

this was too much for us we walked up and down to keep ourselves warm, and ate our food as we walked. Then came the no less bitter task of disentangling the dogs' traces, and we were glad when we could get off again. In the afternoon, as a rule, we each had a piece of meat-chocolate.

Most Arctic travellers who have gone sledge journeys have complained of the so-called Arctic thirst, and it has been considered an almost unavoidable evil in connection with a long journey across wastes of snow. It is often increased, too, by the eating of snow. I had prepared myself for this thirst, from which we had also suffered severely when crossing Greenland, and had taken with me a couple of india-rubber flasks, which we filled with water every morning from the cooker, and which by carrying in the breast could be protected from the cold. To my great astonishment, however, I soon discovered that the whole day would often pass by without my as much as tasting the water in my flask. As time went by, the less need did I feel to drink during the day, and at last I gave up taking water with me altogether. If a passing feeling of thirst made itself felt, a piece of fresh ice, of which, as a rule, there was always some to be found, was sufficient to dispel it.\* The reason why we were spared

\* Whereas eating snow may increase the above-mentioned feeling of thirst, and have disagreeable consequences in other ways, sucking a piece of ice, which will soon quench it, may safely be resorted to, particularly if it be held in the hand a little while before putting it in the mouth. Many travellers have, no doubt, had the same experience.