

few visitors have developed a style there; Wilson's paintings and the photographs of Ponting, Hurley, Schulthess and Eliot Porter are featured. This unusual combination of scientific, historical and literary aspects of Antarctica is successful and well worth reading, providing a pleasant change from more familiar approaches to the region. (David Rootes, Scott Polar Research Institute, University of Cambridge, Cambridge CB2 1ER.)

BACKGROUND TO DISCOVERY

ANTARCTIC OBSESSION—THE BRITISH NATIONAL ANTARCTIC EXPEDITION 1901–1904. Markham, Sir Clements. (C. Holland, editor). 1986. Aldburgh, Bluntisham Books and Erskine Press. 179p, illustrated, hard cover. ISBN 0 948285 09 5. £14.95.

Sir Clements Markham was the principal proponent of British Antarctic exploration at the end of the last century. He recorded the progress of his plans in a detailed document, a *Personal Narrative*, which was given to the Scott Polar Research Institute by Sir Peter Scott in 1983. The editor has written a concise and informative introduction which greatly assists the elucidation of this very enigmatic record. Much of it reports the intrigue and other circumstances of Markham's manipulation of several different (and frequently disagreeing) organizations to enable the *Discovery* (1901–04) expedition to take place. The account is outspoken and, eighty years ago, was quite confidential—including personal opinions of many of those involved. Now it provides a most interesting and distinct idea of events at the times, and perhaps an idea of situations prevailing more generally. The editor has included a concise biography of Markham, brief biographies of the more important of the others involved, and some general notes. Unfortunately the quality of the printing is rather poor. (R. K. Headland, Scott Polar Research Institute, University of Cambridge, Cambridge CB2 1ER.)

VITAMIN C IN EXPLORATION

THE HISTORY OF SCURVY AND VITAMIN C. Carpenter, K. J. 1986. Cambridge, Cambridge University Press. 288p, illustrated, hard cover. ISBN 0 521 32029 1. £27.50

This is a very comprehensive and fascinating account of one of the diseases which has had the most significant effects on the history of travel and exploration. It is the second of the author's studies in deficiency diseases; his account of pellagra was published in 1981. The information is investigated on a historical basis, beginning in the middle ages and finishing with a discussion of recent 'mega-vitamin' contentions. A final chapter *Retrospect* covers a variety of special matters and enigma. The author has been careful in providing information for the reader, and in many cases cites primary sources where there is disagreement in interpretation. The *Treatise of the Scurvy...*, written by James Lind and published in 1753 is the most important historical development in the knowledge of the disease. The development of Lind's theories and particularly his experiments (one of which was probably the first controlled trial in clinical nutrition) is well described. Unfortunately Lind's ideas did not become generally applied (although there were several notable exceptions), and many lives were lost as other theories were acted upon. The development and consequences of these circumstances are concisely given. Captain James Cook was probably the second most important person in the history of scurvy; the author gives an account of his methods, including making sauerkraut a delicacy for officers in order to encourage the seamen to accept it. One chapter