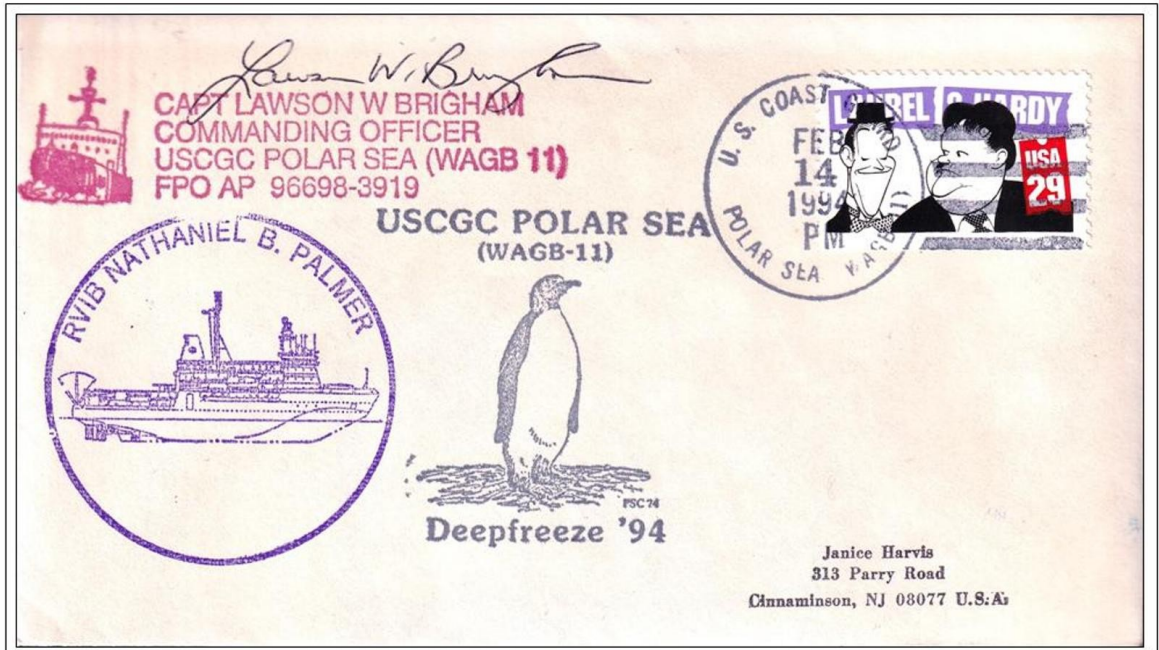


4. Extreme Abilities

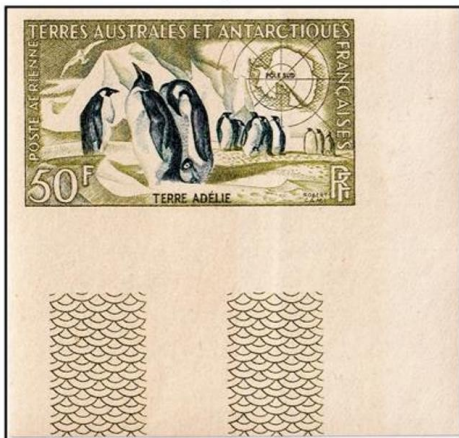
Emperor Penguin (*Aptenodytes forsteri*)

Ability - Deepest Dive by Flightless bird.

These marine birds have two layers of feathers, a good reserve of fat and proportionally smaller beaks and flippers than other penguins to prevent heat loss. Emperors also have feathers.



Polar Mail - Posted from FPO AP 96698-3919 From Polar Sea by US Coastguard, Operation Deepfreeze '94



1956 - Definitive Emperor Penguin Marginal jewels on an Imperf corner stamp

Emperor penguins have the ability to 'recycle' their own body heat.

The arteries and veins lie close together so that blood is pre-cooled on the way to a penguin's feet, wings and bill and warmed on the way back to the heart.

Emperors' feet are adapted to the icy conditions

Emperors are the biggest of the 18 species of penguin found today, and one of the largest of all birds. They are approximately 120cm tall (about the height of a six year old child) and weigh in at around 40 kg.

Wild Emperor penguins are only found in Antarctica. They breed and raise their young mostly on 'fast ice', a floating platform of frozen ocean, on their legs, so their ankles don't get too chilly.

