

---

## INDEX

---

- Abascal, Dr. Horacio, 225 n33  
 Abénon, Lucien-Rene, 180  
 Accra, 32  
 ainhum, 136  
 akee, 87, 100, 101  
 amebic dysentery, 13, 61, 62, 65, 74, 135, 136, 242 n4  
   *see also* dysentery; flux  
 amelioration of slavery, 67, 71, 77, 106, 118–19, 133–4, 257–8 n27  
 Anguilla, 165  
 Antigua, 94, 115, 116, 117, 121, 122, 131, 133, 137, 145, 150, 162, 163, 164, 169, 175, 241 n89, 246 n62  
*Ascaris*, *see* worms  
 Ashburn, P. M., 10  
 Asiento, 60  
 avocados, 81, 87
- bacillary dysentery, 62, 74  
   *see also* dysentery; flux  
 Bahama Islands, 46, 49, 69, 76, 106, 147, 149, 164, 169  
 bananas, 66, 79  
 Barbados, 7, 16, 20, 41, 44, 67, 68, 69, 71–2, 77, 91, 94, 95, 98, 105, 106, 107, 110, 114, 117, 118–19, 121, 132, 142, 143, 144, 145, 146, 147, 149, 150, 153, 164, 165, 166, 169, 170, 175, 176, 179–80, 181, 183, 185, 186, 191 n5, 223 n12, 224 n14, 224 n15, 233 n49, 234 n72, 235 n81, 241 n89, 243 n61, 255 n70, 256 n11, 258 n36  
 “barbados leg,” *see* filariasis  
 Bean, Richard, 77  
 beef, 77, 78, 79, 80, 81, 83, 85, 93, 218 n7, 225 n27  
 beriberi  
   adult, 96–103  
   confused with other illnesses, 98–103, 136, 137, 139, 226 n44  
   etiology, 96  
   infantile, 125–9  
   and Rockefeller researchers, 226–7 n48  
   symptoms, 96, 97  
   in West Africa, 29, 31, 37  
 Bermuda, 69, 174  
 Bight of Biafra, 13, 58  
 Bight of Guinea, 64  
 bilharziasis (schistosomiasis), 13, 32, 135  
 Black Caribs and sickle trait, 16, 150, 249 n98  
 black-related disease susceptibilities  
   to *Ascaris*, 73, 217 n1  
   to beriberi, 226 n44  
   to cholera, 146–8  
   to cold, 22, 66, 67  
   to filariasis, 21, 73  
   to guinea worm, 21, 73  
   to hypertension, 46–7  
   to iron deficiency anemia, 38–9  
   to lactose intolerance, 40–3  
   to leprosy, 21, 139  
   to pneumonia, 13, 21–2, 143–4  
   to rickets, 42–3  
   to tetanus, 21  
   to *Trichuris*, 73, 217 n1  
   to tuberculosis, 140–4  
   to typhoid, 145–6  
   to yaws, 21, 139, 244 n32  
 blacks  
   birthweight, *see* low birthweight  
   bone density, 45  
   calcium deficiency, 39–43, 244 n15  
   elevated lead levels, 205 n24  
   growth patterns, 43–5  
   sex ratios at birth, 48  
   vitamin A mobilization, 219 n24

- "Blackshot Regiment," 169  
 black troops in the Caribbean, 167–72,  
 174, 253 n32  
 Bligh, Captain William, 87  
 breadfruit, 87  
 British Guiana, 69, 72, 76, 97, 101, 137,  
 138, 142, 233 n49, 255 n70  
 "bubas," 95, 139, 243–4 n29  
 bubo, tropical, 244 n29  
 Buckley, Roger Norman, 253 n32
- calcium, 27, 30–1, 33, 37, 39–43, 45, 46,  
 47, 59, 85, 87, 88, 91, 101, 103, 118,  
 123, 124, 186, 207 n55, 224 n14, n15  
 calories, 45, 77–8, 79, 87  
 carbohydrates, 66, 70  
 Caribbean  
   changes wrought by disease, 3, 4  
   "cleansed" for Anglo-Saxons, 160, 175–  
   6  
 Caribbean since slavery  
   children's diet, 239 n61  
   diets, 88, 91, 186–7, 200 n26, 224 n14,  
   241–2 n88  
   emigration, 160, 174–5, 185–7, 258 n36,  
   n43  
   health, 135, 143, 146, 151, 175, 183–7,  
   218 n113, 240 n66, 242 n4, 246–7 n65,  
   248–9 n85  
   infant mortality, 185  
   medical "brain drain," 183–5  
   percentage of blacks in island popula-  
   tions, 191 n5  
   polygamy, 233 n49  
   population growth, 151, 187, 255 n70  
   sex ratios, 150  
 Carter, Henry Rose, 174  
 cassava  
   in the Caribbean, 58, 66, 68, 87, 101  
   in West Africa, 25, 26, 42  
 Castro, Fidel, 184, 185, 186  
 catalue, 66, 87  
 catarrh, 143–4  
   *see also* tuberculosis  
 Charles I, 12  
 chigoe flea, 136, 137  
 Chinese, 92–3  
 cholera  
   black susceptibility to, 135, 146–8, 161  
   etiology, 146  
   mortality data, 146–8  
   pathology, 146  
   and Spanish soldiers, 173  
   in the United States, 146  
 cocabay, *see* leprosy  
 coconuts, 66, 81, 87  
 coffee, 86, 87  
 cold intolerance, 22, 66–7, 140  
 Collins, Dr. Robert, 135, 152  
 colonial agriculture, West African, 36–7  
 Columbus, Christopher, 9, 192 n12  
 Committee of the Legislature of Domi-  
   nica, 135  
 Congo, 33  
 consumption, *see* tuberculosis  
 convulsions, 125, 126, 128, 148  
 corn  
   in the Americas, 58, 60, 64, 66, 68, 76,  
   77, 78, 79, 80, 81, 82, 84, 87, 93, 103,  
   225 n27, 242 n89  
   in West Africa, 25, 26, 27  
 Corruccini, Robert, 114  
*coupe de barre*, 96  
 Craton, Michael, 65, 105, 236 n20  
 crawl-craw (scabies), 13, 95, 137  
 "croptime," 91–2, 153  
 Crosby, Alfred, 9  
 Cuba, 7, 9, 62, 65, 67, 68, 69, 70, 76, 77,  
 78, 87, 96, 104, 105, 107, 115, 116,  
 117, 120, 122, 128, 129, 137, 139, 143,  
 144, 145, 146, 147, 150, 152, 153, 155,  
 162, 163, 164, 165, 166, 168, 172, 173,  
 174, 175, 182, 183, 184, 185, 186, 191  
 n5, 193 n14, 196 n39, 209 n2, 221 n45,  
 224 n14, 225 n33, 232 n34, n39, 241  
 n89, 243–4 n29, 246–7 n65, 251 n4,  
 254–5 n59  
 Curtin, Philip D., 105, 106, 107, 161, 169
- Darwin, Charles, 3, 7, 159  
 dasheen (taro), 66, 68, 76, 79, 80, 83, 87  
 Davidson, Sir Stanley, 120  
 demography, slave  
   age of menarche, 109–10, 117, 231 n33,  
   231–2 n34  
   amenorrhea, 58  
   birth rates, 112, 113, 115, 116, 117  
   Caribbean contrasted with the United  
   States, 104–5, 108, 109, 110, 116–18,  
   134  
   fertility, 104, 105, 106, 107, 108, 109,  
   110, 111, 112, 113, 114, 115, 116, 117,  
   118, 120, 133–4, 235 n81  
   infant and child mortality, 53, 54, 103,  
   104, 108, 112, 113, 114, 117, 118, 119,

- infant and child mortality (*cont.*)  
 120–34, 148, 150, 234 n64, n72, 236  
 n20, 237 n22, 241 n89
- lactation, 128, 131, 232 n39, 232–3 n42
- low birthweights, 118
- male disadvantage, 149–51
- malnutrition and fertility, 54, 110, 115, 118
- mortality, 98, 99, 104, 105, 106, 110, 117  
 net natural decrease, 50  
 population, 256 n11, 256–7 n13  
 premature births, 115, 118  
 sex ratios, 104, 105, 107, 111, 116, 117, 149  
 stillbirths, 115, 116, 117, 118  
 underregistration and underenumeration, 112, 115, 116
- dental caries, 43, 91, 103, 224 n16
- diarrhea, 42, 62, 94, 95, 96, 97, 101, 124, 146
- diet, slaves (*see also specific nutriments and nutrients*)  
 allotments, 68–9  
 and birthweight, *see* low birthweight  
 and calcium, 85, 87, 91, 101, 103  
 and calories, 77–8, 79, 87  
 and carbohydrates, 82, 83, 84  
 children, 129–30  
 cooking methods and utensils, 83, 84, 85, 102, 221 n35  
 and fats, 81–2, 83, 84, 87  
 food preferences, 68  
 and fruit, 84–5, 87–8  
 and gardens, 69  
 improvements in, 74–5  
 and iron, 85, 86, 87, 91, 92, 101, 103  
 and lactose, 86  
 laws regarding, 68–9  
 and lucine, 84, 93  
 and lysine, 85, 87  
 and milk, 86  
 and niacin, 83–4, 87, 93–6, 103  
 and nutritional requirements for females, 81, 91  
 and phosphorus, 85–6  
 and potassium, 81, 101  
 and protein, 76, 77, 78, 79–81, 82, 83, 84, 87  
 provisions, 67–71, 76–7  
 and rancidity, 80, 82, 89  
 and riboflavin, 83–4, 93  
 and “seasoning,” 65–7  
 and thiamine, 82–3, 96–103  
 and tryptophan, 84, 85, 93  
 and vitamin A, 82, 86, 87, 89, 90, 91, 95–6, 103, 219 n21  
 and vitamin B complex, 91–3, 103  
 and vitamin C, 84, 85, 86, 87, 88, 90, 91, 103
- diet, whites, 54–5, 209 n2
- diphtheria  
 in the Caribbean, 132  
 in West Africa, 13
- Dirks, Robert, 92, 95, 97
- dirt eating, *see* pica
- diseases, human, shared with animals, 193 n15
- Dominica, 72, 164, 169, 170
- Dominican Republic, 186, 191 n5, 224 n14  
*see also* Santo Domingo
- dropsy, 97, 98, 99, 100, 103, 172
- drought, 68, 70, 89
- “dry belly ache,” 101
- Duffy blood group determinants, 16, 39
- Dunn, Richard, 107, 142, 181
- dysentery (*see also* amebic dysentery), 42, 57, 75, 95, 97, 135, 146
- East Indians, 72
- Eblen, Jack, 107, 116
- eddoes, *see* taro
- edema, 98, 99, 100
- Edwards, Bryan, 67–8
- elephantiasis, *see* filariasis
- Engerman, Stanley L., 60, 65, 109
- ergotism, 96
- erysipelas (*see also* pellagra), 94, 95
- Europeans  
 demographic experience in Africa, 13–14  
 demographic experience in the Caribbean, 7–8, 9, 161, 179, 180, 256–7 n13  
 diet, 54–5, 209 n2  
 disease carriers to Africa, 13  
 disease carriers to the Caribbean, 3  
 and hookworm disease, 102, 216 n90  
 and malaria, 4, 7, 9, 13, 161, 164, 165, 167, 170, 172, 173  
 and syphilis, 244 n29  
 and yellow fever, 4, 7, 9, 13, 159, 161–76, 252 n4
- European troop mortality  
 in Africa, 13–14  
 in the Caribbean, 102, 161–74, 246–7 n65, 253 n21, 254 n45, n49
- eye lesions, 29, 31, 89–90
- falciparum malaria, *see* *Plasmodium falciparum*

- famine, 67, 68, 70, 71, 87, 89  
 fats, 27, 55, 81–2, 83, 84, 87, 88, 118, 130, 133, 140, 186–7, 240 n68, 241 n89  
 fava beans, *see* legumes, horsebeans  
 favism, 149  
 Fernandez, Fernando Ortiz, 11  
 fevers  
   black resistance to, a rationale for slavery, 165, 179  
   discouraged white settlement, 179–80  
   factor in planter absenteeism, 180–3  
   forestalled European penetration of Africa, 13  
   whites' terror of, 178  
 filariasis, 32, 73–4, 135, 136, 139, 218 n113  
 Finlay, Dr. Carlos, 174, 255 n60  
 fish, 77, 78, 79, 80, 81, 82, 83, 89, 134, 241–2 n89  
 flux (*see also* amebic dysentery; dysentery)  
   during slavery, 65–6  
   in the slave trade, 57, 62  
 Fogel, Robert, 65  
 food taboos, 37  
 French Revolution, 167  
  
 Garn, S. M., 23  
 gastric acid, 147–8  
 Geggus, David, 253 n37  
 Gelfand, Michael, 14  
 Genovese, Eugene D., 108  
 Gliddon, George R., 104  
 glucose-6-phosphate dehydrogenase (G6PD) deficiency  
   and favism, 149  
   frequency among Caribbean blacks, 16, 39  
   frequency among U.S. blacks, 16  
   frequency in West Africa, 16  
   and illness, 47, 148–9, 196 n41  
   malaria protection, 15–16, 195 n34  
 Goldberger, Dr. Joseph, 94  
 Gold Coast, 31, 32, 33, 35, 58, 64, 154, 210 n7  
 Gómara, López de, 9  
 gonorrhoea, 142, 244 n29  
 Gorgas, William, 175  
 Goveia, Elsa, 104  
 Grainger, Dr. James, 66  
 greens, 42  
 Grenada, 132, 164, 168, 169, 253 n34  
 Grenadines, 69  
 Guadeloupe, 96–7, 132, 164, 168, 175, 180  
 Guerra, Francisco, 166, 168  
  
 Guinea, Portuguese, 26, 30, 31, 36  
 guinea corn, 218–19 n7  
 guinea worm, 13, 21, 36, 73  
 Guinea-Bissau, 34  
  
 Haiti (*see also* St. Domingue), 140, 149, 168, 175, 180, 183, 186, 223 n49, 224 n14, 253 n36, 258 n36  
 Hall, Douglas, 183  
 Handler, Jerome, 114, 180  
 Hava, Dr. Juan, 96  
 heights  
   of modern West Africans, 23, 24  
   of slaves, 23, 24, 37, 53, 58, 66, 69, 70, 76, 210 n6  
 hemoglobin C, 15, 16  
 Hendrikse, R. G., 23  
 Henschen, Folke, 161  
 Herrera y Tordesillas, Antonio de, 193 n14  
 Herskovits, M. J., 233 n49  
 Higman, Barry, 69, 98, 106, 107–8, 112, 114, 122, 142, 144  
 Hippocrates, 7  
 Hirsch, August, 96, 121, 132, 143, 144, 164, 169  
 Hispaniola, 12, 179, 185, 193 n14  
 Hoetink, H., 76  
 Honduras, 150  
 hookworm  
   black resistance to, 71–2, 102–3, 216 n90  
   in the Caribbean, 21, 71–2, 101  
   East Indian susceptibility to, 72  
   and the Rockefeller eradication campaign, 71, 72, 73, 102, 175, 216 n90  
   in the United States, 71, 101  
   in West Africa, 13, 31  
   white susceptibility to, 72  
 horsebeans (fava beans), 87, 149  
 hospitals, slave, 151, 152–3  
 Humboldt, Baron Alexander von, 62, 104, 105  
 hurricanes, 68, 70, 89  
 hypertension, 46–7, 207–8 n57  
  
 Ibo, 58, 63  
 Indians, Caribbean  
   destruction, 3, 4, 8, 9–12, 193 n14  
 Indians, mainland, 4, 11  
 infanticide, 236 n20  
 influenza, 13, 144  
 iron, 27–8, 30, 31, 32, 38–9, 43, 45, 47, 55, 73, 85, 86, 87, 88, 91, 92, 101, 149, 186, 223 n12

- iron deficiency anemia, 28, 30, 31, 32, 71, 91, 101, 102, 149, 223 n12
- Jamaica, 9, 42, 60, 65, 67, 68, 69, 70, 72, 87, 94, 95, 98, 106, 107, 108, 112, 114, 117, 118, 122, 127, 128, 130, 133, 137, 138, 142, 144, 145, 146, 147, 149, 150, 152, 153, 164, 166, 167, 175, 179, 180, 181, 182, 183, 186, 191 n5, 193 n39, 224 n14, 233 n49, 241 n89, 244 n29, 248–9 n85, 251 n123, 254 n45, 254–5 n59, 255 n70, 256 n10, n13  
*Jamaica Physical Journal*, 251 n123, 256 n10
- jawfall, *see* tetanus, neonatal
- Jenner's vaccine, 144
- Johnston, Sir Harry, 144
- "joint evil," *see* leprosy
- Klein, Herbert, 49, 60, 61, 109
- Kretchmer, Norman, 38
- kwashiorkor (*see also* protein energy malnutrition)  
in the Caribbean, 130–1, 240 n66  
in West Africa, 28–9, 34
- lactation, 30–1, 34, 37, 45
- lactose intolerance  
and calcium, 40  
in Caribbean blacks, 41, 86, 130, 239 n63  
explanations for, 40–1  
in Kenya, 40  
and protein energy malnutrition, 130  
symptoms, 40  
and vitamin D, 40  
in West Africa, 27, 40
- ladinos*, 12
- Las Casas, Padre Bartolomé de, 12, 193 n14
- lead poisoning, 100, 228 n80
- Leeward Islands, 67, 167, 169, 180
- legumes  
black beans, 87  
dried beans, 218 n45  
horsebeans (fava beans), 87, 149  
kidney beans, 87  
pigeon peas, 87, 241 n89
- leishmaniasis, 137, 243 n29
- leprosy  
in the Caribbean, 21, 135, 136–40, 142, 154, 243 n28  
confused with other illnesses, 136–40, 142, 154, 243 n28  
and physicians, 93, 178  
symptoms, 136  
in West Africa, 13, 243 n27
- Lind, James, 222 n10
- Littlefield, David, 108
- Long, Edward, 138, 139, 154, 181
- low birthweight (LBW)  
and blood anomalies, 44, 149  
in the Caribbean, 43–4, 118, 132–3, 149  
and maternal nutrition, 44, 47, 132–3  
and mental retardation, 133  
and prematurity, 43–4, 132  
among U. S. blacks, 132
- Lowenthal, David, 144, 177
- lung ailments, 140–4, 172
- lysine, 85, 87
- NcNeill, William, 3
- Madden, Dr. R. R., 153
- magnesium, 46, 91, 123, 124
- maize, *see* corn
- malanga*, 87
- malaria (*see also* *Plasmodium falciparum*; *Plasmodium malariae*; *Plasmodium vivax*)  
absence in Barbados, 16, 164–5, 170  
black resistance to, 15–17, 164–5  
in the Caribbean, 130, 164–5, 177, 178, 181, 182, 183, 251 n7, 252 n8, n9, 258 n28  
in Iberia, 8  
immunology, 32  
mortality among the very young, 32–3  
in the United States, 181  
in West Africa, 13–17
- mal d'estomach*, 99–103  
*see also* pica
- Mali, 112
- malinga, 222 n49
- malingering, 153
- mango, 87
- marasmus, 28, 130, 240 n66  
*see also* protein energy malnutrition
- Maroon War, 169
- Martinique, 164, 168, 175, 179
- measles, 13, 130
- medical care for slaves, 151–5, 250 n105, 255 n107
- medicine, European  
and tropical fevers, 7, 9, 178–9, 252 n8, n9, 258 n28
- medicine, slave  
innoculation techniques, 154  
medical practitioners, 152  
natural medicine, 154

- meningitis, 124  
 Mexico, 174  
 Miller, Joseph, 61  
 millet, 76  
 Mintz, Sidney, 177  
 molasses, 87, 92  
 Mopti, 112, 113  
 Moreno Fragnals, Manuel, 107, 153  
 Moseley, Dr. Benjamin, 161  
 mosquitoes  
   *Aedes aegypti*, 17–20, 165, 173, 174  
   *Anopheles*, 15, 17, 36  
   culex, 73  
 Napoleon, 168  
 Nevis, 94  
 niacin (vitamin B<sub>3</sub>), 26, 29, 83–4, 88, 93–6,  
   103, 125  
 Nicaragua, 167  
 Niger expedition, 14  
 Nigeria, 30, 31, 32, 33, 34, 36, 113  
 night blindness, 29, 90  
 Nott, Josiah Clark, 104  
 okra, 42, 86  
 onchocerciasis, 32  
 onions, 32  
 Orwell, George, 57  
 osteoporosis, 43  
 Ovando, Nicolas de, 12  
 Oviedo, Gonzalo Fernández de, 136, 193  
   n14  
 oxalic acid, 42, 43  
 palm oil, 27  
 Panama, 174, 175  
 Panama Canal, 175  
 papaya, 87  
 Parry, John, 88  
 Patterson, Orlando, 64, 70, 114, 153  
 Pavlov, I. P., 76  
 pellagra  
   in the Caribbean, 93–6, 225 n33  
   confused with other diseases, 94, 96,  
   137, 139  
   and Rockefeller investigators, 226–7 n48  
   in the United States, 94, 95, 125  
   in West Africa, 29, 31, 37  
 phosphorus, 28, 45, 85–6, 123  
 physicians, 90, 92, 95, 97–8, 99, 100, 101,  
   102, 103, 104, 110, 114, 120, 121, 122,  
   123, 125, 126, 129, 130–1, 136, 137,  
   138, 139, 140, 141, 142, 143, 144, 145,  
   151–5, 165, 166, 167, 168, 172, 174,  
   178, 183, 184, 210 n7, 250 n105, 251  
   n123, 256 n10  
 phytic acid, 42, 43  
 “pian,” 244 n29  
 pica (see also *mal d’estomach*), 13, 91, 99,  
   100, 101, 102, 103, 142, 228 n84, 229  
   n87, n95  
 pigment  
   and calcium absorption, 42–3, 47  
   and vitamin D production, 42  
 Pitman, Frank Wesley, 142, 180  
 plantains, 66, 68, 79, 80, 83, 214 n70  
 planters, West Indian  
   absenteeism, 180–3  
   attitudes toward slave fertility, 108–9  
   contrasted with U.S. counterparts, 181–3  
*Plasmodium falciparum*  
   in the Caribbean, 159, 161, 164, 165,  
   167, 169, 170, 172, 175, 253 n37  
   in Iberia, 8  
   mechanisms of resistance to, 15–17  
   pathology, 14–15  
   in the United States, 181  
   in West Africa, 4, 13–17  
*Plasmodium malariae*, 14, 15  
*Plasmodium vivax*  
   in the Caribbean, 164, 181, 193 n14  
   Europeans as carriers, 17  
   mechanisms of resistance to, 16–17  
   pathology, 15  
   in the United States, 181  
   in West Africa, 14  
 pleurisy, 144  
 pneumonia  
   in the Caribbean, 21, 143–4  
   slave susceptibility, 67  
   in West Africa, 13, 35  
 poisons, 100–1  
 polygamy, 49, 111  
 pork, 241 n89  
 Portuguese immunological background, 8  
 Postma, Johannes, 61  
 potassium, 63, 81, 101  
 Pouchet, G., 7  
 premature births, 124, 125, 132–3  
 Prince of Wales Corps, 167  
 protein, 24–6, 27, 28, 29, 30, 31, 32, 34,  
   35, 36, 37, 45, 53, 55, 60, 64, 66, 67,  
   69, 70, 71, 73, 76, 77, 78, 79–80, 83,  
   84, 143, 187  
 protein energy malnutrition  
   in the Caribbean, 129–31, 187, 240 n66,  
   n68

- protein energy malnutrition (*cont.*)  
 symptoms, 28–9  
 in West Africa, 28–9, 31, 33, 34, 35, 37, 113
- Puerto Rico, 7, 41, 66, 67, 68, 69, 70, 72, 82, 87, 91, 94, 96, 109, 115, 117, 120, 143, 145, 146, 147, 153, 165, 175, 179, 180, 185, 186, 193 n39, 209 n2, 218 n7, 221 n49, 223 n12, 227 n48, 244 n29, 246 n61, n62
- quarantine measures, 179
- Quier, Dr. John, 144
- racism  
 in the Caribbean, 174, 178, 179, 183, 256 n10  
 and medicine, 178, 179  
 in the United States, 179
- Ragatz, Lowell J., 172
- Raynal, Abbé Guillaume, 98, 180
- red peppers, 66, 68
- Reed, Dr. Walter, 174
- rheumatism, 91
- riboflavin (vitamin B<sub>2</sub>), 26, 29, 83–4, 88, 93, 132, 145
- rice, 29, 60, 64, 66, 77, 78, 79, 80, 81, 83, 84, 87, 220 n26
- rickets, 30, 31, 42, 43, 224 n15
- Roberts, George W., 172
- Rockefeller Foundation  
 Archive Center, 216 n90  
 and hookworm eradication, 71, 72, 102, 175, 216 n90  
 International Health Board, 175  
 medical investigators, 71, 72, 73, 182, 227 n48
- Ross, Sir Ronald, 174
- Royal African Company, 13
- rye meal, 218 n7
- St. Bartholomew, 132
- St. Domingue (*see also* Haiti), 70, 106, 166, 167, 168, 170, 171, 179, 183
- St. Kitts, 41, 72, 94, 96, 165
- St. Lucia, 72, 94, 121, 150, 164, 166, 169, 170
- St. Thomas, 114, 144
- St. Vincent, 164
- Santo Domingo (*see also* Hispaniola), 70, 144, 145, 152, 164, 246 n61
- scabies, 13, 95, 137
- schistosomiasis (bilharziasis), 13, 32, 135
- scrofula, *see* tuberculosis
- scurvy, 13, 31, 37, 59–60, 61, 62, 90, 223 n10
- seasoning  
 and amebic dysentery, 65–6  
 and diet, 65–7  
 and mortality, 64–5
- Senegambia, 58
- Sheridan, Richard B., 13, 106, 235 n81
- sickle trait  
 frequency in the Caribbean, 16, 39, 148, 196 n39  
 frequency in the United States, 16, 39  
 frequency in West Africa, 16  
 and low birthweights, 44  
 and malaria protection, 15  
 and sex ratios, 249 n98  
 and sickle cell anemia, 15, 47, 148, 195 n33, 248–9 n85
- Sierra Leone, 33, 58
- slaves (*see also* black-related disease susceptibilities; demography, slave; diet, slaves; *individual diseases; individual islands*)  
 and alcohol consumption, 92, 100–1, 153, 250 n118  
 disease resistance, 21, 159, 161–76, 178, 179, 251 n4  
 displaced, of West Africa, 48  
 health care, *see* medicine, slave  
 heights, *see* heights of slaves  
 lactation practices, 109, 110, 111, 115, 117  
 marriages, 109  
 “mood swings,” 91–3  
 polygamy, 49, 111, 233 n49  
 and seasonal hunger, 70–1  
 and sexual taboos, 109, 111, 115, 117  
 suicide, 92–3
- slave trade  
 and African control, 48  
 and African demography, 25  
 age of slaves in, 50  
 and amebic dysentery, 62, 65  
 and bacillary dysentery, 62, 65  
 and calcium, 59  
 and contagious disease, 62  
 and dehydration, 63  
 and diarrhea, 62, 63  
 and diet, 59–60, 211 n15  
 duration of voyages, 59  
 dysentery, 57, 62, 212 n30  
 fertility of female slaves in, 49–50  
 and “fixed melancholy,” 63

## Index

273

- health of slaves in, and demand, 57, 64  
and malnutrition, 59, 60, 61, 62, 63, 64  
mortality in, 53, 59–64  
Portuguese, to Europe, 8, 191 n7  
and provisions, 60, 62  
and the “scramble,” 57  
and scurvy, 59, 60, 61, 62  
and seasickness, 61, 62, 63  
sex composition of cargoes, 48–50, 104,  
105, 107, 111, 116, 117  
and starvation, 63, 64  
survival of females, 64  
vital for slave population growth, 105  
and vitamin A, 25  
and vitamin C, 59, 60, 61, 62  
and vitamin D, 59, 60, 61, 62  
volume of, to the Caribbean, 105, 106  
volume of, to the United States, 105  
and West Indian demand, 4, 12, 48, 57,  
150–1  
and worm infection, 61–2  
and yaws, 57  
sleeping sickness, 13, 20, 32  
Sloane, Hans, 98  
smallpox  
in the Caribbean, 10, 144–5, 154, 173,  
179, 193 n14, 246 n61, n62, 246–7  
n65  
and Caribbean Indians, 10  
in West Africa, 13  
sodium, 46, 47, 48, 80, 81  
South Carolina regiment, 167, 168  
South Sea Company, 60, 179  
Spaniards (*see also* Europeans)  
as disease carriers, 10  
disease susceptibilities, 9  
immunological background, 8, 10  
migration to the Americas, 191 n11  
sprue, 96, 246 n43  
Stein, Robert, 61  
Stephen, James, 77  
Stewart, John, 241 n89, 244 n32  
stillbirths, 33, 46–7, 134, 150  
Surinam, 183  
sweet potatoes, 66, 87, 219 n21, 241–2 n89  
syphilis, 191–2 n12, 243–4 n29  
  
taro (dasheen), 66, 68, 76, 79, 80, 83, 87  
teething, 128  
Ten Years’ War, 174  
Terry, Tomás, 155  
tetanus, 21, 137, 148  
neonatal, 120–5, 237 n32, 241 n89  
tetany  
maternal, 123  
neonatal, 13, 123–5, 237 n24, 238 n35,  
241 n89  
thalassemia traits, 15–16  
thiamine, *see* vitamins, vitamin B<sub>1</sub>  
Tobago, 94, 164, 169  
toxemia of pregnancy, 46–7, 115  
treponemas, *see* syphilis; yaws  
tribal scars, 58  
*Trichuris*, *see* worms  
Trinidad, 69, 72, 76, 94, 121, 144, 149,  
164, 169  
trismus, *see* tetanus, neonatal  
trypanosomiasis (sleeping sickness), 13,  
20, 32  
tryptophan, 29, 84, 85, 125, 225 n27  
tsetse fly, 20, 24–5, 27, 32, 37, 40, 53  
tuberculosis, 11, 13, 25, 126, 129, 140–4,  
245 n44  
Tulloch, Major Alexander, 169, 170  
typhoid, 145–6, 173  
typhus, 145  
  
United Nations, 53  
United States, 112, 113, 116, 146, 235 n81  
Uttley, K. H., 115, 162, 163  
  
venereal disease, 11; *see also* gonorrhea;  
syphilis  
Virgin Islands, 46, 180, 207 n57  
vitamins  
vitamin A, 27, 29, 31, 42, 55, 62, 81, 82,  
86, 87, 88, 89, 90, 91, 95–6, 103, 130,  
140, 145, 186, 219 n21, 222 n45, 223  
n7  
vitamin B complex, 26, 29, 31, 55, 62,  
66, 73, 91–2, 132–3, 187  
vitamin B<sub>1</sub> (thiamine), 26, 29, 53, 54,  
82–3, 88, 93, 96, 103, 118, 125, 126,  
127, 128, 145, 220 n26, 241 n89  
vitamin B<sub>2</sub> (riboflavin), 26, 29, 83–4, 88,  
93, 132, 145  
vitamin B<sub>3</sub> (niacin), 26, 29, 83–4, 88, 93–  
6, 103, 125  
vitamin C, 26, 30, 31, 36, 55, 59, 62, 84–  
5, 86, 87, 88, 90, 91, 103, 220 n34, 221  
n35, 223 n10  
vitamin D, 30, 39–43, 45, 46, 59, 62, 81,  
123, 205 n24, 224 n15  
vitamin E, 81  
vitamin K, 81  
vivax malaria, *see* *Plasmodium vivax*



Wagley, Charles, 89  
 wars  
   and African fevers, 165–72  
   and black troops, 167–72  
   and troop mortality, 165–72  
 Warsaw ghetto, 148  
 water, drinking, 95, 123, 145, 146  
 weaning, 34, 37, 114, 129, 130  
 weanling diarrhea, 130  
 West Africa  
   agriculture, 24–6, 36–7  
   birth rates, 30, 32, 33, 34, 35, 36, 113  
   child feeding, 33, 34–5, 36  
   colonial agriculture, 36–7  
   colonial governments, 5  
   death rates, 112, 113  
   diet, 23–48, 210 n7  
   disease environment, 4, 5, 13, 22, 23–50  
   famine, 25  
   females as agriculturalists, 49  
   fertility, 113, 114  
   food and demography, 25  
   food taboos, 25, 27, 34, 37  
   infant mortality, 30, 32, 33, 34, 35, 36,  
     112, 113, 233 n62  
   iron cooking pots, 28  
   lactation practices, 109, 111, 112  
   nutritional environment, 5, 13, 23–37  
   nutrition and culture, 25, 27  
   polygamy, 111–13  
   sexual taboos, 109, 111, 112, 113  
   soils, 25, 37, 43  
   stillbirths, 112  
 West Africans  
   as a biological elite, 12–13, 33–7, 160  
   as carriers of disease, 3  
   and the conquest of the Americas, 12  
   demography in early Caribbean history,  
     12  
   and malnutrition, 5, 23–37  
   resistance to disease, 5, 12, 13–20

  susceptibility to lung illnesses, 13, 22  
   wheat flour, 218 n7  
   whooping cough, 13, 21, 130, 131–2  
 Whydah, 64  
 Wilberforce, William, 57  
 Williams, Richard Allen, 37  
 Williamson, John, 89  
 Windward Coast, 58, 210 n7  
 Windward Islands, 67, 167, 169  
 women  
   age of menarche, 109–10, 231 n33, 231–  
     2 n34  
   lactation, 123–4, 125, 128, 129, 131, 232  
     n39, n42  
   and the male disadvantage, 149–51  
 worms, 26, 130  
   *Ascaris*, 31, 73, 217 n101  
   *Trichuris*, 31, 73, 217 n101  
 yams, 25, 26, 42, 58, 60, 64, 66, 68, 79, 80,  
   83, 214 n71  
*yautia*, 87, 222 n49  
 yaws, 13, 21, 57, 93, 95, 100, 132, 135,  
   137, 138–40, 154, 175, 178, 243 n27,  
   n28, 243–4 n29, 244 n32  
 yellow fever  
   and black resistance, 18, 20, 177–8  
   in the Caribbean, 20, 159, 161–76, 177,  
     178, 179, 180, 181, 182, 183, 197 n54,  
     n55, 251 n4, n7, 252 n8, n9, 253 n37,  
     254–5 n59, 258 n28  
   early Caribbean epidemics, 20, 162, 163,  
     164  
   epidemiology, 17–20  
   etiology, 17–20  
   in Iberia, 8  
   immunology, 18–20  
   in the United States, 174, 181  
   in West Africa, 4, 13, 17–20  
 Yoruba, 34