

## Hardships Faced:

### 1. Bitter Cold

- FROSTBITE
- Froze to Death

### 2. Poor NUTRITION

- Starvation / Malnutrition
- Spoiled
- "FIRECAKES"

### 3. Disease Outbreaks

- LICE / TYPHUS
- INFLUENZA / TYPHOID FEVER
- SMALLPOX
  - Required inoculation:  
ALL NEW SOLDIERS RECEIVED  
A SMALL DOSE OF SMALLPOX  
TO HELP CONTROL THE  
EPIDEMIC

### 4. Poor Conditions

- Shortages of adequate  
HOUSING & CLOTHING
- Slept on cold, muddy floors, or on  
straw mattresses
- COLD + HUNGER =  
WEAKENED IMMUNE SYSTEM =  
HIGH DEATH RATES

# Valley Forge

## "Surviving Valley Forge"

### Video Questions

Approximately how many men were dying  
per day?

10 MEN

What disease broke out in the camp?

TYPHUS

How much food did they estimate they had?

8 MONTHS

How much food did they actually have?

8 DAYS

How did George Washington earn his men's  
love and devotion?

NEVER LEAVES VALLEY FORGE (MANY  
OTHER OFFICERS DID)

Up to 3,000 men died during the winter at Valley Forge.

So why stay?

1. WORDS OF THOMAS PAINE - "HARDER THE STRUGGLE, GREATER THE TRIUMPH"
2. PROMISE OF FRENCH AID
3. GEORGE WASHINGTON'S EXAMPLE