

are uneven, and one sometimes wishes that the format had allowed some authors more space to expand on their ideas, this commemorative volume represents both a warm tribute to a major Arctic researcher and a significant contribution to northern science.

It is well produced, with excellent illustrations and a full index and bibliography, and the whole product reflects well on the current keepers of Meldgaard's old position at the National Museum of Denmark. As one of the many former graduate students whose interest in the north was sparked and maintained by participation in his projects in Greenland, I am happy to see such a fine commemoration of the man and his work. (Thomas H. McGovern, North Atlantic Biocultural Organization, Department of Anthropology, Hunter College, City University of New York, 695 Park Avenue, New York, NY 10021, USA.)

PILGRIMS ON THE ICE: ROBERT FALCON SCOTT'S FIRST ANTARCTIC EXPEDITION. T.H. Baughman. 1999. Lincoln and London: University of Nebraska Press. xvii + 334 p, illustrated, hard cover. ISBN 0-8032-1289-5. £29.95.

The first question one might have upon seeing this book is whether there really needs to be yet another telling of the tale of Robert Falcon Scott. Like Ernest Shackleton and Robert E. Peary, Scott has been written about again and again, and, like Peary, in terms varying from the damning to the hagiographic. Unfortunately, rarely have the more recent efforts added substantially — if at all — to the knowledge about or insight into those explorers or their expeditions.

Happily, but not surprisingly to those familiar with the excellent scholarship of T.H. Baughman, this book does not follow such recent precedents. Instead it is a diligently researched and carefully considered account that does not concentrate on the personality, career, or demise of Scott, but rather looks specifically at his first Antarctic expedition — the National Antarctic Expedition (or *Discovery* expedition) of 1901–04 — which has long remained in the shadow of his second expedition, in *Terra Nova*, 1910–13.

Certainly Scott plays a central role in the book, and the old standbys Shackleton and Edward Wilson also receive attention, as does Sir Clements Markham, the master manipulator whose vision and efforts resulted in the initiation and planning of the expedition. But there are many others — rarely mentioned to any great extent in most accounts of this expedition — who at last are given their due, including Albert Armitage, the second in command; Reginald Koettlitz, the senior medical doctor; and Charles Royds and Michael Barne, two of the key officers. Moreover, Baughman shows that perhaps the most important figure other than Scott was Reginald Skelton, the engineer who made so many varied and significant contributions both before and during the expedition, and whose sudden dismissal from the later *Terra Nova* expedition, with the loss of his irreplaceable expertise, was to have grave consequences.

The book begins with a brief overview of the history of Antarctic exploration, including the first wintering on the Antarctic continent by a party led by Carsten Borchgrevink, an expedition about which Baughman has previously told the story so well (Baughman 1994). It then gives the background of the *Discovery* expedition, most notably the scheming and persistence of Markham, who campaigned ceaselessly both publicly and behind closed doors for his vision to become a reality. Baughman painstakingly outlines the participation of the many individuals and the labyrinth of committees involved in the expedition throughout its planning and development, and shows the problems inherent in launching such a venture when handled by an unwieldy bureaucracy.

The heart of the book is the story of the *Discovery* expedition itself, which needs little overview to most readers of this journal. However, there is extensive detail not just about the overall scientific and geographic accomplishments, but about the individuals involved, their relationships with each other, their day-to-day existence, and their individual successes and failures. The relief efforts — both the background to them and the actual expeditions — are also discussed.

Baughman has shown before that he is an outstanding historian of Antarctic exploration. This book will build on that reputation, because he tells a story with which many people are familiar but for which he gives exciting new detail and interpretation. Certainly it has some errors — such as indicating that the Jackson-Harmsworth expedition (1894–97) explored Spitsbergen rather than Franz Josef Land (page 30). But such things are small quibbles with what is an outstanding work of scholarship. For this book he spent six years conducting in-depth research with a wide range of archival resources and writing an account with knowledgeable and authoritative analysis and interpretation. It can only be hoped that more writers of polar history will follow his lead in producing works of depth and significance. (Beau Riffenburgh, Scott Polar Research Institute, University of Cambridge, Lensfield Road, Cambridge CB2 1ER.)

Reference

Baughman, T.H. 1994. *Before the heroes came*. Lincoln and London: University of Nebraska Press.

BRIEF REVIEWS

COUNSELING THE INUPIAT ESKIMO. Catherine Swan Reimer. 1999. Westport, CT, and London: Greenwood Press (Contributions in Psychology 36). xxi + 165 p, hard cover. ISBN 0-313-30934-5. £44.95.

Until the 1970s, multi- or cross-cultural approaches to psychoanalysis, behavior modification, and humanistic studies were rare. Since then, however, a significant number of studies have adopted this approach, and Catherine Swan Reimer's small book is the latest in a long line of distinguished monographs on the subject. Reimer presents a native view of 'lifeways and thoughtways

that guide and influence the meaning of psychological well-being' (page x), and points out that western concepts of well-being are likely to be different from those of aboriginal cultures. Thus she recommends that counselors working with clients from other cultures should take the time to learn about appropriate concepts of personal well-being (PWB).

The book begins with a foreword by Joseph E. Trimble, an acknowledged expert in the field. In her introduction, Reimer notes that high suicide rates and incidence of violence forced the Indian Health Service in Alaska to review its counseling procedures. Despite an increase in the resources allocated to this area, problems continued to escalate. Reimer's thesis is that some of these problems might be better addressed if counselors are armed with

proper knowledge of Inupiat concepts of PWB.

The introduction is followed by a brief history, including the impact of Christianity in the region, and then an analysis of Inupiat descriptions and words for PWB. This is followed by more detailed analyses, including the 'effect of thinking and proper conduct on one's PWB,' taking responsibility for one's PWB, and the sociological factors involved. The second part of the book provides guidelines for counselors working with Inupiat clients, while the final section outlines various beliefs relating to major aspects of Inupiat culture (like sharing, the environment, and whaling) and how these relate specifically to PWB. Originally a dissertation, this is an accessible book that will prove to be a valuable contribution to counseling theory and practice in the north.

Obituary

Harding McGregor Dunnett, founder and chairman of the James Caird Society, author, publisher, and industrial designer, died on 23 April 2000, aged 91.

For almost the last 20 years of his life, Dunnett devoted himself to the promotion of the courageous and heroic deeds of Sir Ernest Shackleton. Dunnett and his twin brother Val, the elder by little more than an hour, came to Dulwich College in 1922, the year the charismatic explorer died, and remembered vividly the arrival two years later of *James Caird*, the 22-foot, six-inch whaler that had played such a heroic role in the rescue of the Weddell Sea party of Shackleton's Imperial Trans-Antarctic Expedition of 1914–17. Shackleton and John Quiller Rowett had been school friends at Dulwich in the late 1880s, and Rowett had sponsored Shackleton's final expedition in *Quest* in 1922. Rowett retrieved the battered boat from South Georgia and played a part in establishing its memorial setting. It seemed an appropriate resting place for *James Caird*, both to honour a famous Old Alleynian and to provide inspiration for generations of Dulwich boys.

Dunnett came from an age that recognised the need for heroes. It puts his life into perspective to realise that his first day at school, aged five, coincided with the declaration of World War I in 1914. Born in Ashted, Surrey, he and Val had an enjoyable childhood, mostly in Scotland and Hereford, where their father was in charge of a munitions factory, before coming to south London. After Dulwich, Val went to art school and Dunnett read economics at the LSE. He worked in industrial design before joining the Royal Air Force in World War II; he was promoted to squadron leader and worked in Coastal Command as an interpreter and intelligence officer. After the war, he directed his energies towards enhancing his skills as a wordsmith. Public relations became his speciality.

In the early 1980s, Dunnett returned to Dulwich College to measure the achievements of Dulwich boys over the centuries, and from this came a small book he wrote and published, entitled *Eminent Alleynians*. Almost at once, he realised that Shackleton, his boyhood hero, was in a different league to all the others, or, as he fondly put it, 'by far the best of the bunch.'

The Shackleton Memorial at the College had been bombed during the war, and *James Caird* lay neglected, until Basil Greenhill, then director at the National Maritime Museum and both a parent and a governor of the school, offered to restore and exhibit her at Greenwich. With so much rebuilding to be done at Dulwich, this was accepted thankfully.

Years later, and curious to see the boat again, Dunnett stood beside *James Caird*, imprisoned and unrigged in a glass case at the Children's Polar Gallery, and told the fine oil painting of Sir Ernest alongside, 'not to worry, we will get her out of here.' He drove rapidly to Dulwich to see David Emms, then master of the College, and insisted that he urge his governors to request the boat's release and arrange for her to be brought back home. Coincidentally, soon afterwards the curator and polar scholar at the National Maritime Museum, Ann Savours Shirley, gave Dulwich the welcome news that the Polar Gallery was to be air-conditioned and redeveloped. Even so, many wanted *James Caird*, and, for a few months, Dunnett's PR skills were taxed to the limit.

In 1986 *James Caird* came back to the College, high on a trailer along the South Circular from Greenwich, with Dunnett in her wake, hooting the horn like Toad. It was one of the happiest moments of his life. It was 1989 by the time Lord Shackleton and Dunnett were photographed together beside the rigged *James Caird*, in her new memorial