

country and also the old towns. The disease is also found in Formosa, Corea, the southern part of China, Borneo and the Philippine Islands, slightly in India and also in some parts of Brazil and South America. Europeans have also contracted the disease and isolated cases may be found in seaport towns, as Liverpool, etc. There are three forms, the acute, subacute and chronic, the latter being rare. In ascertaining the cause of the disease in connexion with the navy, the Baron followed out many investigations and experiments and at last came to the conclusion that the food supplied to the men had much to do in rendering them susceptible to the disease. These experiments were extremely interesting. Taking the men at different stations the proportion of nitrogenous food to the carbo-hydrates was graded and the results carefully noted, the proportion being from 1 to 17, to 1 to 32. It was noted that in this latter proportion the occurrence of cases of beri-beri was small, and as the scale was lessened the cases were greater. Previous to this experiment investigations had been made with regard to the cabins of the men, the clothing, their occupation, the temperature or climate, rain-fall, etc., but with no result whatever as to the prevalence of the condition. The trouble now was to convince those interested that the diet was at fault. An opportunity presented itself when a detachment of soldiers was sent to the northern part of the island, on the Russian frontier, and, after considerable trouble, the Baron was permitted to instruct the doctor of the regiment in his method of diet. He failed, however, to carry out those instructions and 16 men were lost out of 160. Later, the right proportion of barley and rice was sent to them and no more cases developed, those already ill rapidly recovering from the disease. The doctor in charge of this detachment then set about himself to contract the disease and, after a diet of boiled rice with a small quantity of table salt for seven days, typical symptoms set in, and at the end of a fortnight he was very ill; he recovered slowly. On board ship it was easier to keep track of the disease as no outside conditions interfered. In one instance, where the ship had been cruising some 280 days, there was serious doubt that the ship would ever reach port, so many of those on board were down with the disease. As soon as she arrived and the men could now get bread, fresh meat, eggs, etc., improvement of the men set in next day, no new cases developed and all recovered in four weeks. On another vessel, taking the same route but supplied with a more mixed diet, no cases developed.

After much trouble a new diet was instituted in the navy, and from that time the number of cases decreased until the disease was completely exterminated. The men increased in body weight, the sick rate de-