

## 09/20 The Health of Colonists

### Health Conditions in Early Modern Europe

- Law of Natural Urban Decline
- Epidemics: Bubonic Plague and Smallpox
- Endemic disease: low life expectancy
- Disparities: rich vs. poor, urban vs. rural

### Colonization and Health

- Sea voyages: invigorating or abysmal?
- Arrival, exposure, and high mortality
- Roanoke: vanishing colonies
- Pemaquid: abandoned
- Jamestown: 80% mortality 1607-1625
- Plymouth: 50% die first winter
- Massachusetts Bay: initial failures, eventual success

### Demographic Trajectories

- New England Indians: steady and dramatic decline
- Massachusetts Bay: 2.7% growth over 17th century
- Middle Colonies: immigration and growth
- Chesapeake Colonies: population not able to reproduce itself until 1700
- Africans in America: the slave trade

### Health Disparities

- Urban vs. rural
- North vs. south

### Mortality and Culture: Providence and Faith