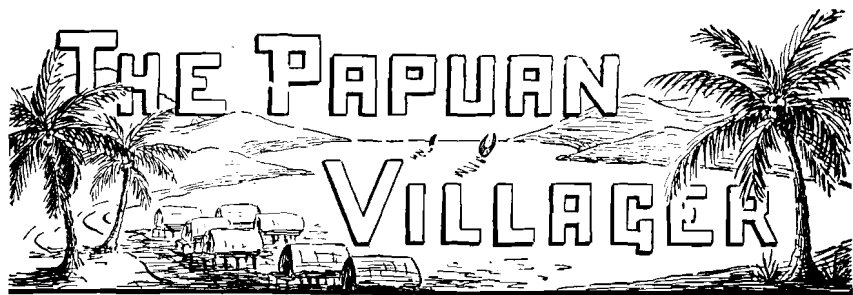


# THE PAPUAN VILLAGER



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Edited by F. E. WILLIAMS, Government Anthropologist  
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## Food and Health

A healthy man needs a number of different kinds of food to keep him going.

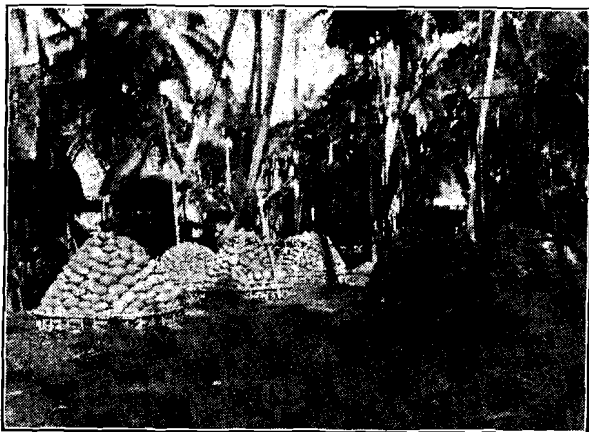
### Starchy Foods

First of all he must have what we call "starchy" food. (That means the sort of food from which starch can be made. But the laundry boy

should not eat the starch belonging to his *sinabada*.) Papuans have plenty of good foods of this kind—yams, taro, bananas, sweet potatoes, manioc, sugar-cane and so on. These fill you up well and give you plenty of strength to do your work.

### Animal Foods

But you must also have enough meat, or animal food. This may be



Yams in the Trobriand Islands

the flesh of animals or of birds or of fish—and crocodile, lizards and snakes are all good in this way.

Europeans eat beef (cow) and mutton (sheep) and pork and bacon (pig) and many other kinds of meat. The Papuans' meat food is mainly pig, though fish is important and also the animals and birds caught by hunters. But the old village pig is your best friend.

Pig is very good and it tastes good too. There is one thing you should be careful about, though; that is to cook your pig through and through. Underdone pork may be very harmful. If the pig has a disease it may be passed on to you. But if you cook it properly then there will be no danger.

Other kinds of animal food eaten by Europeans are milk, and eggs. So far the Papuans are not very keen on these foods, but they are good things to make you strong. Other native peoples are great keepers of fowls, goats and cattle, and they eat the eggs and drink the milk. Perhaps some day Papuans will have real fowl-yards and cows of their own.

### Fatty Foods

A third kind of food is called "fatty." This just means what it says.

You must have a certain amount of fat, and you get plenty of it from pigs and fish. You can also get fat from vegetables. I don't suppose a yam or a sweet potato has got any fatty food in it at all; but there should be plenty in your coconuts. In Africa the people get vegetable fat from their palm-nuts and their peanuts (or ground-nuts). These are things which will grow well in this country.

### Mineral Salts

To be healthy a man also needs what are called "mineral salts"; but we shall not worry you about these.

### Vitamins

The last thing on the list is Vitamins. These are very small things found in different kinds of food. They are too small to see; but if you don't get enough vitamins with your meals you will get sick. They are called Vitamin A, Vitamin B, Vitamin C, and so on.

If you don't have Vitamin A you are more likely to get T.B. (tuberculosis) and other diseases. But it is found in many things—eggs, sweet potatoes, tomatoes, bananas, etc., so most people manage to keep healthy. One of the best things of all for this vitamin is cod-liver oil. Never refuse to take it when it is given to you for medicine.

We will not tell you any more about the other vitamins. But remember one thing. That *fresh* food is the best thing for vitamins. Fruit and green vegetables are always good for you. And fresh meat is better than meat out of a tin.

✦ ✦

### End of the "Ronald S."

Our old friend the *Ronald S.* has gone to the bottom. She was not a very pretty boat, but she was a very good one, and we all remember her going busily up and down the coast.

This month she was taking a cargo of cement and other things up the Vaillala River to Kariava, the oilfield. She struck a snag in the river and in a few minutes she had gone down. Her crew got safely ashore.

### Lohia Gabe

On this page we give a picture of Lohia standing by the Government House car.

Lohia is a native of Hanuabada, and he was born about 54 years ago—though he does not "look his age." You would still think he was a young man, for he looks smart and moves smartly.

### Chauffeur

For years and years he was the right-hand man of Sir Hubert Murray. He helped him in all sorts of ways. We all know that he was the driver of the car, or, as we say, the "Chauffeur."

### Cook

But he was also the Cook at Government House—and a very good cook too. When the Governor went on the *Laurabada* Lohia was the head steward and the cook there also. And when the Governor went for a walk-about on land, Lohia was again the cook; and he was a great man to put the camp in order.

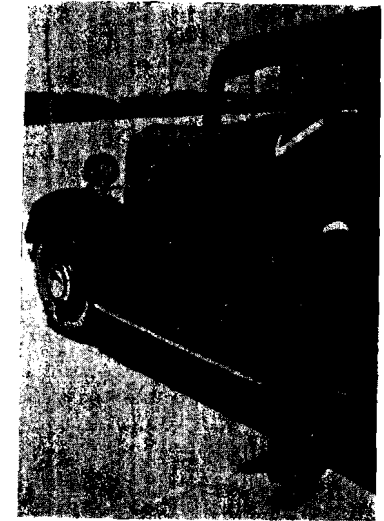
### Barber

You may be surprised to hear that he was also a "barber," which means that he used to cut the Governor's hair.

### Interpreter

And he was again and again Sir Hubert's interpreter. The Editor remembers the time when the native people of Papua gave the Governor an address. It was when the Governor-General, Lord Gowrie, and his wife were at Hanuabada. The address came as a surprise to Sir Hubert, and the first thing he did was to call Lohia to his side. Then he made a speech of thanks to the people and Lohia interpreted his words. It was

on that day that he promised us that he would stay in this country till he died.



Lohia Gabe

Block by courtesy of *The Pacific Islands Monthly*

The Governor-General and Lady Gowrie thought a lot of Lohia. He now has a fine wrist-watch which was given him by Lady Gowrie in memory of her visit.

Lohia is a man of many parts, and he has a fine record as a faithful servant and friend. And we are sure that he still has many years of good work ahead of him.

✦ ✦

### The War

The Germans are still waiting to invade England and the people in England are still waiting to be invaded. Hitler sends his aeroplanes

over to drop bombs on London and other cities. But the British fighter-planes attack them and send them back or bring them to the ground. The best day we have had against the Germans was one day this month. We smashed 187 of the enemies' planes and only lost 25 ourselves; and, while all the German pilots were killed or captured, nearly half of ours were saved. The Air Force is doing great work.

Hitler has a lot of ships ready to carry his soldiers across the Channel. But late this month a big wind sprang up and blew the ships all about the harbours on the enemies' side. This will put him back. The heavens are fighting for us this time.

#### Fifty American Destroyers

The Americans are our friends and they want to help us. So they have sold us 50 of their destroyers. A destroyer is a naval boat and she is made just for the purpose that she is named for. She guards the bigger battleships and cruisers and she is the first into the attack when the battle gets hotter and closer. These ships will be very useful to help Britain in all sorts of ways.

#### Why We are Fighting the Germans

A man of Orokolo wrote a letter to the Magistrate at Kerema, Mr. Vivian. He says, "Why are you English people and the German people fighting?"

This is how Mr. Vivian answered Miae Malahu.

"You ask why the English and Germans are fighting? Well, it is like this: For hundreds of years the English (British) have been the big rooster in the world and they have sent a lot of little roosters and hens into different parts of the world, like

Canada, South Africa, Australia, Papua, Fiji, Samoa, etc., to make an Empire. They were to grow and make lots of things and to be Christians.

Now the Germans do not like this fashion. They think that *they* should be the big rooster and crow (*boi-boi*) over everyone. This is not the fashion of the British who only want to be one big family—the British Empire. But the Germans have a Government—a hard cruel Government—and they want everyone to be under this evil Government, which is not a Christian one. If everyone will not belong to this German kind of Government, then the Germans will try to kill them; or, if they do not kill them, they will put them in gaol, and then take everything that belongs to them, houses, money, gardens, etc.

So now the Germans are trying to pull all the feathers out of the English rooster; but I do not think they will be able to do this."

#### War Gifts from Africans

Many natives of Africa have been giving presents to the British to help them win the war. We read in *The Children's Newspaper* of the following:

##### One hundred Cattle

A small tribe known as the Mru, Mount Kenya, have given 100 cattle to be sold for the British. These cattle are the most valuable things the Africans possess—they mean more than pigs do to you—and this is a big gift for a small tribe to make.

##### An Old Chief and his Gun

An old African Chief of 80 years took his "flint-lock" gun to the Magistrate. He had used it in the

Ashanti War many years ago. Now he is offering it to his old enemies, the British, for use against their enemies the Germans. It is a very old-fashioned gun but the best he had to offer to his friends.

#### Ten Tons of Rice

The Bena tribe has given the Tanganyika Government a war gift of ten tons of rice. This is to help feed the King's African Rifles who are fighting against our enemies the Italians.

#### War Effort of Coolangatta School

The boys and girls of a school at Coolangatta, Queensland, want to buy a bomber for the Royal Australian Air Force. They held an afternoon tea party, inviting people and making them pay for tea. The profits were 17s. 4d.

This is not enough to buy a bomber, but it will pay for two little lamps in the bomber's "cockpit" (i.e. the place where the pilot sits, with his instru-

ments in front of him). And the boys and girls are keeping going. Since their tea party they have collected another 14s. 4d.

This is a good beginning, and we are sure the R.A.A.F. will bless the hearts of the Coolangatta School Children.

♦ ♦

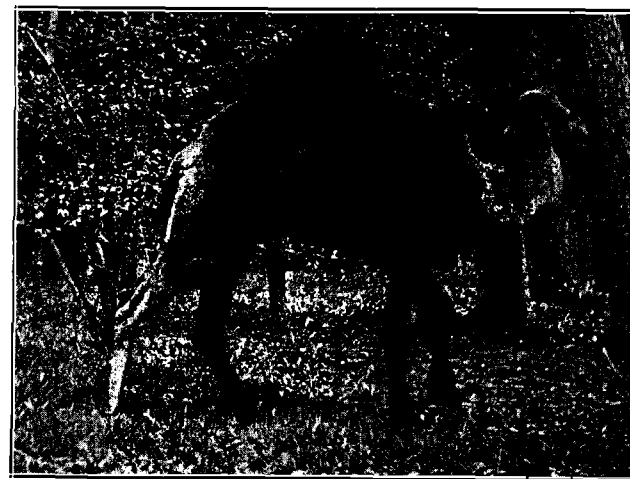
#### The Camel

Fighting is going on in Africa between the British and Italians; and both sides are using camels to carry their guns, and even for men to ride on.

It is not very comfortable riding on a camel. It is like being on the *Ronald S.* or the *H. & S.* in a rough sea, for the camel rocks about a good deal.

#### Three Stomachs

But he is a very good animal for walking over the desert, especially



A Dromedary, or One-Humped Camel

because he has three stomachs, and a number of pouches inside him for holding water. This means that he can go a long time without a drink. That is a good thing in the desert (bare country) where he lives, for there is no water there.

### His Hump

He has big broad feet which do not sink into the soft sand. And he has a hump, or lump, on his back. It is a mistake to think this hump is full of water. It is made mostly of fat. When the camel is in good condition, i.e. when he is well fed, he has a big hump. When he is in poor condition, hungry and thirsty, his hump gets smaller. It is like a food store for him.

Some camels have two humps; some have only one. The one-humped camel is called a dromedary, which only means a "runner." We show him in the picture on page 69.

### Camel's Milk

Besides being good for riding and carrying, the camel gives milk like a cow.

Do you know the little brushes used for painting pictures on paper? They are made of very fine hair, and that hair comes from the camel.

Many camels have been brought from Asia to Australia. They are useful in the dry, desert part of that country.

### "P.V." War Fund

#### Subscribers this month

	£	s.	d.
Previous amount	...	2	0 0
Tuaming Auvita, Iokea (2nd gift)	0	1	0
Forward	...	2	1 0

	£	s.	d.
Forward	...	2	1 0
Pipi Auvita, Iokea (2nd gift)	...	0	1 0
Meara Laho, Iokea (2nd gift)	...	0	1 0
Toru Laho, Iokea (2nd gift)	...	0	1 0
Kake Meara, Iokea (2nd gift)	...	0	1 0
Lari Malaifeope, Iokea	...	0	1 0
Kake Laho, Iokea (2nd gift)	...	0	1 0
Daba Solomon, N.M.A., Kariava	...	0	2 0
Henry U. Nava, c/o. A.P.C., Kariava	...	0	1 0
Eileen Tom, L.M.S., Raukele (2nd gift)	...	0	2 6
Ona, Maipani, Bamu River	...	0	1 0
Mata, Maipani, Bamu River	...	0	1 0
	£2	14	6

We hear from the Mission at Maipani that one of our helpers, Mata, is only about 9 years old, and that the shilling he gave to the Fund was the only one he had. Good boy, Mata, that's 100 per cent.

### Native Contributions

#### The Boy and the Big Fish

Dear Readers of *The Papuan Villager*,

I am writing this to tell you about a boy named Idu, and how he caught a big fish on his fish-line.

One Monday, on a very fine calm day, this boy decided to throw his fish-line in the sea. The first throw was unlucky and he lost his fish-hook and part of his line. But the second try was made after he had run up to the Gemo Island hospital and got another one. This time he tied a smaller fish on the end of his line. He tied the line to a 9 foot piece of bamboo and put it down on the beach 4 yards away from the sea.

#### Biri is Taken Out to Sea

That morning he had not had any food, so he thought he would go up to the hospital and get a plate and a dish and go to the store. But while he was doing this a fish came and pulled on his line. I was sitting down on my bed and I saw a boy named Kevau Biri, one of the sick boys at the hospital, run to the beach. He had forgotten all about being ill. He ran down and swam in the sea. When his father, Biri, saw him, he too ran down to

the beach and called to his son to come back. The little boy came back again, while his father went swimming after the fish; but he could not get it.

### "Papuan Villager" War Gifts

Send your shilling to the Government Printer.

Read your name and address in next month's paper.

Ask your friends to help win the war.

The fish swam very fast, but about thirty minutes later it grew very weak and tired, for Biri was still holding on to that fish-line. Then the fish took that line and swam slowly out to the deep sea. Biri sang out for a canoe to come to his help because the fish was taking him out to sea and he was growing tired.

#### Idau Takes a Tumble

Some women who were patients in the hospital called for Idu. He heard them calling and asked them, "Why are you calling me?" The women said, "Come on. Your fish-line has hooked a big fish and he is swimming in the sea."

Idau at once left his plate of food and ran quickly to the point. A big long piece of bamboo lay in his way on the ground before him. He tried to jump over this but he missed, and it caught between his two legs and he fell head first on to the shingle (a stony beach). There was great fun because of this, and all the sick people laughed. Idu ran to the water, jumped in and swam to the man who held the fish-line. But Idu had got two sore knees, and I was very sorry for him because he had plenty of sores on his neck too.

#### Help from the Canoe

The man who held the line was very tired and he sang out for a canoe to help him. Some other boys and I and an old man called Dago Gau at once took a canoe and paddled to the man and he gave the fish-line and bamboo to Dago Gau and Biri, then came up slowly into the canoe. The old man began to pull the fish into the canoe. Vagi Elia

held a spear in his hand and as the fish came near the canoe and it turned its flat body towards the spearman, Vagi at once threw the spear. It went straight to its ribs and the fish was not strong enough to swim away. Then Vagi held its head and I held its tail and we lifted it up and put it in the canoe. After that we paddled back to the hospital and as we came near they gave us a great shout.

#### That Happy Day

We put the fish on the beach and all the patients came to look at it. We were all very happy and the fish was so big it measured 34½ inches long and 11½ inches around.

Then Dago Gau cut up the fish and it was cut into five parts. Two of these were for the hospitals, and two for the two students' houses, and one for the Samoan teacher and his wife. Idu was the boy who really got this fish and he is always hunting or fishing on the island. He is here because he has sores on his neck. There were many sores when he first came but now all those sores are gone away and in a little while he will be going back to his own village I think.

## COMPETITION Healthy Villages

What should Papuans do  
to have good health?

Send your answers to the Editor. They must be in by 15th November, 1940

#### Gemo Island

Everything grows well on Gemo Island. Our gardens do well and we grow bananas, sweet potatoes, manioc, pineapples and a few yams. There are some papaws too and coconut trees and also a few different kinds of flowers.

Two breadfruit trees are growing too and after two more years they will bear fruit. The breadfruit trees are near the Samoan teacher's house. And besides this there are two hospitals for the sick people and two houses for the teachers and their wives and Miss Fairhall's own house. Further on is the leper hospital.

We have three canoes and a small wharf and everything is doing well on Gemo Island. I am here because I have got something like a ball on my neck. I was surprised when I came here to see everything so very good and clean. Every morning and night the Samoan teacher or Miss Fairhall take prayers for the sick people.

[By M. Asope Koavea, Iokea, G.D. This wins 5s. prize.]



## The Story of Maiari and Tutube and the Little Boy

Long, long ago a man and his wife and their little son talked together on their veranda until it was dark. The father and mother went inside and closed up the house, but they forgot the child and left him behind on the veranda. The poor child was sleeping heavily. He was so fast asleep on the hard wooden bed that he did not hear them go. (His bed was a board for kneading or beating clay on to make pots and dishes and water-pots.) While he slept the two devil-devils (Maiari and Tutube) came. They picked up the board and put it on their shoulders and carried off the poor little boy. They ran off on the track singing as they went.

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## NATIVE RECORDS

(See August "Villager")

The rate of pay per 450 words is "not exceeding" 1s. for very good, and "not exceeding" 6d. for good articles. Pay will be according to quality. The Editor of the "P.V." is the judge.

Subjects: (1) The Moon—What stories do your people tell about the moon?

(2) Sorcery—What different ways did your people use to kill people by sorcery?

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Maiari Tutube, Maiari Tutube huaia  
mavaru-mavaru

Now the poor boy woke up and found he was on a board and stolen by the devil-devils.

So he was very frightened and thought in his mind, "Oh pity me. What shall I do? This is the end of my life, I know," until they reached a tree.

It was midnight. A creeper was hanging down over the track like a rope. He took hold of this and pulled himself up and the devil-devils ran on (they thought the boy was still on the board). When they had both gone 20 yards away from the creeper, the child climbed down and ran off to the village.

The two devil-devils were rejoicing. One devil-devil said, "The head is mine." The other said, "Mine are the two eyes." But the other said, "But the head is mine. I spoke first. That is, I have the head *and* two eyes." The other devil-devil was very angry and they nearly fought. Then they promised to share the boy between them for their meat. One said he would have two legs, the other two arms, and so on, but they could not agree. They nearly fought and then made it up again.

### "The Papuan Villager"

SUBSCRIPTIONS should be forwarded to the Government Printer and are as follows:—

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When they had almost reached their dwelling place they took down the board deliberately from their shoulders. But there was nothing there. It was only an empty board.

Then they both talked to one another. "Oh what a silly thing that was. We have lost our meat." So they were both very angry with themselves and they smashed up the board on a stone.

I must conclude here my dear readers.

[By Ova Boge, N.M.A., Abau, E.D.]

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Come and See—

Mr. WYATT'S  
new Hunter Street  
**STORE**

It is here that the  
Village People  
can Buy Every-  
thing they need

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