

to evaporation of water - though how the insects get the water to replace evaporation losses still remains a question. Mr. Buxton also found that the color of the insects had considerable influence on the body temperature; dark specimens were frequently eight or ten degrees warmer than their lighter-colored brethren.

One possible source of water in the desert is suggested in the same research. The scanty plant growth in these regions has high powers of absorption through the leaves and stems, and can thus gather in much water from the dews that fall at night even in the desert. Fragments of plant material with their absorbed water are eaten by the insects, which in turn become a source not only of food, but also of water for birds, lizards and other animals.

PHILIPPINOS MAKE SAUERKRAUT OF FISH

Sauerkraut is an ancient and wholesome if odoriferous way of putting up vegetable food for a season when it would not otherwise be available. Sauerkraut was the result of racial experience in a cold climate, and it is curious to note that the same principle was utilized long ago by the Malays in preserving fish when plentiful for a time of scarcity.

In the Philippines enormous schools of very tiny young fish, a half inch to an inch and a half in length, enter the mouths of rivers during the months from September to March. They are especially abundant in the rivers of Northern Luzon, and the Ilokanos catch "ipon", as it is called, by thousands of tons.

Ipon fried in oil and eaten fresh is delicious, but most of the catch is used to make "bagoong". In a huge crock eighteen inches to two feet or even more in diameter is placed a layer of salt, then a layer of "ipon", and more layers of salt and fish alternately until the jar is filled. A weight is then put on, and a banana leaf tied tightly over the top to keep out flies and dirt and the jar put away. Bacterial fermentation begins and continues until arrested by its own waste products, just as in sauerkraut.

After a month the "bagoong" is ready to use and forms a piquant and much needed addition to the rice which is the chief article of Philippino diet. The liquor is also poured off and used as sauce or flavoring. Much of the bagoong not needed for home use is packed in five gallon oil cans for shipment.

"Ipon" are the young of half a dozen species of gobies which live in the rivers of the interior, even in the remotest mountain streams. By means of their sucking disks gobies are able to ascend streams impassable to most fishes. When mature, the gobies go down to the sea and spawn not far from land. Such vast quantities of "ipon" are caught, especially at the mouths of the Cagayan and Abra rivers, that more than half a million pesos worth of "bagoong" is made, much of it being shipped to other parts of Luzon.

"Bagoong", if clean and well made, is wholesome and nutritious, and smells no worse than sauerkraut or many kinds of cheese. It is merely different, that's all.
