

This preparation of meat and fish was, therefore, the only kind we took with us. The meat was muscular beef, taken from the ox, and freed from all fat, gristle, etc.; it was then dried as quickly as possible, in a completely fresh condition, and thereupon ground and mixed with the same proportion of beef suet as is used in the ordinary preparation of pemmican. This form of food, which has been used for a considerable time on sledge expeditions, has gained for itself much esteem, and rightly; if well prepared, as ours was, it is undeniably a nourishing and easily digested food.* One ought not, however, to trust to its always being harmless, as, if carelessly prepared—*i.e.*, slowly or imperfectly dried—it may also be very injurious to the health.

Another item of our provisions, by which we set great store, was Våge's fish flour. It is well prepared and has admirable keeping qualities; if boiled in water and mixed with flour and butter or dried potatoes, it furnishes a very appetizing dish. Another point which should be attended to is that the food be of such a kind that it can be eaten without cooking. Fuel is part of an equipment, no doubt; but if for some reason or other this be lost or

* I had also had prepared a large quantity of pemmican, consisting of equal parts of meat-powder and vegetable fat (from the cocoanut). This pemmican, however, proved to be rather an unfortunate invention; even the dogs would not eat it after they had tasted it once or twice. Perhaps this is accounted for by the fact that vegetable fat is heavily digested, and contains acids which irritate the mucous membranes of the stomach and throat.