady Tomlin home in Nellysford, VA,

**Reports of Standing Committees:** None

**Program--** 2nd Vice President: Bro Kirk Sheap presented a program on “How a Medical Discovery Helped Shape World History”:

For countless ages, man has traveled by boat. Early in history, such travels were of somewhat short duration, with the vessels often venturing not that far from land. However, with time, the length of voyages became longer as countries sought new lands for not only settlement but also for economic benefit and from that benefit, power. The gold, silver and gem stones from Central and South America; tobacco from Virginia; indigo and rice from the Carolinas; furs, timber and fish from North America; sugar from the Caribbean; slaves and coffee from Africa; spices and tea from India and the Far East all contributed greatly to the power and influence of a number of European nations. However, the price of such lengthy voyages in lives was tremendous. Storms, shipwrecks, combat and diseases such as typhus, dysentery and malaria led to the deaths many on board ships be they crew or passengers.

However, during the age of sail (from the time of the voyages of Columbus until the adaption of steam power for vessels), a major cause of death was scurvy. It has been estimated that more than two million sailors perished directly from this disease and many more indirectly from the effects created by weakened state of those afflicted. Weak and lethargic, they simply could not perform the tasks needed for the survival not only of themselves but of their ship. As if in a vicious cycle, scurvy made them more susceptible to other diseases such as tuberculosis, yellow fever and dysentery while these diseases, if occurring first, made them more susceptible to scurvy. Though known in classical times from its occurrence as a result of sieges, poor harvests, imprisonment and during winter months, it was during times of long confinement aboard ship that scurvy became such a detriment to global trade and exploration. Those nations that suffered the most were those with the ships and knowledge to undertake lengthy deep-sea voyages or to mount naval blockades; namely Britain, France, Spain and the Netherlands. It was not uncommon to see vessels leave port with crews of 700 and then later return later with 300 survivors. A classic example is the expedition of Commodore George Anson which sailed from Portsmouth, England in 1740 with five warships and a sloop having orders to sail around Cape Horn and into the Pacific with the purpose of harassing and capturing Spanish vessels there. Of this fleet, only two warships and the sloop were able to enter the Pacific. By the time he reached the Marianas, Anson’s fleet was reduced to one warship, the sixty gun Centurion. Though he was able to capture a Spanish galleon near the Philippines and return to Britain with bullion worth two-three million pounds, he did so at the cost of about 90% of his sailors whose deaths were mainly due to scurvy. He had left Portsmouth with 2000 men and a fleet of six ships and returned with one warship and about 200 men. It was this expedition that played a major role in the British Admiralty realizing the financial cost of this disease. It was not the cost in men for these losses could be made up upon returning to port by emptying local jails and hospitals and by press-ganging individuals in taverns and on the streets for the Royal Navy needed at two to three times the number of men that were willing to serve. These “new recruits” may not have been the best material, health-wise, for the fleet but large warships often carried a crew of several hundred more than what was needed to man it with the idea being that this excess would be eventually required as replacements for those who died. Unfortunately, this overcrowding itself led to increased mortality from diseases such as tuberculosis, typhus and dysentery.

To the Admiralty, the true cost that mattered was that of replacing lost ships which were a very expensive commodity. For most of its history, scurvy tended to lurk in the background like a shadow, influencing events in a subtle and unpredictable manner, culling sailors and stunting maritime enterprise. However, the late 18th century saw one brief period of time during which the hinges of history turned on the discovery of the cure for this disease, the effects of which literally changed the course of world events. At that time it was the convergence of naval technology, greater geographical knowledge and intense international conflict, especially between England and France, which conspired to elevate such a cure from being simply the solution to a deadly and yet predictable irritant to a vital factor determining the destiny of nations. It was control of the seas that would give the Royal Navy supremacy over France and its allies and such control hinged upon finding a cure for scurvy.

Standard medical knowledge and thought of the mid-eighteenth century was simply not conducive to the task. There was the problem of deciding what scurvy really was since other conditions might well mimic some of its symptoms and there were many reports and “testimonials” as to the curative effects of various therapies which, in reality, proved to be ineffective for scurvy. Another major stumbling block was the Hippocratic theory of disease, widely believed and taught in the 18th century, which stated that all illness was due to an imbalance of four bodily humors (black bile, yellow bile, blood and phlegm). If a therapy could not be shown to affect one of these humors, it could not possibly be of benefit. Then there was, as we shall see, the factor of class in that ideas for treatment which, in reality, proved to be very beneficial were looked upon with distain and were disregarded because of the status of the proposer. Finally, there was the factor of cost. Until those in command (the Admiralty) accepted the fact that prevention was far more cost effective than treatment after the fact, scurvy would continue to affect the combat readiness and the effectiveness of the Royal Navy.

There had been reports of effective treatment for this disease since at least the late 16th century, (if not earlier from Spanish and Portuguese reports). In 1593, Sir Richard Hawkins, a British “privateer”, reported that the use of lemons would “cure” scurvy. In 1601, Richard Lancaster, on the “Red Dragon” on the first British East India expedition to the Spice Islands around Cape Horn, reported that scurvy had been prevented by issuing daily rations of lemon juice to his crew. The Dutch even had gardens planted on the decks of their East India Company ships to provide fresh citrus fruit (this idea did not last long simply because the gardens were easily lost in storms). In the 1730’s, a Dutch physician, Johann Friedrich Bachstrom actually proposed that scurvy was exclusively a deficiency disease (an idea not accepted because of that reason). It was in 1747 that Dr. James Lind, ship’s surgeon aboard the HMS Salisbury, performed one of the first controlled trials in medical history. Though sailing in the English Channel as part of the Channel Fleet, scurvy had occurred among the crew. Taking twelve such affected crewmen, he divided them into groups of two, administering to each group a different treatment, each claimed to be effective. That group receiving lemons and limes recovered very quickly, something which could not be said for the other groups. This should have ended any debate as to effective therapy but when Dr. Lind later wrote a treatise on the treatment of scurvy, not only did he “debunk” the theories proposed by other physicians, he did so in a manner that alienated many well-known (an more socially acceptable) adherents. This, along with the fact that when he tried to explain why citrus was effective he reverted to the same concepts for the cause of the disease as had those he had chastised, led to many refusing to accept the validity of his findings. His treatise on the effective treatment of scurvy is ignored by the Royal Navy. However, the voyages of Captain James Cook late 1760’s and early to mid-1770’s showed that proper nutrition led to the prevention of scurvy. He also had been given a number of different preventative and treatment agents to administer to his crew with the idea being to report the most effective. When scurvy did not prove to be scourge it had been to Commodore Anson’s expedition, the reason remained elusive. Was it diet (which proved to be the factor) or the other treatment/preventative agents he administered to his crew? He could not decide but others did and made the wrong choice, wort of malt, which was easily stored, inexpensive and liked by the crew. All in its favor with the Admiralty. However, it was completely ineffective as had been shown by others including Dr. Lind.

Finally, this whole matter was settled. Dr. Gilbert Blane was a fashionable and well-connected physician who had, in 1779, managed to become the personal physician of Admiral Sir George Rodney and, as such, sailed with him in 1780 to join the West Indies Fleet. Dr. Blane hailed from a wealthy, respectful Ayrshire family and was a graduate Glasgow Medical School. Even before sailing, in recognition of his social standing and agreeable personality (traits found to be lacking in Dr. James Lind), he was appointed physician to the fleet by Admiral Rodney. Realizing his lack of experience in naval medical matters, he brought with him several books and reports which he read on the voyage and which would prove to be the foundation of his approach to the health of mariners. He took his responsibilities seriously. The books he chose to bring with him were those written by Dr. James Lind and the reports included those of Captain James Cook. For the Royal Navy, they proved to be excellent choices. Blane showed himself to be a physician and scholar with great administrative abilities. He did know his social status and never failed to let those serving below him know it as well while at the same time always ingratiating himself to his superiors. He knew that with the support of Admiral Rodney, his directions had to be obeyed. Fortunately for the Royal Navy they were grounded and based upon sound observation and research. He had noted that the health of the sailors was in shambles. The welfare of equipment was of greater concern than theirs. Yet, without a healthy crew, the odds of success in combat when they were outnumbered and without allies could well be greatly reduced. His advice on cleanliness (both of the ships and of their crew) as well as dietary changes which included citrus juice as a daily supplement were, when adopted, to have a profound effect on the Royal Navy. His request for monthly statistics on the health of the crew of their vessels from the Naval surgeons serving under his command allowed him to present data to the Admiralty finally showing them the effect disease was having on naval power and gave strong support for the adoption of his suggestions. The realization that prevention of disease was far more cost effective than treatment would reap great benefits in the upcoming conflict with Napoleon and his allies. Although the concept of vitamins was not to occur until 1912 and the isolation of Vitamin C (appropriately named ascorbic acid for its antiscorbutic effects) twenty years later, Dr. Gilbert Blane was, in 1797, successful in having the Admiralty adopt a successful method for its prevention by simply showing its cost effectiveness.

The disease of scurvy can be viewed basically as one in which the body over a period of time, simply “crumbles” in that its major supportive tissue, collagen, can no longer be maintained. It is due to a deficiency of Vitamin C and the condition may take at least a month or more to manifest itself after the consumption of this vitamin has ceased. Lethargy develops and thought processes and coordination decline, blood vessels leak and break, gums and joints swell, teeth fall out, healed wounds reopen, and eventually death occurs from hemorrhaging near the heart and brain. Today it still is found. It is more prone people with mental illness, those with uncommon eating habits, alcoholics and the elderly (as with many needed nutriments, absorption decreases with age).

Mainly taken from “Scurvy-How a Surgeon, a Mariner and a Gentleman Solved the Greatest Medical Mystery of the Age of Sail” by Stephen R. Bown, Thomas Dunne Books, St. martin’s Griffin, New York, 2003

--The gravel was passed to all in attendance. Everyone thanked each other for the fellowship of the meeting, the great food, to the great and interesting program presented by Brother Kirk Sheap, and to the Baskerville’s for hosting the meeting.

**Closing:** The meeting was closed in proper form by President Crebbs at approximately 2045 hours.

**Submitted**

\_\_\_\_\_**Kent Schlussel**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kent Schlussel, Secretary/Treasurer

**Approved:**

\_\_\_\_\_\_**Edgar M. Crebbs** \_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Edgar M. Crebbs, Jr., President 2016-17