

To illustrate forcibly the great work of Sanitary Reform in the Navy accomplished by Sir Gilbert Blane, it will be only necessary to mention, that while in the year 1726, Admiral Hozier, in sailing to the West Indies, buried his ship's company twice, and that within the limits of the South American command, the "Centurion" lost more than a century ago—200 out of 400 men from scurvy. From 1830 to 1836, the British squadron, employed in South America, lost by disease of every description only 115 out of 17,254 men. In 1779, the proportion dying, of the employed, was 1 in 8; in 1811, 1 in 32; from 1830 to 1836, 1 in 72.—(See Wilson's Report.) We must not attribute altogether this immense diminished death-rate to the suppression of scurvy, by the supply of lemon juice, but give the due meed of praise to the enforced temperance accomplished by the then head of the Navy department, Sir William Burnett. Previously to 1825, half-a-pint of spirits was allowed to every person serving in the fleet; at which time a salutary change was introduced, by the reduction of the spirits to a quarter of a pint daily, and the allowance of tea or coffee instead. Another important factor in the accomplishment of this important change, was a greatly improved dietary. Previously to the year 1797, the nutriment supplied by rations to seamen and marines was one-third less than it is now: the results, scurvy, putrid ulcers, malignant dysentery, and fevers. The other auxiliaries for the improvement of health were, at the same time, carefully attended to, viz., employment, berthing, cleaning, and ventilating.

The scope of scientific hygiene is not merely to preserve health and prevent the development of disease; it aims also at ameliorating and perfecting the various instruments of life, and at promoting the full development of all the powers of the system. Having very briefly reviewed its progress in the Navy, let us now examine the record in the Army, as given by Dr. Balfour, Inspector-General of Hospitals. In the stations of the United Kingdom, the sickness is represented by 1,025 admissions, and the mortality by 9.35 deaths per 1,000 men. The class of diseases which give rise to the largest