Tom Griffiths went to Antarctica in 2002, and the bones of this book are his diary entries for the sea voyages and his five-day sojourn at Casey Station. The flesh, however, is in the essays interleaved with these (sometimes overwritten) diary notes. In these essays he covers an impressive array of perspectives on the great southern continent, from its early exploration and the international politics of the various treaties, to the psychology of wintering, the place of women, and the intense significance of food. Griffiths writes powerfully of the ‘intellectual physicality’ of those drawn to the south, and the spiritual pull it exerts. Despite occasional grandiloquence, it’s an absorbing read.