Vigenere cipher

The following chart shows a Vigenere cipher, named after a French mathematician, Blaise Vigenere. This is an example of a polyalphabetic cipher, which differs from monoalphabetic ciphers like the Caesar cipher or the St. Cyr cipher in that it uses more than one alphabet for encryption (hence, the "poly" in the name).

This cipher uses a keyword to help fight against code-breakers who would use frequency distribution to break the code. One of your tasks will be to explain how a cipher such as this would be beneficial in that regard.

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A |
| C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B |
| D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C |
| E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D |
| F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E |
| G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F |
| H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G |
| I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H |
| J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I |
| K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J |
| L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K |
| M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L |
| N | O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M |
| O | P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N |
| P | Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O |
| Q | R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P |
| R | S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| S | T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R |
| T | U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S |
| U | V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T |
| V | W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U |
| W | X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V |
| X | Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W |
| Y | Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X |
| Z | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y |

For example, let's say a person wanted to encipher the message "Meet at the corner at midnight" using the keyword "hand." For the first letter, that person would look at the "H" row on the chart, and follow

it to the "M" column, where "T" sits.  Thus, the plaintext "M" becomes, in this case, the ciphertext "T."
For the next letter, "A," that person would look at the "A" row and follow it until the "E" column, where
"E" sits.  So the plaintext "A" becomes, in this case, the ciphertext "E."

Continuing this pattern, we see the following:

| Key | H | A | N | D | H | A | N | D | H |
|--------|---|---|---|---|---|---|---|---|---|
| Plain | M | E | E | T | A | T | T | H | E |
| Cipher | T | E | R | W | H | T | G | K | L |

| Key | A | N | D | H | A | N | D | H | A |
|--------|---|---|---|---|---|---|---|---|---|
| Plain | C | O | R | N | E | R | A | T | M |
| Cipher | C | B | U | U | E | E | D | A | M |

| Key | N | D | H | A | N | D | H |
|--------|---|---|---|---|---|---|---|
| Plain | I | D | N | I | G | H | T |
| Cipher | V | G | U | I | T | K | A |

Given what you know about cryptography and frequency distribution, why would the Vigenere Cipher
give problems to those who would try to decipher its messages?