

and form very important articles of native food. Chief among the fruit-bearing trees is the cocoa nut palm. From it, it is possible for the native to supply all his wants. The fruit is good, the water of the green cocoa nut makes a most delicious drink, its leaves and boughs they use to thatch their houses, from the fibre they make fishing nets, ropes, cords, etc., and also from the finer fibre they make a kind of cloth which they use for native dress. With the oil which they express from the ripe nut they smear their bodies and hair. It bears all the year round. The tree next in importance is probably the Bread Fruit tree. The fruit of this is light green in color, round or egg shape and about three or four inches in diameter, and is easily prepared by roasting. Other trees of value are Orange, Lime, Banana, pawpaw or mummy apple, plantain or wild banana, all of which are found very generally throughout the tropical Islands.

Both animal and bird life are very scarce. The woods are not vocal with song.

The sea abounds with fish in great variety and of many brightly vivid colors. It is a fine sight to row out over the coral reefs with all their lovely colorings like a great garden of beautiful shrubbery and watch these multi-colored fish as they dart in and out among the coral growth.

The Islands of the South Pacific have been populated by two distinct races. Those living on the Islands lying East of Fiji belonging to the Polynesian or copper colored race, being allied to the Malay, those living West of Fiji to the Negro or Melanesian race. In Fiji there seems to have been a blending of the two and there we find many characteristics of both races. Also we find on some of the Islands of the New Hebrides group, people strongly resembling the Polynesian. The Polynesian occupies a much higher place in the scale of civilization and is altogether a superior being to the Melanesian, having large, well-formed bodies of stalwart manly bearing, hair fine and glossy with a nice wave in it, while the Melanesian have black skin, short curly hair and the negro cast of countenance.

The diffusion of these peoples over the different groups of Islands widely separated as they are and the means of communica-