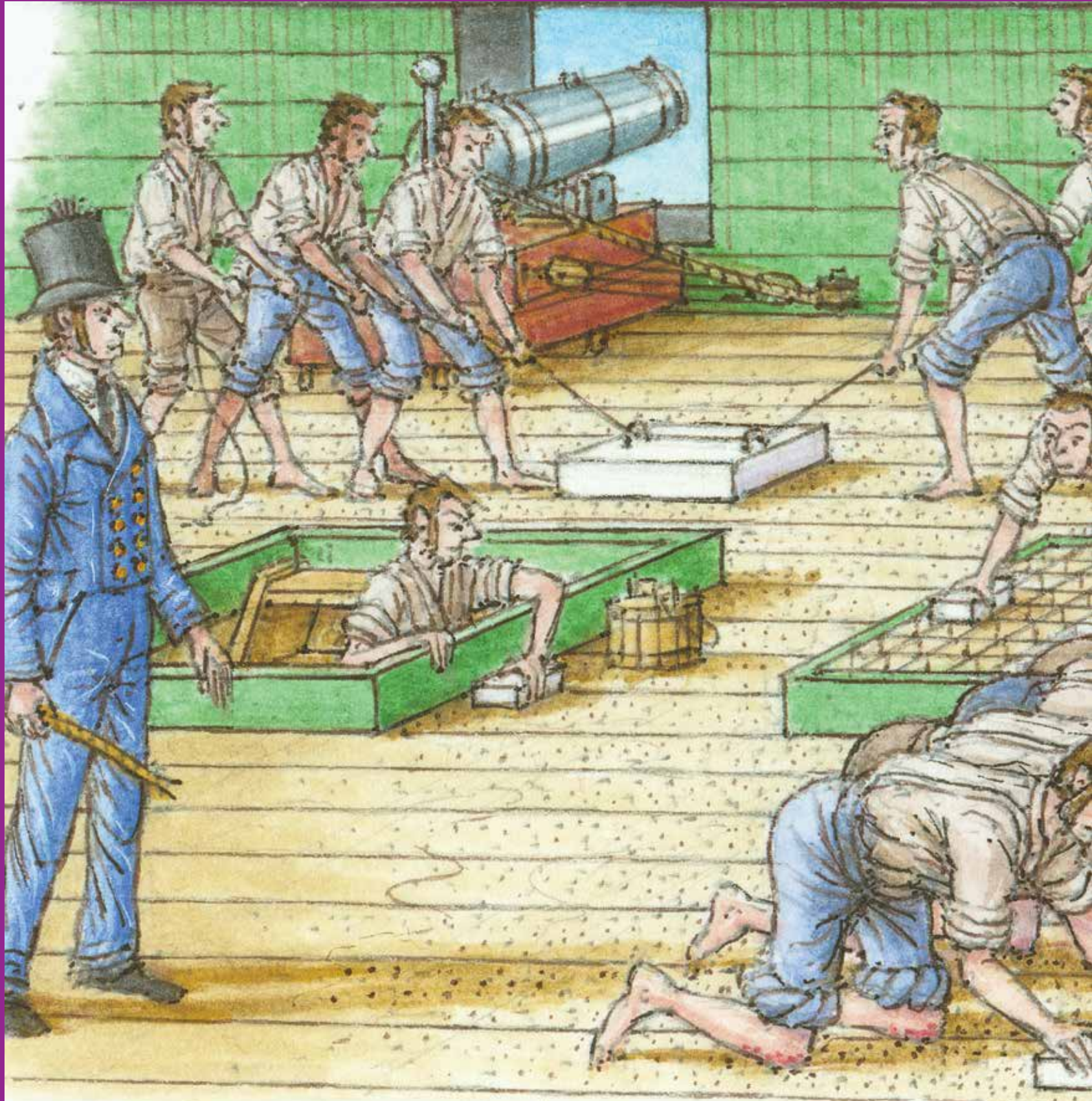
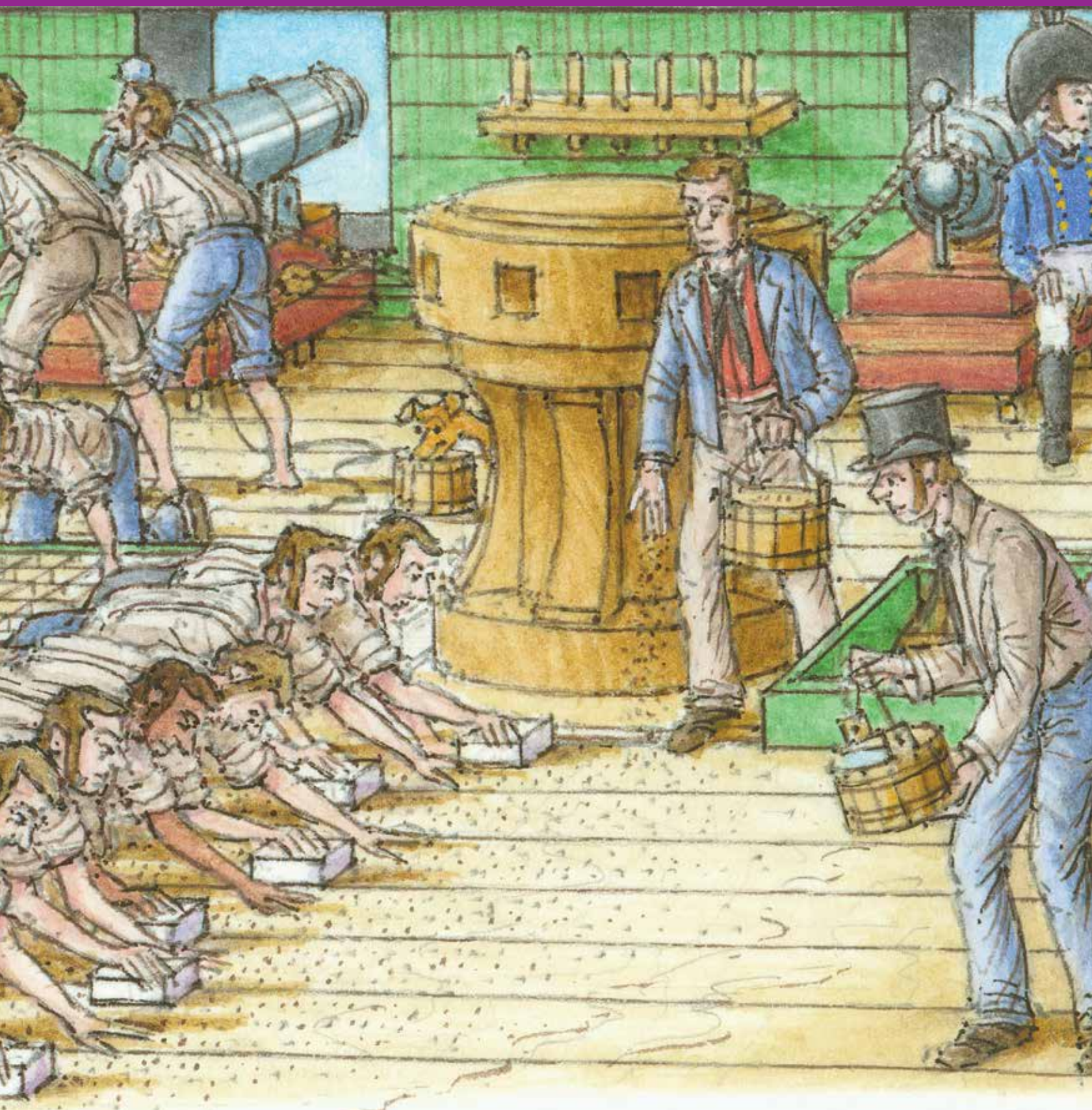
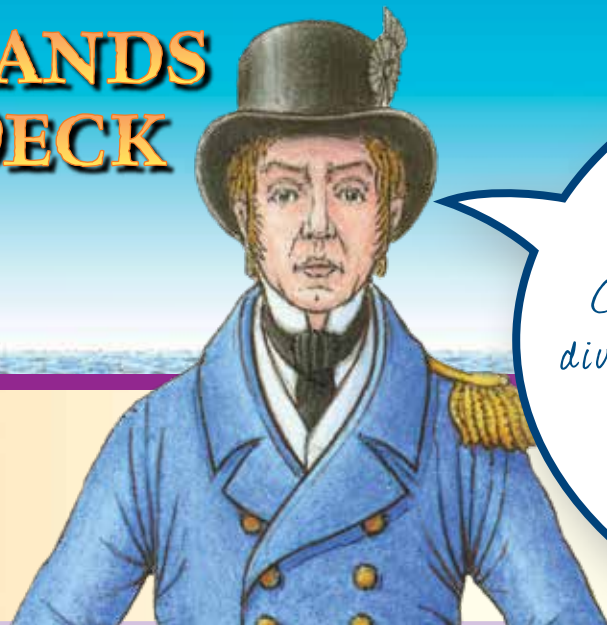


ALL HANDS ON DECK





ALL HANDS ON DECK



Working Around the Clock

*Sailors must be on deck to operate Constitution 24 hours a day. It is my job to divide the crew in half so sailors can take turns working and sleeping. Their day is divided into four-hour shifts, called watches. **EVERYONE's** job is interrelated and important.*

Middle Watch
12-4 am

Morning Watch
4-8 am

Forenoon Watch
8-12 noon

First Lieutenant



On Call:
Sleep

Supervise crew, report
progress to Captain

Receive reports that ship is
clean and in proper order

Report to Captain when
ready for inspection

Midshipman



On Call:
Sleep

Supervise stowage of
hammocks

Supervise cleaning of lower
decks

Use a sextant to measure
the sun's angle at noon

Seaman



Sleep

Scrub and dry decks,
ladders, and hatches

Stow hammock

Breakfast

All hands
on deck
for training



Boy



Nap on deck
unless needed

Sleep in hammock until
7:30

Stow hammock

Breakfast

Carry messages
for officers

Gather for inspection



Marine Private



Sleep

Wash deck

Stand guard

Breakfast

Small arms practice



Afternoon Watch 12-4 pm	First Dogwatch 4-6 pm	Last Dogwatch 6-8 pm	First Watch 8-12 midnight
Dinner 1:00 Get Purser's report about provisions	4:30 Evening quarters! Call men to their battle stations for inspection and practice	Go below Read book	On Call Sleep
Dinner 1:00 Learn naval tactics Write in journal	4:30 Attend evening quarters Inspect men in division	Help crew get hammocks down	Sleep
Dinner 12:00 Trim sails Perform routine maintenance	Supper 4:00-4:30 Attend evening quarters Practice sail or gun drill	Get hammock prepared Mess cooks receive salt meat for tomorrow's dinner	Sleep 
Dinner 12:00 Mend clothes, nap, play with friends	Supper 4:00-4:30 Attend evening quarters Carry officers' messages Sweep deck	Nap, unless needed	Carry messages for officers
Dinner 12:00 	Supper 4:00-4:30 Assemble for inspection and drill	Stand guard Set hammock down	Sleep

Did you know? Nobody knows for sure why the two half watches [from 4-6 and 6-8] are called dogwatches. Sailors like them because it keeps them from working the same shift every night.

ALL HANDS ON DECK

LEARN THE ROPES

*All hands shorten
sail, ahoy!*

*We are constantly adjusting
Constitution's sails depending on the
weather. To do this, we climb way, way up
to where the sails are. It is hard work and
dangerous, especially at night. We can only
do it if we work together as a team.*





Tie a Knot

Sailors have to know how to tie many knots. See if you can learn the ropes.

You will need:

Two ropes (or shoe laces, or twine). Color one end red and the other blue

A straight object like a long wooden spoon, stick, or railing of a staircase

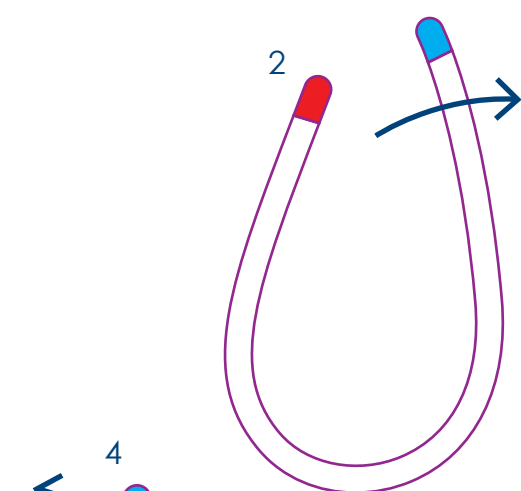




Tie a Knot

Reef Knot (square knot)

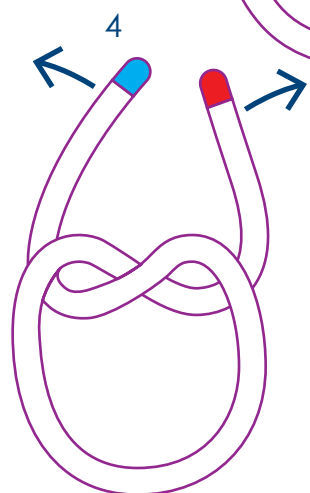
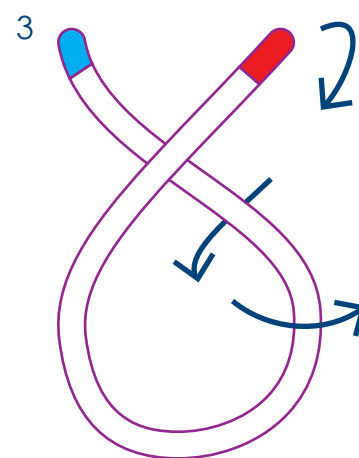
One of the first knots sailors learned was a reef knot, necessary in shortening sail (reefing).



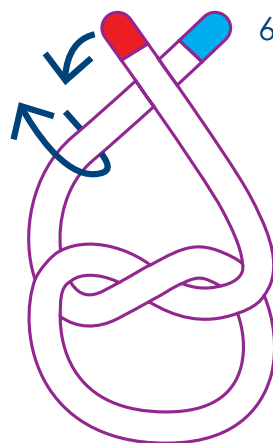
1. Hold the red end of the rope in your left hand and the blue end in your right.

2. Cross the red end over the blue end to create a loop.

3. Pass the red end under the blue end and up through the loop.



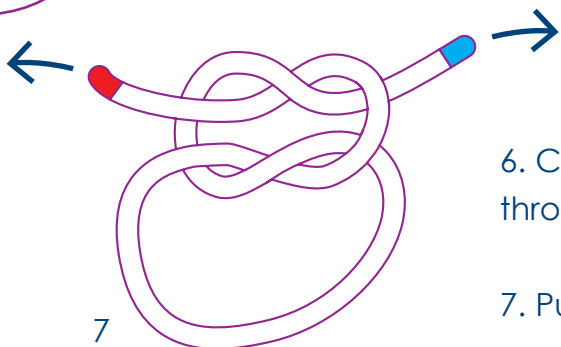
4. Pull, but not too tight (leave a small loop at the base of your knot).



5. Hold the red end in your right hand and the blue end in your left.

6. Cross the red end over and under the blue end and up through the loop (here, you are repeating steps 2 and 3)

7. Pull tight.





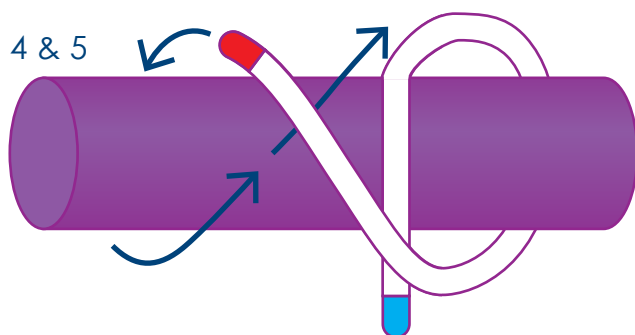
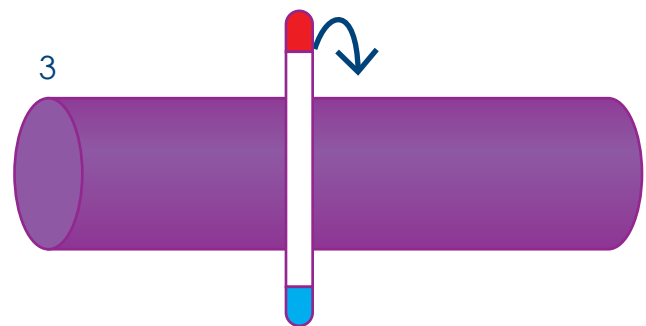
Clove Hitch

This knot “hitches” (ties) a line (rope) to a stationary object. In 1812, the crew of *Constitution* used hitch knots to attach ratlines (thin rope) to shrouds (thicker rope). The ratlines and shrouds were used as rope ladders to climb high up into the masts and rigging.

1. For this knot you will need an object like the handle of a long wooden spoon or a stick.

2. Hold your stick or spoon sideways.

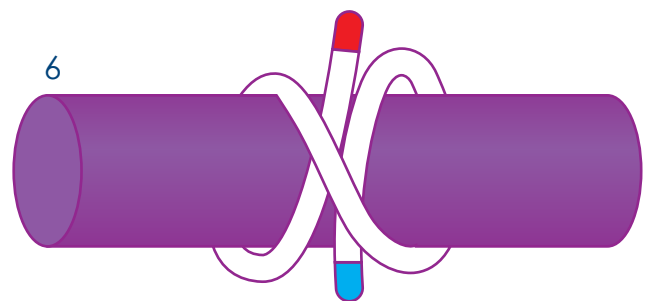
3. Wrap the red end of the rope around the stick/spoon in one complete loop.



4. Cross the red end over the blue end.

5. Wrap the red end around the stick or spoon again.

6. Pull the red end of the rope up and through the loop that you just made. Pull tight.

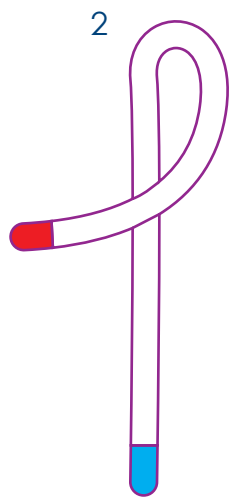




Tie a Knot

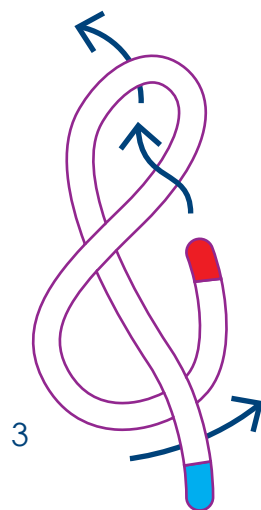
Figure Eight

The figure eight knot is called a “stopper knot,” because it prevents the end of a rope from being pulled through a block (pulley).



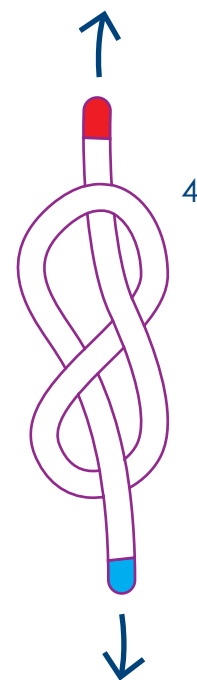
1. Hold the blue end of the rope in your left hand and the red in your right. The ends of the rope should be pointing down.

2. Cross the red end over the blue end to create a loop, as shown.



3. Pass the red end behind the blue end and down through the loop.

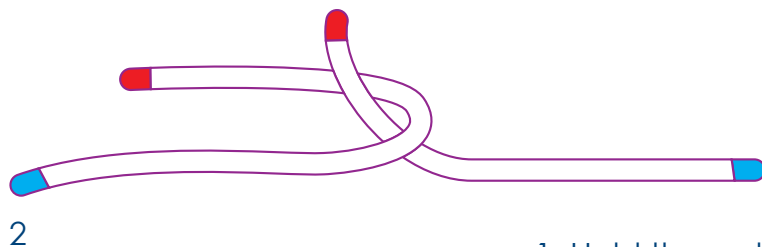
4. Pull tight.



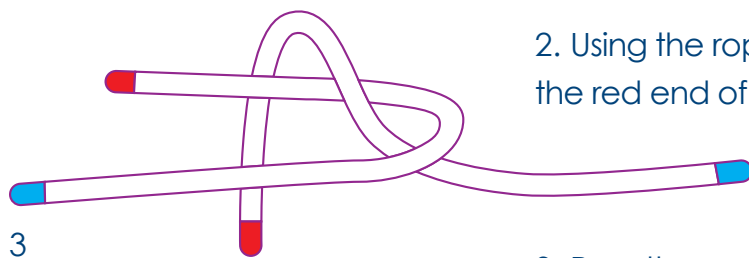


Sheet Bend

This knot joins two ropes together.



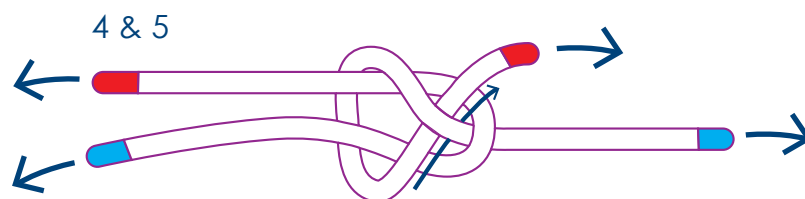
1. Hold the red end of one rope in your left hand and the red end of the other rope in your right.



2. Using the rope in your left hand, bend the red end around the red end of the rope in your right hand.

3. Pass the red end of the rope in your right hand behind the red and blue ends in your left hand.

4. Pass the red end of the rope in your right hand up and over the blue end in your left hand and under the center part of the rope in your right hand (this part can be tricky!)



5. Pull tight.

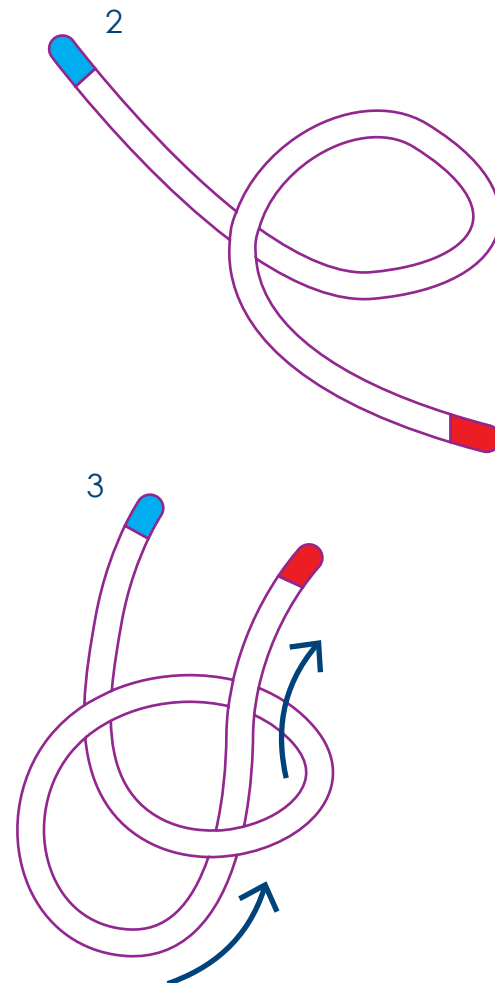


Tie a Knot

Bowline

The bowline knot (pronounced “bo-lin”) is a loop knot, which means that it is tied around an object or tied when a temporary loop is needed. On *Constitution* in 1812, sailors used bowlines to haul heavy loads onto the Ship.

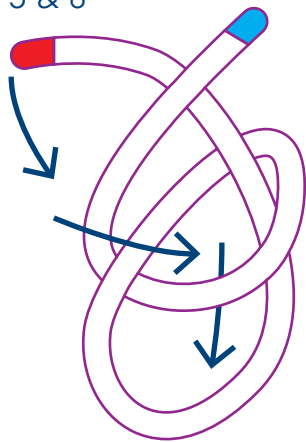
1. Hold the blue end of the rope in your left hand and the red end in your right.
2. Cross the red end over the blue end to make a loop.
3. Tuck the red end up and through the loop (pull, but not too tight!).



Learn the Ropes

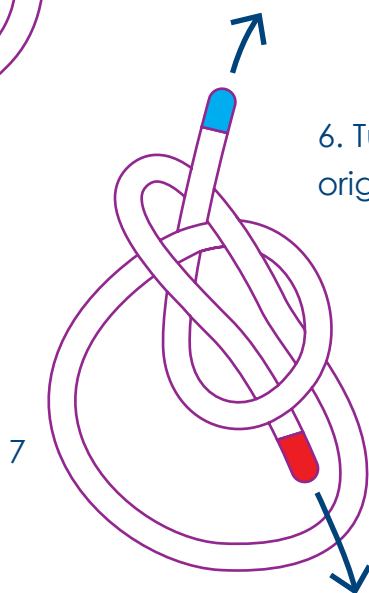


5 & 6



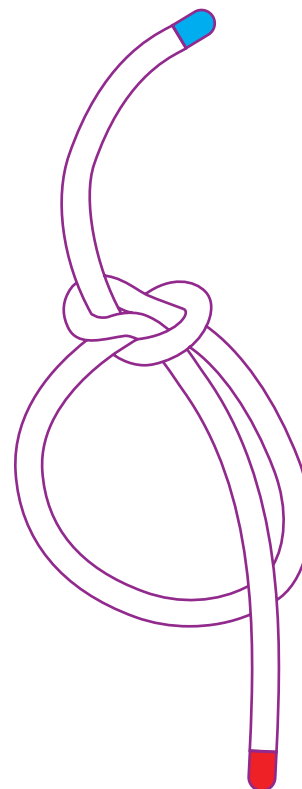
4. Keep the blue end of the rope in your left hand and the red in your right.

5. Pass the red end behind and around the blue end.



6. Tuck the red end down into the original loop that you made.

7. Pull tight.



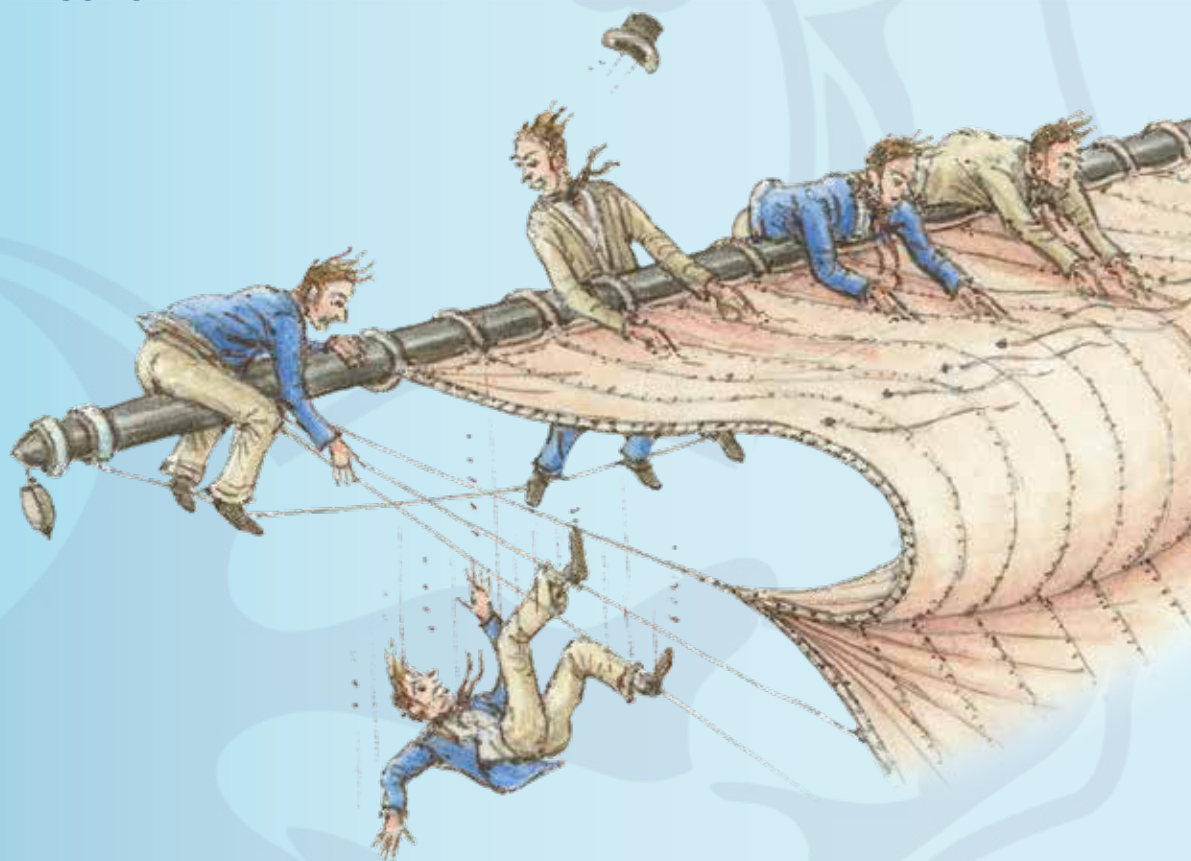
Who am I?

My name is David Debias. I am eight years of age, and a free-born Bostonian. I am a Boy: that is my rank on the ship. Some of the other ship's Boys are not boys at all, but men of 16 or 17. They are still called Boys, for they have not yet learned enough to become Seamen.

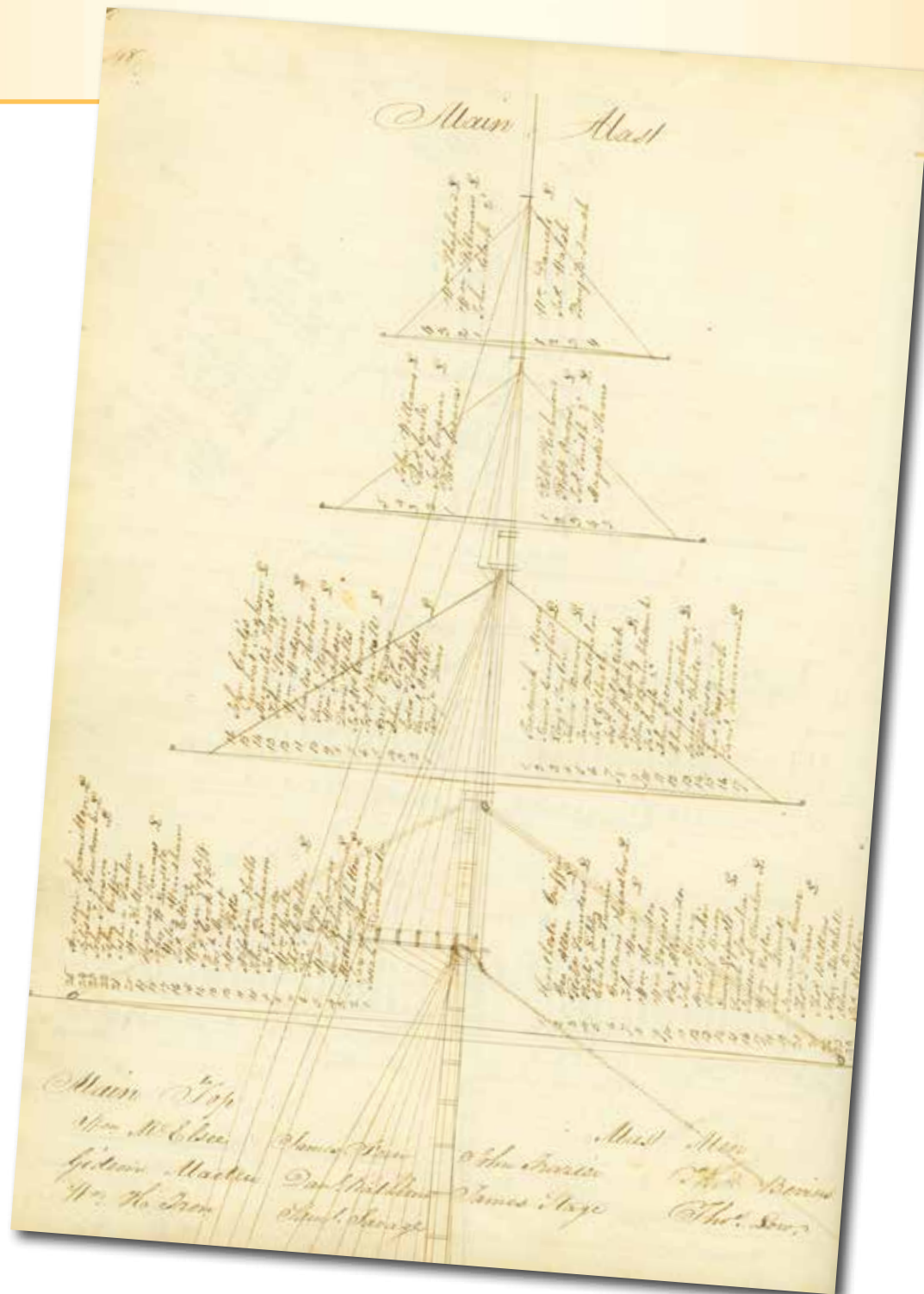
ALL HANDS ON DECK

How many sailors fell from aloft?

Balancing on a footrope 150 feet above the water ... at night ... in a storm ... during battle ... was dangerous. On board *Constitution* during the War of 1812 there are four instances recorded of sailors falling from the rigging: none survived.



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In 1827, *Constitution's* First Lieutenant Elie Vallette drew each sailor's exact position aloft when the officer in charge ordered, "All hands to shorten sail."

66

ALL HANDS ON DECK

Did you know?

Constitution almost sank in 1814! While sailing through a gale in the Bay of Biscay, the hawse plugs (stoppers for the holes where the anchor cable goes out of the ship) got knocked out by a huge wave, and tons of water rushed in. With orders from quick-thinking Lt. Shubrick, the crew stuffed hammocks in the holes and pumped the water out.

Painting of *USF President* at anchor in a storm by Antoine Roux, 1802; Courtesy of the Navy Art Collection, Naval History and Heritage Command



COMMUNICATE IN CODE



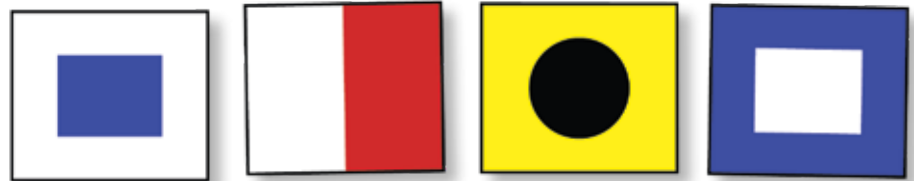
Out at sea, ships use flags to communicate with one another. Each country has its own signals, which is how Captain Hull is able to figure out if a ship is a friend or foe!



Write a Secret Message

You will need:

Signal Flag Decoding Chart
Paper
Pencil
Markers, crayons, or colored pencils
Scissors
Yarn or string
A ruler or straight edge (optional)
























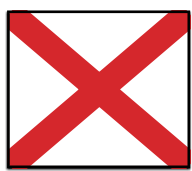

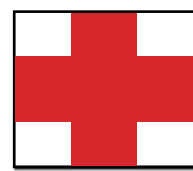


Instructions:

- Choose a word or phrase that you would like to spell (such as your name or a nautical word like “anchor,” “ship,” or even “USS Constitution”).
- Using the Signal Flag Decoding Chart, find the flags that spell your word.
- Copy the flags that represent the letters in your words. Or, download and print them from the “Hands-on Activities” link on www.asailorslifeforme.org.
- Color and cut out your flags.
- String them together to create a word.
- Challenge your friends and family to decode your flags!





Signal Flag Decoding Chart

					
A	B	C	D	E	F
					
G	H	I	J	K	
					
L	M	N	O	P	
					
Q	R	S	T	U	
					
V	W	X	Y	Z	

ALL HANDS ON DECK



Ships used flags to communicate at sea. In 1827, Lt. Elie Vallette copied these signals into his journal. These colorful pennants were used to recall *Constitution's* small boats back to the Ship.

Constitution Record Book kept by Elie Vallette, 1827
Vallette was Lieutenant on board *Constitution* from 1824-1828
Collection of the USS *Constitution* Museum, Boston



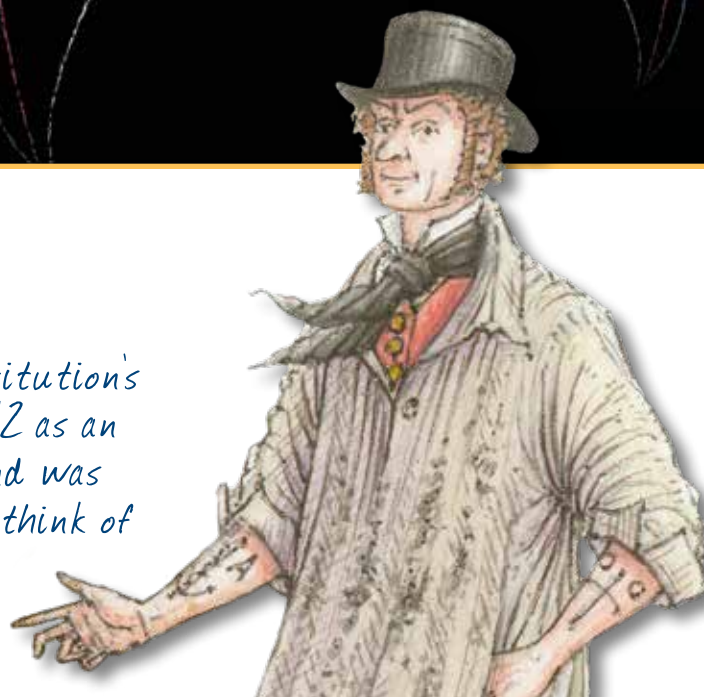
Did you know?

Signal flags were useless on a dark night. To communicate over long distances, ship captains used a combination of lanterns, flares (a rocket-like firework that burned red, blue, or white), or cannon fire.



Who am I?

Richard Dunn, here. I joined Constitution's crew at Annapolis, Maryland in 1812 as an Able Seaman. I am 25 years old and was born in Philadelphia. What do you think of my tattoo?

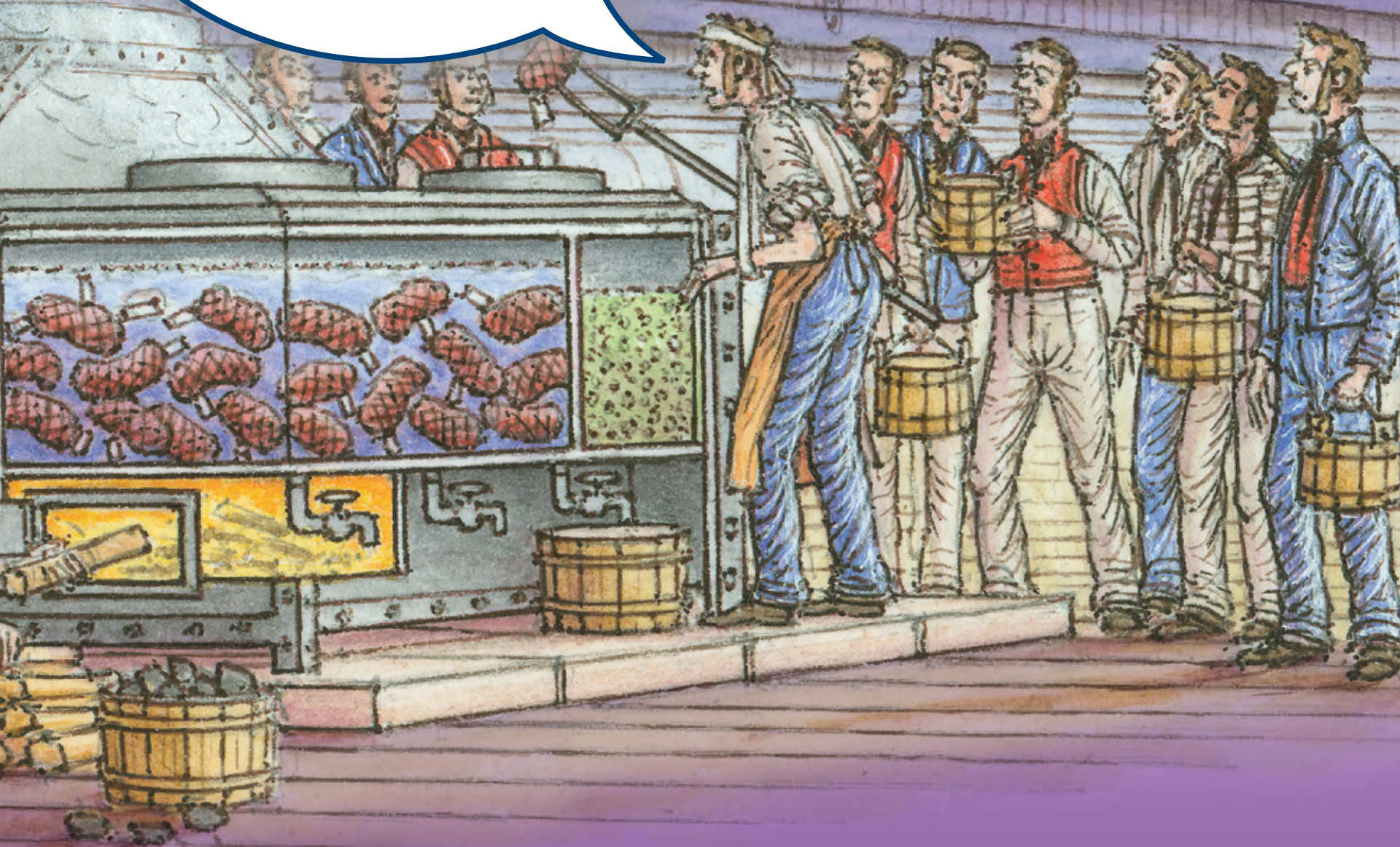


ALL HANDS ON DECK

EAT LIKE A SAILOR

What's for dinner?

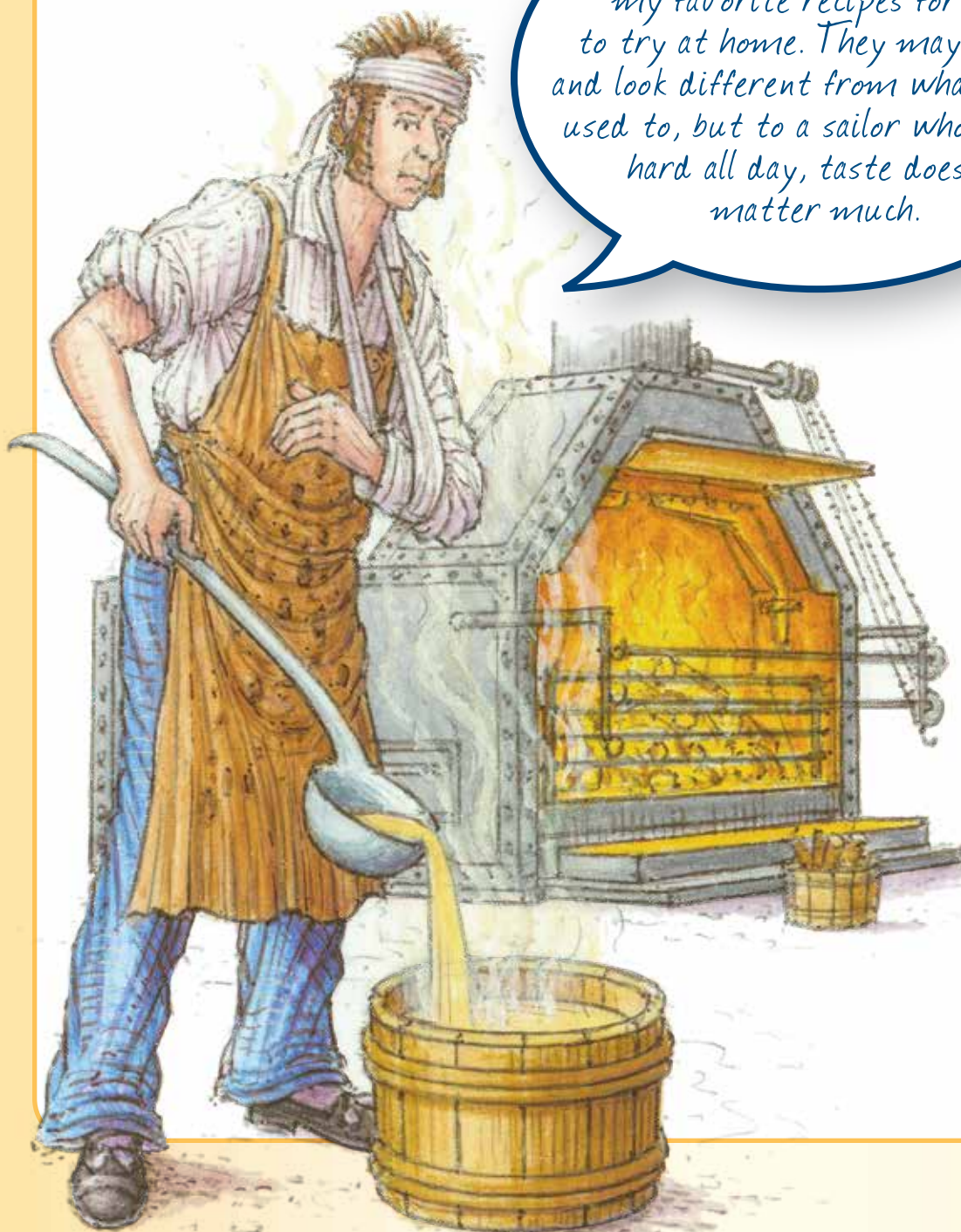
As ship's cook I prepare the food for over 450 hungry sailors in one large stove, called a cambouse. The crew takes turns bringing me the ingredients for their meals and then fetch the finished dish when it's ready. The menu is pretty much the same day after day. Stew anyone?





Cook a Sailor's Meal

I've gathered up some of my favorite recipes for you to try at home. They may taste and look different from what you're used to, but to a sailor who works hard all day, taste doesn't matter much.



Ship's Biscuit
Switchel
Hot Chocolate
Dandyfunk
Plum Duff



Cook a Sailor's Meal

Copy the recipes to cook your own sailor's meal.

Ship's Biscuit

I serve this hard, bland bread on board every day. Sailors soak 'em in their stew or water before eating 'em. You should too. We don't want any broken teeth around here.

2 cups whole wheat flour

A little water

Baking sheet

Damp cloth

1. Preheat oven to 175 degrees.
2. Mix flour and enough water to form a stiff dough. If the dough is sticking to your fingers, add more flour. Cover with a damp cloth and let sit for ten minutes.
3. Fold and beat the dough until it is 1/2 inch thick. Repeat until dough is smooth.
4. Cut into circles, about 5 inches across. Pierce four times with a fork. Dust lightly with flour.
5. Place on ungreased baking sheet and bake for 3 hours, or until dry inside.



This ship's biscuit is REAL. A sailor kept it as a souvenir, writing "Constitution" and recording the date, 1861.

Why do you think a sailor saved this?
Can you imagine saving a piece
of bread today?

Ship's Biscuit issued on board *Constitution*, 1861
Courtesy of the Mariners Museum



Switchel

I mostly make this drink for the sailors during the summer months. The men love switchel because it tastes better than plain water and gives them more energy on a hot day.

5 cups water
1/2 cup vinegar
1/2 cup molasses
3 teaspoons ground ginger

1. Mix ingredients together in a bowl.
2. If it tastes too strong, add some water.
3. Serve cool and enjoy!



Hot Chocolate

Hot chocolate is a very popular drink with the crew. Sailors can buy chocolate from the Purser (the ship's storekeeper) for 37 cents a pound.

1 cup milk or water
2 tablespoons cocoa powder or 2 ounces semi-sweet or bittersweet chocolate
Sugar
Cinnamon (optional)
Chili powder (optional)
Vanilla (optional)

1. Heat the milk or water and stir in the chocolate until it's dissolved.
2. Remove the mixture from the stove, add sugar to taste, and froth it with a whisk.
3. Try adding different combinations of spices (or all of them) until you find your favorite!



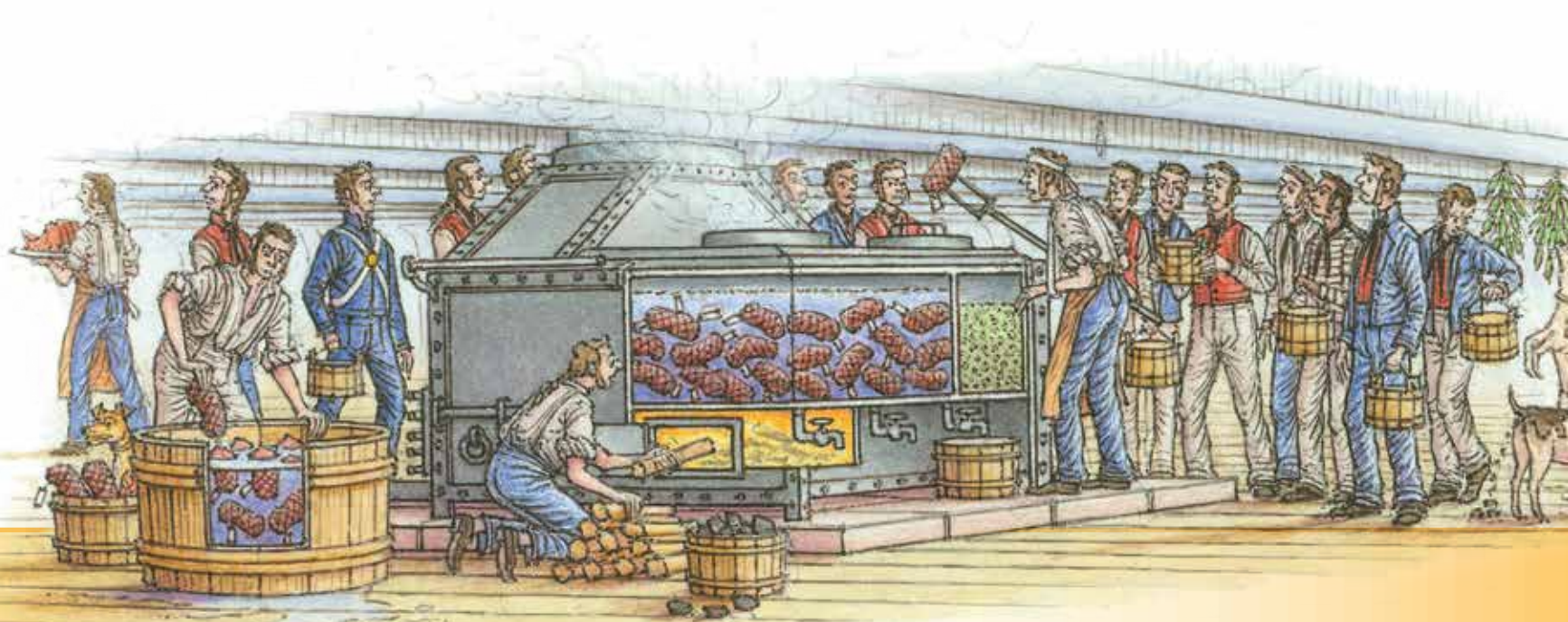
Cook a Sailor's Meal

Dandyfunk

The sailors cook this up themselves when they can find some leftover ship's biscuit and get extra ingredients from me. They need the camboose (stove) to cook it, so they make sure to do it when I am not cooking.

1 piece of Ship's Biscuit (see Ship's Biscuit recipe) or 1 cup crushed, unsalted crackers
1 tablespoon vegetable shortening or lard
2 tablespoons dark molasses

1. Preheat oven to 350 degrees.
2. Put the biscuit or crackers into a plastic bag and crush into crumbs.
3. Mix crumbs with the shortening and add the molasses. Mix well.
4. Put mixture into a small, oven-safe dish.
5. Bake 15 minutes (or until it's brown and bubbling).





Plum Duff

Plum duff is another food that sailors can make for themselves. They have to be patient though; this doughy mixture takes four hours to cook.

2 pounds flour
1 pound shortening or lard
1/2 cup sugar
1/2 quart water
3/4 cup raisins
Cheese cloth
Kitchen string
Molasses

1. Bring a large pot of water to a boil.
2. Mix ingredients and knead the mixture with your hands, adding extra water if it's too dry.
3. Divide the mixture into four equal portions.
4. Wrap each portion in a piece of cheese cloth and tie at the top with a string.
5. Reduce the heat of the pot of water to medium-high.
6. Put the bags of cloth into the pot and boil for four hours. Serve with molasses.



Who am I?

I'm the cook, William Long. I was an Able Seaman once, but thanks to this wounded arm of mine I'm good for nothing. The Captain took me on board as cook, and the only battles I fight now are with beef, pork, and peas.

ALL HANDS ON DECK

Did you know?

Mealtime was a sailor's favorite time of the day. The sailors who ate together (in a group called a mess) were like a family. They drank, laughed, and told stories. Messmates made the hard life of a sailor a little more pleasant. Their bond was strong and they always looked out for each other.

Unlike sailors, wardroom officers ate at tables and paid extra for fresher food that was cooked separately and served to them on china.





During the War of 1812, how much food did 450 sailors eat in six months?



Bread: 84,456 lbs
= about 168,912 loaves of bread

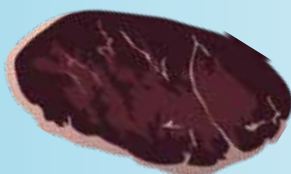


Pork: 50,600 lbs
= about 338 pigs



Raisins: 360 lbs
= 3,840 small boxes of raisins

Beef: 57,700 lbs
= about 101 cows, or
230,800 hamburgers



Flour: 12,544 lbs
= about 209 bushels or the
yield of 4 acres of land



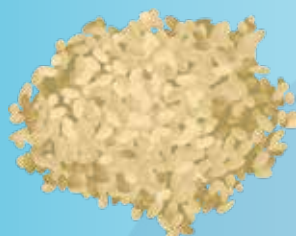
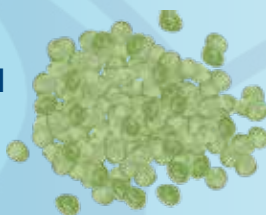
Cheese: 2,174 lbs
= about 233 wheels of cheese



Butter: 1,765.5 lbs
= 7,062 sticks of butter

Suet (beef fat): 5,850 lbs
= fat from about 216 cows

Peas/Beans: 1,932 gal
= 13,738 16oz. bags



Rice: 1,657 gals
= 178 bushels or the yield
of 4 ½ acres of rice



Vinegar:
1,310 gal
= 20,960 8oz.
cups



Molasses: 870 gal
= byproduct of 2 acres of
sugar cane or 400,000 lbs
of sugar cane



Sauerkraut: 800 gal
= about 4,000 cabbages and
2,400 tablespoons of salt



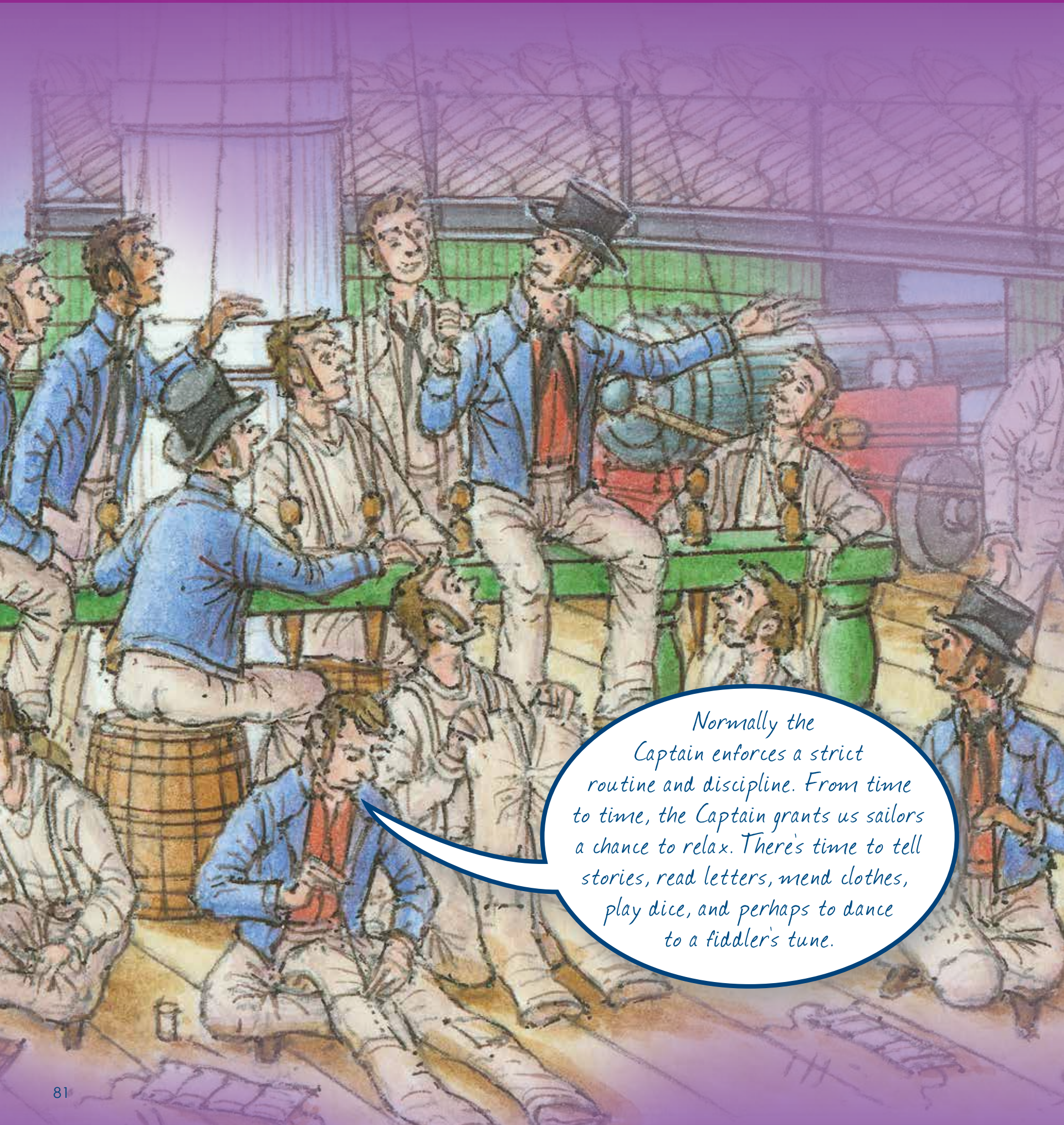
Spirits: 9,546 gal = 152,736 8oz. cups
Water: 47,265 gal = 756,240 8oz. cups



Get
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ALL HANDS ON DECK

ENJOY FREE TIME



Normally the Captain enforces a strict routine and discipline. From time to time, the Captain grants us sailors a chance to relax. There's time to tell stories, read letters, mend clothes, play dice, and perhaps to dance to a fiddler's tune.



Play a Dice Game

"Going to Boston" was a popular dice game on land and at sea. It's a simple game that can be played almost anywhere.

You will need:

3 dice
Paper and pencil
Cup (optional)

Players:

2-6 players

How to play:

- Roll the three dice. Set aside the die with the highest number.
- Throw the other two dice. Again, set aside the highest number.
- Throw the last die and set aside that number.
- Add up the three numbers and record your score.
- Pass the dice to the next player. Once everyone has had a turn, compare your scores – the player with the highest total wins the round.

Winning the game:

At the end of three rounds, compare your scores again – the player with the highest total wins the game!



ALL HANDS ON DECK



Tell a Tall Tale

Sailors are known for spinning yarns (telling tall tales) about dramatic adventures they've had and outrageous things that they have seen.

Ask a friend to provide you with words to fill in the blanks in the following tall tales. Record the words on a separate sheet of paper. Then, read the story with the new words included.

You will need:

Paper

Pen or pencil





Story one

Now this terrible event took place when I was a (job), and our (adjective) (noun) was stranded in (location). We had not a breath of wind in a week, and one night a fog came down upon us. We knew that there was (something dangerous) all around us. What could we do? It was impossible to see from one side of the ship's (noun) to the other, and there was a (noun) dangerously close. Then I had a brilliant idea. I climbed the mast, cut up the fog with a sword, and tied it in a ditty bag with a (noun).

Cook served up portions of fog with gravy, and in two days we had eaten our way out to clear skies.

Story two

You might not believe this yarn, but I swear on my granny's grave that it's true. It was when our (adjective) (noun) was cruising in (adjective) seas in (location). I was standing in the ship's (room) when my parrot (name), who never usually left my shoulder, flew off and out of sight. He headed towards the (adjective) lands nearby, and I thought he was gone for good. So I was delighted when, just hours later, he returned – and with a leaf of purest gold in his beak! Of course I hid this from our (adjective) officers. The parrot repeated this trick the next day, and the one after. I would have been a rich man if our lousy, (adjective) ship's cat had not captured poor (parrot's name) and reduced him to a lifeless pile of brightly colored feathers.

Story three

I'm going to tell you an extraordinary story. It was back when I was a (job). We were cruising the (location) aboard a (noun) in the (adjective) seas off (adjective) coasts. We had turned (direction) to avoid a (hazard), when we suddenly heard a haunting song. There, sitting on a (noun) were three beautiful maidens. Their song instantly enchanted my (adjective) shipmates, who steered towards the rock. But I blocked my ears with (noun) and leaped from my position on the (location). I grabbed the helm, set a safe course, and tied the wheel with (noun). Then I fought off my shipmates until we were safely out of earshot.

To this day, I dream of those beautiful sirens every night.



Sailor's Powderhorn

Though designed to carry fine gunpowder, this powderhorn is a special memento of one sailor's service. Gunner John Lord made this in the 1820s. Using a technique called "scrimshaw" (carving or scratching designs into bone or ivory), Lord decorated this cow horn with images reflective of his proud service on board *Constitution*, including cannon and cannonballs, an anchor, a flag, and a scene of "Old Ironsides" in battle.



Powder horn decorated by John Lord, ca. 1824-1828
Lord was Gunner on board *Constitution* from 1824-1828
Collection of the USS Constitution Museum, Boston



Did you know?

Most sailors couldn't write their names. Officers had to be able to read and write, but common sailors didn't. Samuel Leech, a sailor in 1812, said that "many of my shipmates could neither read nor write...[and] were dependent on the kindness of others, to read and write for them." On board *Constitution* in 1813 only about one in five sailors could sign their name.

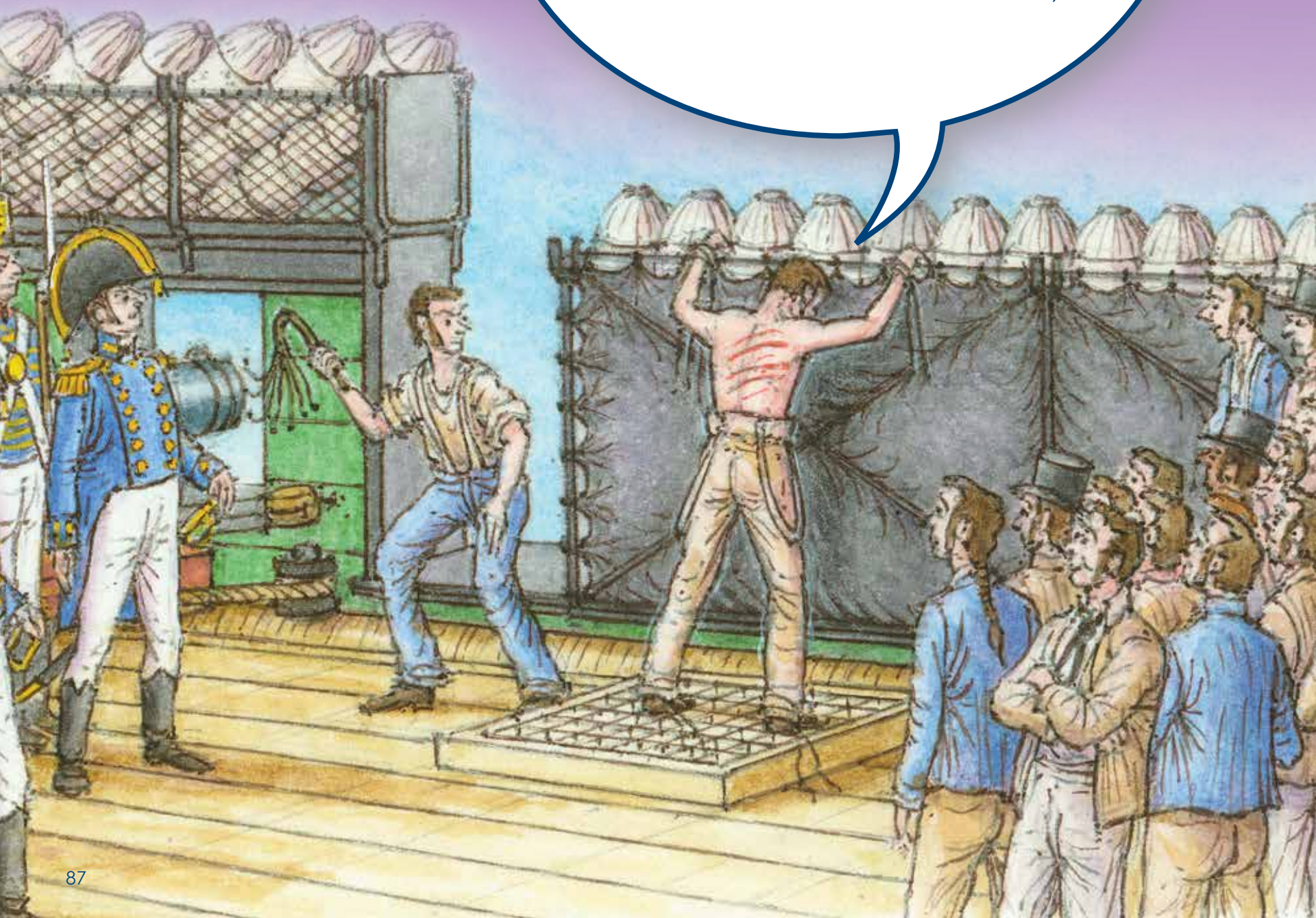


ALL HANDS ON DECK

OBEY ORDERS ... OR ELSE!

"I had rather jump overboard and drown than be flogged. But I took the blows without opening my mouth. Indeed, I clenched my teeth close together, determined that no mortal should know by a sound from me how much I felt. It was my first and last flogging."

-Seaman Moses Smith, 1811





Cat-o-Nine-Tails

Seaman Moses Smith received six lashes with a cat-o-nine-tails for disobeying an officer's order. The humiliation of being tied to a grating and flogged in front of his shipmates was worse than the pain.

Cat-o-Nine-Tails, 19th century
Collection of the USS Constitution Museum, Boston



ALL HANDS ON DECK

Did you know?

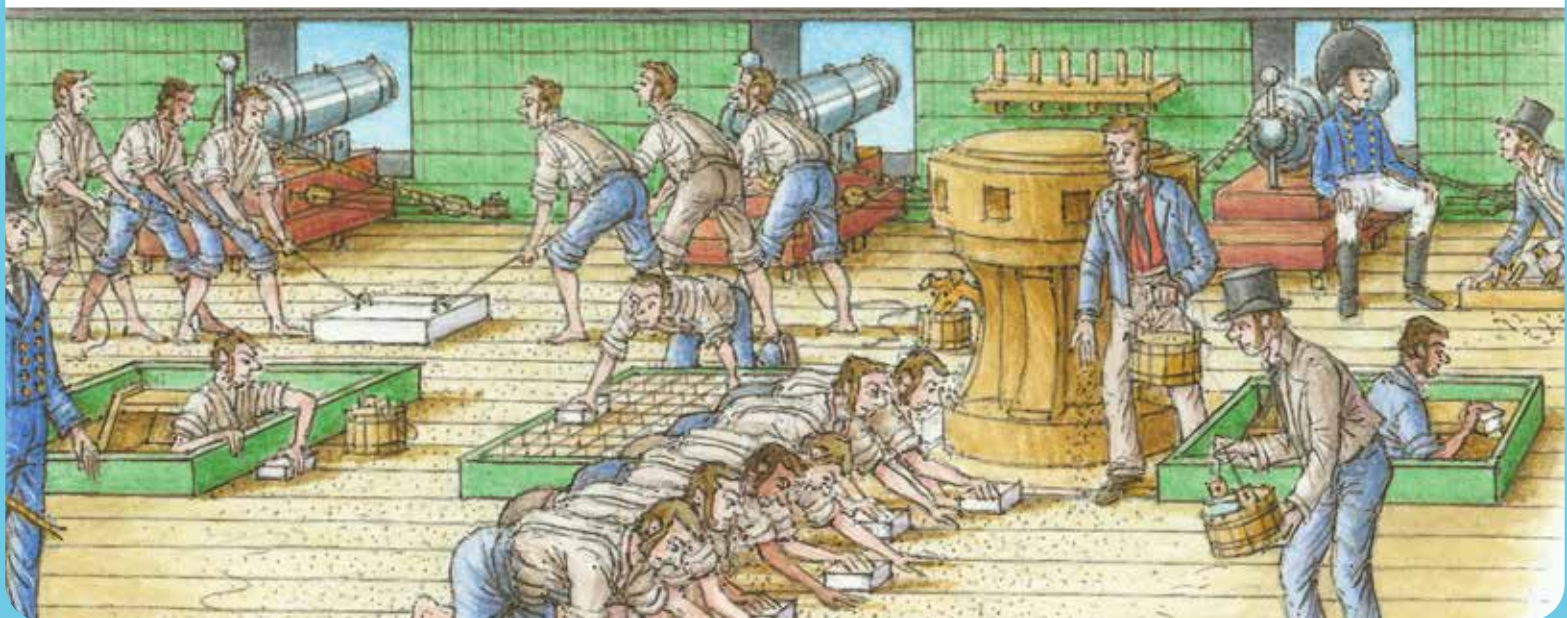
Whether sailing the ship or fighting an enemy, officers had to teach and maintain order and discipline among the crew.

In My Own Words

"Order is the first great principle on board a man-of-war. To this everything else must bend, and from it there is no appeal..."

- Charles Nordhoff, 1855

For those who did not obey orders, a variety of punishments awaited. For minor misdeeds, sailors might have their grog stopped or other special privileges revoked. For more serious crimes, a sailor could be arrested and handcuffed or struck with a cat-o-nine tails (whip).



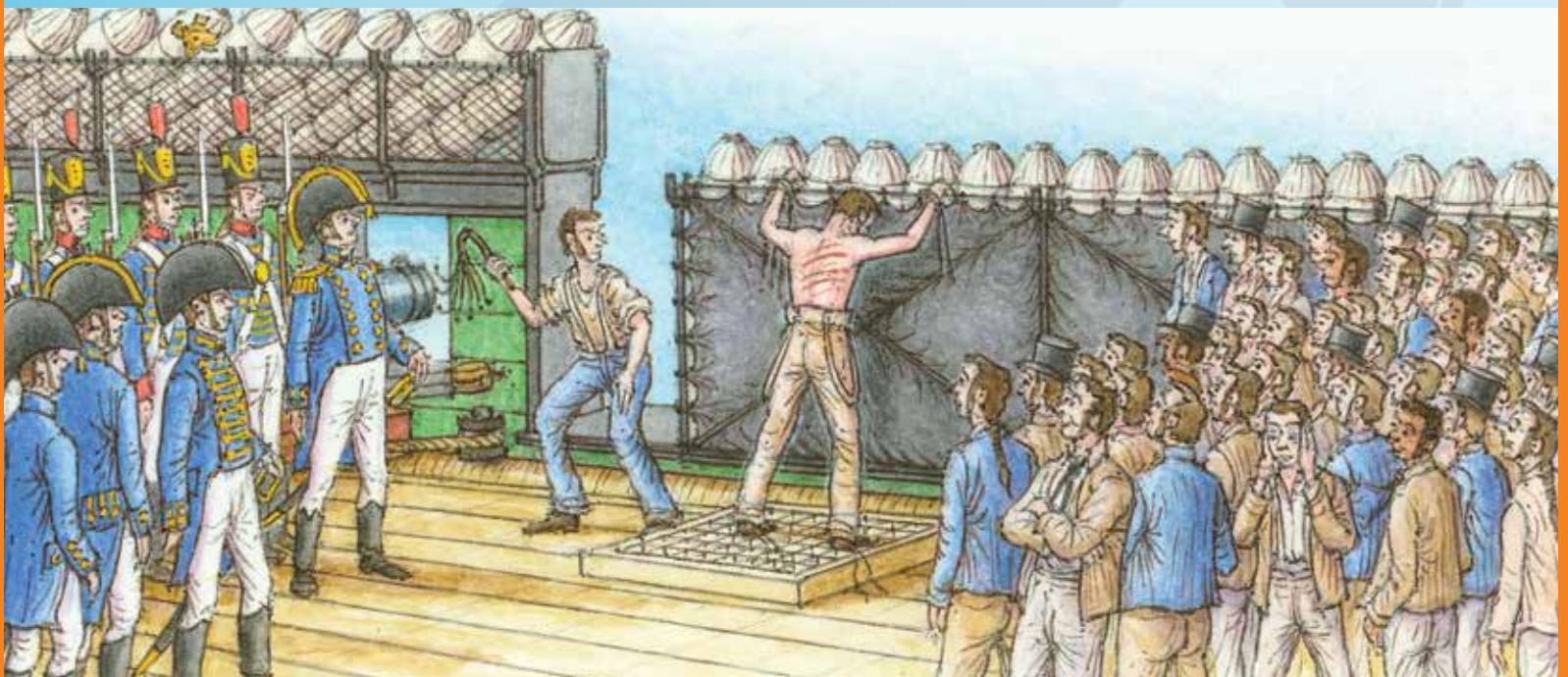


How often were sailors flogged?

The frequency of flogging varied by Captain. Flogging did not occur every day, but the threat of it was always present. When it did happen, all hands gathered to witness the punishment as a very powerful reminder of the officers' control over the sailors.

According to the surviving records, between 1812 and 1815 approximately 11 men were flogged for offenses ranging from desertion to smuggling liquor on board. During the same period, courts martial (military courts) awarded seven men between 50 and 100 lashes each for more grievous offenses such as theft and "mutinous behavior."

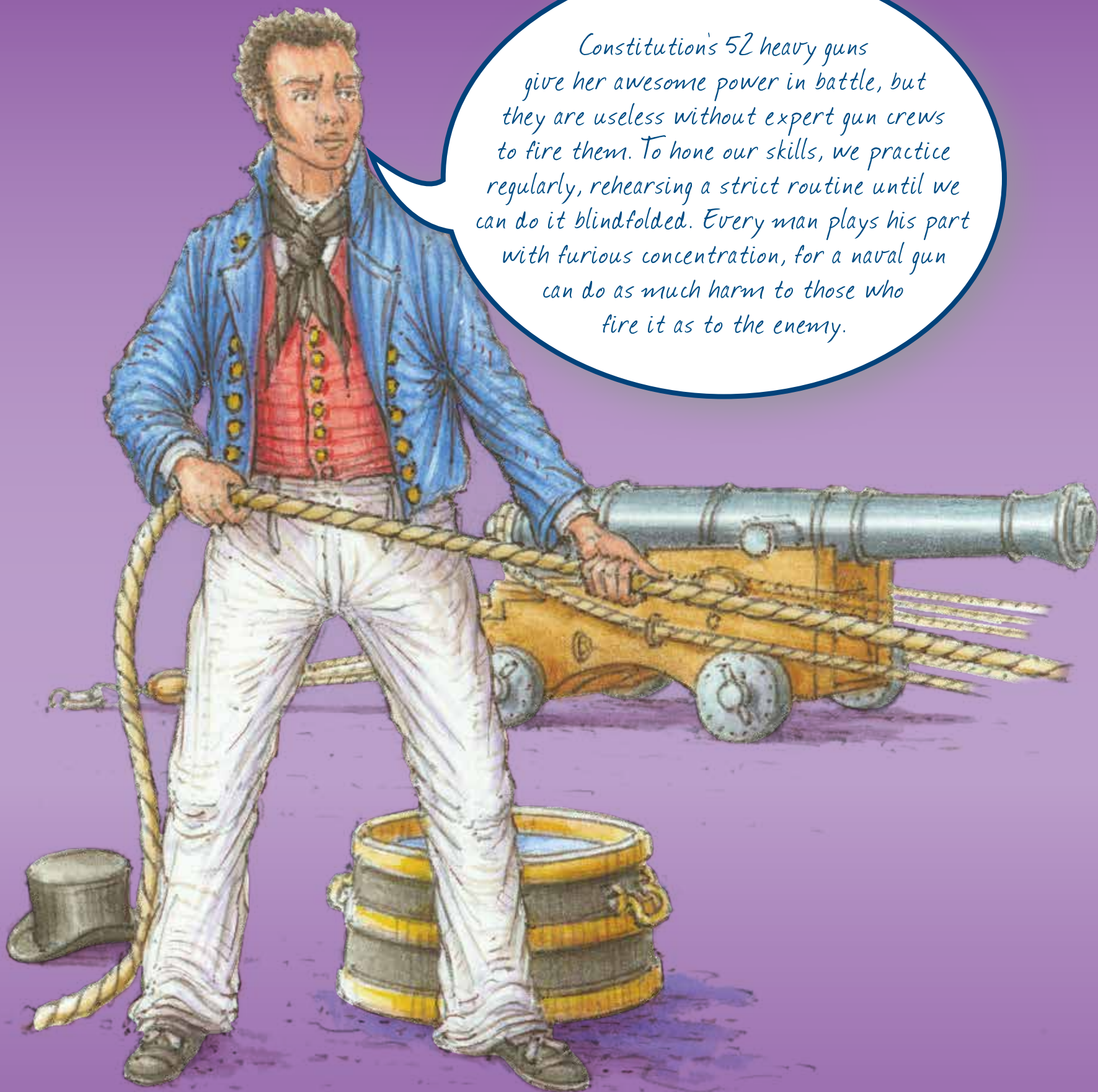
Get
History **BUFF**



ALL HANDS ON DECK

PREPARE FOR BATTLE

Constitution's 52 heavy guns give her awesome power in battle, but they are useless without expert gun crews to fire them. To hone our skills, we practice regularly, rehearsing a strict routine until we can do it blindfolded. Every man plays his part with furious concentration, for a naval gun can do as much harm to those who fire it as to the enemy.





Make and Fire Your Own Cannon

You will need:

An empty 35mm film container (or disposable salt or pepper shaker, or M&M's Minis® container [make sure the lid is not hinged to the container])

1-3 Alka-Seltzer® tablets

Warm water

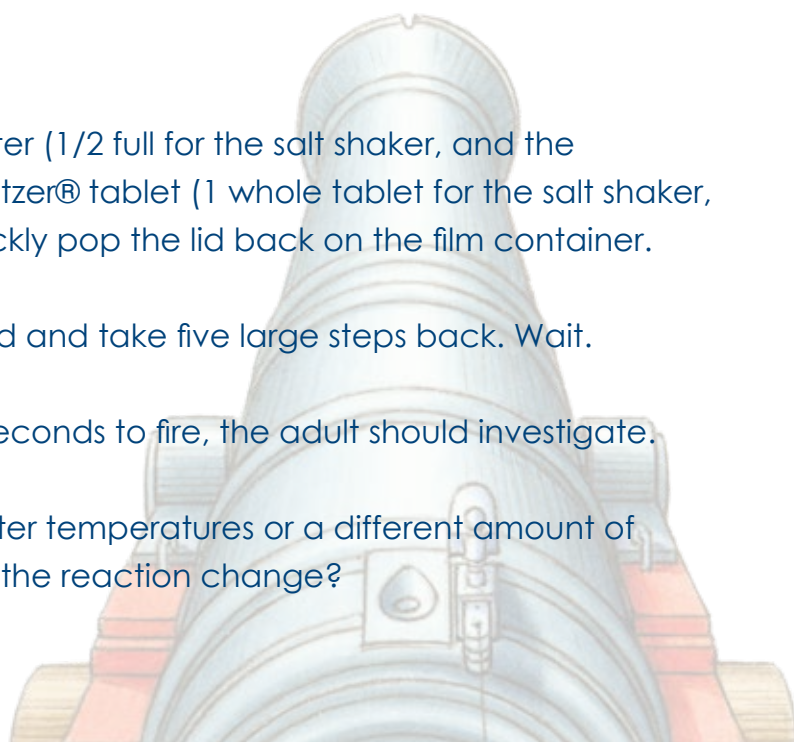
Safety glasses (swimming goggles or sunglasses will work)

Note! Adult supervision required.

Test your cannon outdoors or somewhere you don't mind getting a bit wet.

Instructions:

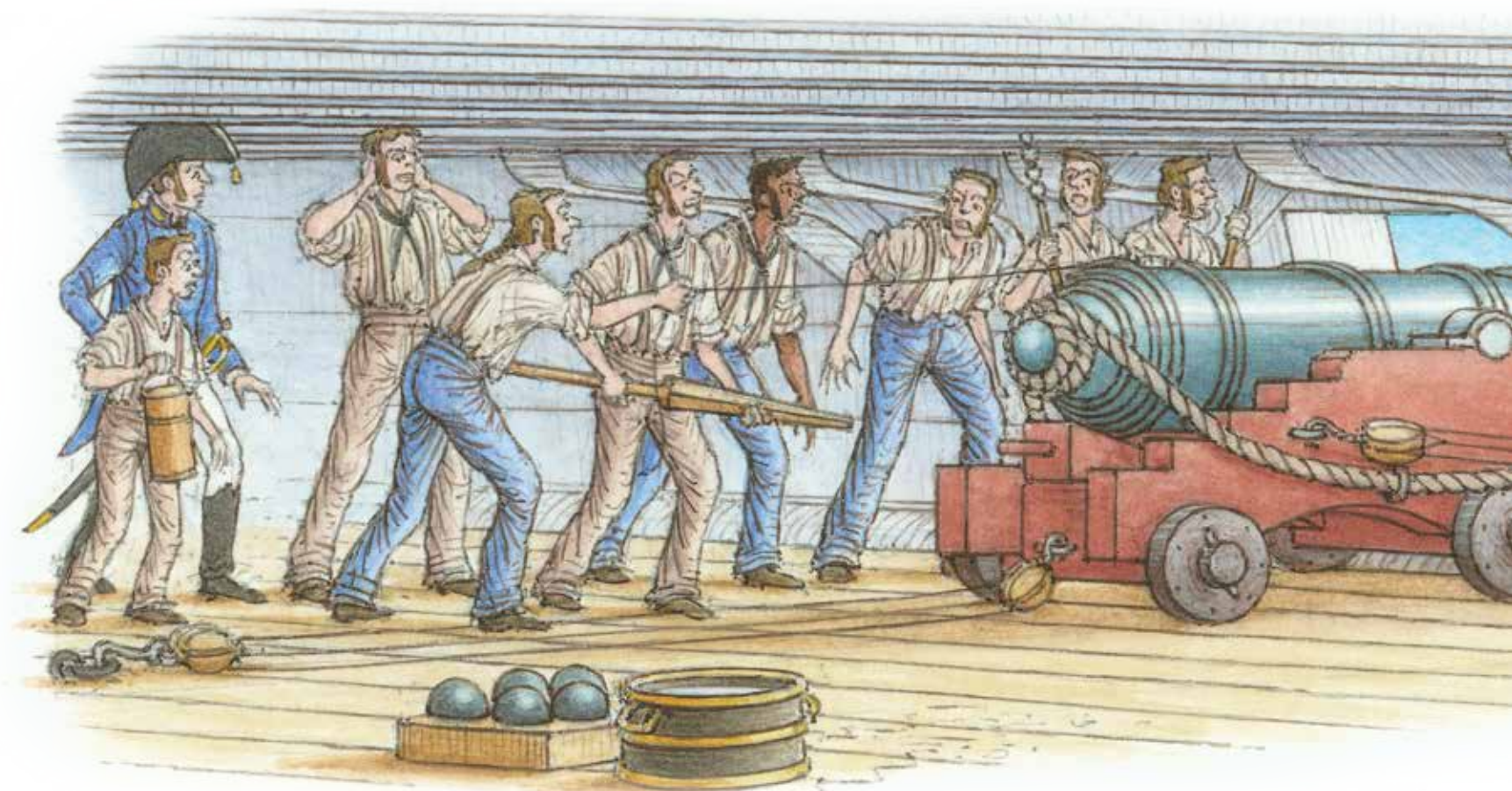
1. Fill the film container 1/3 full with warm water (1/2 full for the salt shaker, and the M&M's Minis® container). Add 1/3 Alka-Seltzer® tablet (1 whole tablet for the salt shaker, and the M&M's Minis® container) and quickly pop the lid back on the film container.
2. Place the container (top up) on the ground and take five large steps back. Wait.
3. If it takes your cannon more than twenty seconds to fire, the adult should investigate.
4. Try the experiment again with different water temperatures or a different amount of Alka-Seltzer®. Does the speed or height of the reaction change? What about the "popping" noise?



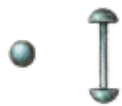
Learn the Steps to Load and Fire a Cannon

During the War of 1812, it took 9 to 14 well-trained men approximately two minutes to complete the 17 steps involved in firing a cannon. Below is a simplified version of those 17 steps.

1. **"Sponge your guns!"** Sailors use a wet sponger to extinguish any burning materials from the previous cannon fire.
2. **"Load your cartridge!"** A crewmember pushes a cloth bag filled with a pre-measured supply of gunpowder (called a "cartridge") down the cannon barrel with a tool called a rammer.
3. **"Shot your guns!"** The Gun Captain orders the loader to load a cannon ball (shot) into the cannon barrel and push it against the cartridge.



Prepare for Battle



shot



cartridge



wad



powder horn



sponger



rammer

4. **“Wad to your shot!”** A sailor pushes a disc called a “wad” (often made of old rope) against the cannon ball to hold the shot in place.
5. **“Prime your guns!”** The Gun Captain pours a small amount of loose gunpowder from a powder horn into the touch hole.
6. **“Fire!”** A spark from the match or “flint lock” ignites the gunpowder in the touch hole. This powder burns and lights the cartridge on fire. The ignited cartridge explodes and pushes the shot out of the barrel. Huzza, the shot is fired!