

POLAR JOURNEYS

The Role of Food and Nutrition in Early Exploration



Robert E. Feeney

Polar Journeys The Role Of Food And Nutrition In Early Explorations

Beau Riffenburgh



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Polar Journeys Robert Earl Feeney, 1997 The history of polar explorations can provide rich insights into food and nutrition The author includes a discussion of the impact of Eskimo knowledge of foodstuffs a survey of current thinking on nutrition and an examination of issues for future explorations including space

Polar Journeys Robert E. Feeney, 2005-11-01 Polar explorers not only traveled metaphorically on their stomachs they lived died by the quantity of their food especially the quality of their nutrition Relates the history of polar exploration to the history of the science of nutrition showing for example how advances in food preservation helped make possible human survival on the expeditions Covers the problems caused by too scant a supply of vitamins such as the role of diminished vit C in scurvy of too much of a good thing in the case of hyper vitaminosis from unknowingly overdosing on vit A Discusses the Eskimo knowledge of foodstuffs Takes the science of nutrition as it relates to the role of diet in space exploration Extensive maps tables other materials

Expedition and Wilderness Medicine Gregory H. Bledsoe, Michael J. Manyak, David A. Townes, 2008-11-03 With an increase in visits to remote and dangerous locations around the world the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased Medical personnel working in or near such locations are not always explicitly trained in the management of unique environmental injuries such as high altitude sickness the bends lightning strikes frostbite acute dehydration venomous stings and bites and tropical diseases Many health care professionals seek training in the specialty of wilderness medicine to cope with the health risks faced when far removed from professional care resources and the American College of Emergency Medicine has recently mandated that a minimum level of proficiency needs to be exhibited by all ER physicians in this discipline This book covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition and explains how to treat a variety of conditions in a concise clinically oriented format

Gulp: Adventures on the Alimentary Canal Mary Roach, 2014-04 The irresistible ever curious and always bestselling Roach returns with a new adventure to the invisible realm that people carry around inside

Hoosh Jason C. Anthony, 2012-11-01 Antarctica the last place on Earth is not famous for its cuisine Yet it is famous for stories of heroic expeditions in which hunger was the one spice everyone carried At the dawn of Antarctic cuisine cooks improvised under inconceivable hardships castaways ate seal blubber and penguin breasts while fantasizing about illustrious feasts and men seeking the South Pole stretched their rations to the breaking point Today Antarctica's kitchens still wait for provisions at the far end of the planet's longest supply chain Scientific research stations serve up cafeteria fare that often offers more sustenance than style Jason C Anthony a veteran of eight seasons in the U S Antarctic Program offers a rare workaday look at the importance of food in Antarctic history and culture Anthony's tour of Antarctic cuisine takes us from hoosh a porridge of meat fat and melted snow often thickened with crushed biscuit and the scurvy ridden expeditions of Shackleton and Scott through the twentieth century to his own preplanned three hundred meals plus snacks for a two person camp in the

Transantarctic Mountains The stories in Hoosh are linked by the ingenuity good humor and indifference to gruel that make Anthony's tale as entertaining as it is enlightening **Encyclopedia of the Antarctic** Beau Riffenburgh, 2007 Publisher description Celebration Mark McWilliams, 2012-07-01 Essays on Food and Celebration from the 2011 Oxford Symposium on Food and Cookery The 2011 meeting marked the thirtieth year of the Symposium **Captain Scott: Icy Deceits and Untold Realities** Krzysztof Sienicki, 2016-11-01 This expertly written book is nothing less than a daring challenge to the prevailing views of Captain Robert F. Scott's journey to the South Pole and consequent disaster Borrowing from various scientific disciplines Krzysztof Sienicki lucidly argues against each of the presumed causes of Captain Scott and his companions' deaths In particular he demolishes the notions of extreme low temperatures ferocious winds and food fuel shortages as the main causes of the disaster Using neural network computer simulations he proves that the Extreme Cold Snap Never Ending Gale and food fuel scarcity never occurred By eliminating the alleged causes of the disaster the author provides data and arguments that the deaths Scott Wilson and Bowers were a matter of choice rather than fate The choice was made long before there was an actual end of food fuel and long before the end of the physical strength needed to reach delusive salvation at One Ton Depot **Gulp** Mary Roach, 2025-04-25 The irresistible ever curious and always best selling Mary Roach returns with a new adventure to the invisible realm we carry around inside America's funniest science writer Washington Post takes us down the hatch on an unforgettable tour The alimentary canal is classic Mary Roach terrain the questions explored in Gulp are as taboo in their way as the cadavers in Stiff and every bit as surreal as the universe of zero gravity explored in Packing for Mars Why is crunchy food so appealing Why is it so hard to find words for flavors and smells Why doesn't the stomach digest itself How much can you eat before your stomach bursts Can constipation kill you Did it kill Elvis In Gulp we meet scientists who tackle the questions no one else thinks of or has the courage to ask We go on location to a pet food taste test lab a fecal transplant and into a live stomach to observe the fate of a meal With Roach at our side we travel the world meeting murderers and mad scientists Eskimos and exorcists who have occasionally administered holy water rectally rabbis and terrorists who it turns out for practical reasons do not conceal bombs in their digestive tracts Like all of Roach's books Gulp is as much about human beings as it is about human bodies **Spacefaring** Albert A. Harrison, 2001 Publisher Fact Sheet An exploration of the human side of spaceflight what living working in space will really be like in the decades to come

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