

many generations.

"The food habits of the Hawaiians when the islands were discovered were probably what they had been for centuries, at least since about 1100 A.D., and, probably from 600 A.D. to the time of the great migration -- or perhaps even since soon after 1 A.D. or thereabouts which is considered to be somewhere near the year of the arrival of the first inhabitants.

"The Hawaiians ate 138 kinds of edible fish", Miss Miller said, "31 fowls, breadfruit, ferns, bananas, yams, taro, poi, pandanus, and various types of seaweeds. Their diet differed from that of other fine races in that they had no milk, no cod liver oil, and no whole grains."

HITTITES AMONG FIRST USERS OF IRON

The peoples of the near East were among the earliest manufacturers of iron, according to Dr. J. Newton Friend in an address before the members of the Royal Institution.

In 1300 B.C. the Hittites were using iron weapons in their numerous wars and among the treasures of early history preserved to posterity is a letter thought to have been addressed to Rameses II of Egypt from the Hittite king, saying that he is sending with the communication an iron dagger.

The Romans were skilled metallurgists with considerable knowledge of how to handle iron ores. Virgil's Aeneid written around 40 B. C. contains an account of a smithy in full blast, and Pliny in his Natural History, which was brought out in 77 A.D., shows an equal familiarity with the working of the metal. An iron ring recently unearthed from a Roman site was evidently made by soldering together the ends of a bent strip of iron with some sort of copper alloy.

Cast iron, said Dr. Friend, was first known in Sussex in 1350 and soon became fairly common.

ETHYLENE GAS USED TO RIPEN FRUITS

Ethylene gas which has seen recent favor in medical circles as an anesthetic has found quite a different use in the artificial ripening of green fruits and vegetables.

Experiments undertaken at the Agricultural College of the University of Minnesota in cooperation with two wholesale fruit houses demonstrated that green bananas and tomatoes exposed to small proportions of ethylene gas ripened in a shorter time and with much smaller loss than in the usual course of commercial ripening. The flavor was found to be a considerable improvement over that customarily found in fruits ripened off the tree or vine. This is ascribed by Dr. R. B. Harvey to the