

grown the vanilla bean, turmeric, allspice, coffee, tea, cacao (from which chocolate is made) the cocaine plant, cotton, pepper, pine-apples and ginger. It may be remarked that the vanilla plant belongs to the orchids, and is trained or grown on croton trees planted for the purpose. Another peculiar thing about the plant is that its flowers are not self-fertilizing, and the fertilization is done by hand. Whether the introduction of bees would obviate this manual labor, I am not prepared to say. The vanilla bean, when pulled from the plant would readily pass for our long green vegetable bean. At this stage it is wholly devoid of aroma. This is only developed in the kilns and by a sweating process, when the alkaloid vanillin is produced.

The South Sea Islanders are essentially vegetarians, although fish form an important part of their diet too. The hunt furnishes them nothing but the wild pigeon and the duck. There is no other game or wild animal. The gaudily colored parrakeet is common and its feathers are used for ornamental purposes.

The principal food of the Fijian is the yam, and a striking proof how important a place it occupies in his life, is the fact that his time-reckoning for the year is based on the various stages in the cultivation or growth of the favorite tuber. The yam is a big root, something like our mangel, as a rule though far larger. It is cooked on hot stones. The next vegetable mostly eaten is the taro, a much smaller root. It belongs to the arum family and is grown on very wet ground. I have watched them preparing dainty morsels from the taro. After steaming or cooking the root it was mashed, then mixed with grated cocoanut and sugar cane, and then made into small balls ready for the epicure.

Breadfruit is common. It resembles in shape a Rugby football; but is not so large. It grows on one of the finest trees in the South Seas, and is steamed for eating. These three vegetables, the yam, taro and breadfruit may best be described as taking the place of our potato.

Snakes, of which there are not many in the islands and nearly all harmless, are considered a delicacy and are reserved for the nobility. The large ones used are frequently kept for some time to fatten. One of the old white planters told me of his enjoyment of some eel when he was guest of a chief. He found out too late