

in our western party, but I do not think such conditions can be regarded as the prime cause.

In summing up this brief survey of our outbreak of scurvy, I may point out that the evidence shows it was caused by the food the discontinuance of which led to recovery, and that this food consisted of tinned meats which were to all appearances of the best quality, and of apparently fresh mutton taken in small quantity. Beyond this it seems impossible to go, and consequently, as far as the investigation of the disease is concerned, we are left in an unsatisfactory position of doubt.

Our scurvy came to us as a great surprise. Fully alive to the danger of the disease, we seemed to have taken every precaution that the experience of others could suggest, and when the end of our long winter found everyone in apparently good health and high spirits, we naturally congratulated ourselves on the efficacy of our measures. How rudely we were awakened from this pleasing attitude I have shown, and, though the disease was banished with astonishing rapidity, the incident could not fail to leave an impression that in some manner we had been unwittingly culpable. Quite apart from the benefit lost to medical science, therefore, it was extremely grievous that, for our own personal satisfaction, we could not put our finger on the spot, and definitely state whence the evil sprang.

Yet, inconclusive as our experience was, it serves to emphasise the lessons taught by former experiences. It shows that too much care and attention cannot be paid to the provisioning of a polar expedition; it indicates that in this connection the ordinary methods of food examination are not sufficiently refined, but should be supplemented by chemical analyses and every test that modern science can suggest; and it again points clearly to the inestimable advantage of fresh food.

In this last respect there lies the most invaluable safeguard for the welfare of future Antarctic expeditions; it seems evident that the whole circle of the Antarctic seas is abundantly