

eight to ten inches across. This is cut clean away from the parent and the roots trimmed off. It may be planted as it is, but as a rule it is cut down to within six inches of its bulb. This bulb soon shoots both from the centre and from eyes all around. One shoot takes the lead, monopolizing most of the food material supplied from the bulb, and this leading shoot is known as the plant, the others are the suckers. The underground bulb is the storehouse of food material for the roots, leaves, suckers, and finally, for the flowering shoot and the fruit.

Upon the supply of food material stored up in the bulb depends the number of hands a banana bunch will consist of. Some bunches have six hands, others nine or ten, etc. There are several varieties of bananas known in Jamaica, but the only one cultivated for export is that known formally as the Martinique or Pouyat banana, or commonly called the Jamaica banana, which cannot be rivalled.

The following analysis of banana flour is by Dr. J. T. Donald, official analyst to the Dominion Government:—

Moisture.....	10.02 %
Ash.....	4.95 %
Protein	3.06 %
Fat52 %
Fibre55 %
Dextrose	7.14 %
Tannin	1.29 %
Other Carbohydrates	72.47 %
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	100.00 %

The ash contains:

Phosphoric acid	10.52 %
Potash	37.24 %

It will be readily seen that banana flour is as nourishing as well as an astrigent food. The tannin increases its astrigent quality to a great extent. It is rich in carbohydrates; however, it contains a fair amount of protein.

REFERENCES:

Bulletin of the Botanical Department, Jamaica. "The Banana Industry in Jamaica." Sept., 1902, William Fawcett, B.Sc., F.L.S.; F. Still, Diseases of Children.