

used up, one would be in a bad case indeed, had one not provided against such a contingency by taking food which could be eaten in spite of that. In order to save fuel, too, it is important that the food should not require *cooking*, but merely warming. The flour that we took with us had therefore been steamed, and could, if necessary, have been eaten as it was, without further preparation. Merely brought to a boil, it made a good hot dish. We also took dried boiled potatoes, pea-soup, chocolate, vril-food, etc. Our bread was partly carefully dried wheaten biscuits, and partly aleuronate bread, which I had caused to be made of wheat flour mixed with about 30 per cent. of aleuronate flour (vegetable albumen).

We also took with us a considerable quantity of butter (86 pounds) which had been well worked on board in order to get out all superfluous water. By this means not only was considerable weight saved, but the butter did not become so hard in the cold. On the whole, it must be said that our menus included considerable variety, and we were never subjected to that sameness of food which former sledge expeditions have complained so much of. Finally, we always had ravenous appetites, and always thought our meals as delicious\* as they could be.

Our *medicine-chest* consisted, on this occasion, of a little bag, containing, naturally, only the most absolutely necessary drugs, etc. Some splints and some ligatures,