

swollen. The liver was woody and spotted, without its natural color. The vena cava, superior and inferior, was filled with thick coagulated and black blood. The gall was tainted. Nevertheless, many arteries, in the middle as well as lower bowels, were found in a very good condition. In the case of some, incisions with a razor were made on the thigh where they had purple spots, whence there issued a very black, clotted blood. This is what was observed on the bodies of those infected with this malady. Those who continued sick were healed by spring, which commences in this country in May. That led us to believe that the change of season restored their health, rather than the remedies prescribed.

"During the winter all our liquors froze, except the Spanish wine. Cider was dispensed by the pound. The cause of this last was that there were no cellars under our store-houses, and that the air which entered by the cracks was sharper than that outside. We were obliged to use very bad water, and drink melted snow, as there were no springs nor brooks; for it was not possible to go to the mainland in consequence of the great pieces of ice drifted by the tide, which varies three fathoms between low and high water. Work on the hand mill was very fatiguing, since the most of us, having slept poorly, and suffering from insufficiency of fuel, which we could not obtain on account of the ice, had scarcely any strength, and also because we ate only salt meat and vegetables during the winter, which produced bad blood. The latter circumstance was, in my opinion, a partial cause of these dreadful maladies."

Thus it appears that three centuries ago the French surgeons who accompanied this expedition were impressed with the value of post-mortem examinations for determining the nature of disease, and that they at least suspected the causal connection between salt food and scurvy. And this latter view was confirmed by further observation. After the awful experiences of the first winter at St. Croix, the survivors moved to Port Royal. There were still fatal cases of scurvy. By the third winter affairs had greatly improved, owing, no doubt, to the fact that the colonists had taken to hunting and providing themselves with fresh food instead of salt. Champlain reports of this third winter:

"We spent the winter very pleasantly and fared generously, by means of the *Ordre de Bon Temps*, which I introduced. This all found useful for their health and more advantageous than all the medicines that could have been used. By the rules