

BETEL NUT BASKETS

Each man carries on his back, or at his side, one of these baskets in which he keeps his betel nut outfit. The nut of the *Areca* palm is split up into sections, wrapped in a *Piper* leaf, and the whole is liberally coated with lime. It is also customary to add a little tobacco to the nut before placing it in the mouth. The chewing of the betel nut produces a mild stimulation which, if indulged in frequently, becomes a necessary habit.

BATAK

Northern Palawan, Philippine Islands

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