

and on November 20th I gave orders that every man should take two hours' exercise a day in the fresh air. I myself was very fond of these walks, which freshened up both soul and body, and I often wandered backward and forward on the ice four or five hours a day—as a rule, two hours in the morning and two in the afternoon.

On October 8th Scott-Hansen and Mogstad made an experiment in dragging sledges with 230 pounds of freight. They started at half-past nine and returned at five in the afternoon, after having been about four miles from the ship, and traversed pretty heavy country.

We did not believe, indeed, that the *Fram* ran the slightest risk of being crushed in any ice-pressure; but it was obviously possible, or at least *conceivable*, so that it was our duty to be prepared for all contingencies. Accordingly we devoted much labor and care to securing ourselves against being taken by surprise.

At the end of October we established a new depot on the ice consisting of provisions for six months, with a full equipment of sledges, kayaks, snow-shoes, etc. The provisions were divided into five different piles, and stacked so that the boxes in each pile formed an arch. Thus stored, not more than two cases could well be lost even if the worst happened, and the ice split up right under the heap. The provisions consisted partly of pemmican, as may be seen by the list quoted—a very nutritious article of diet, which makes an excellent sort of Irish stew (lob-scouse). With 200 grammes of pemmican, 100 grammes of bread, and 120 grammes of potatoes you can make a very satisfying and palatable dish.

On November 28th we passed the sixtieth degree of longitude, and celebrated the occasion by a little feast. The saloon was decorated with flags, and a rather more sumptuous dinner than usual was served, with coffee after it, while supper was followed by a dessert of fruits and preserves. This meridian passes near Cape Fligely in Franz Josef Land, and through Khabarova, where we two years ago had bidden farewell to the last faint traces of civilization. So it seemed as though we really felt ourselves nearer the world and life.