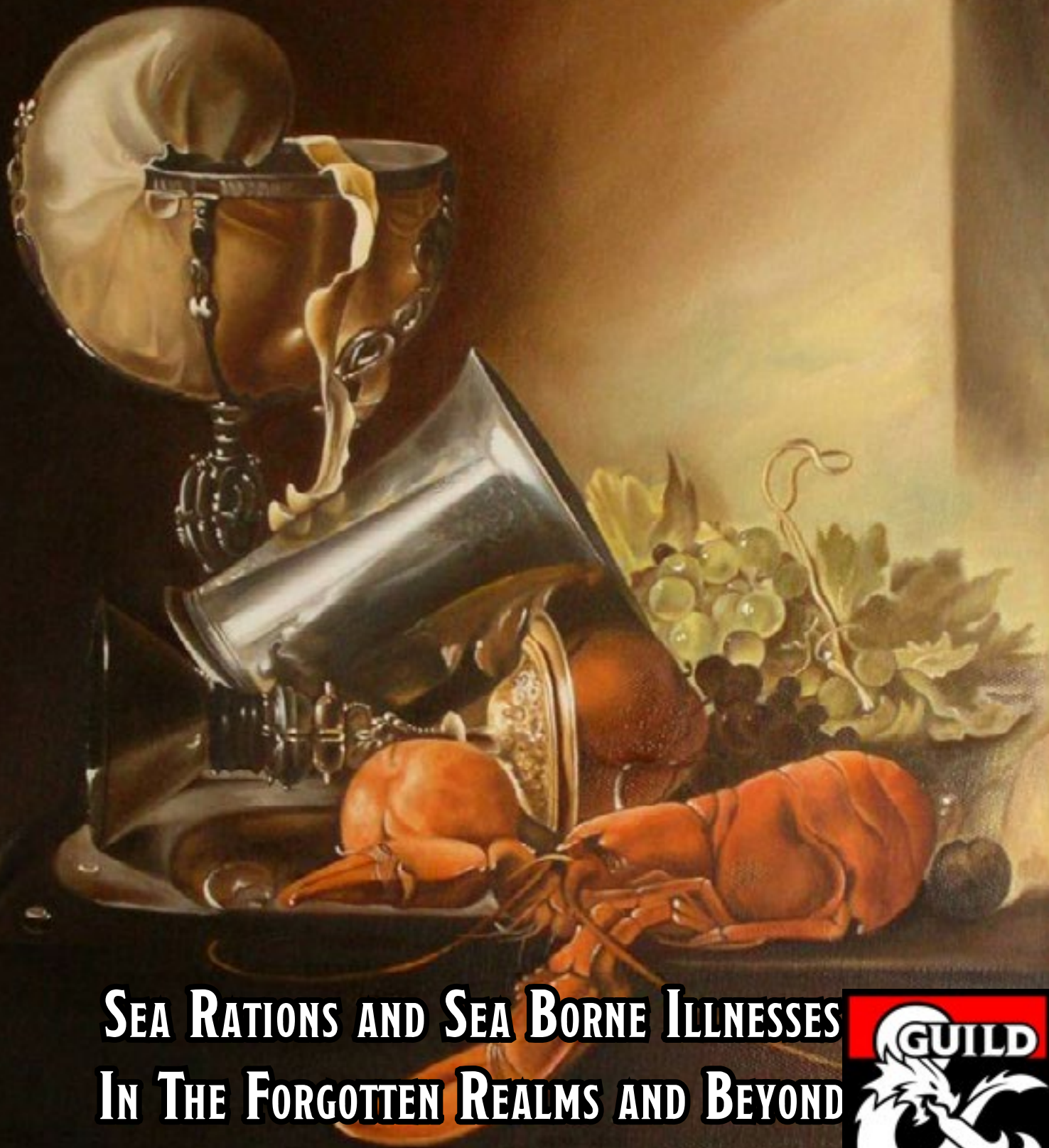


MESS AND MALNOURISHMENT



**SEA RATIONS AND SEA BORNE ILLNESSES
IN THE FORGOTTEN REALMS AND BEYOND**



Biscuits and Sickness

Written by: B. Wraven Wright

Scurvy, Editing and Proofreading: Niklaus Evron

Historical Research and Analysis: Lisa Amy

Cover Illustration: William Claez Heda

Layout: Niklaus Evron



**Follow Us On Instagram For New Releases and Promotions
@RPGWriting75**

DUNGEONS & DRAGONS, D&D, Wizards of the Coast, Forgotten Realms, the dragon ampersand, and all other Wizards of the Coast product names, and their respective logos are trademarks of Wizards of the Coast in the USA and other countries.

This work contains material that is copyright Wizards of the Coast and/or other authors. Such material is used with permission under the Community Content Agreement for Dungeon Masters Guild. All other original material in this work is copyright 2019 by B. Wraven Wright and published under the Community Content Agreement for Dungeon Masters Guild. Any similarity to actual people, organizations, places, or events included herein is purely coincidental.

Still Life with Lobster (17th Century), by William Claez Heda and “Black Bart’s Flag” have been identified as a public domain work of art, being free of known restrictions under copyright law, including all related and neighboring rights of the United States and the work’s origin country.

Purpose of This Supplement

This supplement is meant to be used in conjunction with the optional crew rules that are laid out on page 196 of the Ghosts of Salt Marsh hardback adventure and is meant to provide more realistic mechanics in terms of the types of malnourishment related diseases that can occur on board ships during the normal course of sea travel. We also wanted to provide an example of a sailor's allocated rations based on a British ration manifesto from 1670. Although we've tailored some of the food and the cycle of days to fit with sailing in the Forgotten Realms, this inventory of rations can be easily tailored to fit within the world that your campaign takes place in.

Magic

In most campaigns, the use of magic or some other situational solution that comes up in a fantasy campaign usually solves the problem... or does it? What happens when the wizard is slain? What if magic doesn't work in the world? What would the crew face in a real situation, not unlike the ocean going sailors in the late 17th century, where more sailors died from the conditions of sailing as opposed to naval combat?

What Actually Happens Without Magic

With no wizard or cleric to create food and water, PC and NPCs alike are forced to preserve their food. In preserved food there are no vitamins, so a variety of nutritional diseases would be likely: lack of vitamin B1 would cause beriberi; no vitamin B3 would cause pellagra; and vitamin C, of course, scurvy.

Nutritional Diseases

We have provided a table of mechanical effects for the crew and ship itself, but want to go into detail about specific symptoms for purposes of possible effects that the DM could inflict upon a PC or NPC. Please note that these diseases are not mutually exclusive and that their effects can be cumulative to crew and ship saves.

Beriberi results when one doesn't consume enough Thiamine (B1). Thiamine can normally be found in beef, liver, dried milk, nuts, oats, oranges, pork, eggs, seeds, legumes, peas and yeast. Modern foods that are also fortified with thiamine are rice, pasta, breads, cereals and flour but for consideration would not be in medieval times. Symptoms of Beriberi include: Difficulty walking, loss of feeling (sensation) in hands and feet, loss of muscle function or paralysis of the lower legs, mental confusion/speech difficulties,

rapid eye movements (nystagmus), strange, increased heart rate and swelling of the lower legs.

Pellagra occurs when one doesn't get enough Niacin (B3) in their diet. Most meats, fish, poultry, beans and seeds are good sources of Niacin, but lose their nutritional value during the preservation process. Symptoms of Pellagra include sensitivity to sunlight, dermatitis (characteristic "broad collar" rash known as Casal collar), hair loss, smooth, beefy red glossitis (tongue inflammation), trouble sleeping, weakness, mental confusion or aggression, ataxia (lack of coordination), paralysis of extremities, peripheral neuritis (nerve damage), diarrhea, dilated cardiomyopathy (enlarged, weakened heart), and dementia.

Scurvy is what happens when one doesn't supply their body with enough Ascorbic Acid (C). Most peppers, vegetables in the cabbage family, peas, and melons provide Vitamin C. Scurvy, like the other diseases can be fatal, with a long list of symptoms that normally preclude death. Symptoms include: anemia, gingivitis, skin hemorrhages, bruise-like raised bumps at hair follicles, large areas of reddish-blue to black bruising, often on the legs and feet, tooth decay, tender, swollen joints, shortness of breath, chest pain, eye dryness, irritation and hemorrhaging in the whites of the eyes (conjunctiva) or optic nerve, reduced wound healing and immune health, light sensitivity, blurred vision, gastrointestinal bleeding, and when left untreated, can result in severe jaundice, hemolysis, fever, tooth loss, internal hemorrhaging, neuropathy, convulsions, organ failure, delirium, coma, and eventually death.



Malnourishment Diseases At Sea: Ship and Crew Effects

		Disease	D4 Result	Symptom	Crew Quality or Ship Impact	
Stage 1	Month 1	Scurvy	1	Sun Light Sensitivity	Ship Makes All Dex Checks At -1	
			2	Reduced Healing Speed	-1 From Current Crew Quality Score	
			3	Irritabilty	-1 From Current Crew Quality Score	
			4	Gingivitis	-1 From Current Crew Quality Score	
			Beriberi	1	Nystagmus	Ship Makes All Dex Checks At -1
				2	Tingling	-1 From Current Crew Quality Score
				3	Aches and Pain	Ship Makes All Dex Checks At -1
				4	Fingernails Turn Black	-1 From Current Crew Quality Score
			Pellagra	1	Light sensitivity	Ship Makes All Dex Checks At -1
				2	Disentary	-1 From Current Crew Quality Score
				3	Hair Loss	-1 From Current Crew Quality Score
				4	Excessive Salivation	-1 From Current Crew Quality Score
	Stage 2	Month 2	Scurvy	1	Tender, Swollen Joints	Ship Makes All Dex Checks At -2
				2	Tooth Decay	-2 From Current Crew Quality Score
				3	Blurred Vision	Ship Makes All Dex Checks At -2
				4	Reddish Brusing On Feet	-2 From Current Crew Quality Score
			Beriberi	1	Difficulty Walking	Ship Makes All Dex Checks At -2
				2	Increased Heart Rate	-2 From Current Crew Quality Score
				3	Mental Confusion / Speech	Ship Makes All Dex Checks At -2
				4	Drooping Eyelids	Ship Makes All Dex Checks At -2
			Pellagra	1	Demitius - Casal Collar	-2 From Current Crew Quality Score
				2	Backs of Hands Darken	-2 From Current Crew Quality Score
				3	Glossitius	-2 From Current Crew Quality Score
				4	Mental Confusion / Speech	Ship Makes All Dex Checks At -2
Stage 3		Month 3	Scurvy	1	Jaundice	-3 From Current Crew Quality Score
				2	Delerium	-3 From Current Crew Quality Score
				3	Numbness In Hands	Ship Makes All Dex Checks At Disadvantage
				4	Organ Failure	Ship Makes All Dex Checks At Disadvantage
			Beriberi	1	Swollen Legs	-3 From Current Crew Quality Score
				2	Shortness Of Breath	-3 From Current Crew Quality Score
				3	Vomiting	Ship Makes All Dex Checks At Disadvantage
				4	Fluid In Lungs	Ship Makes All Dex Checks At Disadvantage
			Pellagra	1	Dementia	Ship Makes All Dex Checks At Disadvantage
				2	Axtaxia	-3 From Current Crew Quality Score
				3	Enlarged Heart	Ship Makes All Dex Checks At Disadvantage
				4	Severe Derragement	-3 From Current Crew Quality Score

Waterdeep Naval Quartermaster 10 Day Provisions Schedule cir. 1491 DR

Provision	Unit	1	2	3	4	5	6	7	8	9	10	Total	Total Units
Sea Biscuit	Pounds	1	1	1	1	1	1	1	1	1	1	10	10 Pounds
Ale	Gallons	1	1	1	1	1	1	1	1	1	1	10	10 Gallons
or													
Wine	Pints	2	2	2	2	2	2	2	2	2	2	20	20 Pints
or													
Rum or Cherryfire	Pints	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	5	5 Pints
Beef	Pounds			2			2				2	6	6 Pounds
or													
Flour	Pounds			2			2				2	6	6 Pounds
or													
Flour + Raisins	Pounds			1 1/2 + 1/2			1 1/2 + 1/2				1 1/2 + 1/2	4 1/2 + 1 1/2	6 Pounds
or													
Mutton	Pounds			1 1/2 + 1/2			1 1/2 + 1/2				1 1/2 + 1/2	4 1/2 + 1 1/2	6 Pounds
or													
Flour + Pickled Beef	Pounds			1 1/2 + 1/4			1 1/2 + 1/4				1 1/2 + 1/4	4 1/2 + 1 1/2	6 Pounds
Salted Boar Fry	Pounds	1				1						3	3 Pounds
24 inch Jacksmelt	Length		1/8		1/8		1/8		1/8		1/8	5/8	5/8 Length
or													
Salted Eel	Pounds		1		1		1		1		1	5	5 Pounds
or													
Oatcakes	Pounds		1/2		1/2		1/2		1/2		1/2	2 1/2	2 1/2 Pounds
Peas	Pints	1				1					1	3	3 Pints
Butter	Ounces		2		2		2		2		2	10	10 Ounces
or													
Olive Oil	Pints		1/8		1/8		1/8		1/8		1/8	5/8	5/8 Pints
Waterdeep Arrow Shot	Ounces		5		5		5		5		5	25	25 Ounces
or													
Arabellan Cheddar	Ounces		4		4		4		4		4	20	20 Ounces
or													
Olive Oil	Pints		1/8		1/8		1/8		1/8		1/8	5/8	5/8 Pints

MESS AND MALNOURISHMENT



**SEA RATIONS AND SEA BORNE ILLNESSES
IN THE FORGOTTEN REALMS AND BEYOND**