

An interesting report showing the value of fresh beer as a cure for scurvy comes from Norway. Among the men of a certain sailing vessel scurvy appeared and the captain put into port and left his patients there while he proceeded further down the coast for fresh vegetables. Some of the men secured a supply of fresh beer and rapidly recovered while their less fortunate comrades had to await the arrival of fresh vegetables.

Scurvy existed among the troops of the various armies during the recent war, least of all among the men along the Western front. Severe outbreaks occurred in Mesopotamia (12) and Serbia. The investigators at the Lister Institute only late in the war learned the value of germinated seeds, *e.g.* peas and beans, in the cure of scurvy. Acting on this suggestion (13), Major H. W. Wiltshire (14) made some interesting observations in treatment of scurvy in Serbian soldiers. Beans were allowed to germinate for 48 hours and then ten minutes boiling was ample time to fit the beans for eating. He reported that seventy per cent. were cured within four weeks with germinated beans as opposed to fifty-three per cent. treated with lemon juice. Captain Cook had used this method over 200 years before. He took with him malt which on germination produced fresh beer which formed a very agreeable cure for the disease.

Hess (15), in his investigation of scurvy in children, noticed that pasteurized milk, milk with high fat content, buttermilk with no fat, protein milk or proprietary foods would not produce the disease with regularity and so concluded that scurvy was not a deficiency disease as defined by Funk. The primary disturbance is a faulty diet which favors a secondary infection (16). Milk is only mildly antiscorbutic: it has been estimated that an infant requires at least one pint of fresh, raw milk daily to protect it from scurvy. If pasteurized, stale or heated milk is used, more than one pint will be needed. Since milk contains fat-soluble A and water-soluble B, we can readily understand what Mrs. Rose (17) intended to emphasize by this fanciful comment, "When the milk pitcher is allowed to work its magic for the human race, we shall have citizens of better physique than the records of our recruiting stations show to-day. Even when the family table is deprived of its familiar wheat bread and meat we may be strong if we invoke the aid of this friendly magician." Milk has a high calcium content and a considerable amount of sodium chloride, two of the most important mineral elements in the body. The universal practice of salting food, the craving of animals for salt and the drinking of water rich in calcium indicates the important role these chemicals play in human economy.