

women is cooking and beer-making; and they are clever cooks, as well as expert brewers. Their "dishes" are numerous. Most of these are prepared from Indian corn, rice, native grains, sweet potatoes, peanuts, tomatoes, pumpkins, squash, onions and herbs. They frequently have domestic meat, wild game or fish. Mentioning fish, this tribe is supposed to be the only one in South Africa in

Next to eating and drinking comes hemp-smoking, called "ukubema insango," which is the most injurious vice practised by this people. It intoxicates, exciting some smokers, but stupefying others. The dry leaf of the hemp is placed in a stone pipe bowl and lighted like tobacco. This bowl is attached, by means of a hollow reed, to an ox horn containing water. The smoker places his mouth to the



TONGALAND'S ONLY NATIVE BLACKSMITH

which all classes eat fish. Among the Zulus only the old women and children eat it and the boa constrictor. It is not unusual to be served with three or four kinds of food at the full meal of the day, partaken of by the light of the hut fire when darkness has fallen. All kinds of food, and some drinks, are eaten from the hands, but spoons are fast coming into use. The sexes eat separately, the men, of course, being served first.

open end of the horn and, by inhaling, draws down the hemp smoke into the water and the fumes into his lungs. This causes him to cough violently and to grind his teeth; tears and saliva flow freely, and the stomach is tortured with a burning sensation. The saliva, in frothy bubbles, is emitted through a hollow reed, and a game of military outflanking, with the stream of bubbles, is played by the smokers, each smoker trying to blow out a longer