

working sights were: a small, light theodolite, specially constructed for the purpose, which, with its case (this I had also had made to act as a stand) only weighed a little over two pounds. We had, furthermore, a pocket sextant and an artificial glass horizon, a light azimuth compass of aluminium, and a couple of other compasses. For the meteorological observations we had a couple of aneroid barometers, two minimum spirit-thermometers and three quicksilver sling-thermometers. In addition to these, we had a good aluminium telescope, and also a photographic camera.

The most difficult, but also, perhaps, the most important, point in the equipment of a sledge expedition is thoroughly good and adequate *victualling*. I have already mentioned, in the Introduction to this book, that the first and foremost object is to protect one's self against scurvy and other maladies by the choice of foods, which, through careful preparation and sterilization, are assured against decomposition. On a sledge expedition of this kind, where so much attention must be paid to the weight of the equipment, it is hardly possible to take any kinds of provisions, except those of which the weight has been reduced as much as possible by careful and complete drying. As, however, meat and fish are not so easily digested when dried, it is no unimportant thing to have them in a pulverized form. The dried food is, in this manner, so finely distributed that it can with equal facility be digested and received into the organism.