

Ticachuk Offers Advice To Polar Expedition

(Editor's Note: Last week, Tundra Times printed the first part of Ticachuk's (Emily I. Brown) superlative letter of advice to the members of the British Trans-Arctic Expedition members who are now underway toward Spitzbergen, their destination, over the Polar Icecap. The following is the second and concluding part of the letter.)

may add salt and pepper or even butter. It is a favorite food of the hunters of the Arctic people. The ptarmigan thrives on the buds of the famous willow. Be sure you know how to identify these willows. These have orange-colored leaves and its bark is a burgundy color. These same buds will furnish survival food to those who may become lost in the wilderness.

On the plateau country and mountainous regions, there are many frozen cranberries and blackberries to provide you with fruit. In the same area you will find ptarmigans in search of berries.

DAILY VITAMINS

A handfull of cranberries is enough to supply you with a daily requirement of vitamins. In the same places you will find other small animals such as ground squirrels which are a prime source of food. Fowl lay their eggs during the month of June. Little minnows are found in the small lakes and ponds located near the river or sea-shores. We use small gauge dips to catch them. The natives eat them raw, this is also a survival food.

DON'T FORGET THE MICE

In the same locations, near the riverbanks around the willows on the tundra, are mice communities. Field mice in the wilderness supply themselves with edible roots called masu, Eskimo grass root nuts. Stamp gently with your feet in search of the cellars. If your foot sinks gently over a soft covering of moss, this is the cellar. Open it and you'll find a wealth of food. Do not take all of the contents. Leave some for the field mouse. If you have bread or leftover food, place it in a cellar to replace what you've taken.

Now, my final advice, Mr. Herbert, is when it is 50 to 70 degrees below zero, do not run with your mouth open, breathe through your nose. Do not eat snow, melt and boil first before drinking it. Do not drink from a puddle as there are small fire worms which the Eskimos are familiar with and usually known to the hunter as taboo. This is not superstition, it is true!

Good Luck and "Buraghin" (goodbye).

Sincerely yours,

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