CHRISTIAAN EIJKMANN
SIMPLEX NON VERI SIGILLUM

Student Workbook: Please, hand in to your teacher at the end of each class.

Student name: ____________________________

Date of class: ____________________________
As a debilitating and sometimes fatal disease spread across the West Indies in the late nineteenth century, one man devoted his efforts to searching for a cure. This man was Christiaan Eijkman and the disease was beriberi.

**Who Was Christiaan Eijkman?**

Christiaan was born in 1858 in the small town of Nijkerk, in The Netherlands. He was the seventh child of Christiaan Eijkman and Johanna Alida Pool. Christiaan’s father was headmaster at the local school.

When young Christiaan was only a few years old, his family relocated to Zaandam, a larger city in the Netherlands. In Zaandam, he began his education at his father’s school. He progressed with ease, and, in 1875, at the age of 17, he passed his university entrance exams.

After his high-school graduation, Christiaan chose to attend the Military Medical School at the University of Amsterdam. The government paid for his university education on account of his signing up to be an army physician upon his eventual graduation. He graduated with his doctorate in 1883.

Later that year, Christiaan was sent as the military’s chief medical officer to the island of Java in the Indies. His work as army surgeon lasted only two years due to his contracting a severe case of malaria, forcing him to take a sick leave.

Unable to continue his research in Java during his recovery, Eijkman began studying a new field of medicine called bacteriology. He worked in Josef Forster’s laboratory in Amsterdam and also in Robert Koch’s bacteriological laboratory in Berlin, where he stayed for one year. Our story begins during Christiaan’s stay in Berlin.

*The story of Christiaan Eijkmann consists of five episodes. You will find out the meaning of the mysterious title “Simplex non veri sigillum” at the end of the last episode.*
Episode 1: More than coffee at Café Bauer

Instructions: Step 1
Listen carefully as your teacher presents Episode 1 of the story.

Instructions: Step 2
Your teacher will assist you in forming discussion groups. Discuss possible answers to the following questions.

a) What are the possible causes of disease?
b) Can you think of any likely causes for the beriberi epidemic?
c) How would you begin to look for the cause?

Instructions: Step 3
In the space below, please, summarize the answers formulated in your group.

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Instructions: Step 4
Your teacher will discuss your answers with you in class.
Episode 2: Looking for infection

Instructions: Step 1
Listen carefully as your teacher presents Episode 1 of the story.

Instructions: Step 2
Your teacher will assist you in forming discussion groups. Discuss possible answers to the following questions.

a) Why was the team uncertain about the cause of beriberi?
b) What advice would you give to the research team?

Instructions: Step 3
In the space below, please, summarize the answers formulated in your group.
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Episode 3: The chicken model of beriberi

Instructions: Step 1
Listen carefully as your teacher presents Episode 1 of the story.

Instructions: Step 2
Your teacher will assist you in forming discussion groups.
Discuss possible answers to the following questions.

a) Why were the experiments so disappointing?
b) What advice would you have for Eijkman?

Instructions: Step 3
In the space below, please, summarize the answers formulated in your group.
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Instructions: Step 4
Your teacher will discuss your answers with you in class.
Episode 4: Rice is not just rice

Instructions: Step 1
Listen carefully as your teacher presents Episode 1 of the story.

Instructions: Step 2
Your teacher will assist you in forming discussion groups.
Discuss possible answers to the following questions.

a) What was Eijkman trying to find out with his many versions of diet?

b) Why could Eijkman not find an explanation?

c) What advice would you have for Eijkman?

Instructions: Step 3
In the space below, please, summarize the answers formulated in your group.

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Instructions: Step 4
Your teacher will discuss your answers with you in class.
Episode 5: Solving the puzzle

Instructions: Step 1
Listen carefully as your teacher presents Episode 1 of the story.

Instructions: Step 2
Your teacher will assist you in forming discussion groups. Discuss possible answers to the following questions.

   a) Why was it so difficult to discover the cause of beriberi?

Instructions: Step 3
In the space below, please, summarize the answers formulated in your group.

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Instructions: Step 4
Your teacher will discuss your answers with you in class.