

limes, oranges, etc. As can be seen, the coaster has not very much of a variety to choose from.

The excessive heat has the effect of causing loss of appetite and taste, and the surrounding unsanitary state of the native villages and the peculiar smell of the natives themselves, all assist the heat in its deleterious effects.

This loss of appetite, etc., leads on naturally to one of the most important questions to be debated, i.e., the resort to the taking of stimulants.

The drink question has been mentioned by a good many writers, who have reported upon the health question of the west coast. Not many months ago a well-known investigator raised a furore of condemnation amongst past and present coasters, by saying that "a majority of the deaths were due to whiskey fever." Whilst this was rather a sweeping statement to make, still it contained more truth than the coasters would like to admit. The favourite appetizer is the "Gin Cocktail," This is a decoction made from gin, bitters, egg, sugar and lime juice, well beaten up with a swizzle stick. It is a very good and harmless drink when taken in moderation, but how many are moderate?

III. The *Isolation Question* should now be considered. The coaster is generally situated in a district, with only the companionship of the native. In some cases there are one or two other factories in the place, and the white population may reach the number of three or four. There is therefore, no amusement, and, after the strangeness of the situation wears away, a sense of complete isolation from the outside world begins to steal over the white coaster. The climate is very depressing; he begins to brood after the business cares of the day are over. His mind naturally reverts to the unhealthy state of the country, and he wonders if he will survive to reach home again.

Finally, to buoy up his spirits he will take a cocktail and perchance repeat the dose several times before the meal. Should friends visit him, it is worse, for then the usual allowance is bound to be increased.