

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

Catherine Price



Polar Journeys The Role Of Food And Nutrition In Early Explorations:

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 *Encyclopedia of the Antarctic* Beau Riffenburgh,2007 Publisher description

Expedition and Wilderness Medicine Gregory H. Bledsoe,Michael J. Manyak,David A. Townes,2009 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 Thus so has the need for medical personnel trained specifically to handle the health risks that are faced when far removed from professional care resources Expedition and Wilderness Medicine covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition Divided into three parts Expedition Planning Expeditions in Unique Environments and Illness and Injuries on Expeditions this unique book covers everything that the expedition physician needs to know BOOK JACKET

Tracking the Franklin Expedition of 1845 Stephen Zorn,2023-08-25 The Franklin Northwest Passage Expedition of 1845 is perhaps the greatest disaster in the history of exploration all 129 men vanished as did the expedition s two ships HMS Erebus and Terror Over the next 150 years searchers found bones clothing and a variety of relics Inuit narratives provided some of the details of what happened to the frozen starving sailors after they deserted their ice locked ships in 1848 Then in 2014 and 2016 Canadian researchers found the sunken wrecks not far from the bleak windswept King William Island in the Arctic At last the mystery of the Franklin Expedition would be solved Or would it This book pulls together the various searchers discoveries the many recent scientific studies that shed light on when how and why the men died and whether in extremis they ate each other and illuminates what we know and what we don t and may never know about the fate of the expedition

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

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

Antarctic Peninsula & Tierra del Fuego: 100 years of Swedish-Argentine scientific cooperation at the end of the world Jorge Rabassa,Maria Laura Borla,2006-11-23 This

symposium held in Argentina in March 2003 commemorates Otto Nordenskjöld's 1901 expedition and pays tribute to the Swedish and Argentinian explorers who took on the challenge of early fieldwork in Patagonia and Antarctica. This theme is extended to include recent fieldwork in the natural sciences in the Archipelago of Tierra del Fuego, the Antarctic Peninsula and the sub-Antarctic seas and celebrates the fruitfulness of continuing Swedish-Argentinian scientific cooperation. The symposium and associated activities took place in the cities of Buenos Aires, La Plata and Ushuaia, Tierra del Fuego, and this book includes a selection of the most significant contributions presented at the meeting.

Slicing the Silence Tom Griffiths, 2007. The author reflects on his experiences exploring Antarctica, the last true wilderness. *The Spectral Arctic* Shane McCorristine, 2018-05-01. Visitors to the Arctic enter places that have been traditionally imagined as otherworldly. This strangeness fascinated audiences in nineteenth-century Britain when the idea of the heroic explorer voyaging through unmapped zones reached its zenith. *The Spectral Arctic* rethinks our understanding of Arctic exploration by paying attention to the importance of dreams and ghosts in the quest for the Northwest Passage. The narratives of Arctic exploration that we are all familiar with today are just the tip of the iceberg; they disguise a great mass of mysterious and dimly lit stories beneath the surface. In contrast to oft-told tales of heroism and disaster, this book reveals the hidden stories of dreaming and haunted explorers, of frozen mummies, of rescue balloons, visits to Inuit shamans and of the entranced female clairvoyants who travelled to the Arctic in search of John Franklin's lost expedition. Through new readings of archival documents, exploration narratives and fictional texts, these spectral stories reflect the complex ways that men and women actually thought about the far North in the past. This revisionist historical account allows us to make sense of current cultural and political concerns in the Canadian Arctic about the location of Franklin's ships.

The Ice Master Jennifer Niven, 2024-09-24. A riveting adventure, the true story of a 1913 Arctic expedition that ended in disaster and the captain's daring journey to save his surviving crew. Booklist. In 1913 the former whaling ship *Karluk* set out in search of an undiscovered continent with the largest scientific staff ever sent into the Arctic. Soon after, as winter took hold, they were blown off course by polar storms. When the ship became imprisoned in ice, it was abandoned by the expedition leader Vilhjalmur Stefánsson. Hundreds of miles from civilization, the castaways had no choice but to find solid ground as they struggled against starvation, snow blindness, disease, exposure and each other. After almost a year, twelve survivors were rescued thanks to the heroic efforts of their captain Robert Bartlett, who traveled by foot across the ice and through Siberia to find help. Drawing on the diaries of those who were rescued and those who perished, Jennifer Niven recreates with astonishing accuracy the ill-fated journey and the crew's desperate attempts to find a way home.

Empire of Ice and Stone Buddy Levy, 2022-12-06. National Outdoor Book Awards Winner. The true harrowing story of the ill-fated 1913 Canadian Arctic Expedition and the two men who came to define it. In the summer of 1913 the wooden-hulled brigantine *Karluk* departed Canada for the Arctic Ocean. At the helm was Captain Bob Bartlett, considered the world's greatest living ice

navigator The expedition's visionary leader was a flamboyant impresario named Vilhjalmur Stefansson hungry for fame Just six weeks after the Karluk departed giant ice floes closed in around her As the ship became icebound Stefansson disembarked with five companions and struck out on what he claimed was a 10 day caribou hunting trip Most on board would never see him again Twenty two men and an Inuit woman with two small daughters now stood on a mile square ice floe their ship and their original leader gone Under Bartlett's leadership they built make shift shelters surviving the freezing darkness of Polar night Captain Bartlett now made a difficult and courageous decision He would take one of the young Inuit hunters and attempt a 1000 mile journey to save the shipwrecked survivors It was their only hope Set against the backdrop of the Titanic disaster and World War I filled with heroism tragedy and scientific discovery Buddy Levy's Empire of Ice and Stone tells the story of two men and two distinctively different brands of leadership one selfless one self serving and how they would forever be bound by one of the most audacious and disastrous expeditions in polar history considered the last great voyage of the Heroic Age of Discovery

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

Vitamania Catherine Price, 2015-02-24 An absorbing and meticulously researched history of the beginnings and causes of our obsession with vitamins and nutrition The New York Times Most of us know nothing about vitamins What's more what we think we know is harming both our personal nutrition and our national health By focusing on vitamins at the expense of everything else we've become blind to the bigger picture despite our belief that vitamins are an absolute good and the more of them the better vitamins are actually small and surprisingly mysterious pieces of a much larger nutritional puzzle In Vitamania award winning journalist Catherine Price offers a lucid and lively journey through our cherished yet misguided beliefs about vitamins and reveals a straightforward blessedly anxiety free path to enjoyable eating and good health When vitamins were discovered a mere century ago they changed the destiny of the human species by preventing and curing many terrifying diseases Yet it wasn't long before vitamins spread from labs of scientists into the realm of food marketers and began to take on a life of their own The era of vitamania as one 1940s journalist called it had begun Though we've gained much from our embrace of vitamins what we've lost is a crucial sense of perspective By buying into a century of hype and advertising we have accepted the false idea that particular dietary chemicals can be used as shortcuts to health whether they be antioxidants or omega 3s or yes vitamins And it's our vitamin inspired desire for effortless shortcuts that created today's dietary supplement industry a veritable Wild West of overpromising miracle substances that can be legally sold without any proof that they are effective or safe Price's travels to vitamin manufacturers and food laboratories and military testing kitchens along with her deep dive into the history of nutritional science provide a witty and dynamic narrative arc that binds Vitamania together The result is a page turning exploration of the history science hype and future of nutrition And her ultimate message is both inspiring and straightforward given all that we don't know about vitamins and nutrition the best

way to decide what to eat is to stop obsessing and simply embrace this uncertainty head on Praise for Vitamania Measured funny and fascinating The only thing that Catherine Price is selling here is good reporting engaging storytelling and more than you thought you could possibly learn about vitamins If you need vitamins to survive you do you should read this book Scientific American *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 *Tourism in Antarctica* Monika Schillat, Marie Jensen, Marisol Vereda, Rodolfo A. Sánchez, Ricardo Roura, 2016-06-11 This book discusses the expansion of new activities carried out in Antarctica and the focus among treaty parties on the perceived challenges posed by adventure tourism in the region Shedding light on the latest trends and the modus operandi of all parties involved it draws attention to new elements in the debate on how tourism and environmental protection can best be reconciled with tourism in Antarctica rapidly increasing in recent decades As far as technical practice and visitor guidance are concerned the challenge facing tour operators lies in determining whether tourism has a negative or positive impact on the environment The individual chapters address the development of polar tourism in terms of numbers types and activities The International Association of Antarctica Tour Operators which advocates and promotes the practice of

safe and environmentally responsible travel to the Antarctic is also part of this study In this context special attention is paid to its strategies relating to adventure tourism including both deep field activities and those additional or new activities launched from traditional ship or yacht based platforms The analysis includes aspects of risk management and environmental considerations as well as views on the cultural perspectives of Antarctica The Polar Times August Howard,2005

Pemmican Empire George Colpitts,2015 Pemmican Empire explores the fascinating and little known environmental history of the role of pemmican bison fat in the opening of the British American West **Fundamentals of Aerospace Medicine** Jeffrey Davis,Jan Stepanak,Jennifer Fogarty,Rebecca Blue,2021-04-14 Encompassing all occupants of aircraft and spacecraft passengers and crew military and civilian Fundamentals of Aerospace Medicine 5th Edition addresses all medical and public health issues involved in this unique medical specialty Comprehensive coverage includes everything from human physiology under flight conditions to the impact of the aviation industry on public health from an increasingly mobile global populace to numerous clinical specialty considerations including a variety of common diseases and risks emanating from the aerospace environment This text is an invaluable reference for all students and practitioners who engage in aeromedical clinical practice engineering education research mission planning population health and operational support

Polar Journeys The Role Of Food And Nutrition In Early Explorations Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Polar Journeys The Role Of Food And Nutrition In Early Explorations**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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