First, harvest the Antarctic ice by drilling a deep hole in the ice sheet, and separate the ice core into shorter segments. After storing the ice core segments. Transport them to the lab bench. Then systematically melt the core segments with a hot wire wrapped around the core inside a gas chamber. Once completed, suction the gas into a canister. Second, perform mass spectrometry on the gas in the canister corresponding to the segment. Finally, calculate the ratio of oxygen isotopes in the gas, which is correlated with average atmospheric temperature when air bubbles were trapped in the ice. Since it is known that the deeper the air bubbles, the older the air trapped inside, The average air temperature can be graphed versus time over the centuries.