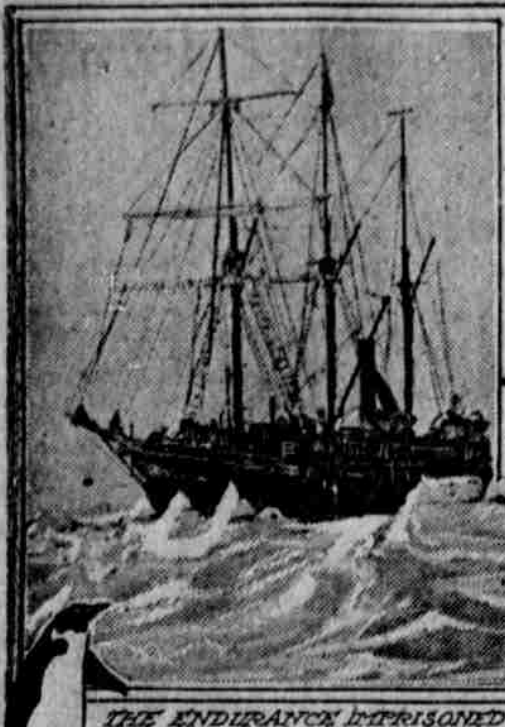


# Food from the Antarctic

By John Dickinson Sherman



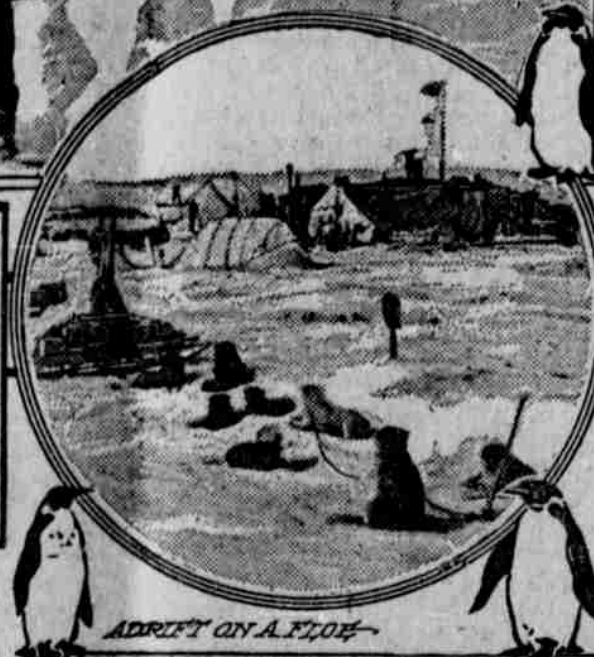
THE ENDURANCE IMPRISONED



YOUNG GRAY SEAL



SEA ELEPHANTS



AIRPORT ON A FLOE



A MOTHER PENGUIN



END OF THE ENDURANCE

**F**OOD from the Antarctic by airplane freighter! So prophesies Sir Ernest Shackleton, the famous explorer, now on his way for the third time to the "Bottom of the World."

Points which seem to indicate that Sir Ernest is at least a near-prophet, if nothing more, are these: The high price of food, especially meat, shows no prospect of substantial reduction.

The world shortage of meat is increasing, with apparently no chance of production catching up with consumption.

The likes and dislikes of the civilized world for certain kinds of meat are largely psychological.

Nature has provided edible animals that are palatable and nourishing as those commonly used for food.

The animal food supply of the antarctic regions is varied and apparently inexhaustible.

The present progress in airplanes and airships is so rapid that it seems foolish to set bounds to their future development.

Sir Ernest says he knows sea elephants, sea lions, seals, penguins and other animals and birds of the antarctic are edible. Well, he should know what he's talking about. He certainly had a chance to find out on his second antarctic exploration.

Although Cook, as far back as 1774, got south as far as 71 degrees 15 minutes, and Weddell, Ross, Borchgrevink, and De Gerlache did valuable exploration work between 1823 and 1900, it was not until Capt. Robert F. Scott's first expedition in 1902 that the world really became interested in the south pole. For some reason the race for discovery honors was principally toward the north pole. Shackleton followed Scott in 1906. Then Roald Amundsen reached the south pole in 1911. Scott also reached it a few days later.

Shackleton's second party left Buenos Aires October 27, 1914, aboard the Endurance, a small, sturdy ship, built especially to withstand the onslaught of the ice. In addition to the crew, scientists and explorers, the Endurance carried nearly 40 dog teams, which later proved of untold value in aiding the party to cross the ice on their historic journey back to civilization.

The first stop of the expedition was at South Georgia, the southernmost outpost of the human race, where arrangements had previously been made for taking on supplies to last through the winter. Seal-meat was a feature of these supplies.

The Endurance started again toward the "Bottom of the World." For weeks the ship upheld her name gallantly, fighting her way through the treacherous antarctic seas. Each day the journey became more difficult and more dangerous. With colder weather and heavier ice the members of the expedition came to realize that it was only a question of days until they would have to give up the journey and spring should break the ice again.

At three degrees from their destination, the white horror of the antarctic closed in upon them. Weeks were spent in attempts to clear the way to the open sea, but all to no avail. The ice was relentless. And then the sun set, not to rise again till spring. Months were spent in preparation for the final dash to the pole. Everything was in readiness. Then, as Shackleton puts it, "the little party lost its home and its hopes."

The Endurance was crushed by the pressure of the ice, which followed on the heels of a terrific blizzard, such could occur only in the polar regions. The ice tore the rudderpost from the ship and a few moments later she was thrown sideways to an angle of forty-five degrees.

The entire party was forced to abandon the doomed vessel, removing all necessary supplies. A few weeks later the ice ground the ship to pieces—at last sending it to the bottom.

With the possibility of reaching the pole beyond all human endeavor, the expedition started on the long and perilous return journey. With the crew

dragging the heavy life boats the dog teams went ahead to break a pathway. After weeks of traveling it was found impossible to move the entire party, so they settled down for a stay on the ice. Then the ice broke. For more than ten months the expedition floated about on a great floe, helpless.

At last the huge "raft" became unsafe. One night it broke directly through the center, dropping several men into the sea. As the ice raft grew smaller and the sea became more perilous it was decided to risk everything in a desperate attempt to reach civilization in the small life boats.

Later, seeing the impossibility of transporting the entire party at one time, Shackleton started out with five of his companions for South Georgia, the nearest point of civilization, nearly 800 miles away.

They landed on the uninhabited side. Leaving three of his companions, Sir Ernest started for the Stromness whaling station, 32 miles away, over a rough sea with huge ice cakes threatening to smash the little craft. He finally reached his destination.

As soon as arrangement could be made Shackleton with a new ship and supplies started back to rescue his companions. Following their rescue, the entire expedition, without the loss of a man, steamed into Valparaiso harbor, while the guns of the Chilean navy roared welcome. Then came the triumphal return to England.

So you see Sir Ernest had plenty of opportunity to find out that the animal life of the antarctic was "edible." What he thinks of the general proposition to use the food resources of the antarctic in feeding the world may be seen from these extracts from a letter written this summer, to an American friend, just as he was starting from London on his third expedition:

"My Dear Chap—When you receive this I shall probably be on the ship on my way to the frozen south, to clear up the scientific questions that were left undone by the destruction of the Endurance.

"One thing I have been forced to overlook through the pressure of events, and that is a question close to the hearts—or I should say stomachs—of humanity. It is the food question.

"It is apparent that the world is getting short of meat. Consumption is outstripping production, and the condition is becoming more serious daily. Before long we shall be forced to eat meat that today, although it is good food, is filling the skins of interesting zoological specimens.

"Human nature is peculiar about eating. Pretty and ugly, ferocious and kindly animals of the zoo, to the average man, are not creatures for his entertainment. He does not realize that most of these animals are common sights to some of the earth's inhabitants and most of them are used as food.

"The inhabitants of South Africa (I mean the whites, the Boers), than whom there are no more intelligent or physically perfect people, have been eating most of our zoo animals since their settlement in Africa, nearly 300 years ago. Also in the vast regions of ice there are millions of edible animals, whose flesh, with proper cooking, is just as nourishing and just as palatable as any other meat.

"On the great ice continent at the bottom of the world sea elephants, sea lions, seal, penguin, etc., have bred unmolested for thousands of years. They are edible. I know.

"In the Robertson-Cole expedition to the bottom of the world I particularly made a study of these animals as a possible food supply. I found the vast ice continent at our south has the greatest food supply in the world. It is the refrigerating plant that humanity will ultimately turn to with flying freighters—and they will come as sure as the flying machine is here—carrying the meat from the cold south to the civilized distributing centers.

"There will be no difficulty in tapping this great supply from the great freezer where ice and storage will cost nothing. This may seem remote, but in my opinion it is not. Because of the rapid growth of the automobile, telegraph and flying machine, I expect to see the time of great flying freighters that will solve the problem of the distribution of foods.

"I shall arrange, before I return to the south in a few days, to have a quantity of the food that we used in the south sent to the United States. Some of the medical societies here have eaten sea elephant, penguin, seals and sea lions and pronounced them first class foods.

"I would like you to arrange with one of the big educational institutions, such as Harvard, to give a dinner to a number of scientific men and students of humanity's needs, using this meat on the menu. This would bring before the people immediately the desirability of investigating the antarctic food supply and familiarize them with the idea of eating the food that I know from experience can be recommended.

"When I reach Chile I perhaps shall read in the paper something that you have done along this line; at least I hope so.

"With best wishes, yours,  
ERNEST SHACKLETON."

Eating sea elephants is only a step farther than we have gone already. Arctic explorers have lived on seal meat and thrived. Vilhjalmur Stefansson achieved lasting fame by proving to the world that a civilized man can penetrate the polar regions, going light and living "off the country," subsisting on the animals he can secure by gun and trap. Whale meat has been tried and found excellent on the Pacific coast. The United States government is introducing many strange kinds of fish as first-rate food—including sharks and sting-rays and dogfish.

As a matter of fact, our present food likes and dislikes are really largely psychological. The flesh of a young dog is good meat in every sense of the word—if you only think so. Veteran big-game hunters swear that the most toothsome and most nourishing meat on earth is that of the big cats. Those who have eaten it say that a rattlesnake is as good as an eel. Vernon Bailey, chief field naturalist of the United States biological survey, says in "Wild Animals of Glacier National Park" that the mountain rat's flesh is "as delicate and delicious as that of quail or any of the game animals" and that ground squirrels and pocket gophers are very good eating.

All things are relative. The man who has never known the killing thirst of the desert has yet to learn that he can drink with great pleasure several kinds of water other than bottled

spring water. The man who has never been famished little imagines how delicious is raw, tough seagull. The man who has had plenty of beef, mutton and pork all his life would be surprised to find how quickly the pangs of hunger would drive him to almost any substitute to sustain life.

Dr. Owen B. Ames, the Boston psychologist, declares that likes and dislikes of foods are "purely psychological."

Because we have been bred for years to regard certain animals as edible, animals without that class have never been thought of as a possible supply of food.

In South America the octopus is used as the base of a particularly appetizing soup. The simple fact that it does not appear disgusting to us until we know its ingredients proves that our taste in foods is purely psychological.

In Australia among the English-speaking people, who are very much like ourselves, the mutton bird is used as one of their finest dishes. The mutton bird is very much like the penguin, of which there is an enormous supply in the antarctic regions.

McMillan, the explorer, says that seal food is splendid. Not only is it very nourishing, but it is also surprisingly palatable. Among the Eskimos' seals' eyes are considered a real delicacy, but the fact that they are eaten by Eskimos or that they are seals' eyes does not make them any less a food for the white man.

In the last few years many men have been forced to realize that food is food, no matter what its special name might have been. In a country where a certain animal is rare or has been brought merely as an entertainment, the people of that country would never regard that animal as a food. But where that animal is plentiful he is always used for consumption.

To us, who depend mostly upon beef, pork, lamb and the products of a few other domesticated animals for our supply of meat, this seems strange and unnatural. But considering the fact that most animals are for the most part made of what they eat, we find that the menu of many of the animals we keep in our parks and circuses is exactly the same as that of our domestic animals. So, Dr. Ames believes, the question of taste in food is purely psychological.

At the south polar regions there have been breeding unmolested for centuries many kinds of food animals and birds with natural environment to keep them always in perfect condition. To give some idea of the almost limitless food supply in the antarctic seas, the Endurance had to literally plow through a sea of seals.

So much in earnest is Sir Ernest Shackleton over his project that he promises to come to the United States in its promotion, upon his return from his expedition to the antarctic.

## PE-RU-NA

Made Me a Well Man

Mr. Louis Young, 1652 Clifford St., Rochester, N. Y., writes:

"I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully, and I began to feel better. My wife persuaded me to continue, and I took it for some time as directed. Now I am a well man."

Suffered thirty years with stomach trouble and hemorrhages of the bowels.

Liquid or Tablet Form

### Where is Relief From Blazing Skin Diseases?

Must I Endure Forever the Torturous Itching?

The skin is fed from the blood, and upon the condition of the blood depends whether or not your skin will be healthy and free from boils, pimples, scaly irritations, red eruptions and other disfiguring and unsightly disorders.

The sensible treatment that will show real results is a remedy that will cleanse the blood thoroughly and kill the germs that cause the trouble. And for this purpose no remedy ever made can approach the record of S. S. S. which cleanses the blood of the disease germs, at the same time building up the general health.

For valuable literature write to Chief Medical Adviser, 100 Swift Laboratory, Atlanta, Ga.

### Cuticura Soap

SHAVES Without Mug

Cuticura Soap is the favorite for safety razor shaving.

### MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

### GOLD MEDAL HAARLEM OIL

HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1895; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitations.

### NOT MUCH VARIATION THERE

Old Resident Entirely Truthful When He Called the Town's Death Rate "Wonderful Steady."

Wearily after 12 months' hard work, the pretty typist sought solitude among the healthy hills of Haleheart. The advertisements had attracted her. Haleheart was described as the best, prettiest, finest, and everything-elsest spot in the world.

"Tell me," she said on her first day, when she met a stanch old relic of the district, "what is the death rate in Haleheart?"

The local walking advertisement nodded his head reassuringly.

"Wonderful steady, ma'am—wonderful steady!" he replied. "One death to each person."—London Tit-Bits.

### Things Apart.

My little niece was studying her geography and asked me to bound the state of Nevada. Her grandmother looked up and said: "I am surprised that a little girl that has traveled as much as you have must ask any one to help them with their lessons." Caroline said: "Grandma, when I travel, I travel for joy and not 'geography.'"—Exchange.

### Capital Punishment.

How can you remove the letter "A" from the alphabet? By "B"-heading it.—Boys' Life.

### ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monocacetic acid ester of Salicylic acid.—Adv.

### TRULY AN AWFUL THOUGHT

Small Girl Feared She Had Somewhat Overdone Matter of Praying for Baby Brother.

The little girl came home to her mamma very much disturbed because little Susie, her neighbor, had a new baby brother to play with, while she, herself, was very lonely. Her mother comforted her and told her to ask God to send her a little brother, too. So the child began to pray for a little brother, and occasionally got impatient; but her mother told her to keep on praying and perhaps her prayer would be answered some day.

One day she was called into the mother's room, and her delight knew no bounds when the nurse took a wee thing up from the mother's side and laid it in her arms. But a moment later, when the nurse picked up another bit of humanity, the child almost dropped the one she was holding, and a startled expression came into her face as she said:

"Oh, mama! Is God going to answer all those prayers that I prayed?"

Hobbies.

"Our friend has expressed himself too emphatically on one or two subjects to have a chance at a candidacy."

"Yes," commented Senator Sorghum. "He isn't even a dark horse. He's a hobby horse."

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—fifteen minutes or more after boiling begins—  
Long boiling brings out the full, rich flavor of

# Postum Cereal

And while you enjoy your cup of this attractive table drink, remember that it contains no caffeine or other harmful substance.

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