

A light thrown on the water at night will sometimes bring flying fish and other small fish. Catch them with your net. They are good to eat.

DRIED FISH

Eat no dried fish unless your daily ration of water is at least 2 pints per man.

To dry fish, cut it in thin, narrow strips, and hang it in the sun. If well dried and kept dry, it will often stay good several days. You may like it better when dried.

To dry small fish, a foot long or less, clean, take out the backbone, cut slits across the inside about a quarter inch apart, and hang in the sun.

Important. Fish not cleaned may spoil in half a day. Clean your fish and eat it or dry it without delay.

SHARKS, SKATES, AND RAYS

Do not eat daily more than four 1-inch cubes of the liver or flesh of sharks, skates, or rays unless your ration of water is at least 1½ pints a day; don't eat any if even small amounts of these fish definitely increase your thirst.

Skates and rays, like the sharks, do not have scales and their skeletons are of cartilage, not bone.

Sharks have killed men occasionally. Stay out of the sea and in the boat when sharks or other large fish are around. Men have lost hands and feet by letting them hang overboard.

Splashing with an oar or striking at it will usually drive a shark away. The tenderest spot in a shark is the end of his nose. His gills come next.

Do not fish when sharks are around. They may cut your lines. Let sharks alone if you can get other fish. Never harpoon a big shark. The best place to harpoon a small shark is just behind the fin on its back. Harpooned sharks often roll over on the line and try to bite it. Fight them hard and keep the line taut. A bitten line means a lost harpoon.

TURTLES

The whole meat, blood, and juice of a turtle are good to eat. There is good meat against the shell under the backbone. Cut through the ribs to get it. After a turtle's head is cut off, the head may bite and the claws may scratch. Watch out.

If a turtle comes near your bait, try to snag it by throwing your grapple or a fishhook across it where the hook will catch in leg or neck, or in the edge of the shell. Better still, use your harpoon and strike the shell hard. Swimmers have caught turtles in the sea by turning them on their backs and towing them to a boat. Hot sun brings a clear oil out of turtle fat. Dip your food in it.

BIRDS

All birds are good to eat, cooked or raw. Their blood and livers are eatable.

Birds will sometimes light on the boat or on your back or head. Catch every bird you can. Save the feathers. Use them to make fishing jigs. Stuff them inside your shirt to keep you warm. Or skin the whole bird, take the meat and bones out of the wings, and leave the wings attached to the skin. Dry the skin with the feathers on it in the sun and use it to wrap around your neck or cover your back. The meat and guts of birds, and even the toe, make good bait.

Birds follow schools of fish and show you where they are. When feeding on a school, birds sometimes get so excited that you can get right up to them and harpoon them. Watch for fish also.

You can sometimes catch small birds with your dip net. Larger birds will often take a bit of fish or a hook trolled or dragged on top of the water. If nearby, they will often come after chum or a piece of fish tossed into the air.

SEAWEED

Certain kinds of seaweed are good to eat, but not unless you have plenty of water. No seaweed is poisonous. Chew it up fine and swallow it.

A bunch of seaweed often holds small fish which you can eat. Lift it out slowly and carefully, and shake it over the boat. Pick out all little jellyfish and crabs that might be among them. Jellyfish are often poisonous. Crabs are too salty to eat unless you have plenty of water.

EELS AND SNAKES

Eels are fish and good to eat. But be careful not to mistake sea snakes for eels. Sea snakes are found only in the Pacific and Indian Oceans. They have scales. Eels do not. Eels swim under water, snakes mostly on top. Sea snakes are poisonous. Let them alone.

POISONOUS FISH

When you catch fish near the shore, or when fishing from the land, watch out for three kinds which are poisonous. One is a parrot fish, with large teeth like a parrot's beak. The others, porcupine fish and puffer fish, will swell up like a balloon if you scratch them on the belly. You can use them for bait, but be very sure not to eat them.

WHALES

Do not worry about whales. The chances are millions to one they will do you no harm. Metal struck against metal under water will often scare them away.

IF YOU LAND ON ISLANDS WITHOUT PEOPLE, FOLLOW THESE INSTRUCTIONS:

WATER

Dig a hole at low tide just below high water mark. The water which runs in may be salty and discolored, but it can be used. Drink moderately the first day, or it may make you sick.

If there is a salt marsh or pond behind the beach, dig near the foot of the slope which runs to it. You may find fresh water from three to five feet down. Since fresh water is lighter than salt, go no deeper than where you first find it.

On jungle islands, water may be found at the base of the leaves of air plants growing in the trees. Strain out bugs and wigglers. The water is good to drink.

Standing fresh water anywhere in the tropics may be dangerous. Treat water with water purification tablets or boil it, if you can, before drinking. You can boil water in a section of green bamboo before the fire burns through. Or heat stones in the fire, pick them up with branches bent like tongs, and throw them in. Begin with a little water and then add more water and more stones. Where there are no people, running water is usually safe.

TURTLES

Turtles come ashore, mostly at night, to lay their eggs. Turtle eggs are good. Find them by following the trail the turtle makes across the sand to where the eggs are buried. Dig them up. When cooked, turtle eggs do not get hard like hen's eggs. Eat them cooked or raw. Bite a hole in the shell and squeeze.

To turn a sea turtle on land, catch it by the shell near a hind leg, and lift quartering forward. Once turned it cannot get away.

PLANTS

Most tropical fruits, but not all, are good to eat. Some are unsafe. At the very top of many palm trees is a large tender bud or cabbage. Cut it out and eat it raw or cooked. The trunks of some palms, if cut into, will drip good water.

Rattans, long slender vines with sharp curved thorns, also have cabbages at the top. Good drinking water will often flow from the cut stem of a rattan.

The thick stem of a growing bamboo, like rattans and palms, holds drinkable water. Cut off the stem and catch the water as it drips. Bamboo sprouts up to a foot high can be eaten raw or boiled. So can young leaf sheaths of bamboo, and the young curled over shoots of ferns.

Coconuts contain delicious, cool, nutritious water (called coconut milk) and valuable white meat. Strip off the husk and break in.

Breadfruit is oval, about 6 inches across, with a warty surface. To roast it, put it in a hole in the ground, cover it with leaves, lay hot stones around it, and cover the hole with dirt.

The durian, a large fruit with great spines, smells horrible but tastes like custard. Eat it raw.

FOOD FROM FRESH WATER

Fresh water fish of any kind, fresh water snails, shells, crabs, shrimps, and crawfish are all unsafe to eat unless thoroughly cooked. Cook fish like breadfruit. The snails and others, drop alive into boiling water. Use your dip net to catch fresh water shrimps. They often hang to branches

that dip in the water, and can be lifted out. Or make a dam in the stream out of mud, sand, or whatever you have, and look for shrimps when the water drains out below it. Eat the shrimp meat but spit out the shells.

FOOD ALONG SHORE

Fish are found in pools on reefs, in shallow water, or among rocks at high or low tide. Use your harpoon or block the opening of a pool at high tide so the fish cannot get out. Poisonous puffers sometimes go into fresh water. The flesh of other fish in fresh water is never poisonous, when cooked.

Fish are sometimes found out of water on rocks or trees. They are good to eat.

In parts of New Guinea there are great spiders whose webs may help you. Make a flat net by bending a branch and passing it back and forth through a number of the webs. Then bait it with a bug and set it where small fish can see it. Their teeth will get tangled in the web.

By dragging several of the great leaves of coconut palms through shallow water, fastened together, fish may be driven ashore.

SHELL FISH

Shell fish and their juices are good to eat and drink, whether cooked or raw. Many bury themselves in the sand, leaving small holes. Dig for them. You may find shell fish also among the rocks, hanging to the branches of trees that dip in the water, or crawling on the bottom at low tide. Land crabs, carrying sea shells on their backs, are often very common.

Only two kinds of sea shells are dangerous. Each is in a single piece. One is shaped like a sharp spindle. The other is thicker, rounder, open the length of the shell, and shaped like a short flat cone at one end. They are found in tropical parts of the Pacific and Indian Oceans. The animals inside the shells have poisonous teeth and are dangerous. Let them alone.

BIRDS AND ANIMALS

All animals are safe to eat — monkeys, bats, lizards, land turtles, frogs, and even snakes, including poisonous snakes, if they have not bitten themselves. Snakes taste like frog legs or the white meat of chicken. Grubs found in the ground or in rotten wood make good food. So do grasshoppers, toasted on a stick. Pick off legs and wings before cooking. But do not eat any caterpillars. Many are poisonous.

PEOPLE

Nearly all native peoples are friendly. Show them that you are friendly too. Except along the coast and in the Northern mountains of New Guinea, you can almost always go to them safely for help.

FINALLY

These instructions do not and cannot cover all cases. The best advice of all is to keep using your head. Many other men before you have saved their lives by doing just that.