```jsx
import React, { useEffect, useState } from 'react';
import io from 'socket.io-client';
import axios from 'axios';

const socket = io('http://localhost:3001');

function App() {
  const [username, setUsername] = useState('');
  const [message, setMessage] = useState('');
  const [chat, setChat] = useState([]);
  const [loggedIn, setLoggedIn] = useState(false);

  const sendMessage = () => {
    if (message && username) {
      socket.emit('chat message', { username, message });
      setMessage('');
    }
  };

  useEffect(() => {
    socket.on('chat message', (data) => {
      setChat((prev) => [...prev, data]);
    });
  }, []);

  const handleLogin = async () => {
    try {
      const res = await axios.post('http://localhost:3001/api/login', {
        username,
        password: 'test123' // Hardcoded for simplicity
      });
      if (res.data.token) setLoggedIn(true);
    } catch (err) {
      alert('Login failed. Try registering first.');
    }
  };

  const handleRegister = async () => {
    await axios.post('http://localhost:3001/api/register', {
      username,
      password: 'test123' // Hardcoded for demo
    });
    alert('Registered! Now log in.');
  };

  return (
    <div style={{ padding: '2rem' }}>
      {!loggedIn ? (
```

```jsx
    <>
      <h2>Login / Register</h2>
      <input
        placeholder="Enter username"
        onChange={(e) => setUsername(e.target.value)}
      />
      <br />
      <button onClick={handleRegister}>Register</button>
      <button onClick={handleLogin}>Login</button>
    </>
  ) : (
    <>
      <h2>Welcome, {username}!</h2>
      <div style={{ border: '1px solid gray', height: 300, overflowY: 'scroll', padding: '1rem' }}>
        {chat.map((msg, i) => (
          <div key={i}>
            <strong>{msg.username}</strong>: {msg.message} <small>{msg.time}</small>
          </div>
        ))}
      </div>
      <input
        value={message}
        onChange={(e) => setMessage(e.target.value)}
        placeholder="Type message"
      />
      <button onClick={sendMessage}>Send</button>
    </>
  )}
    </div>
  );
}

export default App;
```