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VOLUME 2 "VERB : SAP" SERIES

2/

"Verb : Sap" on going to East Africa

British Central Africa
Uganda
&
Zanzibar

and

Big Game Shooting in EAST AFRICA

Edition 1906

With
Swahili Vocabulary.

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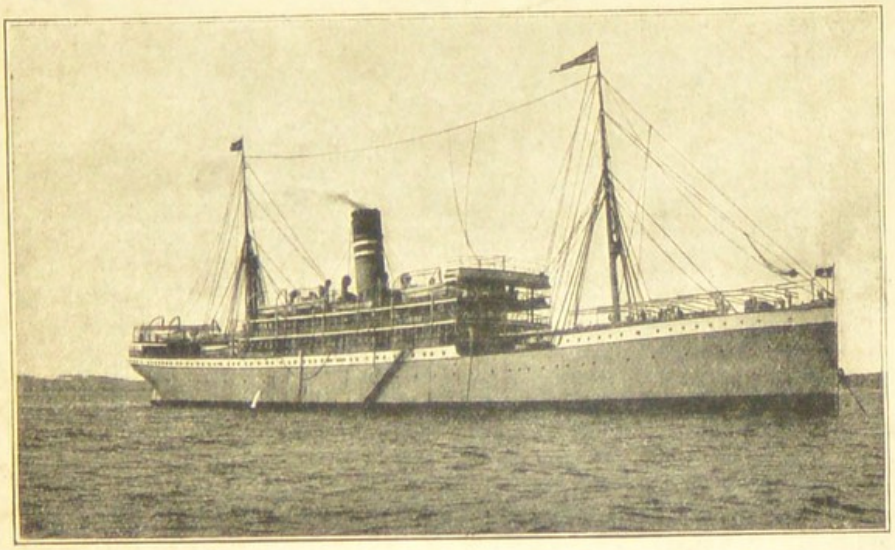

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"Verb. Sap."

ON GOING TO

East Africa,

British Central Africa, Uganda and Zanzibar,

and

Big Game Shooting in East Africa.

Edition 1906.

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THAT IT WILL DO GOOD AND SAVE MANY

A BITTER EXPERIENCE.

FOREWORD.

"Verb. Sap." is intended to be of use to the new adventurer to the East Coast of Africa.

Readers are earnestly requested to send to the compiler, care of the Publishers, any comments and criticisms as may be made in the light of actual experience. These will be gratefully acknowledged, and will be of the greatest service in rendering the next issue free from the faults of a first issue.

It is a rule of life that experience has to be bitterly earned. It is trusted that much of the information herein contained may save some of the many new to East Africa from having to gain their own experience.

The personal gaining of experience in health, and other things, in the Tropics is too expensive an acquisition for the individual who wishes to come home again. It must be remembered that what would often be appropriately termed "molly-coddling" in a good climate is ordinary "horse-sense" in a bad. The happy mean between hypochondria and folly is not hard to attain.

Apology is offered for the occasional references to the further East and to the West Coast of Africa, if these inconvenience the reader.

No literary merits are claimed for "Verb. Sap."

1906. London.

A FEW REMARKS ON OUTFIT.

HEAD GEAR.
MACKINTOSH.
SHIRTS.
HANDKERCHIEFS.
TIES.
UNDERCLOTHING.
PYJAMAS.
GLOVES.
BEDDING.
HOUSE LINEN.
TOILET REQUISITES.
LAMPS.
CAMP FURNITURE.
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The climate of East Africa is of such a nature as to render it unwise to purchase goods unless they are thoroughly adapted for use in that country.

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PREFACE.

By THE RIGHT HON. LORD HINDLIP, F.R.G.S., F.Z.S.

(Author of "East Africa: Past, Present, and Future," "Sport and Travel: Abyssinia and East Africa.")

This volume should supply a long-felt want, and be eagerly perused by all proceeding to East Africa.

To those who cannot number among their acquaintances one who has been to that country, reliable and useful information is more than difficult to obtain while even those who have taken care to find out as much as possible before leaving home find themselves confronted with endless difficulties in entering the country, and have practically no means of discriminating between the proper laws, regulations, &c., and that abomination, "custom."

The Compiler's energy is to be commended, and in the "Verb. Sap." Series will be found many small hints and suggestions such as would probably not be thought necessary by a traveller to give to a "New Chum."

HINDLIP.

A NOTE OF WELL-WISHING.

By SIR PATRICK MANSON, K.C.M.G. *(Medical Adviser to the Colonial Office).*

"I wish 'Verb. Sap.' on going to East Africa every success, and I endorse the idea of giving the fullest information to readers as to what they should take with them and where everything may be obtained. I trust that the advice given in the chapter on Health will be carefully followed, and I believe it will prove of very much value to those preparing to go out."

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"VERB. SAP."

ON GOING TO EAST AFRICA.

CONTENTS.

CHAPTER I.

PRELIMINARY NOTES.

Notes of some importance may precede the very vital question of Outfit and Stores.

The reader must seriously reflect on the subject, remembering it may mean everything to him in the future,—even perhaps life or death.

To put a few points briefly. (I) The climate of East Africa varies and the reader must recognise this. The high plateau of the British East African Protectorate, to quote Sir Charles Eliot, "must be given a high rank for healthiness among tropical countries." Here the temperature varies in the daytime from 72° to 83°, and at night from 45° to 55°, giving the advantages of a European summer day with cool nights. On the other hand, "Zanzibar and Uganda must be pronounced inferior," while in some of the swampy parts, such as "Vanga and the lower part of the Tana River," the climate is very trying to Europeans. For whatever purpose the reader goes out—whether for travel or sport, for gold or for glory—he should go with a complete trousseau containing details suitable for varying temperatures and conditions. It pays *in every way* to "do oneself well."

If the reader does not readily appreciate the force of this important point, he should ask any old traveller or tropical expert of his acquaintance. It is most difficult in England to realise one's needs and wants in the Tropics.

(II.) The advice sometimes given is to take old kit, "any second-hand stuff is good enough." *It is not.* Inferior worn-out things go to pieces at once in damp heat. Moreover, good things are still good enough to sell on the owner going home, and there are ready buyers for everything. It is false economy to take rubbish.

(III.) A point also is that it is not good for native servants and native officials to note that their master or superior has nothing but shoddy. They do observe pretty shrewdly, and, children that they are, it does not impress them favourably. This note is a real "word to the wise."

(IV.) As a concluding preliminary note the word of advice to be in time must be added. Do not put off things to the last. The man in a hurry always pay through the nose.

OUTFIT.

A GUIDE TO CIVIL, MILITARY AND MEDICAL OFFICIALS, TO CIVILIANS AND NURSES.

For N. Nigeria, the full number of articles, as in the Colonial Office list, are *not*, at the present stage of the Protectorate's development, required. The quantity here mentioned is for N.N. For other Colonies add one mess kit and one khaki suit—with additional mufti as desired. See (c).

(a) Not a made-up so-called "shyster" cummerband, but a correct length of silk to wind four times round waist.

(b) Mess kit only necessary in N.N. for Lokoja and Zungeru, but it is good to wear it at Bush Stations.

(c) Three of every washable thing is ample. The term of service is only twelve months. Insects eat and servants steal anything not constantly required and worn. Camphor must be kept in all clothes.

Clothing for Voyage. See "Voyage Notes" at end of Chapter II, also Summary to Chapter III. "Voyage Home" notes important.

Mufti ("Plain Clothes.") One Summer tweed suit, one flannel suit, two pairs flannel trousers (preferably grey). Also take old flannels to wear and to give away. Your "boys" will much appreciate a gift of clothing.

One thick warm ulster. For Voyage Home, see Summary to Chapter III.

One mackintosh (Inverness or Newmarket pattern). See that there are holes for ventilation under armpits. Also have leg riding straps of cloth *sewn* inside flaps. All seams should be sewn, or they will come unstuck.

Note.— Civilians not *requiring uniform should add to this* the riding breeches, gaiters, and putties.

One grey alpacca coat for office work, &c. Sweater (see Underclothing).

Head-Gear. One khaki uniform Sun-topi, with puggari of corps or department. One white cover for above. Do *not* get a white helmet with khaki cover. The khaki is required generally, the white only occasionally.

One khaki Sun-topi. One grey double Terai hat. One straw or Panama. One cap. Cawnpore Tent Club shape is popular. *It is very important* to ascertain that the brim of a sun hat is not touched by the arm when a gun is raised to shoot. If the arm touches the sun hat the hat is no good to a sportsman.

Foot-Gear. Three pairs white canvas rubber-soled boots (for deck, mess, and tennis). Three pairs good brown leather (three at least). One pair "field-service" pattern brown leather. *Note.*— When the rubber-soles wear out, have the boots soled with double goat-skin. Makes a capital sole, and wears better than rubber.

One pair of Mosquito boots. Buy these the first day in the country. About 5s. (See Chapter III.)

One pair of rubber knee boots. They are of use for swamp work on Coast and the Lakes.

Do not take pumps. They mean unprotected ankles, mosquito bites, and much fever.

One pair of Wellingtons. Take any old Wellingtons. Do not buy new pairs.

Linen (Body). Six shirts with soft fronts and cuffs, of white linen, matte, or lawn. No collars attached. Three ordinary dress shirts, for dinner wear. For Headquarters these may be transposed, six stiff and two soft being taken, as starching is done. Soft shirts are worn, three stiff can be taken for voyage home.

Twelve celluloid stand-up double collars. These look smart and are *not* hot. The best cannot be told from linen. Easily kept clean.

Six white matte tennis shirts with turn-down collars attached. For tennis, &c. *Wool vests must be worn under these or fever* "fit to catch master." "Verb. sap."

Handkerchiefs. Ad lib. (At least 1½ dozen.) It is good if all linen, &c., is marked so that your black "boy" can recognise the mark. An indelible mark.

Ties. Two black silk bow ties. For dinner wear. Not made-up "shyster" ones. Four ties for day wear. Knitted silk are the best.

One thick white sweater. (See Chapter III.)

Underclothing, &c. Two bush shirts. These are *the* things for Bush wear. Collars and the spine-pads should be separate for washing. And there should be shoulder straps to prevent straps of camera, water-bottle, or haversack, &c., slipping off shoulder. Twelve pairs new socks, and all coloured ones. (Mosquitos like black socks.) Thin cashmere is best. Six thin all-wool vests.

Two warm wool vests for voyage home and for fever times. Six thin all-wool short drawers. Two thick long wool drawers for voyage and fever. Three coloured flannel shirts, no collars attached. To wear with celluloid collar and tie.

Pyjamas. Four suits, must be all wool. Four wide flannel cummerbands to button. Worn *over* pyjama coat. Two very warm suits for voyage home.

Dressing Gown. One long, warm and wool. Most useful when feverish and in the draughty ship corridors. Too much stress cannot be laid on the necessity of having warm clothing for voyage home. (See Chapter III Summary.) While in the country a careful eye must be kept on the reserve of

warm clothes. Have them aired and shaken often. Keep *camphor in all boxes of clothing*.

Scarves. Two large white silk. To wear after any hard exercise if sitting about.

Gloves. One warm pair for voyage, and any old pairs for polo.

Pads. Two for wearing down spine. A spine pad may be of any material, padded with cotton wool and quilted. Easily home-made with a sewing machine. Worn outside or inside. Fixed on by buttons or safety pins. A spine pad wards off fever, sunstroke, and retching.

Bedding and House Linen. Two blankets (warm). Two Jaeger sheets (wool). Four linen sheets. Six linen pillow slips. It is safest not to use linen sheets, which, when soaked with perspiration, give chills, and feel uncomfortable also. Sleep on a blanket, and under a Jaeger sheet. Warm blankets very welcome in the cold season. Pillow-slips always used.

Six large table napkins. Serve as tablecloths for camp table. Six tablecloths. Four large rough bath towels. Six large face towels.

Toilet Requisites. Two razors. Keep them in oiled rag or oiled paper.

Two strops. Hanging strops are the best and last indefinitely.

Two shaving brushes. A cheap shaving brush is a very false economy.

Six tooth-brushes. Apropos of teeth, refer here to Chapter III Summary. One dozen tins tooth powder. Two sponges. One dozen cakes soap. Hairbrushes, and two combs.

Lamps and Lighting. One Lord's lamp, with spare wick and oil reservoir, in case, with padlock. Lord's lamps are not liked by some, but, on the whole, are the best for all purposes so far on the market. Stuff some dusters on top of the lamp to keep it steady in its case.

Hurricane camp lantern. Obtainable in the country at stores. You will want two.

One copper folding lamp, with talc slides. This is very compact and is only for emergencies. It goes in the tiffin basket. Three dozen special tropical hardened candles for above lamp. One burning glass. One tinder box, flint and steel.

Three packets wooden matches. Wax matches are useless, as they all melt into a solid lump. Matches procurable in country.

Camp Furniture. One folding bedstead. Strong and light. (X pattern is recommended.) With brass rods for netting. See it is right length, that is, about eight or ten inches longer than your height.

Two mosquito nets (one for a big bed, one for the camp bed). Nets must have net top, *not* calico. All seams must be strongly bound. *Nets tuck under mattress and hang inside rods or poles, not outside.* Chapter III. This is a very important note. "Verb. Sap.!" One piece netting for mending.

One cork folding mattress for bed. And see mattress is same length as bed exactly.

One hair, or wire-spring pillow. For great heat when the head cannot bear any other.

Two feather pillows.

One hammock, with ropes. A luxury. Net hammocks are best. The canvas kind are hot and give prickly heat.

One folding table (X pattern is good). Not too small a table. That is, let it be large enough for two men to sit at for "chop," say 36 in. by 36 in. One comfortable deck-chair, with leg rest. One folding upright chair. One Rhoorkhi chair. One folding washstand (X pattern).

One tin bath in wicker case (folding bath *no* good). Most useful. Have also a wicker lining. In the bath can be packed all linen, &c., on voyage, and all clothes when in the Bush. One folding mirror.

One tent, 80-lb. pattern. No need to take a tent if a Government servant.

One folding latrine. An essential thing. The A. & N. Stores sell a light compact make. Do not take the pan. An old kerosene oil tin will do. (See Chapter III, Sanitation.)

Two common carpets for camp work. Makes a place cheerful.

Cooking Pots. Six assorted sizes aluminium cooking pots. Smallest a pint and largest a gallon (approx.). Get an iron kettle and two saucepans in country if going on to Bush.

Glass and Crockery. Six aluminium pint tumblers. Three enamel breakfast cups. Three enamel breakfast saucers. Six enamel large plates. Six enamel small plates. One enamel teapot (quart size). Two enamel vegetable dishes. Two enamel flat meat dishes. Two enamel egg cups. One enamel milk jug (1 pint). Two enamel pie dishes. The best glass for Bush work is aluminium and the best crockery is enamelled tin. This is a true Bull and a true Bill.

Fittings for the Tiffin Basket. This is an invaluable adjunct. Get a strong wicker flat basket (approx. 30 in. by 24 in. by 16 in. deep), lined with stout Italian cloth. Strong hinges and lock. Have partitions made to fit your fittings. This basket will be only 30s. without fittings. One Berkefeld hand filter (with refill candles) in its neat tin case. One Sparklet large-size syphon (with two spare glass tubes and washers). Twelve dozen large size bulbs for above syphon. One enamel (inside) tin to hold meat or bread. One glass flask for water in a wicker cover to prevent breakage. One lamp. (See "Lamps and Lighting.") When travelling in the Bush, on the rivers or anywhere, always see that the most reliable man carries the tiffin basket or is in charge of it. A mosquito net should be with this, and if both tiffin basket and net are with you it does not so much matter if the rest of the baggage is late or astray.

All above-mentioned "Glass and Crockery." The plates, knives and forks as follows all go on the lid, held on by elastic bands:—

Six large forks, six small forks, six large table knives, six small table knives, six dessert spoons, three tablespoons, six teaspoons, one corkscrew and one tin opener, one mincing sausage meat machine. (See Chapter III.)

(All this must go in a separate tin-lined case, screwed down.)

Saddlery. One hunting saddle, no knee rolls.

One thick felt numdah. Without this you will have much trouble with sore backs.

One pair stirrups and one pair leathers.

Two strong web girths. Get a pair that you can shorten by extra buckles.

One surcingle.

Two horse blankets, one watering bridle and 12 yards of picketing rope. One bridle and reins. Three bits (one plain steel snaffle, one rubber snaffle, and one 19th Lancer bit). One martingale. Two curry combs. Two very hard brushes. Six tins saddle soap. Six rough coarse dusters.

Battery. One ·303 Magazine rifle. Take any heavy rifle if desired, or replace the ·303 by a Mannlicher if you have experience of the latter. The rifle and gun suggested *are* enough for all purposes.

One D.B. 12-bore gun, left choke, right for ball. One ·455 Webley, service, 6½-inch barrel, revolver.

Cartridges. 500 soft-nose sporting ·303. 300 No. 2's 12-bore and 200 No. 6's ditto, gun. 200 ·455 man-stopping revolver.

Fishing Rod. One light sea-fishing rod (a brass rod would do). 24 yards oiled line, 6 yards gut, and 24 assorted hooks. No need to take out a rod at all. Take the line and hooks on chance.

Books. Two copies "Verb. Sap." One to lend. One copy "Malaria: and its Causes." Issued by and to be obtained of "The Liverpool School of Tropical Medicine."

One copy of 2 vols., Royal Geographical Society, 4to book for travellers.

One copy "Family Medicine in India," Sir W. Moore's Manual.

Two Hausa grammars. Get both Robinson's and Miller's grammar.

One copy first-aid handbook. One copy Shakespeare.

Journals. Also professional books according to requirements. It must not be forgotten to arrange, before leaving England, to have a weekly supply of papers sent out by a reliable firm.

Medicines. (See Chapter III, List of Drugs.)

Wines. Twelve pints of dry champagne. One bottle good brandy. These are recommended to be taken for medicinal use only. It must be remembered that though wines are procurable on the Coast the prices are high. If it is desired a supply for general consumption can be taken out as an economy.

Miscellaneous Articles. Field-glass, in leather case, with sling. A pair of aluminium binoculars, not the most expensive, or perhaps the best, but good enough.

Camera, in leather case, with sling. If already an amateur the reader has his own opinion and knowledge; if a novice a week's training is necessary. Do not believe the shop which says that an instruction book is enough.

Water-bottle and sling. Aluminium are lightest, but whisky affects the metal. On the whole enamel is best. Get a square one curved to the shape of the hip, with round corners. A felt cover is necessary.

Shikar knife in sheath. A 6-in. blade is long enough.

Hunting knife. One holding one blade, corkscrew, cartridge extractor, tin opener, and button-hook (each of these is necessary) is very satisfactory. Steel handle is best, with a swivel to hang on belt.

Haversack. This is invaluable, and should be of waterproof material, with many interior pockets.

Belt. Leather is good, but one of webbing, such as a girth is made of, is better, with two buckles in front. Whichever is chosen there should be a strong steel ring, with swivel attached at each side. See that tags on breeches and trousers are wide enough for belt.

One fitted medicine chest. (See end of Chapter III.)

Two thermometers. One clinical in case, and one Fahr.

One good magnetic compass. Gunmetal, with protected face.

Travelling clock. A reliable clock of inexpensive metal.

Watch. Not gold, or it will be stolen.

Set of tools. One cold $\frac{1}{2}$-in. chisel, one screwdriver, one wire nippers, one pliers, one small handsaw. These ordinarily are enough, but can be added to, if desired, with advantage.

Copper wire of two thicknesses. Take a coil of each kind.

Assorted nails, screws, and rivets. Bifurcated rivets are very useful.

Sandpaper. A useful article.

Two tape measures. If for nothing else but to measure sporting trophies.

Housewife. With needles, cottons, twine, wool-cards, pins, *safety pins*, scissors, beeswax and buttons. All are essential. (Natives love scissors. "Verb. Sap.")

String. Two balls of strong string.

Stationery and writing case. As desired. Take plenty.

Fountain pens and ink. Also a packet of pencils. 10s. 6d. is enough for pen.

Taxidermine. If skin curing is a hobby, take knives, arsenical soap, etc.

Paint box and sketching materials.

Gramophone with records. Band pieces are specially cheerful.

Boot laces and boot polishes. Everett's special polishes, etc., for tropics, or any good kind.

Pipe clay. Blanco is best.

Dusters. A dozen coarse dusters. Torn clothes will probably replace these later.

Mosquito netting. Spare piece for repairs.

Language books. Hausa grammar. Both Miller's and Robinson's.

Tinder box, flint and steel. (See "Lamps and Lighting," Chapter I.)

Umbrella. White, with green lining, but an ordinary black, with white cover, at about 5s. 6d. is enough.

Tennis racket.

Piano. Several have taken small yacht piano (£15). No good if going to Bush life.

Banjo and guitar. The damp heat precludes these.

Game traps. Buy only the merciful, instantaneously-killing kind. A chain to each trap is necessary.

One clothes brush.

Maps.

Steel chain. For keys; to carry in pocket.

Tobacco. Many brands procurable in country at the stores. But take enough for voyage.

Pipes. Procurable in country.

It may be said roughly that a good outfit, excluding guns, can be obtained for £100. This should not alarm anyone. Remember you will do hardly any shopping till you return. The expense is spread over a long period. Many men do not think of this. The Mombasa (B.E.A.) Trading and Development Syndicate, Ltd., 130, Fenchurch Street, London, E.C., will supply at a short notice the whole outfit as enumerated in this chapter. Quotations on application.

Nota Bene.—It is better to anticipate one's salary by an arrangement with an agent or banker or make an agreement to pay by instalments rather than to go out to a bad climate incompletely fitted out. "Verb. Sap."

CHAPTER II.

EASTWARDS HO!

HOW TO GET TO MOMBASA. ROUTES—LINERS—BABIES AND BAGGAGE—FRIVOL—AGENTS—LABELS—MONEY—LETTERS—CABIN—TABLE—BATH—TIPS—LUGGAGE—AMMUNITION—CLOTHES—EL DORADO—LOST KIT—WORRY.

The sea-lover may have his fill between Home and "out there," for, until the rails of the Cape to Cairo line are laid to the last link and sleeper, there are only the sea ways to choose from. Of these there be two—by "the Ditch" or round the Cape, through the Canal or past the Canaries. The quickest method is to speed overland, either to Marseilles or Trieste, and thence on the 10th and 28th respectively of each month by a Messagerie or Austrian Lloyd Liner to Mombasa, *via* Suez Canal, and this way escaping the dreaded Bay. The Austrian Lloyd Liners call also at Venice, both on the out and homeward voyages.

ROUTES.

DEUTSCHE OST-AFRIKA LINE despatches a steamer once a month from Hamburg, touching at Rotterdam, Lisbon, Marseilles, Naples, Port Said, Suez, and Aden, reaching Mombasa (or Kilindini, its alternate port) in about 35 days. Most passengers join the vessel either at Marseilles or Naples, the journey from London *via* Marseilles taking 21 days, and from London *via* Naples 20 days. (The steamers stopping at Naples generally allow sufficient time for a visit to Pompeii and Mount Vesuvius.) A first-class single ticket from London *via* Marseilles costs £44 5s., and from London *via* Naples £48 14s. For the return journey by the same line a reduction of 10 per cent. on the double steamer fare is made. There are also intermediate steamers sailing every other fortnight from Hamburg, touching at Rotterdam, Dover, and Genoa, and the other ports mentioned. In addition, steamers leave Hamburg once a month, touching at Antwerp, Dover, and Las Palmas.

THE AUSTRIAN LLOYD despatch a steamer from Trieste and Venice on the 28th of every month—from Brindisi on the following day—*via* Port Said, Suez, and Aden, reaching Mombasa from Trieste in 17 and from Brindisi in 16 days, *i.e.*, respectively, 19 and 18 days from London. This is the shortest route from Europe to Mombasa and *vice versa*. A first-class ticket from London to Trieste, *via* Dover, Calais, Laon, Bale, Lucerne, St. Gothard, Milan, and Venice, costs £9 3s. 9d., and £6 9s. 9d. second-class. Fare from Trieste and Venice to Mombasa, £37 10s. first-class, and £26 5s. second-class. A special train is in connection with the arrivals and departures of the Austrian Lloyd's steamers—carrying first and second-class passengers free of charge, along with the luggage—from Mombasa to Kilindini and *vice versa*.

THE MESSAGERIE MARITIMES STEAMERS leave Marseilles on the 10th of each month and are due at Mombasa on the 27th. Homeward steamers leave Mombasa on the 28th of each month.

Through Fares from London—

Single, £45 ... ... Return, £67 10s.
Second Class, £31 ... Return, £46 10s.

Time occupied on the journey from London, 18 days—from Marseilles, 17 days.

FRIVOL.

The journey, the cost, and the children should not, perhaps, be discussed in any frivolous spirit at all, but the intending voyager may take the word of an old traveller (a rather bad sailor and a married man) that

unless the entire arrangements, from the writing of the first "Dear sir" to the slipping of the last quay cable, are undertaken in a vein of humour and hard-heartedness combined, comedy and cool calculation, there will result sadness and much MUDDLE. A verb. sap. here. Do not trust to agents!

AGENTS.

They are estimable people of the best intentions, *but* the goods they handle and the plans they scheme are not of and for themselves. It is *your* baggage, *your* journey. Therefore, to achieve the best results, count and travel with your *own* kit and calculate your own departures and arrivals.

LABELS.

The offices of the line selected, or any steamship agents, will supply labels for the baggage. These are of three varieties—Hold, Baggage-room or Wanted on Voyage, and Cabin. In the cases labelled "Hold" must go such things as will not be wanted on board at all. The packages in the baggage-room can be got at on board at specified hours on certain days. In these go all changes of clothes and things which may conceivably be useful. Cabin means as much as consideration for your cabin mate or mates, or as much as you think their tempers will allow you to put in the racks, on the hooks, and under the berths of your cabin. A preliminary half-crown to the cabin steward will often get room for an extra package. And be earlier on board than the other people in your cabin. First come first served.

MONEY.

If you are a settler or a globe-trotter you will have arranged with your bank in England to have remitted to your port of arrival, or to Nairobi. But for sea travel always take £25 with you over and above all ticket and travel expenses. It is, of course, more than enough, but you will feel comfortable with that amount. Cards are played on board, lotteries organised on the daily runs. There are bars, and colonists believe in "treating." Wine bills are settled weekly. Government servants can draw money on arrival. National Bank of India has branches in Mombasa and Nairobi.

LETTERS.

The steamship agent, who is on board to the last minute, will always post last letters, and for a shilling will take the address of anyone you wish wired to at the ports of call to notify safe arrivals. Port Said will probably be the first place where you can post, and the purser will always arrange about sending letters ashore.

CABIN.

Try for a forward outside cabin on the starboard side going out *via* Aden to get the night land breeze. On going *via* West Africa on the port side.

TABLE.

See the head steward about your seat, and the sooner the better.

BATH.

On going on board put your cabin things in your berth, and going at once to the bath-room steward pick your time for the morning tub. The early verb. sapist gets the best and most convenient hour.

TIPS.

These are customary, neither too much nor too little, being 10s. for your cabin steward and the same for the table man, and 5s. to the bath-room attendant. The bar steward, the cook, the head steward may also be rewarded if they have been obliging.

LUGGAGE.

Keep a list very handy on boarding, transhipping and disembarking to check your kit at once. Some will certainly go astray if you do not. Do not trust anyone else with this job. Never mind worrying anyone, for it is better to be reviled behind your back than arrive *sans* necessaries.

AMMUNITION.

This has to be declared to the first officer.

VOYAGE HOME.

See Chapter III.

CLOTHES.

In the daytime flannels or light tweeds and rubber-soled footgear. You can get sunstroke by putting a bare head out of the awnings. Mount your sun hat at Port Said or after the Canaries. For dinner a smoking jacket is suitable.

PORTS OF CALL.

It is always well to go ashore when possible to stretch one's legs and to do good to the internal machinery. Coming home curiosities may be purchased, but only the enthusiastic "new chum" buys ostrich eggs and dried parrot fish on the voyage out. There is no roulette "hell" now at Port Said, as the Gippy police cleared out that sink of iniquity some years ago along with much else of evil repute in that town. The writer remembers leaving El Dorado (the roulette place) with two other brand new soldier officers on our first trip eastwards. Our pockets were stuffed with half-crowns, the result of staking against whatever were the highest stakes on the table, and which were always scooped by the bank. We had had the usual donkey rides, been opportuned and refused, and still had spare time to waste.

El Dorado.

Full as we were with tales of canny winners at the tables being waylaid and stabbed, we kept in the middle of the roads and wandered through the jumbled bazaars with caution. Presently out near the desert a minaret tower caught the fancy of one of the trio. The door was open and a spiral stone stairway invited ascent to a top which would obviously give a magnificent view. No sooner seen and suggested than the climb was begun in single file, for the narrow steps would not allow of wider progress. The writer was in the middle and all three of us in Egyptian darkness after the first twist of the stairs. Suddenly the man behind cried "Hush!" and having hushed obediently we distinctly heard bare feet scuffling some steps behind us. The leading hero immediately started upwards at an increased pace, but none too fast for us behind. In the minds of all three flashed the unpleasant thought of a trap and assassination for those heavy half-crowns. The last man feeling already a knife in the small of his back hustled desperately the middle man, who, in his turn, urged on the leader to haste. Every now and then we heard the steps behind of our murderers. Thrusting and scrambling, bruised, and tumbling over the irregular steps and against the rough stone sides, we at length emerged on the top veranda into the sun and turned to face the assassins. We would make a fight for it in daylight. Three second lieutenants should not be slain with impunity in the sunshine. The mysterious steps sounded more clearly, and then at last in the dark framing of the doorway stood our fear. It was a little naked Egyptian boy with sore eyes who held out his palms whining, "Bakshish, sahibs! Bakshish, kind gentlemen!" The tale of that minaret's ascent was *not* told that evening on board the trooper.

What's that?

ADVICE.

Now it is a curious thing, but a fact, nevertheless, that many men are ashamed of asking the advice of the

experienced. It is a most foolish kind of false pride in the usually very young traveller. It is really a very sound practice to discover on board who of the fellow voyagers is an old hand and to cultivate his acquaintance. There will inevitably be a score or so of points particularly affecting the new adventurer to the country about which he desires information. Tactful enquiry will prove most valuable, but, at the same time, a veteran's suggestions must be often taken *cum grano salis*. Even as a new man hesitates to question, so does the elder hesitate to resist the temptation to exaggerate. Do not be discouraged by 'boardship pessimism or be inflated by its optimism. Make mental notes (and it is not a bad plan to make actual pencil notes) of everything you can hear about the routes to and the life in the country and district you are going to. Above all do not pretend to know more yourself than you do; better appear more ignorant than you really are.

LOST KIT.

If baggage is lost or astray you may worry justifiably, but if there are other causes they should be taken philosophically. Everything will come right in time. The official will find orders waiting him or can obtain them at Mombasa, while relatives, friends, or a firm can quickly send after the exile any forgotten things. The merchant and the intending settler being assumedly men of affairs will not have forgotten necessities or be victims of lack of memory. If, however, they have like cause for fret with the official it must be remembered by them as by him that *the* great cardinal rule of life in the tropics is "Do not worry about things!"

WORRY.

Think about troublesome causes and how to circumvent them, but do not *worry!* This faculty is a quality of the Aryan which *must* be acquired, or—hic jacet, gentle reader, in a white ant heap with seven big stones and much cactus above to keep off the—but enough.

CHAPTER III.

THE HEALTH, CLIMATE, AND THE SEASONS.

With a Summary and Notes on Food and Drink.

SEASONS—THE SUN—MALARIA—QUININE—APERIENTS—QUARTERS—STAGNANT POOLS—MUD HUTS—CHILLS AND COCKTAILS—SANITATION—PRICKLY HEAT—NAMES—DRINKS—FILTERS—FOOD—TEETH—FRUIT—FAMINE—PESTILENCE—DRUGS—AND SUMMARY.

Anglo-Indians are often puzzled when at home by the seeming incapacity of the untravelled to realise the considerable size of India and that, being on the Bombay side, does not necessarily mean acquaintance with Brown-Jones of the Punjab Police or Smith of Calcutta.

India in its vastness "comprises in itself" every variation of cool heights and hot-house depths, and exactly so is it with the not so large country of East Africa. Here is every climate of the globe on the equator, from the less healthy sea-level and lake shores, up to the plateaus of 10,000 feet, and to the snow-covered mountain peaks still higher. Because the coast-level soil is so dry, with the day and night on-and-off shore breezes, it would not be fair to compare the shores with the parallel land which offers itself, that of sweltering Madras, and it can in no way be compared with the West Coast of Africa—*The* Coast, which has gained its definite article from the insistence of its own bad character.

Near the mouths of the rivers, from Vanga to the Juba, are unhealthy places, where the mosquitos abound and the soil and air is damp. Inland again, by the shores of the great Lake Victoria and the other swamps and lakes, are stretches of low unhealthy climates, but even these may be improved by the building of *pukka* houses, draining of stagnant pools, the cutting down of reeds, and clearing of sudd. If one side of Zanzibar is less unhealthy than another it is the Eastern. Behind the coast there rises a great plateau full of valleys and hills, tablelands, and rifts varying as their heights in comfort and habitableness. Uganda, again, is a lower land and unhealthier than the East African Protectorate, where the European can and does take his wife and children to settle in a safe climate. It is no small thing that the builders-up of a country, the settlers and planters in the now evilly-reputed parts have a "Hills" to go to for rest and pulling-together. Ukamba Province will be the better when eucalyptus planting, irrigation, and clearance shall have cleaned the atmosphere and the ranches.

SEASONS.

East Africa has no really bad heat away from the sea, the average cool season temperature, between December and March, being 66° in the northern part of the first-mentioned province, while the average heat is 73°.

The rainy season is from the middle of March to June, and, again, in less quantity, from October to December. The following figures, which give the annual rainfalls of prominent places, are instructive:—Mombasa, nearly 34 inches; Rabai, 36; Nairobi, 42; Fort Hall, 51; near Lake Victoria, 60—80. Along the coast the rainfall is, as at Mombasa, below the average. July, August, September, with January, February, and half March are dry and the hottest months, though occasional showers occur. The whole of the highlands are perfectly healthy, with cool days, and often very cold nights indeed. It is hard to realise that the equator which runs through the Nandi country is the same dreaded line as in West Africa, the Straits

Settlements, and elsewhere of bad fame, and, from its exceedingly good behaviour on the tablelands of East Africa, Europeans are somewhat apt to go to the extreme of despising its powers. It may be quite safe to wear only a felt hat in the hours of Sun for many men on many occasions, but, even as in the Himalayas, you may get chilblains from the snow, while sunstroke, at the same time, is quite likely without a Sun-hat, so anywhere in the tropics the head-gear must be always looked to. The Sun is not to be played with. A double terai at least should always be worn, however cloudy the day.

The Sun.

The Sun may be fooled some of the time, but not all the time. And, although exposure may not always result in an actual "tap," as Tommy Atkins calls a stroke, yet headache and retching may follow. Everywhere under the Sun, the real, great Sun, that is, with a capital "S," not the "set fine and will be sunny" luminary of the "Man in the Street," but the Master of the Day, as the "Man in the Sun-hat" knows him, everywhere beneath his sway there runs a true legend: "Once sunstruck always sunstruck." It is worth considering that dictum. It is not a thing to risk, is a brain-boiling. A light, good sun-hat should, therefore, be always worn from sun-up until 4.30 p.m., at the earliest. (See Headgear, Chapter I.) It is to be remembered that sunstroke is not necessarily a cooking through the scalp, for, on water, or sandy plains, and over rocky country, where the glare strikes upwards, the brain can be, and is, often affected through the eyes. Precautions against Sun and tropic illness are not fads, but as ordinary measures as climbing a handy tree after peppering a rhino. with a scatter gun. Have your sun-hat lined red; keep a white umbrella and dark glasses for use when necessary, and safety is secured. Moreover, when shooting, wear a spine pad, and not a hat which tops over every time the gun is brought up.

MALARIA.

This, as everyone, except the sort of cranks who believe the world is flat, has fully realised, is the worst enemy, a foe who can be fooled none of the time. Malaria is proved to be caused by the inoculation of mosquito bites. It is caused in no other way. All mosquitos do not give malaria, but, as the Anopheles, the deadly kind, only differs slightly in appearance and habits from the harmless, and lives among them, it is absolutely necessary, in fever countries, to be bitten by no kind of mosquito at all.

That there are some who argue that this is not so is only a trait of human nature, which still finds disciples for the flat-world theory. The U.S. official description of this class of thinkers is a good one, "Cranks." "Cranks" may "go down" orating in Hyde Park, they go down in another sense in new and tropical countries.

It has been considerably disputed as to whether there are, or are not other causes of malaria, such as the damp and miasma of soils.

But the anti-Anopheles campaign has led to such incontrovertible results that it is worth turning all energies against that most unpleasantly gifted insect in the absence of discovery of other sources of the fever.

Malaria is an insidious foe, a cruel enemy.

It finds the weak point in each constitution to attack. The effects last for years, and have many complications.

The man going to East Africa who does not adopt every reasonable precaution against malaria, and therefore the mosquito, is a fool; and the sooner he dies the better for the work he is sent out to do. Let him make way for a man better suited for the country.

Everyone has fever sooner or later, more or less.

The intelligent have it later and less.

At the end of this chapter is a summary of every-day precautions against fever and illness.

Among these are what may be called, generally speaking, the "five safeguards." They are quinine, nets, the avoidance of natives' quarters, where all the children have malaria and are the source of infection, aperients, and boots.

QUININE.

Quinine or Eu-quinine must be taken every day in a small, not large dose, or twice a week in 15-grain doses.

It is no good waiting for fever to come before asking the help of cinchona. *The new arrival should begin on the voyage out.*

Two or three grains must be taken on waking in the morning before "chota-hazri" (which is whatever is the first food of the day). (See Meals.) The powder form is best because most soluble in "the inners," but tabloids are good, handy, and not nasty. Euquinine, being tasteless, is the best, but the ordinary type is easier to get always.

Big doses every Saturday, or even 10 grains every other day, are not at all advisable.

For one thing only. The daily dose is easily remembered, and the boy remembers to give master the little bottle when he calls him. The large dose at long intervals is not nearly so effectual, and is so easily omitted.

When tired, damp, or much mosquito-bitten, a 5 to 10 grain dose should be taken at once in addition to the morning dose.

Mosquito boots should be worn. The ankles are the favourite grazing ground of the Anopheles. These boots are not hot, and every one wears them in the evening.

Mosquito netting must be slept under, even for a noon-tide siesta. A "tip" which the Anglo-Indian knows, but not all Coasters, is the importance of tucking the net under the mattress, and not allowing it to hang on the floor.

Kneel down one day and look under the bed. There sit in their dark shelter the Anopheles in hundreds, enjoying the daytime rest. When the net hangs to the floor it is useless. The enemy is shut in *with* the victim.

At dawn the mosquitos, gorged with blood, seek their refuge under the bed, and the white man, on waking, seeing none on the sides or roof of his net, fondly imagines he has not been bitten.

When the net is tucked in properly, if there happens to be a mosquito shut in, through the servant's or sleeper's carelessness, the insect betrays its presence at once, by alarmed buzzing (the tiny trumpet is not in the least like a buzz, but that will serve to describe the well-known and hated sound). A mosquito knows when it is shut in, like a fly does, and shows her alarm. "Her" alarm, because it has been ascertained that it is the female which is dangerous. A cynical jape is obvious here.

The net must be tucked in, and there must be no joint in the harness, *i.e.*, no tear in the net. (See Camp Furniture, Chapter I, Outfit.)

APERIENTS.

The bowels must be kept open. Mark and digest the fact that constipation brings out fever at once.

QUARTERS.

The Government official has his quarters provided, when possible, and whether in these, or in locally-made houses, or native huts and kraals, there are, with regard to the mosquito, two further things to be noted: that the mosquito hates light and ventilation, is sufficient ground alone for at once advocating fresh air and sunlight.

There must be no hangings or clothes on the walls of the sleeping room or hut.

STAGNANT WATER.

Standing water must not be allowed near house or camp. The mosquito breeds in water, and hangs about all damp spaces on matrimony bent. Do not let the boy do what he will do, if not peremptorily checked, and that is, empty the bath-water close to the dwelling.

It is worth the little extra wrangling to drive this point into the head of your attendant.

By the way, it is easy to make good resolutions in England. It is another thing to carry them out in a bad climate—but it *must* be done. The new "Man in

the Sun-hat" may well pray the Spanish proverb, "The Gods give my donkey wings"—May the Gods give my resolutions staying power!

MUD-HUT.

A word should be here said for the mud-house, or, rather, room. The phrase mud-hut sounds expressive of squalor and hardship.

A good mud-hut with thatched roof and veranda is very far from this. In point of coolness and comfort a native-built hut (a new one) is hard to beat. Indeed, the writer has often heard them preferred to the portable building type of house sent out from home. The lack of windows, and consequently light, is the great drawback.

CHILLS AND COCKTAILS.

These are two factors in health calculations. The former may be stood off by sense ("horse sense," not faddism). Always wear a wool cummerband at night; always wear wool next the skin (see elsewhere), *and* put on a big sweater after polo, tennis, and all hard exercise.

Cocktails and their relations are much preached against. The writer personally shuns them, but gives a few recipes of these (to some) inviting mixtures. Also see Summary, Stimulants; but it may be questioned if it is very often not the alcohol which does the harm (and the result which you see when you attend the funeral) so much as the reckless idiocy which is engendered by a—to borrow a cabbyism—skinful.

There are old stagers who certainly do not stint themselves (after sundown), and who live venerably on, to whom new arrivals point. But, note that these old stagers are the survival of the fittest! They do not forget quinine even when d——k! They do not catch chills even then! Their contemporaries with like tastes, but less canny, are long ago gone aloft, or otherwise.

SANITATION.

In cantonments there is an instituted system, but in the Bush a system must be made. A few points are essential. There must be at least daily clearances of pans to a spot not less than 500 yards from the dwellings or tents. Further, this spot must be lower than the camp (to prevent rain causing soil filtration), and it must be below whence all water is fetched. Dry earth, or sand, not wet earth, should be used for the pans. A portable latrine seat should be taken out — an old kerosene tin will serve for a pan. Servants must all go to a fixed spot below camp and supply-water, and the further the better. If there is anything a flogging might be excusably given for, it would be a breach of this camp rule.

INDIGENOUS DISEASE AND C.D.

There are some diseases peculiar to the East Coast; the new arrival will hear highly-coloured tales of these on board the outward-bound liner from the old hands. Contagious disease exists in East Africa. "Verb. sap.!"

PRICKLY HEAT.

This is such a universal scourge that it might from its very commonness run the risk of being forgotten.

To some extent it would appear to be constitutional, for some men suffer from it less than others.

It is made worse by perspiration. The drinking of much hot soup and tea must, therefore, be avoided. All drinking brings out the more sweating, but there is no need to torture oneself by refraining from a draught of cool drink when thirsty.

The rubbing of the skin with lemons relieves, and is said to actually cure the irritation. Limes are not, in some provinces, readily obtainable.

Antiseptic soaps do good, such as good coal-tar or carbolic soap. Snowdol, Jeyes' Fluid, or Scrubb's Ammonia are excellent to use in the bath.

One of the worst features of prickly heat is that there is a temptation not to wear wool next the skin. It is a fact that light wool vests and pyjamas are no hotter than the same in cotton. Cotton for the second feels cool to the hot skin, but it makes the irritation worse by holding the perspiration. Moreover, in cotton there is the certainty of chill and fever being added to the prickly heat. And when the temperature goes up to 105° on a stuffy night, with bad prickly heat, a very fair idea can be gained of what the early Christian Fathers pictured as Purgatory.

Names of Diseases.

If the reader is a nervous patient, he must be warned not to be affected by the names of tropic complaints, which are, in themselves, quite bad enough. For instance, that present scourge of India has a name gruesome enough to slay by its very horror, but the writer remembers a case when its modern title of bubonic plague was not thought as good as its more ancient name.

Murder.

The native up country may occasionally be reckoned as a factor in the death rate. Isolated murders of Europeans are most rare.

Assassination, therefore, need not be anticipated!

As someone once said, a butter merchant of Tooting may be incontinently slain by a falling chimney-pot when in a feather bed.

Such environment *sounds* quite safe, so this is comforting.

With enterprise, and the growth of cantonments and settlements, many of the little comforts which mean so much to the dweller in the tropic zone, and on which he always insists in a way that he does not press for small luxuries (if without them) in the country of his birth, will come. Meanwhile, every artificial luxury has a natural counterpart, and this is specially comforting to reflect on in the matter of ice. An earthenware porous cooler reduces the temperature of drinking water to a delicious coolness, if hung or stood at a corner where the wind can catch it.

After a paragraph which recalls to the mind the musical tinkle, cooling in itself, of a lump of ice in a long "peg" tumbler (think of it after a hot and burning day in the Sun!), it is appropriate to continue on the subject of liquids.

DRINKS.

Unless absolutely, ABSOLUTELY, sure of the source and impossibility of its being reached by infiltration, all drinking and cooking water must be filtered first, and then boiled. Candle filters are good, and the best to use (the filtering substance inside is candle-shaped, and easily cleaned). The hand pump filter is recommended in the outfit to go in the tiffin basket so as never to be left behind.

But the Stand filter, which does its own filfering, is indeed a boon if the reader is in a cantonment. The boiled water is poured in at the top, and percolates through by its own weight. This type of filter also holds enough for a day's needs, and may be drawn off as required. A damp flannel should be kept round the bottom half of the filter, to cool the water as it comes through. It is a good thing to give the servants to understand that if master gets ill it will be attributed to his having had untended water in his tea or "chop."

Milk is not hard to get, as cattle and goats abound. If milch animals are kept, the udders should be washed daily, and frequently inspected, and the hands of the "boy" who does the milking washed also. This sounds a difficulty, but if a fixed time is appointed for this to be done, when the goats or cows can be brought to the bungalow or tent, and milked in front of the white man, it soon becomes a daily routine. It must be boiled at once. This also helps to preserve it.

FOOD.

Meat, milk, and butter are plentiful, cheap and good, particularly the mutton, but fowls are not readily obtainable or of any size away from the coast. These

latter are being brought outside into the country, and are found to thrive well. The usual unsatisfactory, bony, tropical fish can be had from the rivers and small lakes, while pomfret and other sea fish along the littoral are as good as they are in Bombay, across the water. A mincing machine is distinctly a desideratum to take, though goats and fowls may not so nearly resemble perambulating leather as those staple articles of diet do on the other side of the Continent. Besides, the machine is invaluable when toothache seizes a victim, and here must come, without further delay, a veritable "Verb. Sap." Everyone going to East Africa must hie him to a good dentist, and get his teeth thoroughly overhauled. Teeth go very soon wrong in the Tropics, and it is more likely that dental aid will be out of reach than near. Toothache and fever are a waking nightmare when they come together, and they take care to do so.

Teeth.

Wrapping tough meat in paw-paw leaves for 24 hours improves it, as also does ordinary beating.

Fish have been mentioned, and care must be taken that only fish caught the same morning are eaten. *Note.*—Eggs may be quickly tested if a whole lot are brought for examination. Put the lot into a calabash or any vessel of water, those which do not sink and lie still may be at once discarded. They are fit for election purposes only, not even "parts," as the curate said, "are excellent."

VEGETABLES.

Of course, vegetables must be eaten in the Tropics, and it is fortunate that so many European vegetables, particularly potatoes, do so well. Native spinach and tomatoes are good, and, where procurable, onions should be added to the menu. That word procurable brings in here the question of money. The coinage is the Indian, which now for some years has had a gold standard, and is a pleasant one to work with. It runs as follows:—The pound, gold, and half-sovereign, gold — 15 and 7½ rupees respectively; one rupee, silver (containing 16 annas), one shilling and fourpence; one anna, copper (containing 5 pice), one penny; one pice, copper, containing 10 pie.

But so far as economy is concerned, the heading of vegetables is the last under which any mention of spending should come, for sufficient vegetables for personal use and exchange should be grown by any householder or round any stationary camp. Seeds should be taken out.

FRUIT.

Of course, fruit should be enjoyed when possible. European apples and pears have done well, grown in East Africa, but it is well to get acclimatised varieties from the Indian Hills (from the Ootacamund Nurseries, the Nilghiris, India), as these do best. Pines, bananas, plantains, and paw-paws, or popeia are obtainable.

Fruit should be made use of as a laxative, but it must be noted that too much fruit induces diarrhœa, a condition to be dreaded as much as constipation. When rising, an orange, a couple of bananas, or some paw-paws (nicest with sugar and juice of a lime) should be taken after the quinine, as a rule. The paw-paw is an excellent digestive after meals, and is the only fruit which may be safely eaten after the evening meal.

MEDICINE CASE AND LIST OF DRUGS.

The case must contain the following. Any others can be taken if desired.

DRUGS.

(1) Quinine, 2-gr. tablets, or Euquinine.	...	For fever and all concomitants.
(2) Quinine, 5-gr. tablets, or Euquinine.	...	For fever and all concomitants.
(3) Sulphonal, 5-gr. tablets	...	To induce sleep.

(4) Soda salicylate 5-gr. tablets — For rheumatism and pain after exposure.
(5) Chlorodyne ... ... — Diarrhœa and choleraic symptoms.
(6) Cascara sagrada tablets ... — Aperient.
(7) Phenacetin tablets ... ... — Headache, brow ague, &c.
(8) Ginger, essence of ... ... — Stomach pain, chill, &c.
(9) Dover's powder tablets ... — Diaphoretic.
(10) Potash permanganate tablets — (Condy's fluid).
(11) Epsom salts ... ... — Aperient.
(12) Arnica ... ... — Bruises, &c.
(13) Also Tannin for bleeding and Ipecacuanha to induce vomiting.
(14) Snowdol or Jeyes' fluid or Scrubbs' Ammonia.—For invariable use in bath. Snowdol or Jeyes also for washing out living-rooms monthly, valuable disinfectants.

One dozen bandages, two tubes carbolated vaseline, some iodoform lint, strapping plaster, clinical thermometer, pair scissors, drop-measure, glass syringe, and a small lancet.

SUMMARY AND "VERB. SAP."

Voyage Home. This may appear putting the last first, but it is so placed because of the importance of the matter. (See also Chapter I, Outfit.) Too much care cannot be taken by the Coaster of his reserve of warm clothes for the voyage home. Many and many a man who has done his allotted span of exile in fair health succumbs to chill and fever (blackwater included) on board and in England. Warm underclothing should be put on at Port Said. The first chill of Europe is entered at about that latitude, and at night, when all the ports are open. This home-coming, so much looked forward to, means death to the careless. Quinine must not be given up. "Verb. Sap."

TEETH.

Teeth must be seen to before sailing. Well seen to! "Verb. Sap."

QUININE.

Small doses every day. Increased dose when damp, tired or bitten. "Verb. Sap."

NETTING.

Sleep under netting tucked under mattress. Look to holes in the nets. "Verb. Sap." (See Outfit.)

MOSQUITO BOOTS.

Buy a pair as soon as possible. Wear every evening. "Verb. Sap."

APERIENTS.

Fruit in the morning before food. Cascara Sagrada and Epsom Salts are good remedies. "Verb. Sap."

LIGHT.

Give access to light. Clean out dark corners constantly. "Verb. Sap."

FRESH AIR.

Ventilation is healthy and drives away the mosquito, who does not collect where there is wind. "Verb. Sap."

MEALS.

Always have some food before commencing work. This is very important. Two principal meals at, say, 10 or 11 a.m. and at 7 p.m. A light meal should be taken between the two principal meals. Vegetables, whenever obtainable, and these must be always cooked. Do not have many curries, they are heating. When prickly heat is bad, cut much tea and soup. A too large meal is as bad as too little. "Verb. Sap."

STIMULANTS.

None before sundown, and then in moderation. Do not give up stimulants if used to them, but do not acquire the taste if an abstainer. A pint of champagne is good if feeling "that tired feeling." "Verb. Sap."

WATER.

Always filtered and boiled. "Verb. Sap." Keep filter clean or it is no good.

MILK.

Always boiled. "Verb. Sap."

BATHS.

A warm bath, not cold, every day after exercise; before dinner is the best time, with Snowdol or Jeyes' Fluid sprinkled in. "Verb. Sap."

SANITATION.

Refer back to paragraph so headed.

SUN.

A sun-hat must be worn after sunrise, until 4.30 p.m. A spine pad is an Indian dodge, and is very good. Once sun-struck always sun-struck. "Verb. Sap."

CLOTHING.

Always wool next the skin. Cummerbands at night, worn over pyjama coat. "Verb Sap."

EXERCISE.

Never allow over-fatigue. After exercise, or whenever the underclothing is soaked with sweat, always change. This is why the evening is best for the bath. "Verb Sap."

CHILLS.

The least feeling of shivering or dislike for the bath means fever. Give up the bath, unless going to bed at once, and go to the quinine.

CHEERINESS.

"Keep smiling," the fever will soon be gone. "Verb. Sap."

In everything the Golden Rule is to Go Slow.

"Verbum sapienti sat est."

FAMINE.

The so-called Uganda Railway, which never enters Uganda at all, has been finished since the last famine of '97, and should prevent any future serious loss of life from a dearth, as the natives will come in to the line, where supplies can be doled out to them. Until the country is generally portioned out, and the occupiers, settling down to agriculture, have irrigated their holdings by an organised system of nursing the rains in good years, to furnish water in the dry, it will probably happen that droughts may recur at any time. Reservoirs and wells, so badly needed, must wait building by the Administration and sinking by the settler. The year 1905 has been extremely dry.

PESTILENCE.

The plague from Bombay need not be feared, thanks to rigorous measures at the ports of entry, but of late East Africa has made an unenviable stir in the world as a home of the sleeping sickness. This, like malaria, has proved to be an insect-borne disease, the messenger in this case being a tse-tse fly.

Only very few cases have occurred among Europeans, and it is more than probable that no more cases of white victims will occur in the East African Protectorate, though, in Uganda, the disease is prevalent, and is a scourge among the Kavirondo natives.

CHAPTER IV.

WHERE TO PROCURE OUTFIT, STORES, &c., &c.

(This chapter is included, on recommendation, to give such information.)

NOTE.—The firms here occupying space are, it must be noted, firms which have experience in supplying goods and articles for East Africa and the Tropics.

Their managers are therefore in a position to advise as experts, and are fully qualified to comment on such particular articles of outfit and export as they are here specified as supplying. The list has been very carefully compiled. (Alphabetically arranged according to index letter of articles.)

ARTICLES: Agents and Merchants (Colonial and General), All necessaries including Provisions, Medical Stores. Camp Equipment, Scientific Instruments, Arms, Ammunition, Clothing, &c.
FIRM: The Mombasa (B.E.A.) Trading and Development Syndicate, Ltd.
ADDRESS: 130, Fenchurch Street, London, E.C. (and at Mombasa and Nairobi).
EXPERT: Manager.
REMARKS: Every kind of Expedition, Scientific, Military, or Sporting, fitted out complete at short notice. Delivery at London or at Mombasa or Nairobi—at client's choice. Escort, leaders, gunbearers, cooks, and porters arranged beforehand.

ARTICLES: All necessaries including Provisions, Medical Stores, Camp Equipment, Scientific Instruments, Arms, Ammunition, Clothing, &c.
FIRM: Army and Navy Co-operative Society, Ltd.
ADDRESS: 105, Victoria Street, Westminster, London, S.W.
EXPERTS: Managers of the various Departments.
REMARKS: Military, Exploration, Geographical, and Big Game Shooting Expeditions fitted out complete at short notice. Members' personal orders promptly executed and shipped.

ARTICLES: Animals and Birds bought on landing in England.
FIRM: Wright's Trading Menagerie.
ADDRESS: 43 and 82, Park Road, Liverpool.
REMARKS: Cablegrams: "Chimpanzee, Liverpool." Ships met on arrival at Liverpool, London, Plymouth, and Southampton, by appointment.

ARTICLES: Apparatus of every kind for Collectors of insects, birds, eggs, and plants.
FIRM: Watkins & Doncaster.
ADDRESS: 36, Strand, London.

ARTICLES: Boots (*see* Footgear). Boot Polishes.
FIRM: Everett & Co.
ADDRESS: Obtainable at "Colonial Stores," Mombasa and Nairobi.
REMARKS: Special preparations for preserving and softening the leather in tropics.

ARTICLES: Camp Furniture and Complete Equipments.
FIRM: John Edgington & Co.
ADDRESS: 19, Long Lane, West Smithfield, London, E.C.
EXPERT: Manager.

ARTICLES: Camp Furniture and General Outfit.
FIRM: Joseph Tucker.
ADDRESS: 79, Newington Green Road, London, N.
EXPERT: Manager.

ARTICLES: Camp Furniture and General Outfit.
FIRM: Wilkinson Equipment and Gun Company, Ltd.
ADDRESS: 27 and 28, Pall Mall, London, S.W.
EXPERT: Manager.

ARTICLE: Chlorodyne (Dr. Collis Brown's).
FIRM: J. T. Davenport, Ltd.
ADDRESS: 117, Union Street, London, S.E.

ARTICLES: Curiosities, Savage Weapons, Ornaments, &c., Mounted Horns.
FIRM: W. O. Oldman.
ADDRESS: 77, Brixton Hill, London, S.W.
REMARKS: Curiosities, &c., purchased, especially Old Carved Objects and Skulls (exact localities). Trophies for Billiard Rooms, &c. Every specimen guaranteed genuine.

ARTICLES: Disinfectants.
FIRM: Snowdon & Sons, Ltd., Makers of "Snowdol."
ADDRESS: Obtainable at "Colonial Stores," Mombasa and Nairobi.

ARTICLES: Disinfectants.
FIRM: Jeyes' Sanitary Compounds Company, Ltd.
ADDRESS: Cannon Street, London, E.C.

ARTICLES: Drugs and all Medical Stores.
FIRM: Parke, Davis & Co.
ADDRESS: 111, Queen Victoria Street, London, E.C.
EXPERT: Manager.

ARTICLE: Euquinine (Tasteless).
FIRM: Widemann, Broicher & Co.
ADDRESS: 33, Lime Street, London, E.C.

ARTICLES: Footgear.
FIRM: "K" Boots.
ADDRESS: Obtainable at "Colonial Stores," Mombasa and Nairobi.

ARTICLES: Footgear.
FIRM: "Eezee-on" Boots, quite tackless.
ADDRESS: Obtainable at "Colonial Stores," Mombasa and Nairobi.

ARTICLES: Footgear.
FIRM: Messrs. Geo. Norris.
ADDRESS: 55, Bishopsgate Street, London, E.C.
EXPERT: Manager.

ARTICLES: Footgear.
FIRM: Messrs. Hall & Sons, Ltd.
ADDRESS: 47, Bishopsgate Street Within, London, E.C.
EXPERT: Manager.

ARTICLES: Guns and Ammunition.
FIRM: Westley, Richards & Co., Ltd.
ADDRESS: 178, New Bond Street, London, W., and Birmingham.
EXPERT: Manager.

ARTICLES: Information and Introductions—Business—Professional—Financial.
FIRM: "Verb. Sap." Information Bureau.
ADDRESS: 83, Great Titchfield Street, London, W.
EXPERT: Manager.
REMARKS: Communications in first instance by letter. Interviews and appointments arranged.

ARTICLES: Outfit (General).
FIRM: The Mombasa (B.E.A.) Trading and Development Syndicate, Ltd.
ADDRESS: 130, Fenchurch Street, London, E.C., and at Mombasa and Nairobi.
REMARKS: New and Second-hand Tents and Camp Furniture supplied on arrival at Mombasa or Nairobi. (Can be ordered in London.)

ARTICLES: Papers, Magazines, and all Periodicals.
FIRM: Messrs. T. G. Scott & Son.
ADDRESS: 63, Ludgate Hill, London, E.C.
EXPERT: Manager.
REMARKS: All journals sent regularly and punctually to subscribers in East Africa and elsewhere.

ARTICLES: Portable Buildings.
FIRM: The Wire-Wove Roofing Company, Ltd.
ADDRESS: 108, Queen Victoria Street, London, E.C.

ARTICLES: Tents and Camp Furniture.
FIRM: Messrs. John Edgington & Co.
ADDRESS: 19, Long Lane, West Smithfield, London, E.C.
EXPERT: Manager.

ARTICLES: Tents and Camp Equipments of all descriptions
FIRM: Piggott Bros. & Co., Ltd.
ADDRESS: 57, 58, and 59, Bishopsgate Street, London, E.C.
EXPERT: Manager.

ARTICLES: Underclothing, Shirts, Waterproofs, and Pyjamas.
FIRM: Frederick C. Bayley.
ADDRESS: 34, Strand, W.C., and 19, Green Street, Leicester Square, London, W.
EXPERT: Manager.

ARTICLES: Zoological. Live Reptiles, Birds, and Beasts bought.
FIRM: Cross.
ADDRESS: Liverpool.
REMARKS: Write from East Africa, stating steamer and species of animal arriving.

CHAPTER V.

BIG GAME SHOOTING.

MOMBASA, THE HEADQUARTERS FOR SPORTSMEN—GRAND HOTEL—SAFARI—SPORTSMAN'S ESCORT—JOURNEY INLAND—UGANDA RAILWAY, WITH A MAP—BIG GAME—PRIVILEGES OF A SPORTSMAN—SPORTSMAN'S PARADISE—HEALTHINESS OF THE SPORT—RETURN HOME BY VARIOUS ROUTES.

NOTE CONTRIBUTED TO "VERB. SAP." BY SIR H. H. JOHNSTON, G.C.M.G., K.C.B.

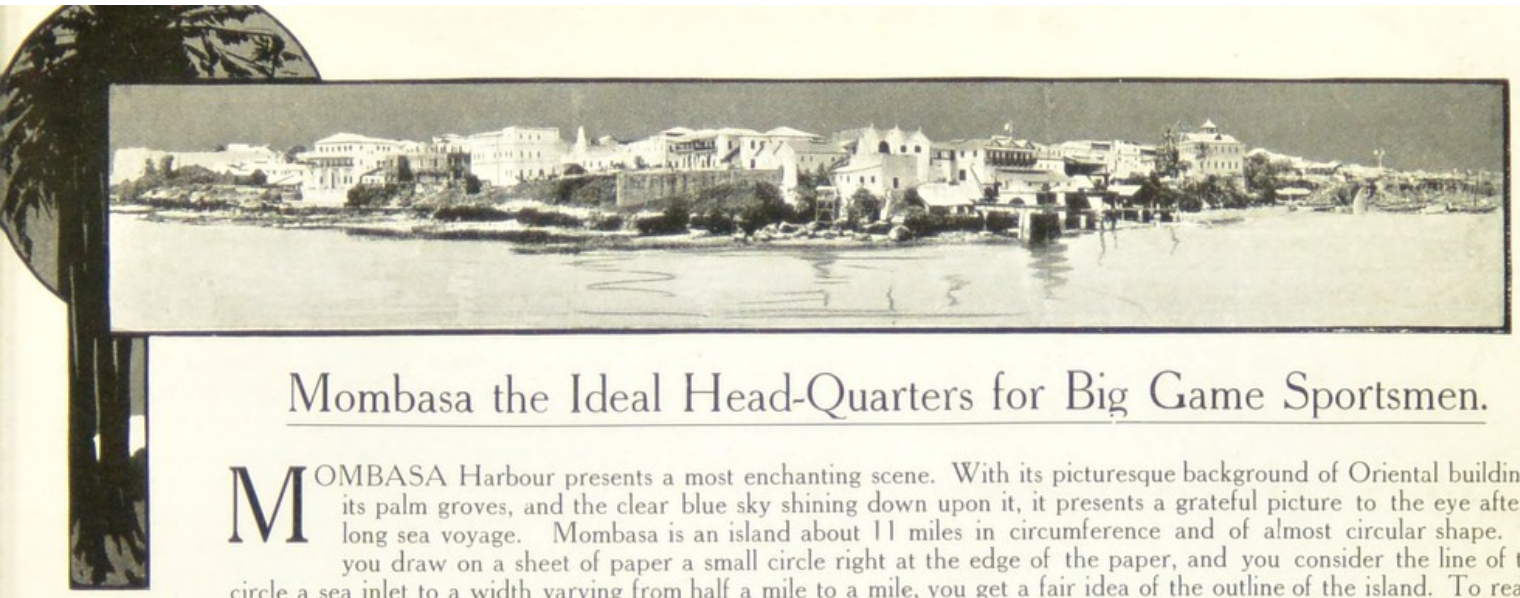
I have been asked by the author of this book to contribute a few notes on big game, and sport with the rifle and gun in East Africa. I am not sure that the views which I express will be altogether palatable to the readers of this useful little book, but such as they are I hold them very strongly, the more strongly as each year passes with a sad diminution of the existing African fauna at the hands of British sportsmen. It has been my lot to see district after district in South-West, South-Central, Eastern, and Equatorial Africa ravaged by the British sportsman and such of his Continental friends who, as a part of their Anglo-mania, consider that their lives and their education are not complete until they have been able to boast of slaying elephants, rhinoceroses, antelopes, buffalo, giraffes, and other interesting creatures by the hundred, the fifty or the ten. Nowadays, these boasts are generally made in a low key, and in England, or at any rate at a safe distance from the Protectorate or Colony where the trophies have been secured, since they are in flat contradiction with the various game regulations which are intended to limit this often useless and purposeless slaughter. Unfortunately, the aforesaid game regulations, though they may limit the efforts towards the extermination of the larger mammalian fauna of Africa by individual sportsmen, do not in any way limit the number of sportsmen who may kill game by licence. No doubt a good deal of destruction takes place at the hands of natives—Negroes, Arabs, Somalis, etc., but it is very exceptional to find a native of Africa possessing the latest type of rifle and ammunition, and the damage done by a Negro with a muzzle-loading gun, the bow and arrow, spear or pitfall is very slight compared to what one well-equipped European sportsman who is a good shot can do in that direction.

The Hooligan in the Jungle.

But whilst I wholly condemn the present state of affairs in which the destruction of wild game is held up as a bait to induce lazy and ignorant young men to go to Africa, I uphold on the other hand the remarkable attractions of African Natural History. If a man will be a naturalist—a working naturalist—I will, grudgingly, perhaps, permit him to shoot a limited number of beasts and birds for dispatch to some Imperial or Provincial museum. He may also be permitted to kill lions, leopards, and hyænas on account of the damage that they may do to the natives or to their flocks and herds.

The Naturalist-Sportsman in East Africa.

Happily, Mr. Edward North Buxton has shown us the way to true sport, which is rather the snapshotting of the camera (with or without tele-photographic lens) than the useless and senseless killing with the rifle. It is becoming far more precious to us, in amassing knowledge, to record the life habits (often so little known) of beasts, birds, and reptiles, than to cram our museums or our private houses with trophies. For the naturalist-photographer I can promise abundant and fascinating material in almost any part of East Africa.



Mombasa the Ideal Head-Quarters for Big Game Sportsmen.

MOMBASA Harbour presents a most enchanting scene. With its picturesque background of Oriental buildings, its palm groves, and the clear blue sky shining down upon it, it presents a grateful picture to the eye after a long sea voyage. Mombasa is an island about 11 miles in circumference and of almost circular shape. If you draw on a sheet of paper a small circle right at the edge of the paper, and you consider the line of the circle a sea inlet to a width varying from half a mile to a mile, you get a fair idea of the outline of the island. To reach the port of Mombasa you traverse about half the segment of the circle to the right, and to sail to Kilindini, the port chiefly used for vessels of deep draught, you round a similar distance of the circle to the left. To whichever of the ports you go, you have for the two or three miles of the journey a beautiful prospect on both sides of the river—groves of cocoanut palms with luxurious undergrowth, relieved here and there by mangoes, baobabs, and other trees of great height and far-spreading foliage. On the Mombasa side you pass, close to the water's edge, charming private houses, the stately Consulate, several other public buildings, and the old fort built by Vasco da Gama hundreds of years ago; and, finally, you come into full view of a fine Eastern city, made up of glow and colour and many interesting elements, its sturdy old-world buildings, flanked by thousands of native houses with their thatched roofs and overhanging palms.

Should you land at Kilindini, on the opposite side of the island, you will be conveyed to Mombasa, two and a-half miles distant, on a narrow-gauge tramway, in a queer-looking gharrie pushed by natives.

After you have settled down at your hotel, you will find that there is a fair amount of social life in Mombasa, it being the seat of the Government, with His Majesty's Commissioner for British East Africa at the head of it. There is a well-equipped and interesting Club on the water side, also a Tennis Club within a mile of the city, easily reached by tramcar. In addition to the white population, chiefly British, there is a considerable element of the old Arab population. The Sultan of Zanzibar is suzerain of Mombasa, and occasionally visits the city. After the Arabs, there is a large native Indian population numbering some 30,000, mostly Mahomedans. They have frequent feasts and processions, and altogether form a very interesting body.

The Grand Hotel, Mombasa.

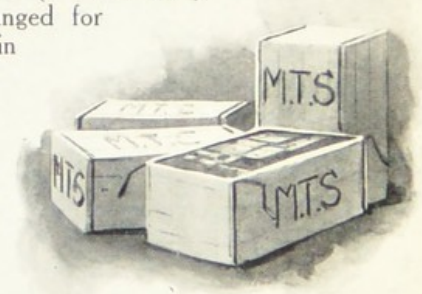
THIS spacious and strictly modern Hotel occupies a commanding position in the centre of the town, having the National Bank of India on one side and the Courts of Justice on the other, with the fine Public Gardens directly in front, and the terminus of the Uganda Railway on the east side. It is a pleasant and interesting resting-place, with a commodious veranda on the first floor, which serves also as dining room, and is the coolest room in Mombasa. The whole town, with its picturesque and varied life, is overlooked, and the vessels making for Mombasa harbour or Kilindini can be watched at leisure. In the evening, when the moon is shining across the rippling water, the scene is one to be remembered for its enchanting beauty. Inside the Hotel there are the Billiard Room, the American Bar, and the spacious Stores, all of which are centres of attraction. The whole Hotel is alive with people, visitors and natives, and usually the guests include many distinguished Europeans, British, of course, in the greater number. Taking the visitors' book at random, and referring to its record for one week, the names are found of H.R.H. The Grand Duke of Mecklemburg (Germany), The Marquis Pizzardi (Italy), Sir Edmund and Lady Lechmere, Lord Howard de Walden, Lord Cardross, the Hon. J. S. Cavendish, the Hon. R. Cole, the Hon. G. Cole, Captain Grogan, Mr. W. Ashley, Baron de Rothschild (France), Mr. J. R. Bradley (U.S.A.), Count Kinsky, Count Palffy (Austria-Hungary), among numerous others. The social enjoyment, indeed, is all that could be desired, and guests are assured of friendly intercourse with a good class of people all the time. While staying at the hotel in Mombasa ample opportunities will be found for studying native life, which presents many interesting features. The people band themselves together in guilds of various kinds, and have frequent gatherings for feasting, dancing, and other displays. Their marriage customs are special and peculiar, and include some quaintly primitive incidents. When anything of the kind is about to take place it is known in the hotel, and parties are formed to visit the scene of the ceremony. The mosques of Mombasa are interesting and ancient, and the usual rites of Mahomedan worship can be seen in practice there daily. In contrast, there is an imposing Church of England Mission House. The Custom House should also be visited, for its large stores of ivory, pebbles, knives, and many curiosities. Excursions along the coast are easily arranged for.

Safari Department.

THE Safari Department is a necessary adjunct to the Hotel, and here the sportsman obtains authoritative advice. No matter how ignorant he may be as to the native conditions, or how little he may have prepared for his expedition, the Safari Department will enlighten him and provide for him in every particular.

This department arranges for shooting licenses, engages the escort, sells or lets on hire such tents and tent furniture as may be wanted, supplies provisions according to the proposed duration of the expedition, and, in fact, sees to every detail of arrangement and management. Guns (and ammunition, if convenient) are all that he need trouble to bring with him, and even these can be obtained at the Stores.

The provisions are all conveniently packed in boxes weighing about 60 lbs. each (a man's load), each box containing sufficient for one man's requirements for a week. The bill of fare arranged for comprises, say, requisites for an English breakfast, tins of marmalade and jams, &c., to begin the day with; more substantial things for other meals; and a bottle of whisky, a tin of paté de foie gras, and a pint bottle of Charles Heidsieck champagne, being also part of the contents of the box, to be used according to desire or need. The boxes are all uniform and numbered, No. 1 containing the first week's supply, No. 2 the second week's, and so on.



Then there is a box containing lamp, glasses, and kerosine oil. The furniture includes folding chairs, folding tables, folding bedsteads, temporary washstands, and other conveniences. There are also supplies of rice and grain for the escort.

It is desirable that each caravan should be accompanied by soldiers (spearmen), their number depending upon the size of the caravan and the distance to be traversed. On the morning of the departure of a sporting party the scene outside the hotel is one of great animation.

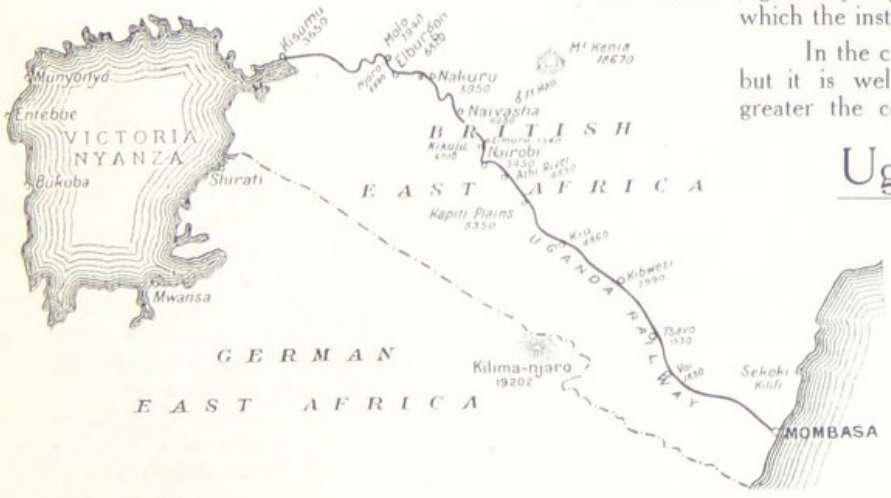
What a Sportsman's Escort should consist of.

THE selection of the escort is in itself an interesting diversion, it is so unlike anything that one experiences at home. A month's escort for one sportsman usually comprises :

			£	s.	d.		£	s.	d.
1	leader ...	at from	1	13	4	to	2	0	0
2	gunbearers ...	,,	1	13	4	,,	4	0	0
1	cook	... at					2	0	0
1	servant ...	... ,,					1	0	0
30	porters ...	... ,,					20	0	0
4	tentmen ...	... ,,					3	0	0
1	interpreter ...	... ,,					1	5	0
							£33	5	0

The leader is generally capable of speaking English, and he is the medium through which the instructions are conveyed to the others.

In the case of a party certain economies can no doubt be effected, but it is well to remember that the more numerous the escort the greater the comfort.



Uganda Railway.

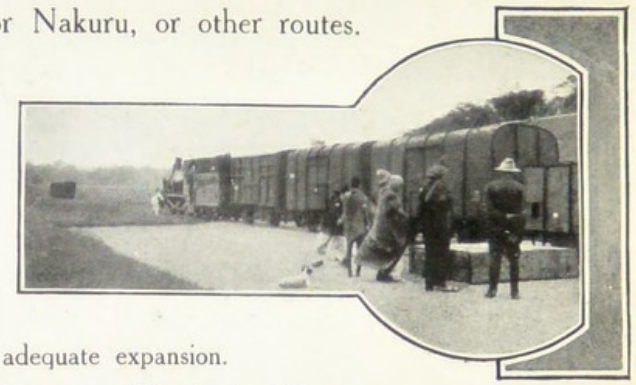
The figures underneath the stations indicate the elevation.

Distances from Mombasa :—

Voi ...	...	103 miles.	Limuru	...	352 miles
Tsavo ...	...	133 ,,	Naivasha	...	391 ,,
Kibwezi	...	196 ,,	Nakuru	...	449 ,,
Kiu ...	...	267 ,,	Njoro...	...	461 ,,
Kapiti Plains	...	288 ,,	Elburgon	...	474 ,,
Athi River	...	311 ,,	Molo...	...	484 ,,
Nairobi	...	327 ,,	Kisumu	..	584 ,,
Kikuyu	...	342 ,,			

The Journey Inland from Mombasa.

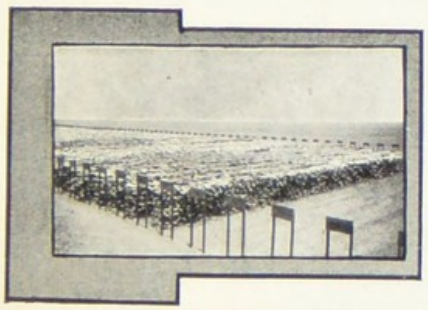
Voi or Athi River, or Nairobi, or Naivasha, or Nakuru, or other routes.



THE sporting party can either start out inland direct from Mombasa, or leave Mombasa at 9.30 in the morning by the Uganda Railway, for Nairobi, now in the heart of the settlers' country, was but three years ago part of the great Athi Plain, and herds of wild game gathered where now there are streets, public buildings, hotels, shops, and all the usual signs of a coming centre of population.

Nairobi is probably destined to become in a comparatively short time the capital of British East Africa. Its position is highly favourable for such a distinction, and it has been laid out on spacious lines that will admit of adequate expansion.

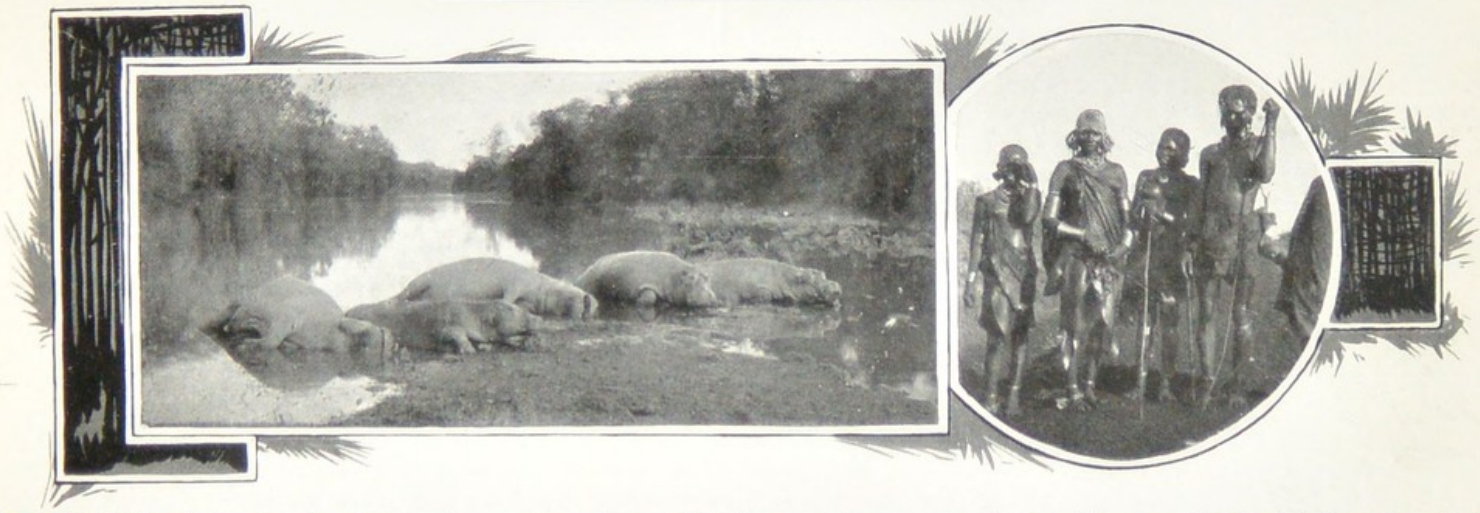
The town is in the midst of the wonderful highland country which is renowned for its healthiness. There is a warm, uniform temperature all the year round, something like that of an ideal English summer, of a pleasant heat during the day and cool at night. The daytime temperature varies from 75 deg. to 85 deg. Fahrenheit in the shade, while at night it hovers between 45 deg. and 60 deg. There is a rainy season in March and April, and another in October, and for the rest of the year it is continuously fine, with only occasional showers.



It is in its vegetation that Nairobi and the surrounding country present such a beautiful picture. With the exception of distinctly cold-climate crops, everything that grows in Europe can be grown in this highland country, together with every description of semi-tropical produce, including coffee, cotton, and industrial fibres. Coffee trees are in full bearing after three years' planting. Eucalyptus trees planted in seed reach a considerable height in the same period. Wattle and other mimosas grown from seed attain a height of over ten feet in six months. The passion-flower is in such abundance that it forms hedges yards wide, or solid bridges over arches, &c., and yields, in addition to its lovely blooms, tons of luscious fruit. Of European flowers there are hardly any that will not grow to perfection.

The British Commissioner has a residence also at Nairobi.

What the Big Game consists of.



THE Big Game that lies before the sportsman when, with his escort, he sets out inland, is big game in the fullest sense. It is so big that there is no bigger. The interior of Africa is the only place left on earth where the very largest of existing mammals survive, not in scattered ones or twos, but in large numbers.

The following is a list of the game that abounds in this great country, rendered so accessible by the Mombasa route :—

Elephant.
Rhinoceros.
Hippopotamus.
Giraffe (3 species).
Hartebeest (Neumann's).
,, (Jackson's).
,, (Coke's).
Hunter's Antelope.
Topi.
Wildebeest, or White-bearded Gnu.
Duiker.
,, (Harvey's).
,, (Isaac's).
Dik-dik (Gunther's).
,, (Kirke's).
,, (Hinde's).
,, (Cavendish's).
Haggard's Oribi.
Zanzibar Antelope.
Steinbuck.
Klipspringer.
Waterbuck.
,, Deffa's.
Thomas's Cob.
Reedbuck-Bohor.
Reedbuck (Chanler's).
Impalla.
Gazelle (Thomson's).
,, (Grant's).
,, (Peter's).
,, (Waller's).
Sable Antelope.
Roan ,,
Oryx Callotis.
,, Beisa.
Bushbuck.
Bongo.
Kudu, Greater.
,, Lesser.
Eland.
Buffalo.
Wart Hog.
Bush Pig.
Zebra.
Lion.
Leopard.
Cheetah.
Serval.
Ostrich.
Marabout Stork

How the Big Game is killed or captured.

THERE is no sport in the world that yields an excitement equal to that of Big Game hunting. The range is so wide, the animals are so varied, and the conditions and surroundings so unusual. You can hunt on foot or on horseback, according to the game you are in quest of, and in the longer journeys from forest to forest, or lake to lake, you can be carried in native style and saved exertion. Your escort will be fully alive to all your wants, and when you once get on the track of the big mammals, they will often give you both a stern chase and a long one. The lion, as becomes the "king of beasts," will tax the resources of your party the most, because he is wary and cunning, and only ventures forth from his lair in the night-time. Your men, however, are well aware of his habits, and from natives here and there you will learn where lions have been seen, and go in pursuit. Possibly you may be able to surprise a lion while hiding. If so, all the energy of yourself and party must be directed to the hunting of him. Usually, the lion roams about alone, only occasionally being accompanied by the lioness. It is only in Africa that the lion is to be found, but he still exists in enormous numbers in the jungles which are reached by the Mombasa route. Elephant hunting has its dangers, too, but to the really alert and resolute sportsman the risks are very small. Elephants move about in herds, and when chased can rush away at a wonderful pace. Strategy has to be used as well as bullets. Some elephants give plenty of sport, others are captured with comparative ease. As for the hippopotami and rhinoceri, they are unwieldy and of lazy habits, and can often be come upon in large numbers wallowing on the swampy borders of the rivers and lakes. It is popularly believed that the hide of the rhinoceros is bullet-proof, but a well-planted shot will soon prove the fallacy of the belief. The rhinoceros is greatly aided by his keen sense of smell and hearing, and however cautiously you move he will know of your approach and beat a swift, if ungainly, retreat. You must chase him. It is also necessary to bear in mind that he should be mortally wounded before you get to close quarters with him, for when "cornered" he is dangerous. A most highly-interesting sport is also buffalo hunting. As for the rest, the giraffe, the leopard, and the eland are well worth looking after, each offering a different kind of experience.

The Privileges a Sportsman enjoys.

THE Sportsman has plenty of choice in the matter of hunting, and, it may be added, plenty of excitement. He is practically unrestricted. His sportsman's license, for which he will have paid £50, permits him to kill or capture the following :—

1. Elephant (male only) 2
2. Rhinoceros 2
3. Hippopotamus 2
4. Zebra (other than Mountain Zebras) 2
5. Antelopes and Gazelles—Class A—
   - Oryx (Gemsbuck, Callotis, or Beisa) 2
   - Hippotragus (Sable or Roan) 2
   - Strepsiceros (Kudu) 2
6. Colobi and other Fur Monkeys 2
7. Aard-varks (Orycteropus) ... 2
8. Serval 2
9. Cheetah (Cynœlurus) 2
10. Aard-wolf (Proteles) 2
11. Ostrich (male only) 2
12. Marabout 2
13. Egret 2
14. Antelopes and Gazelles—Class B—
    Any species other than those in Class A 10
15. Chevrotains (Dorcatherium) 10

A Settler's License, costing £10, permits the killing of—

1. Hippopotamus 2

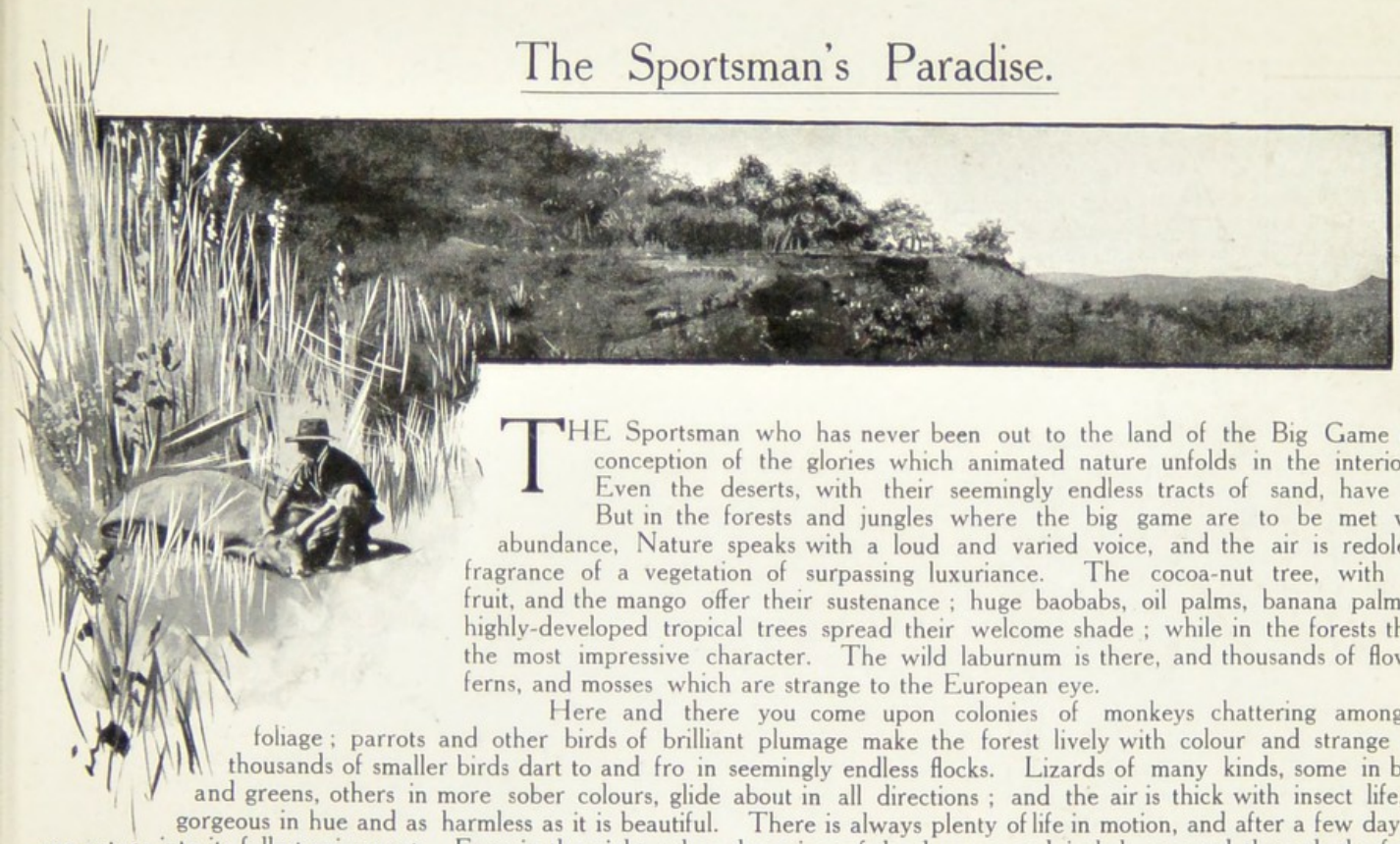
2. Grant's Gazelle, Thomson's Gazelle, Hartebeest, Impala, Reedbuck — 5 animals in all, in any calendar month, made up of animals of a single species, or of several.

   Duiker, Klipspringer, Steinbuck, Waterbuck, Wildebeest — 5 animals in all, in any calendar month, made up of animals of a single species, or of several.

3. Serval 2

No license is required for shooting Lions, Leopards, Crocodiles, &c., which the sportsman can kill in any number.

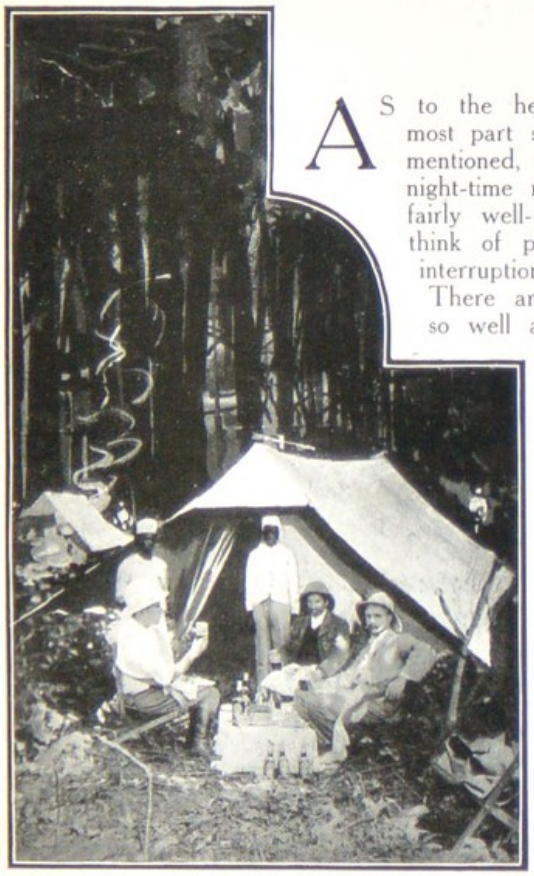
The Sportsman's Paradise.



THE Sportsman who has never been out to the land of the Big Game can have no conception of the glories which animated nature unfolds in the interior of Africa. Even the deserts, with their seemingly endless tracts of sand, have their oases. But in the forests and jungles where the big game are to be met with in such abundance, Nature speaks with a loud and varied voice, and the air is redolent with the fragrance of a vegetation of surpassing luxuriance. The cocoa-nut tree, with its delicious fruit, and the mango offer their sustenance ; huge baobabs, oil palms, banana palms, and other highly-developed tropical trees spread their welcome shade ; while in the forests the flora is of the most impressive character. The wild laburnum is there, and thousands of flowers, shrubs, ferns, and mosses which are strange to the European eye.

Here and there you come upon colonies of monkeys chattering among the higher foliage ; parrots and other birds of brilliant plumage make the forest lively with colour and strange noises ; and thousands of smaller birds dart to and fro in seemingly endless flocks. Lizards of many kinds, some in brilliant blues and greens, others in more sober colours, glide about in all directions ; and the air is thick with insect life, much of it gorgeous in hue and as harmless as it is beautiful. There is always plenty of life in motion, and after a few days' experience one enters into its fullest enjoyment. Even in the night, when the voices of the hyænas and jackals resound through the forest recesses, there is nothing that need specially alarm one. Your guard is always on the alert to warn you if any danger approaches, and, in any case, the denizens of the forest are not likely to molest you of their own accord.

It is impossible to do more than generalise in regard to the multitudinous life that presents itself. Nature has been left for countless centuries to carry out its plans apart from the intrusion of man, with the result that it is here that we have to look for those evidences of a primitive condition which have long disappeared from most other parts of the earth.



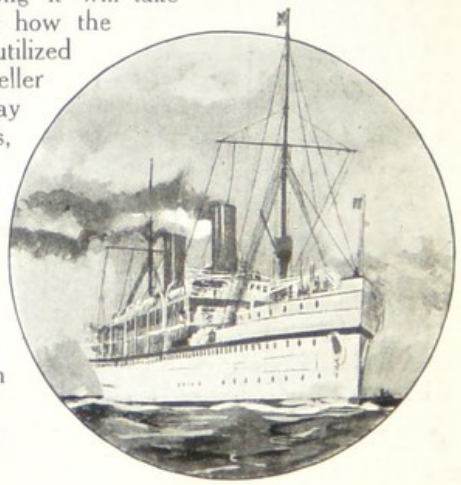
The Healthiness of the Sport.

AS to the healthiness of Big Game hunting there can be no doubt. The climate is for the most part suitable for Europeans, especially in the higher lands, where, as has been already mentioned, the day temperature seldom rises above 85 deg. Fahrenheit in the shade, and at night-time ranges between 45 deg. and 60 deg. It is only in the rainy seasons, which are fairly well-defined and regular, that there is any discomfort, and, of course, no one would think of proceeding on a hunting expedition at those seasons. This only represents an interruption of a few weeks, however, so practically it hardly affects the question of sport. There are here and there districts which are known to be malarial, but the natives are so well acquainted with these spots that there is no difficulty in avoiding them. Then, again, there is no necessity to fatigue oneself; no "forced marches" need be made; and with the stock of provisions and liquors carried by every party there is no danger of the commissariat department "giving out." Besides, there are numerous native villages on the route, whichever way one takes, where fresh food of various kinds can be readily obtained at very cheap rates. Chickens are always plentiful. But, as a general rule, the sportsman has no need to go far afield for provender for his cook to exercise his art upon. The guns of the party will ensure a sufficient supply of fowl and game, some of an exceedingly choice kind, and, in respect to fish, it is to be had for the catching of it, in an attractive variety. Therefore, when the climate is right, and the food is right, there remains little else to consider from the health point of view. Clothing is altogether a secondary matter. Fashion has no existence in the African wilds. As to sleeping accommodation, the tent is an agreeable change upon the stuffy English bedroom when once you get used to it, and the night-air that you breathe is seldom oppressive. Indeed, a certain balancing process is continually going forward between the forces of Nature in these regions. Consequent on the immense slaughter that is for ever operating as weaker animals succumb to stronger, or the sportsman lays an animal low, dead carcases are scattered around in numbers. But immediately a dead body is seen the vultures pounce down upon and consume it, so that no offal is left to taint the air or spread disease.

The Return Home by various Routes.

THE Return Journey admits of considerable choice. It can be performed by the route by which the traveller went out, or he can proceed home by the Southern route round the Cape. For this route there is a weekly communication with Durban by the various lines calling at Mombasa, and there is also the Deutsche Ost Afrika Line, which makes the homeward voyage by way of the Cape direct from Mombasa, without changing steamers. The places at which these homeward Steamers touch are Tanga, Dar-es-Salaam, Zanzibar, Mozambique, Chinde, Beira, Delagoa Bay, Durban, East London, Port Elizabeth, Cape Town, Las Palmas, and Dover.

For those who have time and wish to see more of Africa, there is the Nile route, and this is to be commended as not only an attractive, but a convenient route. Those who have already approached Lake Victoria Nyanza in quest of sport or pleasure will find it well worth adopting. It is difficult to say how long it will take to get home by this route, so much depends upon how the various means of communication which have to be utilized will fit in with each other. It may be that the traveller can get through without any material delays, or he may have to wait some time at one or two points. This, however, will not detract from the interest of the journey, provided he is not pressed for time. Generally speaking, the homeward trip by this route occupies about two and a-half months.



The start is made from Port Florence, the terminus of the Uganda Railway, where twice a week a convenient little boat, fitted out in the most modern style, is awaiting the traveller and takes him across to Entebbe, the capital of Uganda. From Entebbe to Butiaba, a distance of 180 miles, there is a very good cart-road, and the traveller can either walk the distances from camp to camp with porters, or can hire bullock carts to take him there.

The most convenient camps between Entebbe and Butiaba are :

Kisubi (12 miles).—Reached through a hilly open country, will provide plenty of food and water.

Kampala (11¼ miles), where there is a Civil Fort, at which all information can be obtained as to where to camp. There is a large market and some shops.

Kisimbiri (9½ miles).—Several swamps have to be crossed on the way. Camp in a good position ; food plentiful.

Kikandua (10⅞ miles).—Camp and stables.

Nkyanuna (13½ miles).—Camp and stables. Food scarcer than at previous camps, but water good.

Kabula Muliro (10¼ miles).—Camp and stables.

Katwe (10⅝ miles).—Camp and stables ; food scarce.

Kisingo (15½ miles).—Camp and stables.

Kibogo (9 miles).—Camp on elevated ground ; food fairly plentiful.

Kigoma (5½ miles).—Rest house, camp and stables ; plenty of food and good water.

Yilo (9⅛ miles).—Camp and stables.

Kikonda (16¾ miles).—Camp and stables.

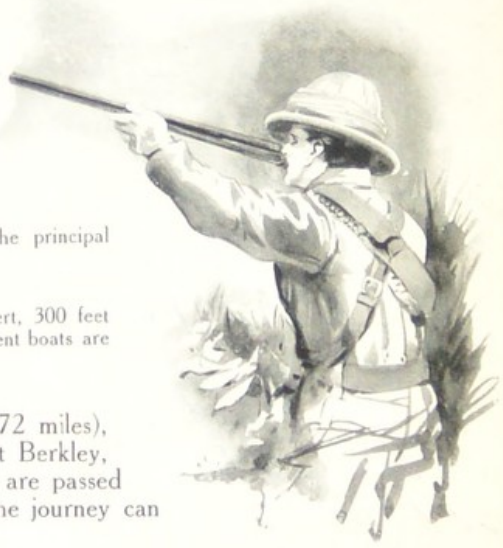
Kigonna (8½ miles).—Camp and stables. To reach this place the river Kafu Bridge has to be crossed, 450 yards long.

Esaka (7 miles).—Here is a Government Station, the headquarters of the Unyoro district.

Kajura (15⅞ miles).—Camp and stables. Here is a large population, and the Kabaka and the principal chiefs live close to it.

Wachi (8¾ miles).—Camp and stables.

Butiaba (3 miles). Here there is the station on the top of the cliffs overlooking Lake Albert, 300 feet below. There are transport stores and stables. A small pier exists where the Government boats are loaded and discharged.



Then the boat journey is commenced. From Butiaba to Wadelai is the first stage (72 miles), and the second stage is thence to Nimuli (93 miles). From Nimuli to Gondokoro, *viâ* Fort Berkley, is 112 miles, the journey being accomplished with porters, &c. Many native villages are passed through. From Gondokoro there are regular monthly steamers to Khartoum, whence the journey can be continued by rail to Cairo and Alexandria.

Sportsmen returning by Mombasa can, while up-country, forward skins, &c., down by porters to the nearest station, whence they can be despatched to the Mombasa (B.E.A.) Trading and Development Syndicate, Limited, who clean, pack, and prepare the trophies ready for the traveller when he arrives. At the stations instructions as to these things can be telegraphed forward.

CHAPTER VI.

EXTRACT FROM GAME REGULATIONS, LICENSES, AND OTHER USEFUL INFORMATIONS RELATING TO GAME IN BRITISH EAST AFRICA AND UGANDA, TOGETHER WITH A FULL LIST OF GAME TO BE FOUND IN THESE COUNTRIES.

In August, 1904, new Regulations as to hunting and killing of game in British East Africa have been issued, of which the following are the most important paragraphs respecting alterations of and additions to the previous same Regulations:—

Landholder's Game License. An occupier of land may take out a landholder's game license for the sum of 45 rupees, and may also take out a similar license at the same fee for any person permanently employed by him in connection with the land.

The license shall only permit game to be hunted, killed, or captured on land in the occupation of the holder of the license or of his employer.

Issue of 14-day License to Public Officers. Not more than one fourteen-day license shall be issued to the same public officer between the 31st March of one year and the 31st March of the next.

All licenses shall expire on the 31st day of March next after the date of issue.

Sale of Trophies when allowed. Ostrich eggs, heads, horns, bones, skins, feathers, or flesh of any non-domesticated animals mentioned in the Schedules to the principal Regulations may be sold in the following cases and under the following conditions:—

(a) If they form part of the estate of a deceased person, by the Administrator-General or personal representative of such deceased person, with the consent of the Court granting probate or administration, and on payment of such fee as the Court directs, not exceeding 20 rupees;

(b) If they have been forfeited by the order of Commissioner or of the Court by which they have been declared to be forfeited;

The purchaser shall in each case be given a certificate specifying the articles and declaring that they have been lawfully sold under the provisions of this Ordinance, and such certificate shall be evidence that the purchaser has not obtained the goods in contravention of the principal Regulations.

Possession of Cow Ivory illegal. Any person who is found in possession of any cow ivory shall, unless he prove that the ivory was not obtained in breach of the principal Regulations, be guilty of an offence against the Ordinance.

Destruction of animals doing damage. Any landholder, or his servant, finding an animal mentioned in the Schedules to the principal Regulations spoiling his crops or doing damage to his holding, may kill the same if such act is necessary for the protection of his crop or holding, but he shall give notice thereof to the Collector of the district without delay, and the head, horns, tusks, and skin shall be the property of His Majesty, and shall be dealt with as the Collector may direct.

Game killed on private land. Animals mentioned in the Schedules to the principal Regulations killed or captured by the holder of a license under the principal Regulations upon private land, at the invitation of the occupier, shall not count towards the number of animals that person is entitled to kill under license.

To shoot on private land person must be licensed. No person shall be entitled to hunt, kill, or capture animals mentioned in the Schedules to the principal Regulations on private land in the occupation of another person other than his employer unless he is the holder of a license under the principal Regulations.

Upon the application of any Sportsman or Public Officer holding licenses to shoot game permission may be granted to shoot or capture additional animals as follows, and additional fees as noted must be paid in respect thereof:—

	Additional Fees.
2 Rhinoceros	Rs. 75 each.
1 Elephant	„ 250 „
2 Zebra	„ 30 „
2 Wildebeest and 2 Waterbuck	„ 30 „
Antelope, under Class A in the third Schedule, one of each...	„ 45 „
Under Class B, except Wildebeest and Waterbuck, ten additional	„ 20 „

Upon the application of any person holding a Sportsman's or Public Officer's License to shoot game a Special License may be granted by the Sub-Commissioner of a Province authorising such person to hunt, kill, or capture any of the following animals:—

1 Bull Buffalo.
1 Bull Eland.
1 Bull Giraffe.

No license to kill a Buffalo in the Province of Ukamba will be granted.

The fee payable for such Special License is 75 rupees (Rs. 75) in respect of each animal. All fees are payable in advance, and in the event of no animal being shot under a Special License a refund will be made to the Licensee.

THE FORM OF SPORTSMAN'S LICENSE.

Sportsman's License (Fee 750 rupees), or Public Officer's License (Fee 150 rupees).

A. B., of is hereby licensed to hunt, kill, or capture wild animals within the East Africa Protectorate for one year from the , but subject to the provisions and restrictions of "The Game Regulations, 1900."

The said A. B. is authorised, subject to the said Regulations, to kill or capture the following animals in addition to the number of the same species allowed by the Regulations, that is to say:—

Fee paid Rupees

Dated this day of , 190

(Signed)

Commissioner (or Collector).

Settler's Game License (Fee 150 rupees).

C. D., of , is hereby licensed to hunt, kill, or capture wild animals within the district of East Africa Protectorate for one year from the , but subject to the provisions and restrictions of "The Game Regulations, 1900."

Dated this day of 190 .

(Signed)

Commissioner (or Collector).

Game Register.

Species.	No.	Sex.	Locality.	Date.	REMARKS.

I declare that the above is a true record of all animals killed by me in the Protectorate under the License granted me on the , 190

Passed

190

(Signature of examining officer)

GAME IN EAST AFRICA.

The following is a list of the Game which is to be found in East Africa, and the attached notes as to the haunts of the various species may be of use to intending sportsmen :—

1. Elephant.
2. Rhinoceros.
3. Hippopotamus.
4. Giraffe (3 species).
5. Hartebeest, Neumann's.
6. ,, Jackson's.
7. ,, Coke's.
8. Hunter's Antelope.
9. Topi.
10. Wildebeest or White Bearded Gnu.
11. Duiker.
12. ,, Harvey's
13. ,, Isaac's.
14. Dik-dik, Gunther's.
15. ,, Kirke's.
16. ,, Hinde's.
17. ,, Cavendish's.
18. Haggard's Oribi.
19. Zanzibar Antelope.
20. Steinbuck.
21. Klipspringer.
22. Waterbuck.
23. ,, Deffa's.
24. Thomas's Cob.
25. Reedbuck-bohor.
26. Reedbuck, Chanler's.
27. Impalla.
28. Gazelle, Thomson's.
29. ,, Grant's.
30. ,, Peter's.
31. ,, Waller's.
32. Sable Antelope.
33. Roan Antelope.
34. Oryx Callotis.
35. ,, Beisa.
36. Bushbuck.
37. Bongo.
38. Kudu, Greater.
39. ,, Lesser.
40. Eland.
41. Buffalo.
42. Wart Hog.
43. Bush Pig.
44. Zebra.
45. Lion.
46. Leopard.
47. Cheetah.
48. Serval.
49. Ostrich.
50. Marabout Stork.

Coast.—On the Coast there is comparatively little game, though Elephant, Hippopotamus, Eland, Sable Antelope, Buffalo, Waterbuck, some smaller bucks, Leopard, and, more rarely, Lion are found. With the exception of the Sable, these species may be obtained in more healthy districts.

Taru Desert.—Beyond the coast belt comes the Taru Desert, waterless and therefore unattractive to sportsmen, though, at any rate, during the rain, game is fairly numerous.

Voi to Makindu.—Along the edge of the desert, and extending as far as Makindu, is a belt of bush and park-like country. This is the only district in which Oryx Callotis is found. The other local species are Waller's and Peter's Gazelles and Lesser Kudu. Eland and Giraffe are extremely numerous in this part, as well as several common species.

Very good bird shooting is to be had, the Vulturine Guinea Fowl, Spurfowl, Bustard, and Francolin being common.

Seringeti.—From Voi the road to German East Africa crosses the Seringeti plains which are waterless, and so offer small attraction. Game is, however, numerous, Zebra in particular.

Simba.—A few miles beyond Makindu the country becomes more open, and the game more noticeable. Round Simba Station very fair sport may be had. Lion in particular being numerous, though by no means easy to bag.

The ordinary species of Antelopes are found here as on the Athi Plains.

Athi Plains.—At mile 180 the Railway reaches the great Athi Plains and from here until the train reaches Nairobi game is never out of sight.

Owing to the scarcity of water it is impossible for a sporting party to do more than follow the Athi or stony Athi rivers.

A favourite shoot is down the Athi river to Donyosabuk, with a day or two at Lucania and Koma Rock to the east of the river, at both of which places water may

be obtained, returning across the Athi plains to Nairobi.

The game to be obtained on the plains consists of Rhinoceros, Hippopotamus, Coke's Hartebeest, Waterbuck, White Bearded Gnu, Duiker, Steinbuck, Klipspringer, and Chanler's Reedbuck (or Donyosabuk), Thomson's and Grant's Gazelle, Impalla, Eland, Wart Hog, Bush Pig, Zebra, Lion, Leopard, Cheetah, Serval, Ostrich and Marabout Stork, as well as Great Bustard and various game birds.

Rift Valley.—Extremely good sport is to be had in the Rift Valley round Lakes Naivasha, Elmenteita and Nakuru. Game is plentiful, and a very good variety is to be obtained.

This is the only part of the country where Neumann's Hartebeest is found.

Lake Baringo.—Lake Baringo, some six days' march to the north of Nakuru, a favourite and usually a successful shoot.

Rhinoceros swarm in the bush country, Hippopotamus in the lake, Oryx Beisa, splendid Impalla, and most of the ordinary species of game are also to be found.

Mau and the Highlands.—The game to be obtained, Jackson's Hartebeest, Topi, Oribi, are all local species. Buffalo are numerous in the forest, and Elephant are to be found at times.

CHAPTER VII.

THE NATIVE LANGUAGES OF EAST AFRICA.

By SIR CHARLES ELIOT, K.C.M.G., ETC. (Late H.M. Commissioner for British East Africa.)

East Africa is inhabited by many tribes, mostly hostile to one another and connected by few ties of government, religion, or common civilization. It is, therefore, not surprising to find that a great number of languages, amounting to between sixty and seventy at least, are spoken in the territory. Many of them are imperfectly known and many are probably merely dialects, though sufficiently distinct to impede communication. Arabic is spoken largely in Zanzibar and to some extent in the ports of the East Africa Protectorate, but though the more civilized natives of the mainland regard it as an elegant accomplishment, they rarely speak it with facility even if they are partly of Arab blood. A very corrupt form is also in use among the Sudanese soldiers and the natives of the banks of the Nile. Those who know the language may find it useful, but it is not worth while to learn it specially for use in East Africa. There is a considerable Indian population in all the larger settlements, both on the coast and in the interior, and Hindustani and Gujerati are spoken extensively.

The African languages of the two Protectorates may be roughly divided into three classes, exclusive of some little known tongues whose affinities are obscure:—

(1) Hamitic, including Somali and Galla.

(2) Bantu. This is a very numerous group. The best known members are Swahili and the language of Uganda, sometimes called Luganda. To it belong also the languages of Kikuyu, Ukamba, Usoga, Unyoro, and many others. All show a considerable similarity in both grammar and vocabulary.

(3) A group of languages, which, for want of a better name, may be called Niletic, comprising a number of tongues spoken near the Nile, such as Dinka and Bari, together with Masai, Nandi, Latuka, &c.

Captain Kirk's handbooks can be recommended for the study of Somali:—

(1) Notes on the Somali language. By J. W. C. Kirk. Oxford Press, London and New York. 1903.

(2) A Grammar of the Somali language. By Kirk. Cambridge University Press. 1905.

This language is, however, rarely learned by Europeans, for the Somalis are good linguists, and those who visit the more civilized parts of the Protectorate generally speak Swahili and Arabic.

Swahili is by far the most important language in East Africa, being spoken all along the coast, as well as in Zanzibar and the Camoro Islands. In these districts it is the native speech of the inhabitants, but it is widely used as a lingua franca in the interior, and is the ordinary medium for bargaining and other business up country. In almost all districts which have been frequented by Europeans or by traders from the coast some one will be found who can speak Swahili, and it is more or less understood from Mombasa to the banks of the Nile, although in the more distant parts it is not so much used as formerly. The language is not difficult for any one who has once taken the trouble to master the principles of Bantu grammar, as the pronunciation is easy and the natives are quick at understanding foreigners. One of the most striking grammatical

features is that the beginning of words change, concord being marked by similarity of prefix, and words are divided into categories, each of which is distinguished by special prefixes. Thus: four Europeans is "Wazungu Wanne"; but four umbrellas, "Miavuli Minne"; and four knives, "Visu Vinne." Similarly the word good can appear in the various forms: "chema," "mema," "mwema," "njema," and "vema," the common part "ema" being unmeaning. There are a number of excellent text books for the study of Swahili, chiefly due to the energy of missionary societies, among which the following may be mentioned:—

1. Swahili Exercises. By E. Steere. Society for Promoting Christian Knowledge, London. 1893. This admirable little book of only 118 pages contains a sketch of the grammar, exercises and a key. Any one who makes himself thoroughly familiar with it will find he has gone a long way towards mastering the language.

(2) Swahili Tales by the same author and publishers, being a collection of native stories with translations, very valuable for practice in reading, and of interest as illustrating native customs.

(3) A Handbook of the Swahili language. By Edward Steere. 3rd Edition. Revised and enlarged by A. C. Madan. Published by the Society for Promoting Christian Knowledge, London. 1884.

(4) Madan's Dictionary. Swahili-English. Clarendon Press, Oxford. 1903. English-Swahili. 1902.

There are several dialects of Swahili, of which that of Zanzibar is the most generally known and usually spoken by Europeans, but the natives consider that of Lamu as the most elegant. Up country a very corrupt jargon is spoken by natives as well as by Europeans, but it will be found worth while to study the language thoroughly, as even in the interior someone can generally be found who speaks it correctly. The importance of easy communication with natives can hardly be exaggerated. Nearly all tribes have an inordinate love of talking and discussion, and most of the misunderstandings, political and other, which have occurred in the past could have been avoided if there had been any European able to listen patiently and reply intelligibly. Domestic servants usually speak Swahili.

Luganda is the language of the Kingdom of Uganda, the most populous and civilized part of the Uganda Protectorate, but is not spoken at all to the East of Lake Victoria. Grammatically, it is not unlike Swahili, but in practice is much harder. The position of the accent is variable, the pronunciation difficult, and words are run together so that they become unrecognizable. For a study of Luganda may be recommended "A Handbook of Luganda," by G. L. Pilkington, the well-known missionary, and "A Luganda-English and English-Luganda Vocabulary," by the same author, both published by the Society for Promoting Christian Knowledge.

Little attention has been paid to the other Bantu languages except by isolated missionaries, but the language of Kikuyu is increasing in importance owing to the thickness of the native population in this district, and the number of European settlers who employ native labour. It is similar to Swahili, but by no means identical. An English-Kikuyu Vocabulary has been published by A. W. McGregor (Society for Promoting Christian Knowledge. 1904), and Vocabularies of the Kamba and Kikuyu Languages by Mrs. Hinde (Cambridge University Press. 1904).

Still less attention has been paid to the Niletic languages, but an excellent account of the Masai, including a grammar, has been written by Mr. Hollis, Secretary to the Administration of the East Africa Protectorate ("The Masai: Their Language and Folk-Lore." Clarendon Press. 1905).

Vocabularies of the less-known languages and much general information about East African Philology will be found in Sir Harry Johnston's "The Uganda Protectorate."

CHAPTER VIII.

SWAHILI VOCABULARY AND USEFUL PHRASES.

HOW TO LEARN THE NATIVE TONGUES.

The study of a language possesses difficulties to many men. They have, from infancy, been taught that the way to success is by purchasing Grammars, Notes, Dictionaries, &c., and then reading them carefully through.

Let all such ideas be forgotten, and let the student go, with pencil and note-book alone in hand, amongst the natives. Engage an intelligent man as teacher, then learn words, salutations, phrases, sentences, &c., from those with whom you come into contact, and get your teacher to correct your mistakes.

This last point, if you had to deal with Englishmen, would be easy—among us critics abound—but it is the hardest thing possible to get a native to correct you.

Take special pains in learning phrases and short sentences, and carefully note the positions of the words. Whenever you hear a proverb, write it down, and endeavour to get at its meaning.

Having obtained in this way, at first words, then phrases and sentences, go to your books to verify all such.

Do not erase from your note-book any variation from words occurring in the dictionary or the grammar you consult, but mark them with a query, and investigate further.

Never be satisfied when you have found out two variations of a sentence to which a native says, "They are all the same." Try and discover the different shades of meaning by turning such sentences round in a variety of ways. Sooner or later your patient toil will be amply rewarded.

PRONUNCIATION OF SWAHILI WORDS.

A	as in	Father
E	,,	fête or "a" in fate
I	,,	thief
O	,,	toe
U	,,	tool

The accent is on the last but one syllable in the word.

The second word or syllable in the list of words denotes the plural form, as:—

Kiti plural viti, mwaka = miaka, ufunguo = funguo, zulia = mazulia, mtu = watu, mti = miti, uzi = nyuzi (where no word or syllable is placed after the noun the plural is the same as the singular, as nyumba = nyumba).

Number	Hisabu [wa kwanza
One	Moja 1st cha, ya, or
Two	Pili. 2nd ,, pili
Three	Tatu. 3rd ,, tatu
Four	N'ne. 4th ,, n'ne
Five	Tano. 5th ,, tano
Six	Sita. 6th ,, sita
Seven	Sabaa. 7th ,, sabaa
Eight	Nane. 8th ,, nane
Nine	Tisia. 9th ,, tisia
Ten	Kumi. 10th ,, kumi
	[and so on
Eleven	Kumi na moja
Twelve	Kumi na mbili
Thirteen	Kumi na tatu
Fourteen	Kumi na n'ne
Fifteen	Kumi na tano
Sixteen	Kumi na sita
Seventeen	Kumi na sabaa
Eighteen	Kumi na nane
Nineteen	Kumi na tisia
Twenty	Ishirini
Twenty-one	Ishirini na moja,
Thirty	Thalathini [and so on
Forty	Arubaini
Fifty	Khamsini
Sixty	Sitini
Seventy	Sabuini
Eighty	Thamanini
Ninety	Tisaiini
One hundred	Mia
One thousand	Alfu
Half	Nusu
Quarter	Roboo
Third	Thuluthi
Eighth	Thumuni
Three quarters	Kasu roboo
One and three quarters	Mbili kasu roboo
Once	Mara moja
Twice	Mara mbili
Thrice	Mara tatu
Both	Zote mbili
Both of you	Nyote wawili
Both of us	Sote wawili
Ancient	Kale, ya
Blow, to	Kuvivia

Cold	Baridi
Customs	Ushuru, ny
Custom house	Forodha
Custom house, at the	Forodhani
Day time	Mtana
Day and night	Kutwa kucha
Earth	Dunia
Flower	Ua maua
Forest	Mwitu
Hill	Kilima, vi
Hot	Moto, mi
Ice	Barafu
Island	Kisiwa, vi
Lake	Ziwa, ma
Moon	Mwezi
Mountain	Mlima, mi
Mud	Tope, ma
Port	Bandari
River	Mto, mi
Sailor	Baharia, ma
Sand	Mtanga
Sea	Bahari
Seasons	Nyakati
Ship	Merikabu
Star	Nyota
Sun	Jua
Tide, ebb	Maji yapwa
Tide, full	Maji yajaa
Tide, spring	Maji makuu
Time	Zamani
Tree	Mti, mi
Vegetable	Mboga
Wind	Upepo
World	Ulimwengu
Day	Siku
To-day	Leo
Day before yesterday	Juzi
Day after to-morrow	Kesho-kutwa
Hour	Saa
Long time	Kitambo
Minute	Dakika
Month	Mwezi, mi
To-morrow	Kesho
Year	Mwaka, miaka
Sunday	Jumaa pili
Monday	,, tatu
Tuesday	,, ne

Wednesday	Jumaa tano
Thursday	Alhamisi
Friday	Jumaa
Saturday	Jumaa mosi
January	Mwezi mfunguo wa kwanza
February	,, ,, pili
March	,, ,, tatu
April	,, ,, n'ne
May	,, ,, tano
June	,, ,, sita
July	,, ,, sabaa
August	,, ,, nane
September	,, ,, tissia
October	,, ,, kumi
November	,, ,, kumi na moja
December	,, ,, kumi na mbili
Address	Anwani
Answer	Majibu
Army	Jeshi, ma
Axe	Shoka, ma
Balcony	Roshani
Basin	Bakuli
Bathroom	Chumba cha kuogea
Barrel	Pipa, ma
Beam	Boriti
Beads	Ushanga
Bed	Kitanda, vi
Bedroom	Chumba cha kulalia
Belt	Mshipi, mi
Bell	Kengele
Boat	Mashua
Board	Ubao, bao
Bolt	Kia, via
Book	Chuo, vy
Box	Sanduku
Bottle	Tupa
Brush	Ufagio, fagio
Brass	Shaba
Caravan	Msafara, mi
Candle	Mshumaa, mi
Cannon	Mzinga, mi
Carpet	Zulia, ma
Carriage	Ghari, ma
Chain	Mkufu, mi
Chair	Kiti, vi
Chisel	Chembeu, vy
Cistern	Birika
Clothes	Nguo
Clock	Saa
Cork	Kizibo, vi
Corrugated iron roof	Paa la tanaki
Comb	Kitana, vi
Colour	Rangi
Courtyard	Ua, ny
Corner	Pembe
Cooking-pot	Sufuria, ma
,,	Chungu, vy
Crown	Taji
Cup	Kikombe, vi
Cushion	Mto, mi
Custom	Desituri
Date	Tarikhi
Dining-room	Chumba cha kulia
Dish	Sahani kubwa ; kombe
Difference	Tafauti ; baki, ma
Dirt	Taka
Document	Hati
Door	Mlango, mi
Drawer	Mtoto-wa-meza
Dust	Uvumbi
Envelope	Baksha
Excuse	Udhuru
Faith	Imani
Fat	Mafuta
File, to	Kukereza ; piga tupa
Floor	Sakafu
Fork	Uma, ny
Freedom	Uhuru, mahuru
Frying pan	Kikango, vi
Gain	Faida
Games	Matezo
Glass tumbler	Bilauri
Glass	Kioo
Gold	Dhahabu
Grave	Kaburi, ma
Gun	Bunduki
Gunpowder	Baruti
Hammer	Nyundu
Haste	Haraka
Hat	Kofia
Hinge	Bawaba, ma

Hit, to	Kupiga
Horn	Pembe
House	Nyumba
India-rubber	Mpira, mi
Ink	Wino
Intention	Kusudi
Iron	Chuma, vy
Ivory	Pembe
Key	Kifunguo, vi
Kind	Namna
Kitchen	Jiko
Kitchen, in, or at	Jikoni
Knife	Kisu, vi
Knife, pocket	Kijembe, vi
Ladder	Ngazi ya kutukua
Lamp	Taa
Lamp, hand	Kandili
Lead	Risasi
Letter	Barua
Leave	Ruhusa
Liberty	Uhuru, mahuru
Lime (whitewash)	Tokaa
Load	Mzigo, mi
Lock	Kufuli, ma
Mat	Mkeka, mi
Mat, large	Jamvi, ma
Match	Kibiriti, vi
Mast	Mlingote, mi
Mattress	Godoro, ma
Measure	Cheo
Mosquito net	Chandarua, vy
Net	Nyavu
Needle	Sindano
Nail	Msomari, mi
Nippers	Kulabu
Oars	Kasia, ma
Oath	Kiapu, vi
Oil	Mafuta
Organ	Kinanda, vi
Padlock	Kufuli, ma
Pail	Ndoo
Paper	Karatasi
Part	Sehemu
Peace	Amani
Peg, tent	Chango, vy
Pen	Kalamu
Pillow	Mto, mi
Pin	Sindano ya kushikizia
Plate	Sahani
Plane	Randa
Profit	Faida
Port	Bandari
Razor	Wembe, ny
Regret	Juto, ma
Remainder	Baki, ma
Rent	Ujira wa nyumba
Recess in a wall	Kidaka, vi
Riches	Mali
Ring	Pete
River	Mto, mi
Road	Ndia
Room	Chumba, vy
Roof	Dari, ma
Roof, thatched	Paa, ma
Roof, iron	Paa la tanaki, ma
Rope	Kambaa, Ukambaa
Row	Kelele, Fujo
Rowlock	Kilete, vi
Rudder	Sukani
Run, to	Kupiga, mbio
Ruin, to	Kuangamiza
Sail	Tanga, ma
Saw	Msomeno
Saw, to	Kukereza
Scales	Mizani
See, to	Kuona
Sew, to	Kushona
Sell, to	Kuuza
Silver	Fedha
Shoe	Kiatu, vi
Shoe lace	Kigwe, vi
Shop	Duka, ma
Soap	Sabuni
Soil	Udongo
Sort	Namna
Spoon	Mwiko, mi
Spoon, tea	Kijiko, vi
Spear	Fumo, ma
Step	Daraja
Stick	Fimbo
Stockade	Boma, ma
Strike	Kupiga
String	Uzi, ny
Street	Ndia

Sword	Upanga, panga
Table	Meza
Tank	Birika
Tax	Kodi, ma
Teak	Msaji
Tent	Hema
Threshold	Kisingiti, vi
Thread	Uzi, ny
Thimble	Kustabani
Thunder	Ngurumo
Towel	Kitambaa cha mkono, mi
Total	Jimla
Town	Mji, mi
Train	Ghari ya moshi
Trade	Biashara
Truth	Kweli
Turban	Kilemba, vi
Trousers	Suruali, ma
Tumbler	Bilauri
Voice	Sauti
Wall	Ukuta, kuta
Wall	Kiambaza, vi
Walk, to	Kutembea
Want	Uhitaji
Want, to	Kutaka
War	Vita
Warm	Ya moto
Watch	Saa ndogo
Water	Maji
Weigh, to	Kupima
Well	Kisima, vi
Wick	Utambi, tambi
Window	Dirisha, ma
Window frame	Shubaka, ma
Wisdom	Hekima
Wood	Mti, mi
Word	Neno, ma
Writing	Hati
I have	Nna
You have	Una
He has	Yuna, ana
We have	Tuna
You have	Muna
They have	Wana
I had	Nilikuwa na
You had	Ulikuwa na
He had	Alikuwa na
We had	Tulikuwa na
You had	Mlikuwa na
They had	Walikuwa na
Arm	Mkono, mi
Back	Maungo
Beard	Ndevu
Body	Mwili, mi
Bone	Mfupa, mi
Breast	Kifua, vi
Chest	Kifua, vi
Chin	Kidevu, vi
Ear	Sikio, ma
Eye	Jito, ma to
Eyebrow	Ushi, ny
Eyelash	Kope
Face	Uso, ny
Finger	Kidole, vi
Hair	Nyele
Hand	Mkono, mi
Heart	Moyo, mi
Head	Kitwa, vi
Head, top of the	Upaa
Infectious	Wito
Joint	Kiungo, vi
Knee	Goti, ma
Leg	Guu, ma
Lip	Mdomo, mi
Liver	Maini
Mouth	Kanwa, ma
Nail	Ukucha, kucha
Neck	Shingo
Nose	Pua
Palm of hand	Kiganja cha mkono
Palate	Makaka
Pupil of Eye	Mboni, mi
Ribs, side	Mbavu
Shoulder	Bega, ma
Skin	Ngovi
Stomach	Tumbo, ma
Throat	Koo
Tooth	Jino, meno
Tongue	Ulimi, ndimi
Toe	Kidole, vi
Vein	Mshipa, mi
Abscess	Uharabu; tambazi
Chicken pox	Tete za maji

Cold, a	Mafua ; kamasi
Diarrhœa	Kuhara
Dysentry	Kuhara damu
Disease	Maradhi ; ugonjwa
Dropsy	Safura
Fever	Homa
Heal, to	Kupoza
Matter	Usaha
Measles	Ukambi
Medicine	Dawa
Pain	Kuumia maumivu
Small-pox	Tete ; ndui
Sore	Kidonda, vi
Scar	Kovu [vya
Tabloid	Kidonge cha dawa, vi,
Vaccinate, to	Kuchanja, kutoja
Wound	Jaraha
Aunt	Shangazi
Agent	Wakili
Boy	Mtoto, wa
Baby	Mtoto mchanga, wa
Barber	Kinyozi, vi
Beggar	Mwombaji
Blind man	Kipofu, vi
Brother	Ndugu
Butcher	Mtindaji, wa
Captain	Nahodha, ma
Carpenter	Seramala, ma
Citizen	Mwenyeji, wenyeji
Clerk	Karani, ma
Consul	Balozi
Cook	Mpishi, wa
Crowd	Kundi, ma
Daughter	Binti, ma
Deaf man	Kiziwi
Debtor	Mdeni, wa
Defendant	Mshtakiwa
Doctor	Daktari, ma
Father	Baba, ma
Family	Jamaa
Fisherman	Mvuvi, wa
Foreigner	Mgeni, wa [wana
Freeman	Mwangwana, wang-
Girl	Mtoto mke, watoto
Grandchild	Mjukuu, wa [wakwe
Guard	Mlinzi, wa
Guide	Kiongozi, vi

Herdsman	Mtunga, wa
Husband	Mume, wa
Interpreter	Mkalimani, wa
Judge	Kadhi, ma
King	Mfalme, wa
Labourer, daily	Kibarua, vi
Lazy man	Mvivu, wa
Lawyer	Wakili, ma
Liar	Mrongo, wa
Master	Bwana, ma
Mason	Mwashi, washi
Merchant, small	Mchuuzi, wa
Messenger	Mjumbe, wa
Murderer	Muaji
Mother	Mama
Nation	Taifa, ma
Nurse	Mlezi, wa
Overseer	Msimamizi, wa
Parents	Wazazi
Passenger	Abiria, ma
Pilot	Rubani, ma
Plaintiff	Mshtaki, wa
Poet	Mshairi, wa
Porter	Mpagazi, wa
Prime Minister	Waziri, ma
Prisoner	Mfungwa, wa
Pupil teacher	Mkufunzi, wa
Reader	Msomaji, wa
Runaway	Mtoro, wa
Sailor	Baharia, ma
Servant	Mtumishi, wa
Sister	Ndugumke,nduguwake
Slave	Mtumwa, wa
Soldier	Askari
Son	Mwana, wana
Sower	Mpanzi, wa
Spy	Mpelelezi, wa
Subject	Raia, ma
Surety	Mthamini, wa
Standard bearer	Amiri
Tax Collector	Mtozaji ushuru, wa
Teacher	Mwalimu, walimu
Traveller	Msafiri, wa
Tribe	Kabila, ma
Uncle	Mjomba, wa
Witness	Shahidi, wa
Workman	Fundi, ma

Banana	Ndizi
Beans, small	Kundi
Beef	Nyama ya ng'ombe
Bread	Mkate, mi
Butter	Siagi
Cinnamon tree	Mdalasini, mi
Clove	Karafu
Cocoanut	Nazi
Coffee	Kahawa
Custard apple	Tomoko, ma
Curry	Bizari
Date	Tende
Egg	Ii, mai
Fish	Samaki
Flour	Unga
Food	Chakula, vya
Fowl	Kuku
Guava	Pera, ma
Honey	Asali
Ice	Barafu
Lime	Ndimu
Mango	Embe, ma
Meat	Nyama
Melon	Tikiti, ma
Pumpkin	Tango, ma
Milk	Maziwa
Mustard	Kharadali
Mutton	Nyama ya mbuzi
Orange	Chungwa, ma
Pepper	Pilipili
Pineapple	Nanasi, ma
Potato	Kiazi, vi
Raisin	Zabibu
Rice	Mtele
Salt	Munyu, chumvi
Soup	Mtuzi
Sugar	Sukari
Syrup	Asali
Tea	Chai
Vegetable	Mboga
Abuse, to	Kutukana
Able, to be	,, weza
Accept, to	,, kubali
Ache ,,	,, uma
Accuse ,,	,, shitaki
Add ,,	,, jumlisha
Adorn ,,	,, pamba

Advise, to	Kupa shauri
Afraid, to be	,, ogopa, cha
Agree, to	,, patana
Aid ,,	,, saidia
Alike, to be	,, fanana
Allow, to	,, ata, kupa ruhusa
Alter ,,	,, badilisha
Anchor ,,	,, tia nanga
Angry, to be	,, kasirika
Annoy, to	,, sumbua
Announce ,,	,, tangaza habari
Answer ,,	,, jibu, itikia
Approach ,,	,, kurubia, karibu
Appear, to	,, onekana
Appoint ,,	,, agiza
Arrive ,,	,, fika
Ascend ,,	,, panda
Ask ,,	,, uliza
Assist ,,	,, saidia
Attempt ,,	,, jaribu
Bathe ,,	,, oga
Be ,,	,, wa
Bear ,,	,, tukua
Bear, to, children	,, zaa
Beat to	,, piga
Beg ,,	,, omba, sihi
Begin ,,	,, anza
Believe ,,	,, sadiki
Believe in, to	,, amini
Bind ,,	,, funga
Bite ,,	,, uma
Boast ,,	,, jisifu
Break ,,	,, vunda
Breathe ,,	,, vuta pumzi
Bring ,,	,, leta
Build ,,	,, jenga
Burn ,,	,, teketeza
Bury ,,	,, zika
Buy ,,	,, nunua
Call ,,	,, ita
Carry ,,	,, tukua
Catch ,,	,, kamata
Cheat ,,	,, danganya
Chew ,,	,, tafuna
Climb ,,	,, panda, kwea
Collect ,,	,, kusanya
Come ,,	,, ja

Command, to	Kuamru
Complete ,,	,, maliza
Conquer ,,	,, shinda
Cool ,,	,, poa
Cough ,,	,, kohoa
Cover ,,	,, finika
Creep ,,	,, tambaa
Cross over ,,	,, vuka
Crow ,,	,, wika
Cry ,,	,, lia
Cut ,,	,, kata
Dare ,,	,, subutu
Decorate ,,	,, pamba
Decrease ,,	,, pungua
Deny ,,	,, kana
Deserve ,,	,, stahili
Destroy ,,	,, haribu
Dig ,,	,, timba, fukua
Dip ,,	,, tovya
Distribute ,,	,, gawanya
Do ,,	,, fanya
Drink ,,	,, nwa
Drop ,,	,, angusha
Eat ,,	,, la
Engage ,,	,, panga
Enter ,,	,, ngia
Fall ,,	,, anguka
Fan ,,	,, pepea
Fasten ,,	,, funga
Feel ,,	,, sikia, gusa
Flight ,,	,, pigana
Fill ,,	,, jaza
Finish ,,	,, maliza
Find ,,	,, ona
Fly ,,	,, ruka
Forgive ,,	,, samehe
Force ,,	,, fanya, tenza nguvu
Fry ,,	,, kanga
Gamble ,,	,, teza kamari
Gather ,,	,, kusanya
Get ,,	,, pata
Give ,,	,, pa
Grind ,,	,, saga
Go ,,	,, enda
Govern ,,	,, tawala
Guard ,,	,, linda
Grow ,,	,, kua

Happen, to	Kutukia
Haul ,,	,, vuta
Have ,,	,, wa na
Hang ,,	,, angika
Hate ,,	,, tukia
Hasten ,,	,, himiza
Hear ,,	,, sikia
Heat ,,	,, pasha moto
Help ,,	,, saidia
Hide ,,	,, fita
Hire ,,	,, panga
Hold ,,	,, shika
Honour ,,	,, hishimu
Hungry, to be	,, ona ndaa
Hunt, to	,, winda
Increase ,,	,, zidi ongeza
Interpret ,,	,, fasiri
Investigate ,,	,, tafutatafuta, peleleza
Join ,,	,, unga
Joke ,,	,, fanya ubishi
Judge ,,	,, hukumu
Keep ,,	,, shika
Kick ,,	,, piga teke
Kill ,,	,, ua
Kiss ,,	,, busu
Know ,,	,, jua
Lay ,,	,, weka
Lay eggs ,,	,, zaa, mai
Laugh ,,	,, teka
Leak ,,	,, vuja
Leap ,,	,, ruka
Leave ,,	,, ata
Lend ,,	,, azima
Let (on hire), to	,, panga
Lick, to	,, ramba
Lie ,,	,, sema urongo
Lie down, to	,, jinyosha
Light, to	,, washa
Like ,,	,, penda
Listen ,,	,, sikiza
Live ,,	,, ishi
Lock ,,	,, funga
Look for, to	,, tafuta
Lost, to be	,, potea
Love, to	,, penda
Make ,,	,, fanya

Marry to (man)	Kuoa
,, ,, (woman)	,, olewa
Measure, to	,, pima
Mend ,,	,, tengeneza
Melt ,,	,, yeyuka
Mention ,,	,, taja
Milk ,,	,, kama
Mistake ,,	,, kosa
Mix ,,	,, tanganya
Multiply ,,	,, zidisha
Neglect ,,	,, atilia
Noise, to make a	,, fanya kelele
Number, to	,, hasibu
Obtain ,,	,, pata
Omit ,,	,, kosa
Open ,,	,, fungua
Order, to, servants etc.	,, amru, amrisha agiza
,, ,, things, etc.	,, tengeza
Pack ,,	,, funganya
Pain ,, be hurt	,, umia
,, ,, cause	,, umiza
Paint ,,	,, paka rangi
Pass ,,	,, pita, pitisha
Pay ,,	,, lipa
Permit, to	,, ruhusa
Pick up ,,	,, okota
Pick up little things, to	,, zoa
Plane, to	,, piga randa
Plant ,,	,, panda (of seeds)
Play ,,	,, teza
Please ,,	,, pendeza
Praise ,,	,, sifu
Pray ,,	,, omba
Preserve, to	,, linda, tunza
Protect ,,	,, linda
Quarrel ,,	,, teta
Question ,,	,, uliza
Quiet, make, to	,, tuliza
Race, to	,, shindana
Rain ,,	,, nya
Reach ,,	,, fika
Reap ,,	,, vuna
Reckon ,,	,, hasibu
Recognise, to	,, tambua
Recollect ,,	,, kumbuka
Reconcile ,,	,, suluhisha

Recover, to	Kupata tena
Refuse ,,	,, kataa
Regret ,,	,, juta
Remain ,,	,, ngoja
Remind ,,	,, kumbusha
Rent ,,	,, panga
Repent ,,	,, tubu
Reply ,,	,, jibu
Resemble ,,	,, fanana na
Respect ,,	,, hishimu
Rest ,,	,, pumzika
Reveal ,,	,, funua
Ring ,,	,, piga kengele
Rise ,,	,, ondoka
Roll ,,	,, bingirisha
Satisfy ,,	,, tosha
Save ,,	,, okoa
Saw ,,	,, kereza
Say ,,	,, sema
Scatter ,,	,, tawanya
Sell ,,	,, uza
Send ,,	,, peleka
Sew ,,	,, shona
Shave ,,	,, nyoa
Shoot ,,	,, piga bunduki
Show ,,	,, onyesha
Shut ,,	,, funga
Sift ,,	,, tunga
Sleep ,,	,, lala
Smell ,,	,, nuka
Sow ,,	,, panda
Speak ,,	,, sema
Spit ,,	,, tema mate
Spoil ,,	,, haribu
Stand ,,	,, simama
Stir ,,	,, karoga
Strain ,,	,, tuja
Struggle ,,	,, furokota
Take ,,	,, twaa
Talk ,,	,, sumulia
Taste ,,	,, onda
Teach ,,	,, fundisha
Tear ,,	,, rarua
Tell ,,	,, ambia
Tempt ,,	,, jaribu, onda
Thank ,,	,, toa ahasanta
Think ,,	,, thani, fikiri

Throw to	Kutupa
Tie ,,	,, funga
Touch ,,	,, gusa
Translate ,,	,, fasiri
Trust ,,	,, amini
Try ,,	,, jaribu
Turn ,,	,, pindua, geuza
Undress ,,	,, vua nguo
Unfasten ,,	,, fungua
Unfold ,,	,, kundua
Use ,,	,, tumia
Vex ,,	,, sumbua
Vomit ,,	,, tapika
Wait ,,	,, ngoja
Walk ,,	,, tembea
Want ,,	,, taka
Warm ,,	,, pasha moto
Wash ,,	,, osha, nawa
Wash clothes, to	,, fua nguo
Waste, to	,, poteza
Watch ,,	,, linda
Weigh ,,	,, pima
Win ,,	,, shinda
Wipe ,,	,, futa
Wish ,,	,, taka
Write ,,	,, andika
Whistle ,,	,, piga mbinja
Worry ,,	,, sumbua [etc.
Bad	Baya, mbaya, kibaya,
Beautiful	Zuri, mzuri, kizuri, etc.
Bitter	Tungu
Broad	Pana
Dry	Kavu
Empty	Tupu
Fierce	Kali
Great	Kubwa
Hard	Gumu
Heavy	Zito
Idle	Vivu
Little	Dogo
Long	Refu
New	Pya
Open	Wazi
Raw	Biti
Ripe	Bivu
Sharp	Kali
Short	Fupi

Sweet	Tamu
Thick	Nene
Whole	Zima
And	Na
But	Lakini, illa
By	Kwa ; ni
Even	Hata
For	Kwa
In	Katika
Inside	Ndani
Of	Wa or la or ya or cha. Sing. Wa or ya or za or vya. Plur.
Since	Tangu
That	Kwamba
Until	Hata
I want	Nataka
You want	Wataka
He wants	Yuataka
It wants	Cha or la or yataka
We want	Twataka
You want	Mwataka
They want	Wataka
They want (things)	Vya or Ya or Zataka
I do not want	Sitaki
You do not want	Hutaki
He does not want	Hataki
It does not want	Haki, hali, or hayataki
We do not want	Hatutaki
You do not want	Hamtaki
They do not want	Hawataki
They do not want (things)	Havi, haya, or hazitaki
I wanted	Nilitaka
You wanted	Ulitaka
He wanted	Alitaka
We wanted	Tulitaka
You wanted	Mlitaka
They wanted	Walitaka
I did not want	Sikutaka
You did not want	Hukutaka
He or she did not want	Hakutaka
We did not want	Hatukutaka
You did not want	Hamkutaka

They did not want	Hawakutaka
I shall want	Ntataka
You will want	Utataka
He or she will want	Atataka
We shall want	Tutataka
You will want	Mutataka
They will want	Watataka
I shall not want	Sitataka
You will not want	Hutataka
He or she will not want	Hatataka
We shall not want	Hatutataka
You will not want	Hamtataka
They will not want	Hawatataka
To want	Kutaka
Not to want	Kutotaka

"NOT YET."

I have not yet wanted	Sijataka
You have not yet wanted	Hujataka
He or she has not yet wanted	Hajataka
We have not yet wanted	Hatujataka
You have not yet wanted	Hamjataka
They have not yet wanted	Hawajataka

"KA."

And I want — Nikataka, &c.

"HU" FOR ALL PERSONS.

I always want, you, he, etc. — Hutaka

PASSIVE VOICE is formed by inserting "w" before the final letter, as Kupenda, to love.

To be loved	Kupendwa

In case of Arabic words ending in "u" or "i" change the "u" into "i" and add "wa," for "i" add "wa"

To accuse	Kushitaki
To be accused	Kushitakiwa

USEFUL EXPRESSIONS.

Which man?	Mtu yupi?
This man	,, huyu
Another man	,, mwengine
Those people (men)	Watu wale
These people ,,	,, hawa
Other people ,,	,, wengine
How many people?	,, wangapi?
Which thing?	Kitu kipi?
That thing	,, kile
This thing	,, hiki
Another thing	,, kingini, chengine
Which things	Vitu vipi
Those things	,, vile
These things	,, hivi
Other things	,, vingine
How many things?	,, vingapi?
What is it?	N nini?
Who is it?	N nani?
When will he come?	Atakuja lini?
Here	Hapa, huku
Just in there	Mumo
,, here (same place)	Papa hapa, Kuku huku
,, in here ,,	Mumu humu
That same place (yonder)	Kule kule
In that same place	Mle mle
That same place (spot)	Pale pale
Anywhere	Po pote
Everywhere	Mote
All round here	Pande zote
On all sides	Kote kote
Just like that	Vile vile
,, so	Vivi hivi
Quite right, Exactly like that	Sawa sawa
Likewise	Kadhalika
It is not so	Sivyo
It is so	Ndivyo
He is absent	Hako
He is present	Yuko
It is not here	Sipo
It is here	Ndipo
Where is he?	Yuko wapi?
Either or	Ama ama

Neither, nor	Wala wala
In order that	Illi
Thus	Hivi
Because	Kwa vile
For the sake of	Kwa ajili ya
The reason being, because	Kwa sababu ya / Kwa maana ya
Because	Kwa kuwa
How do you do?	Hujambo?
I am quite well	Sijambo
How are you?	Hali gani?
Thank you	Ahasanta
Good-bye	Kwa heri
What's the news?	Habari gani?
Come in	Karibu, pita nyumbani
May I come in?	Nipite nyumbani?
Knock at the door	Bisha mlango
Who is there?	N nani aliyeko?
Sit down	Keti
Who are you?	Wewe n nani?
What is your name?	Waitwaje?
Where do you come from?	Watokapi?
Where are you going?	Wendapi?
What's the matter?	Kuna nini?
Come here	Ndoo hapa
I have forgotten	Nnasahau
Bring the food	Lete chakula
What is the time?	Saa ngapi?
Lay the table cloth now	Tandika nguo ya meza sasa
Don't spill that soup	Usiumwaye mtuzi ule
It has been spilt	Unamwaika
This plate is dirty	Sahani hii ina taka
Go and clean it quickly	Enda ukaisafishe upesi
Where's the cook?	Yu wapi mpishi?
I don't know where he is	Simjui alipo
Go and call him	Enda ukamwite
He is in the kitchen	Yuko jikoni
Pass the vegetables	Wasongezee mboga, pitisha mboga
What are you waiting for?	Wangojeeni?
Ring the bell	Piga kengele

I want some more	Nataka zaidi
The water has cooled	Maji yamepoa
Throw away that water	Mwaya maji yale
Warm that meat	Kanza moto nyama ile
Bring a cup	Lete kikombe
The cup is broken	Kikombe kimevundika
Light the lamp	Washa taa
Where's the yolk of this egg?	Kiini cha yai hili ki wapi?
What do you want?	Wataka nini?
I am busy to-day	N na shughuli leo
Go away	Nenda zako
I must go now	Imenipasa kwenda zangu sasa
What does it mean?	N nini maana yakwe?
Take away these sweepings	Ondoani tama hizi
Say it again	Sema tena
Answer me	Nijibu
Make haste	Fanya haraka; upesi; chap chap
Be careful	Angalia vyema
What is this?	N nini hichi?
Enough	Basi
Do not disturb me	Usinisumbue
It will suit me	Kitanifaa
It is your own fault	Ni kosa lako
They have gone to another house	Wametama
Where is your house?	Nyumba yako i wapi?
Run after him	Mkimbilie
I don't know where they have gone	Sijui wanakwendapi
Go with him	Enda nae
Follow him	Mfuate
I will wait for you in the hall	Ntakuongojea sebuleni
Go in peace	Enda na amani
Play the harp, organ, piano, &c.	Piga kinanda
Don't make a noise	Usipige kelele
Come to-morrow	Ndoo kesho
That thing is very old	Kitu kile kinapea sana
I have hired his house	Nimepanga nyumba yakwe

We have changed houses	Tumeitama nyumba
Half close the door	Ushindike mlango
I dare not do anything	Sisubutu kufanya neno
I have not a house	Sina nyumba
Who is able to build me one?	Nnani awezae kunijengea?
There are plenty of workmen	Kuna mafundi tele
A good workman is a blessing	Kupata fundi mwema ni baraka
Do you want English or Arabic style?	Wataka ny umba ya kizungu au ya kiarabu?
Where's the padlock?	Kufuli li wapi?
It is lost. No, it is on the table	Limepotea, la! lipo juu ya meza

PHRASES USEFUL FOR EXPEDITIONS, ETC.

I have a great longing to go to Lamu	Nna tamaa sana kufika Amu
It is very dark to-day	Leo kunafunga kiza sana
He is leading a camel	Yuaongoza ngamia
I pitched a tent	Nilikita hema
Strike the tent now	Ngoa hema sasa
String these beads	Tungani shanga hizi
It happened suddenly	Ilitukia ghafula
He did it for me	Alinifanyia mimi
He got on the camel	Alipanda ngamia
He has packed up for his journey	Amefunganya vitu vyakwe
He climbed to the top of the hill	Alikwea juu ya mlima
He reached the top	Alifika kileleni
Will it rain to-day?	Itakunya mvua leo?
Fire the gun	Piga bunduki
They are porters loading cargo	Mahamali wapakia vitu
The road is not passable	Ndia hii haipitiki
The road is safe	Ndia i safi
The road is overgrown	Ndia inakufa
The road is clear	Ndia i wazi
Do you see the tracks (footprints) of a lion?	Waona nyayo za simba?
What is that noise?	Mshindo ule mbwa nini
It is a herd of Elephants	Ni kundi la ndovu
Where's my gun?	Bunduki yangu i wapi?
Bring it to me	Iniletea
It is wet	Inatota
Never mind	Haidhuru
It is dry now	Inakauka sasa
Tell the porters to get in a line, beat the drum	Wambie wapagazi kupiga safu piga ngoma
Where are the loads?	Mizigo i wapi?
Tell the porter not to stray at all	Wambie wapagazi wasitange hata kidogo
Let me pass	Nipishani, Simileni
Get out of the way	Ondoka
The sun is hot	Jua kali
The water is running down the wall	Maji yaturuzika ukutani
Who are you?	Wewe n nani?
What is your name?	Waitwaje?
I want a guide	Nataka kiongozi
I want to go ashore	Nataka kwenda pwani
Call a boatman	Mwite baharia
Which is my boat?	Mashua yangu ni ipi?
Bring a boat here	Lete mashua hapa
Closer	Ikaribishe zaidi
Bring another boat	Lete mashua nyengine
I want a larger boat	Nataka mashua kubwa zaidi
This boat is too small	Mashua hii ni ndogo sana
Now then, pull away	Sasa vutani makasia
Will you steer?	Utapinza sukani?
Are there sharks here?	Papa wamo?
We have arrived	Sasa tunafika
Where's your sail?	Tanga lako li wapi?
The wind is unsettled	Upepo haujatulia
The boat is aground	Mashua inapwelewa
High tides	Maji makuu
The tide is going out	Maji yapwa
The tide is coming in	Maji yajaa

It is very calm	Ni shwari sana
Give each other room	Pananani nafasi
He hoisted the sail	Alitweka tanga
He lowered the flag	Alishusha bandera
He anchored in the harbour	Alitia nanga bandarini
He weighed anchor	Alingoa nanga
Shall I pull up the anchor?	Ntangoa nanga?
Tow us	Haya tufungase

OTHER USEFUL PHRASES.

It is false	Ni urongo
It is true	Ni kweli
No, nothing	La ; hakuna ; hapana
Certainly	Hakika
I do not think so	Sivyo nithanivyo
The sun is hot	Jua kali
The dog barks	Mbwa hulia
The cat mews	P'aka hulia
The cow lows	N'gombe hulia
The sheep bleats	Kondoo hulia
The horse neighs	Frasi hulia
The donkey brays	Punda hulia
The lion roars	Simba hunguruma
The hyæna howls	Fisi hulia
The cock crows	Jimbi huwika
The owl hoots	Babu hulia
The sparrow chirps	Shomoro hulia
The frog croaks	Chua hulia
The bee hums	Nyuki huvuma
The fishermen are fishing	Wavuvi wavua samaki
Who told you?	Nnani aliyekwambia?
So and so told me	Fulani aliyenambia
You had better find out about him	Ni heri umjulie
Excuse me	Niwia radhi
I am hurt	Ninaumia
The dog bit me	Mbwa ameniuma
He has hurt me	Ameniumiza
He killed him with a sword	Alimuua kwa upanga
He sharpened my knife	Alininolea kisu
He treated me well	Alinitendea vyema
Half fill the jar with water	Tia shinda la maji mtungini

CHAPTER IX.

ON SETTLERS' PROSPECTS IN BRITISH EAST AFRICA.

A Report by MR. ANDREW LINTON,
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1. INTENDING settlers inquiring into the prospects of a new colony usually look most closely at what has already been done in the country in question. The result of this inquiry gives useful data with regard to the possibilities of a country which has for many years been more or less under development. However, in considering East Africa it must be remembered that it should not be compared with an old colony like New Zealand as it now is, but with New Zealand as it was a hundred years ago. Two years ago there were not more than six European farmers in East Africa, now there are as many hundreds. Let it be further remembered that some of those farmers have only just got possession of their lands, that any increase of stock is required to extend the farm, and that the local market can practically swallow all farm produce; then it can be understood why the exports of agricultural produce are so very small in amount. The results are small, not because the country is poor, but because it is only in the first stages of development.

2. At the present time there is a constant stream of settlers, attracted to the country by the cheapness of the land, of labour, and of living. It is for these reasons that there are so many settlers whose financial credit never reached more than £300. Such settlers can slowly extend their undertakings, but East Africa, with its railway, is capable of rapid development, and is therefore more suited to the farmer who possesses a capital of over £1,000. The more quickly money is invested in the land, the greater is the immediate return and the less the proportional cost of supervision. On the coast a man with £300 can expect to do very little.

3. The cost of living is an important factor in new lands, and the following figures may be useful as a guide as to what may be expected. Meat costs about 3d. per pound, bread 2d. for the same amount. For one month the total cost of living should not exceed £3 to £4, including the pay of one servant. A second servant would mean £1 extra. Milk, potatoes, and vegetables should cost exceedingly little.

4. The cost of farm buildings varies according to the style of house required. Corrugated galvanized iron sheets, 7 feet by 2 feet, cost 2s. 6d. each. Timber costs 3s. 6d. per cubic foot, but local timber can often be had at a much cheaper rate. A five barbed-wire fence costs from £20 to £30 per mile. To begin with, the farmer must erect a thatched dwelling-house; he can then slowly build a more substantial house of lined corrugated iron, or, better, a house of stone. A comfortable three-roomed thatched house will cost about £15, while a small four-roomed corrugated iron house lined with wood will run to £150 to £200. For twice this amount a good substantial stone house can be built. A large general store can be erected for from £20 to £30, and cattle-houses are generally best made of wood and thatch, and cost comparatively little. As soon as possible after settling, £100 should be expended in erecting houses and fences. This should be sufficient

for a start, and more substantial houses can be built later at times when the work on the farm is slack. The prices of some useful farm commodities are :—

	£	s.	d.		£	s.	d.
Oxen (untrained) ...	1	0	0	to	2	10	0
Oxen (trained) ...	3	0	0	to	4	0	0
Cows	5	0	0	to	7	0	0
Horses	35	0	0				
Donkeys (male) ...	3	0	0				
Donkeys (female)...	4	0	0				
Sheep	0	4	0	to	0	8	0
Goats	0	8	0				
Pigs (young) ...	1	0	0				

5. Implements are generally twice as dear here as in England. It is practically only within the last year that horses have been brought into the country, and they are, therefore, still scarce and dear. All ordinary farm seeds can now be obtained locally.

6. To the agriculturalist the question of labourers is of the utmost importance. It is quite impossible to answer the general question: is labour cheap or dear, abundant or scarce? Labourers are paid small wages, but if they are used to the exclusion of machinery, labour is dear and scarce. If agricultural implements are installed, labour is cheap and fairly abundant. The wages vary from 5s. 4d. to 13s. 6d. per month, while a skilled ploughman may get from 15s. to £1 per month. It is probable that with an increase of the available skilled labour many difficulties will disappear. Of course, in stock-farming the question of labour will give no trouble. For the first few months the settler must necessarily confine himself to manual labour for clearing a small area for crops, and for erecting houses. To break in an acre of rough grass land with manual labour costs about £2 to £3 an acre, and regularly to recultivate and sow crops will cost from 10s. to 15s. per acre. Indian carpenters and masons cost about £4 to £5 per month. European labour is in no demand.

7. The railway and shipping rates are at present necessarily rather high, but with increased development this will be changed. On the railway cotton and grain are carried at 1d. per ton per mile. Corrugated iron sheets are carried for 1⅔d. per ton per mile. The carriage of timber is slightly higher. Shipping grain in sacks to England costs little under £2 per ton.

8. In East Africa any climate can be had, from tropical to arctic, from very unhealthy to exceedingly healthy. There is therefore a great choice in the system of agriculture to be followed. Everywhere above 5,500 feet a healthy climate is to be found, at 8,000 to 10,000 feet ice can usually be seen in the early morning. In the temperate district the European can do a good day's work, knocking off only in the middle of the day. Below 5,000 feet the settler is unable to engage in prolonged physical exertion. The lowland farmer must therefore have a larger capital than the settler at higher elevations; he has, however, a much richer country at his disposal.

9. From the end of October to the end of December is the period of the smaller rains; the greater rains fall in the months from March to May. The main sowing season begins with the first of the greater rains, the crops then sown ripening in the dry months from June to October, or, in special cases, from January to April.

The smaller rains are usually sufficient to allow of a successful crop of potatoes, beans, and sometimes maize being produced. About July is probably the best time for intending settlers to arrive in East Africa.

10. The settler has the choice in starting in either a tropical, sub-tropical, or temperate region, at altitudes varying from sea level to 10,000 feet. The tropical region is a belt of about 100 miles in breadth, running along the sea coast. The richest part of this belt lies within 20 miles from the sea-shore; further inland the rainfall is often deficient. The tropical districts, owing to their rather hot climate, have received but little attention, but they are undoubtedly the richest part of East Africa. Profitable crops of cotton have already been raised in nearly every part of the coast belt, and, although the cultivation of this

crop was only begun last year, about 100 acres are now planted. A yield of from 300 to 400 lbs. per acre of lint may be expected. Cocoanuts, Sisal, and Mauritius fibres grow luxuriantly. Of ordinary crops, sesame, ground nuts, beans, and maize are extensively grown, and leave a good margin of profit. With natural products the coast is very richly provided. Of these, rubber (Landolphia) is most widely distributed and most valuable. Sanseviera fibre grows in a wild state, producing fibre of from 3 to 7 feet in length, valued at about £25 per ton. Extensive areas have already been leased for the working of timber, fibre, and rubber. Gum copal is collected all along the coast, and the mangroves are leased and systematically cut for their valuable bark (used in tanning), and their wood, which is unrivalled as house-building poles. Cocoa, vanilla, arrowroot, rhea fibre, and sugar cane should grow well.

11. Cinchona, teak, and the two rubber plants—*Castilloa elastica* and *Hevea brasiliensis*—are growing satisfactorily in a similar climate in German East Africa. The fruits, commonly cultivated by the natives, are:—Oranges, lemons, mandarins, custard apple, guava, papaw, mango, banana, pineapple, and cashew nut. Still, the natives, not understanding engrafting, produce but poor fruit, and there is a good opening for well-conducted fruit farms. The market for such fruit would be the temperate regions, Mombasa, and the ships. At present a good deal of fruit is imported.

12. Near Mombasa an exceedingly profitable dairy business could be supported, supplying the town, ships, and Zanzibar. On the coast, except in the scattered tsetse fly districts, cattle are probably just as healthy as in the temperate regions, but at the same time it is inadvisable to confine one's attention to any one particular department of agriculture. In mixed farming the risks are very much minimized. Another advantage of mixed farming is that less labour would be required at any one season. In general labour is good and fairly abundant, costing about 13s. per month. The settler should have a capital of £750.

13. The Table annexed to this report will show the climatic conditions of the coast district.

14. The sub-tropical regions lie from 2,000 to 5,000 feet above sea-level. They may be divided into two portions: the central and the lake districts.

15. The central districts lie from 100 miles to 250 miles inland, and are in parts quite healthy. Usually, however, the rainfall is deficient, averaging about 30 inches per annum. A certain amount of irrigation is often necessary. There is still little European settlement in this district, but Indian settlements are making rapid progress. The cotton crop is estimated to yield about 1,400 lbs. per acre. Maize, beans, cassava, sugar-cane, and banana are the chief native crops of this region, but the climate is certainly suitable for cotton and probable for ceara rubber and fibres. The natural products are rubber, timber, sanseviera, and raphia fibres. Large concessions have already been taken up for working these products, the sanseviera fibre being particularly good in this district. Several Europeans are now experimenting with cotton.

16. In some parts cattle thrive very well, but there are many localities in these districts where tsetse fly is prevalent. Sheep and goats are particularly good, and crossing with the Angora should be a profitable system of farming. The best land lies on the lower slopes of Kilimanjaro, from 2,000 to 3,000 feet above sea-level, and is healthy for stock. All through this country ostrich farming would succeed, as the wild bird is particularly plentiful. Labour is rather scarce but cheap.

17. The lake district lies between 3,600 and 4,500 feet above sea-level, and cannot be said to be healthy for Europeans. Nevertheless, many Europeans have settled here, attracted by the richness of the land and the abundance of rain. These settlers have so far confined themselves to grazing sheep, goats, and cattle, with only a little cultivation, sufficient to test the capabilities of the land. Vegetables, maize, beans, and fruit-trees all do well, and cotton bids fair to be the principal crop of

the district. In the Kavirondo country labour and stock are plentiful and cheap. Rice, ground nuts, sesame, and wheat have all been grown with success, and the climate is suitable for the cultivation of Sisal and Mauritius hemp. Rubber—*Castilloa*, and probably *Hevea*—should succeed. The Kibos Indian Settlement is proving a great success, and now produces large quantities of maize. Its cotton is not of the best quality, but a very heavy crop is obtained. This country is capable of carrying a very heavy head of stock, but it is not a particularly healthy stock country, and it would be advisable for the settler gradually to work into a mixed farm, giving special attention to cotton and rubber. Shorthorn cattle introduced into this district have quickly succumbed to disease, but if properly treated they would probably be of great service. The mistake which has been made is that of introducing European stock without having first made proper arrangements in the way of houses, food, &c. The settler should first collect his native herd for six months before any imported animal is introduced, and the European stock should be housed in good thatched buildings with a run-out in front. The diseases contracted are usually such as are due to tick-bites, and an imported bull should, therefore, never be turned out to graze until he is more or less acclimatized. Any one introducing stock into this rather unhealthy district would do well to stable the animals somewhere in the healthy Rift Valley until such time as they have entirely recovered from their sea-voyage. Introducing cows in calf has generally been a failure. For climatic conditions, see Table No. 3 annexed to this report.

18. The temperate regions or highlands lie in the centre of the Protectorate at altitudes of from 5,000 to 10,000 feet. The first stretch, from Kiu to Nairobi, is flat, dry country, probably only suitable for grazing. At present those plains carry an enormous head of game, and they can therefore be safely depended on to carry a fair head of stock. Ticks are very abundant and, at first, stock might not be healthy, but the Masai manage to graze large herds of cattle and sheep to their satisfaction. Ostrich farming certainly would be successful, but cropping would be very risky on account of the long dry periods encountered. The grass—chiefly *Arthisteria imberbis*—is of a dry, rank nature, but with grazing it would die out, and, as has usually happened, a much better forage—*Cynodon dactylon*—would take its place. The higher ground near Kiu and Machakos could be depended on to carry over one sheep per acre, while the worst of the plain lands would not at present support one half sheep per acre. A fruit farm near Machakos at present produces for sale in Nairobi large quantities of apples, peaches, apricots, oranges, lemons, pineapples, &c. The Machakos hills receive an abundant rainfall and are thickly peopled by the Wakamba tribe, who hold large herds of stock and cultivate maize, beans, sugar-cane, &c. Land has only lately been taken up in this district, but Indian settlers have for years successfully grown maize, onions, vegetables and wheat. There is still a large local market for onions, which should form a profitable minor crop.

19. Near Nairobi the plains pass gradually into the Kikuyu hills, from 5,400 to 8,000 feet in height. The Kikuyu country is exceedingly healthy, the climate is agreeable, the soil is rich deep loam, it is well-watered and timbered, and labour is abundant. There is therefore little wonder that the whole of the available land within 20 miles of the railway is apportioned out to settlers. This rich slope stretches to Fort Hall, a distance of 60 miles, with a breadth, east to west, of about 20 miles. This part of the country was the first to receive attention from the European settlers, and from the progress they have made a few conclusions may be drawn. It must be remembered, however, that the oldest settler has not been at work for more than four years, and that most of the settlement has taken place within the last year.

20. The settler should, at first at least, confine his attention to the branch of farming of which he has some experience, but without doubt the most profitable line

of farming has been, and is, dairying. In Nairobi and Mombasa milk is sold for 2½d. per lb., and butter for 2s. per lb. Cows practically never get any food but grass, they are fed by grazing, and have a supply cut for their overnight use. The cost of keeping a herd is therefore exceedingly little. An ordinary cow should give on an average 4 lbs. of milk per day for six or seven months—in all, say, 720 lbs. of milk or 36 lbs. of butter per annum. The calf more than pays for the herding and other expenses. Hence each cow should leave £3 12s. per year. It must be remembered, however, that the death rate is abnormally high. At present it may be taken as quite 10 per cent. The dairy farmers are now making use of imported bulls, and already a few Shorthorn crosses have reached maturity. From those crosses at least 10 lbs. of milk may be expected, and with such cross-bred stock larger profits will be got, even although the price of dairy produce may be much reduced. In the neighbourhood of Nairobi there are at present an aggregate number of about 200 dairy cows. The dairies have about 20 half-bred young animals and about 80 cows are in calf to imported bulls. The half-bred stock is generally doing exceedingly well, and have far more the character of the imported bull than of the native cows. There are now three imported bulls near Nairobi, a Shorthorn, Polled Angus, and Hereford. The importation of bulls is attended with a good deal of risk, as new stock is liable to attacks of pneumonia and tick fever.

21. So far only very few crops have proved remunerative in the Kikuyu country. The climate is temperate, and such crops as cotton and sesame do not succeed. Potatoes grow exceedingly well, yielding in about four months an average crop of 2½ tons, worth from £2 to £4 per ton. The cost of cultivation is, roughly, about £2 per acre. Maize produces on an average 15 cwt. per acre, and has a local value of 3s. 9d. to 4s. per cwt. This crop can be produced at £1 10 per acre. Kidney beans, ripening in four months, yield from 12 to 20 cwts. per acre, worth 5s. per cwt. There are two sowing seasons, March and October, so that from the same land a crop of both beans and potatoes, or beans and maize, can be got in one year. The potato market is exceedingly unstable. The land brought under cultivation during the last two years is cropped approximately as follows:—

	Acres.
Maize	800
Beans	700
Potatoes	700
Coffee	80
Wheat	150
China grass...	90
Oats, Castor-oil, Lucerne barley ...	110

22. The area under coffee is rapidly increasing, and this bids fair to be one of the important crops of the district. So far the plants have suffered from no disease of a serious nature, and the yield has been very heavy. One tree produces from two to three pounds of dried berries, valued at 6d. to 7d. per pound, free on board. The only danger is that the trees will produce too large a crop and exhaust themselves at an early age. At this date only a very few acres of this crop have reached the coffee-bearing age.

23. No very satisfactory results have yet been got from the wheat crop, the average yield being only two quarters per acre. This failure is probably due to the crop having been sown in unfavourable land or at a wrong time of the year. It is pretty certain that somewhere in the Kikuyu district wheat will succeed. Oats and barley produce satisfactory crops, and linseed also promises to do well. China grass, in the moister districts, or where it is artificially watered, yields large profitable crops. Of forage plants, Lucerne and green oats give the best results. The ordinary root crops and vegetables are all successful.

24. Manual labour on the farms is gradually being superseded by oxen and tillage implements, and the area of cultivated land should be rapidly extended. Horse-breeding has been seriously taken in hand, and, so far,

no disease has manifested itself. European pigs roam about on the farms, and are fed, at practically no cost, on the small potatoes and other by-products.

25. Towards Fort Hall the land slopes down to about 4,000 feet, and at this lower elevation several cotton farms have been started.

26. The rainfall given in Table No. 4 has been recorded in a dry part of the Kikuyu country. For average temperatures, see Table No. 2.

27. The remaining parts of the highlands may be conveniently divided into the dry lands under 6,000 feet and the higher lands from 6,000 to 10,000 feet. The first district is practically the Rift Valley, while the second includes the higher lands on both sides.

28. The Rift Valley is, by many, considered the best part of East Africa, on account of its agreeable climate and healthiness for man and beast. The land is covered with a very fine grass, and is closely grazed by stock. The rainfall, however, is very deficient, and the drier lands could not be estimated as capable of carrying more than one-half sheep per acre. For stock the Rift Valley, which has been long grazed by the Masai herds, is certainly a healthy district. Cattle, sheep, horses, and dogs doing better here than in any other part of the Protectorate. The land is nearly all applied for, but owing to the slow movement of the Masai, few settlers have as yet got possession of their lands. The lands of the East Africa Syndicate are partly in the valley and partly on the higher lands to the north.

29. The Merino sheep, about 110, imported by the Syndicate, are proving very successful. The Merino have proved themselves much the most useful sheep in East Africa; they cross readily with the native ewes and breed well. The English sheep, Lincolns, Welsh, and Ryelands do not themselves breed readily, they are useful for crossing, but are generally not so healthy as the Merino. At six months old a half-bred Welsh lamb weighed 55½ lbs. (ram), while a pure native of the same age weighed 40 lbs. (wether). English cattle live and thrive in the Rift Valley, the Hereford doing particularly well on the short, dry grass. Half-bred Angora goats are shaping as well as could be desired. For climate, see Tables Nos. 2 and 4.

30. The upper highlands include the land to the north and south of the railway, the Northern and Southern Mau, Gwasia-Gishu Plateau, Laikipia Plateau, Lumbwa, and Nandi. As grazing lands those districts are by far the best in East Africa; they will often carry as much as four sheep per acre, and where they have been grazed for any length of time the sward is close and fine. The land before being "broken in" is rank, rough pasturage. Crops have scarcely had a trial in those districts, but the natives in some parts grow millet, maize, and beans. Wild clover is abundant, and all European grain and forage crops are likely to succeed. European vegetables and fruits grow luxuriantly. However, being far removed from the coast and the world's market, this district must ever be chiefly a grazing country. The rainfall is usually abundant, yet, on account of the deep porous nature of the soil, little of the land is wet. The country is well watered and well wooded, and Europeans will probably suffer as much from the cold as from hot days. In this higher district the small farmer can expect a good day's work from European labourers. In passing it may be well to mention that European labour is seldom in demand, but the labourer must ever be prepared to put in a day's work as in England, America, or Canada. He will then often find employment.

31. In these districts large tracts of land have been settled, and development is rapidly pushing ahead. Lord Delamere, who leases 100,000 acres of not the best highland land, has already obtained gratifying results. Roughly, the stock of this area is:—

Native cows	550
Native oxen	800
Shorthorn crossed native heifers	14
Native sheep, mostly in lamb to imported rams	8,000

Ryeland crossed native lambs ...	200
Imported sheep, Merino, Ryeland, Kents	600

Taking eight sheep as being equal to one ox, the stock on this 100,000 acres is close on 20,000 sheep. Even this large head of stock makes little impression on the 80,000 acres of grazing land on this farm. Many of the native cows are in calf to a Shorthorn bull, and it is intended to cross all the native sheep. Through tick fever six imported Shorthorn cattle were lost almost simultaneously, but it has been decided that in future imported bulls will not be allowed to run at grass from which they probably become infected with ticks. The pure bred English sheep do not breed readily, but the Merino are giving great satisfaction, and the lambswool, from crossbred Ryeland by native, has been valued at from 5d. to 7d. per pound. This result is very encouraging and fully justifies the crossing of native sheep instead of stocking wholly with imported ewes and rams. Doubtless when country-bred fairly cheap Merino stock can be got it will be more profitable to go in for pure bred animals. In the meantime, with rough pasturage and uncertain health, crossing, if less profitable, is much less expensive and risky.

32. Another large farmer has over 100 Merino ewes and 30 imported rams to cross with native ewes. This farmer is also going in for crossing native cows with a Guernsey bull.

33. Besides the enormous grazing potentialities of the higher highlands, the forests of this region are vast and valuable. In the Lumbwa and Nandi Forests a certain amount of rubber is found, while the Mau Forests consist of large timber-yielding podocarpus and juniper trees. A lease of over 64,000 acres of forest has already been concluded and from this source the country should derive no inconsiderable revenue.

34. Future settlers can expect to go straight ahead, profiting by the failures of the pioneer farmers, but they will usually find it best to carry on mixed farming. Land is cheap and good, and the settler will find the highlands as healthy as any other colony, with an agricultural outlook second to no country. He must, however, remember that the less capital he has the slower must be his progress, and even in the highlands £300 is a poor minimum, as it does not permit of the purchase of sufficient stock for the economical supervision of a European.

ACQUISITION OF LAND.

35. The price of land, suitable for cultivation, varies from 2s. 8d. to 5s. 6d. per acre, the latter being the price of certain lands near the railway; grazing land costs 1s. 4d. to 2s. 8d. per acre. The rental of land, usually leased for 99 years, is 20s. per 100 acres for good land, suitable for cultivation, and 4s. 2d. per 100 acres for grazing lands. Near the railway these figures are doubled. Homesteads of 160 acres, with the right of pre-emption over a further 480 acres, can be purchased by instalments spread over a period of 16 years. The right of pre-emption lapses if, after 3 years, 48 acres of the 160 acres have not been cultivated. The survey fees, payable in advance, vary with the area, but are £6 for 160 acres and £32 for 5,000 acres.

36. Settlers should be careful not to take up more land than they require, as the payment of the purchase money and survey fees on large areas must cripple the settler's power to develop his holding. Up to 10,000 acres are granted in special cases, but the general maximum is 5,000 acres. On an arable farm the settler should consider that he requires £100 for house erection, &c., £50 for the purchase of stock, £100 for living, clothing, &c., and £3 for each acre of land that is to be cultivated. Every pound spent on purchasing a larger holding is money unavailable for developing the land. It has been found much more profitable to develop a small holding than to adhere to large areas. In the past it has been no uncommon thing to find a settler, who, having sunk his capital in securing a large area of land, has been rendered unable to make any progress in farming.

37. Fully to stock 1,000 acres of first-class grazing land would require about 3,000 sheep. Suppose the settler starts with the minimum stock which could, under the most favourable circumstances, yield a living, namely, 500 sheep and 20 cows on this 1,000 acres, the capital required would be:—

	£
Survey fees	14
Purchase of land	67
Purchase of stock	300
Houses, living, wages, &c. ...	200
Total capital required ...	£581

At the end of the year this farmer might possess:—

Ewes	450
Ewe lambs	250
Ram lambs for sale	300

The sale of 300 lambs would bring in about £60, at the same time the breeding stock would be raised to 700 ewes. The male calves would be sold for, say, £15. This £75 would go far towards defraying the second year's expenses. At the end of the third year the farmer would be in a fair way towards making a substantial living.

Nothing illustrates better the wonderful climatic conditions of the country than the following Official Table of Temperature compiled by Mr. A. Linton, Director of Agriculture:—

Month.	Mombasa.			Nairobi.			Naivasha.		
	Maximum.	Minimum.	Mean.	Maximum.	Minimum.	Mean.	Maximum.	Minimum.	Mean.
January	82·4	76·7	80·0	76·2	52·5	64·3	...	...	...
February	83·7	77·8	80·8	78·2	52·6	65·4	...	...	...
March	86·4	79·6	83·0	80·8	53·4	67·1	...	...	...
April	86·1	78·8	82·4	73·5	56·3	64·9	...	...	...
May	83·2	76·3	79·7	74·5	55·8	65·1	74·0	51·0	62·5
June	82·1	74·9	78·5	72·9	54·1	63·5	75·0	49·0	62·0
July	80·7	73·7	77·2	72·0	55·1	63·5	71·0	45·0	58·0
August	81·3	74·1	77·7	73·2	53·2	63·2	72·0	50·0	61·0
September	81·6	74·8	78·7	72·5	54·5	63·5	75·0	48·0	61·5
October	82·3	76·3	79·3	73·3	54·7	64·0	75·0	51·0	63·0
November	83·6	77·1	80·3	73·1	56·3	64·7	77·0	51·0	64·0
December	84·1	77·0	80·5	74·5	53·7	64·1	76·0	50·0	63·0
Average for year ...	83·1	76·4	79·8	74·5	54·3	64·4	...	...	...

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William Lashon

SUPERINTENDENT of the Refreshment Department of the House of Lords.

LONDON.

CHAPTER X.

POSTAL AND TELEGRAPHIC RATES

To BRITISH EAST AFRICA PROTECTORATE, UGANDA, CENTRAL AFRICA, AND ZANZIBAR,

AND OTHER INFORMATION RELATING TO LETTERS, POSTCARDS, PRINTED MATTER AND PARCELS.

RATES OF POSTAGE.

LETTERS	1d. per ½-oz.
POSTCARDS	Single, 1d. each; Reply paid, 2d. each.
PRINTED PAPERS	½d. per 2 oz.
COMMERCIAL PAPERS	2½d. for first 10 oz., and ½d. per 2 oz. thereafter.
SAMPLES	1d. for first 4 oz., and ½d. per 2 oz. thereafter.
REGISTRATION FEE	2d. for all articles.
ACKNOWLEDGMENT OF DELIVERY	2½d. (for registered articles only).

LIMITS OF SIZE AND WEIGHT.

LETTERS	2 ft. in length by 1 ft. in width or depth.
POSTCARDS	Maximum size, 14 centimetres by 9 centimetres (5½ ins. by 3½ ins.).
PRINTED PAPERS, COMMERCIAL PAPERS, SAMPLES	2 ft. in length by 1 ft. in width or depth. If in form of roll, dimensions in all cases are 30 ins. in length and 4 ins. in diameter. Weight limit, 5 lbs.

Correspondence is despatched every week to Aden by British Packet for onward transmission by first opportunity, and via Brindisi, Naples, Genoa, and Marseilles for transmission by Austrian, German, or French Packet.

PROHIBITED ARTICLES ... Coin, Gold, Silver, Precious Stones, and Jewellery.

TELEGRAMS.

British East Africa (East Africa Protectorate) and Uganda, 2s. 6d. per word.
Mombasa, via France, 2s. 6d. per word. Other places, 2s. 10d. per word. British Central Africa, 2s. 11d. per word.

PARCEL RATES.

British East Africa, Uganda and Zanzibar ...
P. & O. Line, from the Thames to Aden, and thence by British India Line,
3 lbs., 1s. 7 lbs., 2s. 11 lbs., 3s.
Via France and Italy and P. & O. Line to Aden, and thence as above,
3 lbs., 2s. 7 lbs., 3s. 11 lbs., 4s.

British Central Africa, Aberdeen Line, from the Thames ... 3 lbs., 2s. 7 lbs., 3s. 11 lbs., 4s.
Limits of Length, Breadth, or Depth, 3½ ft. Length and Girth combined, 6 ft.

INSURANCE VALUE, British East Africa, Uganda and Zanzibar, from Thames to Aden ...	£120
Via France and Italy ...	£20
INSURANCE VALUE, British Central Africa ...	£20

Insurance confined to Kilindini, Lamu, and Mombasa (British East Africa).
Insurance confined to Blantyre, Chiromo, Fort Johnston, and Zomba (British Central Africa).

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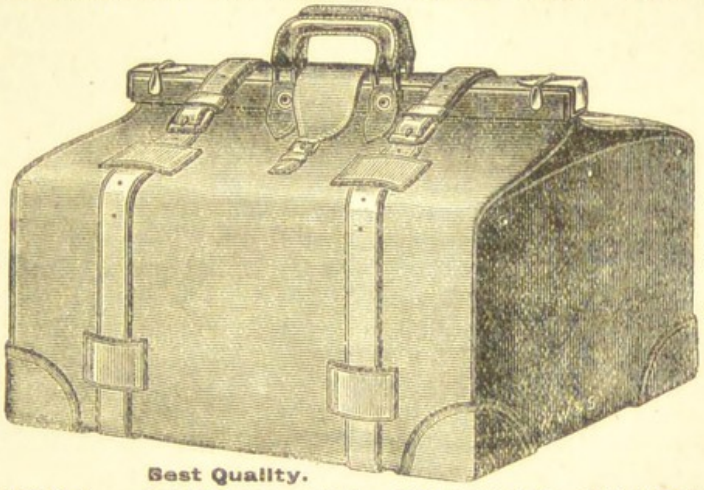

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	Best quality.	2nd quality.
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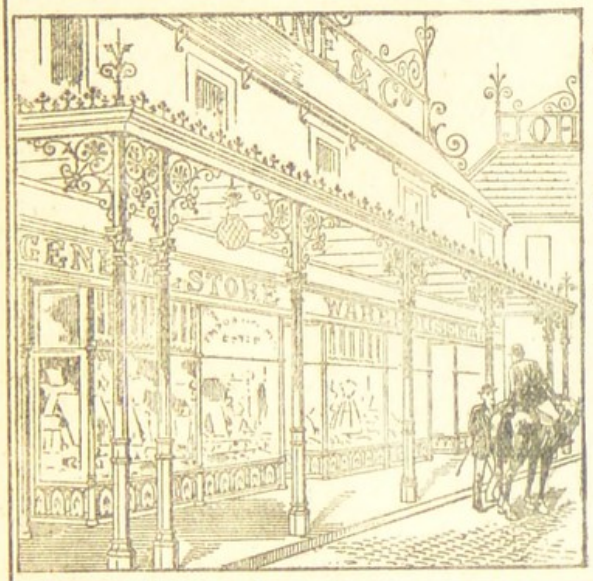

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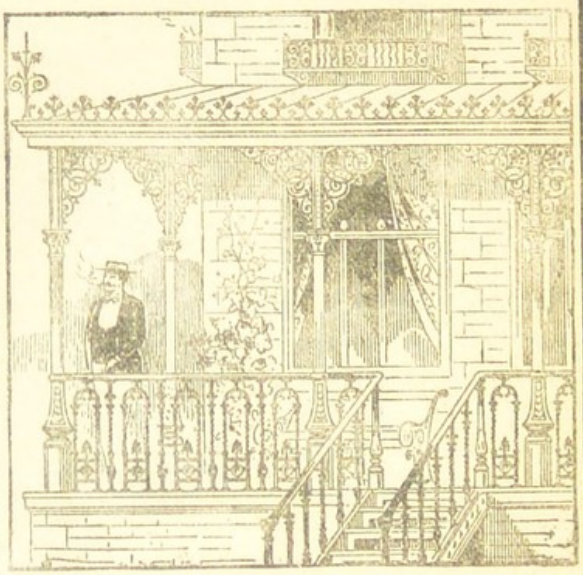

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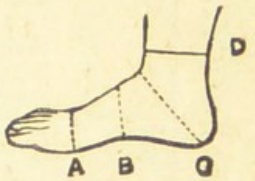

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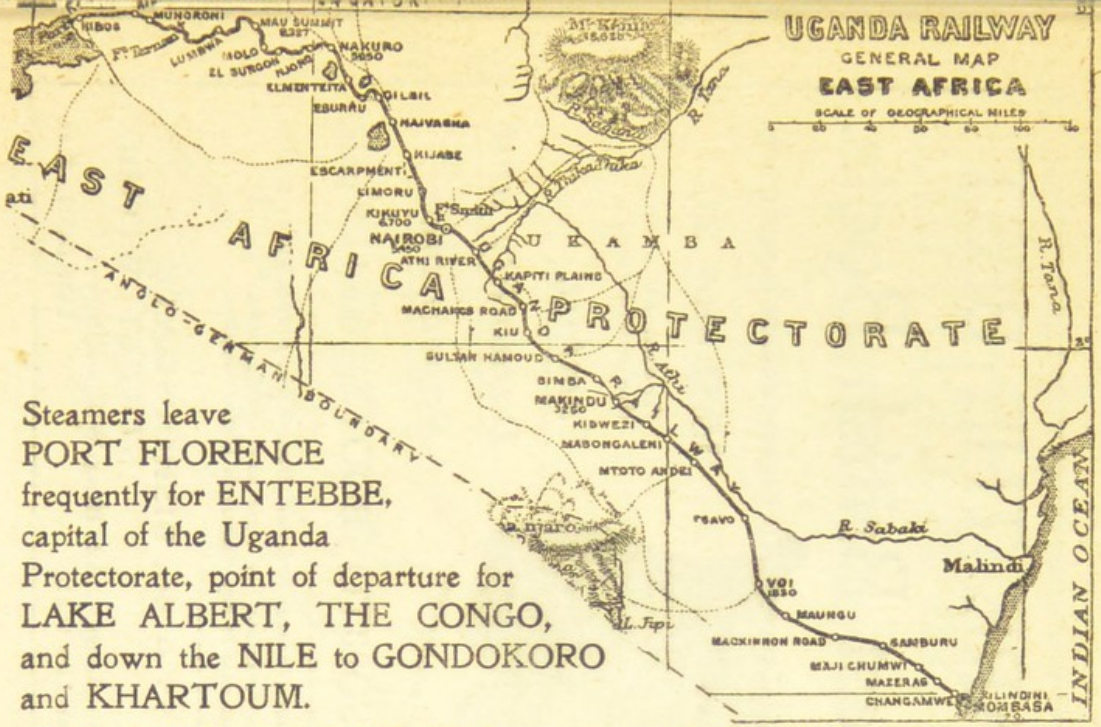

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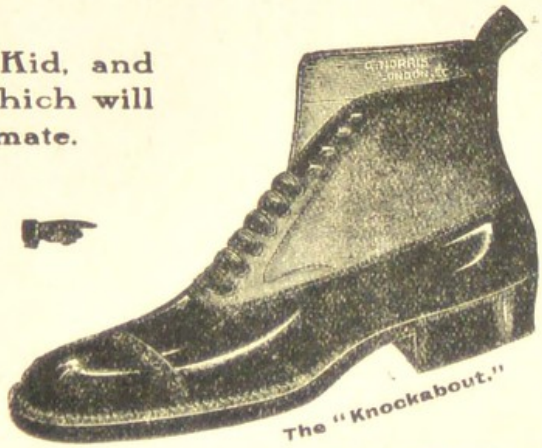

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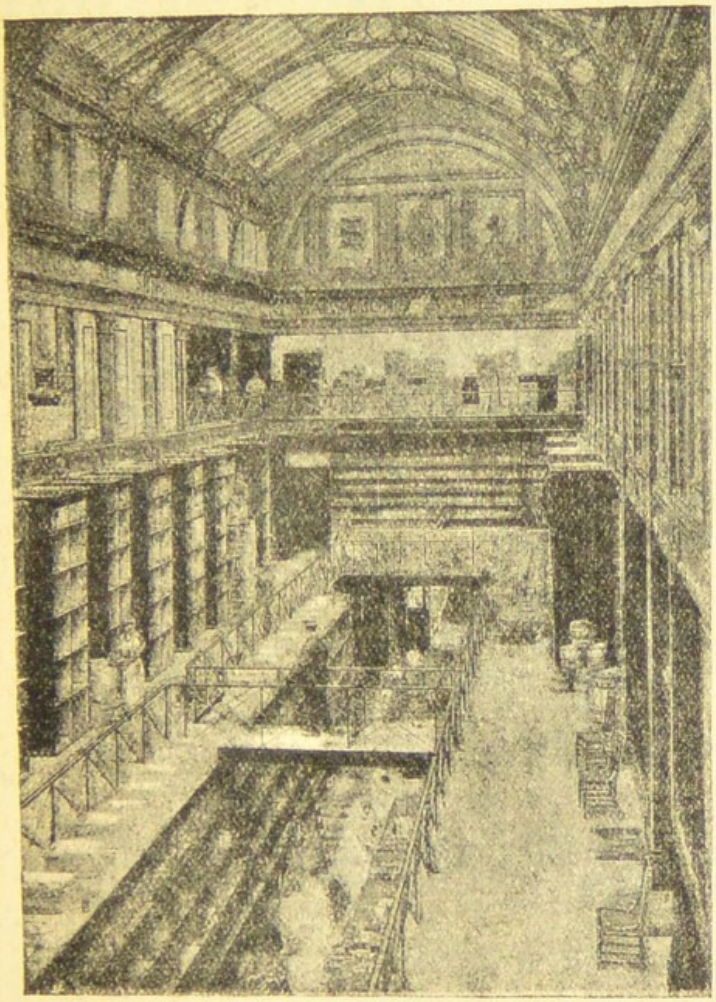

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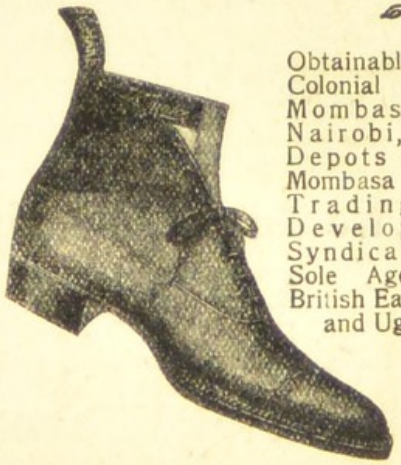

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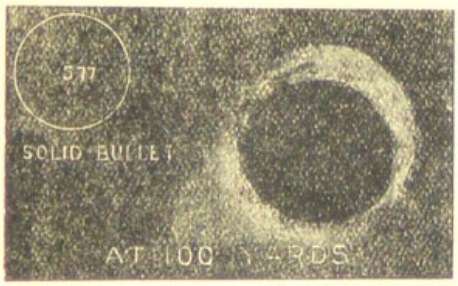
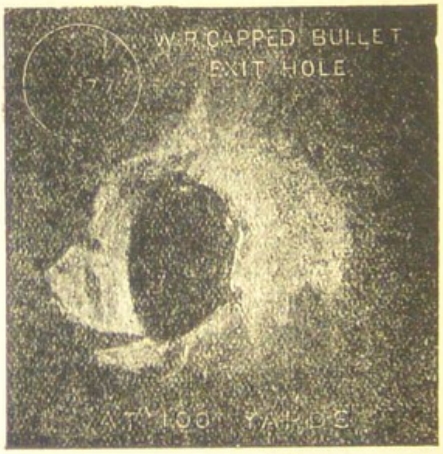


Hole in Steel Plate of ·577 Solid Bullet



Compared with Hole in Steel Plate of ·577 Capped Bullet.

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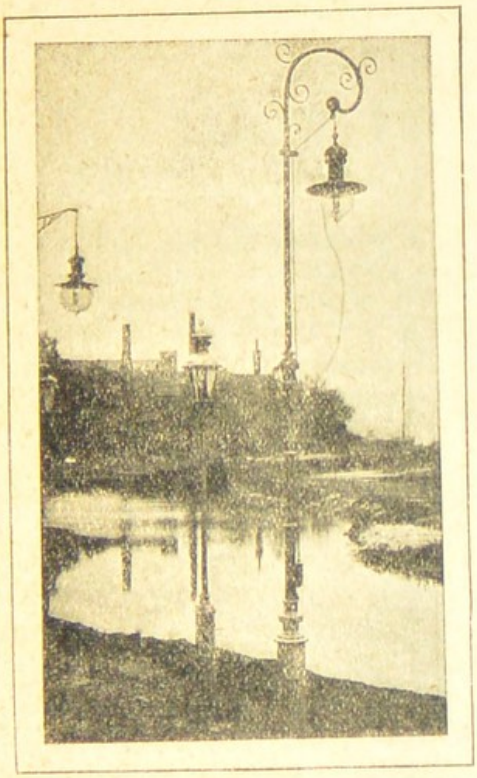

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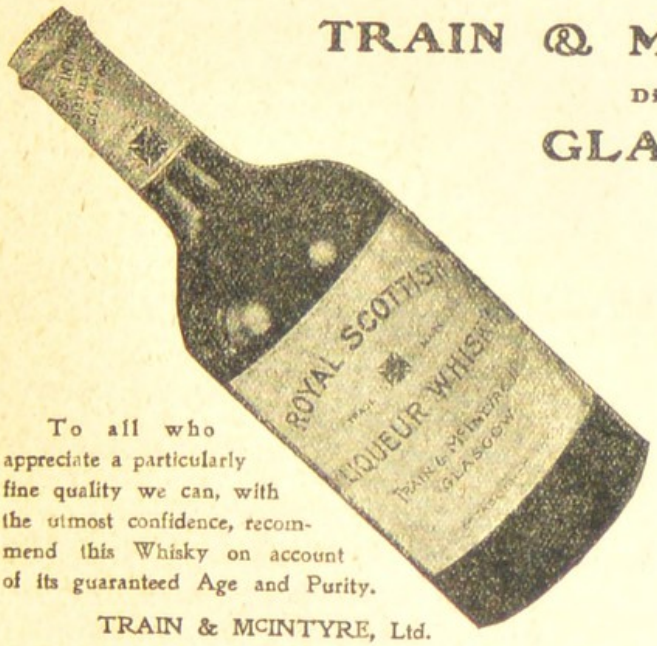

To all who appreciate a particularly fine quality we can, with the utmost confidence, recommend this Whisky on account of its guaranteed Age and Purity.

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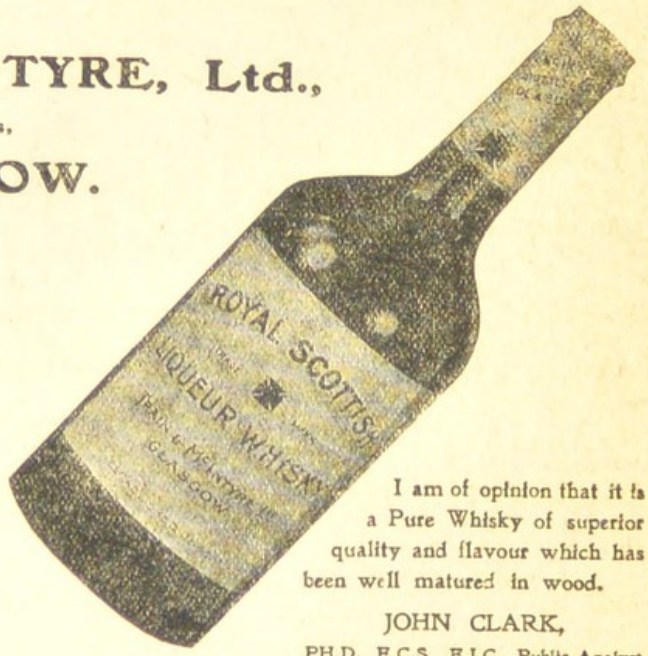

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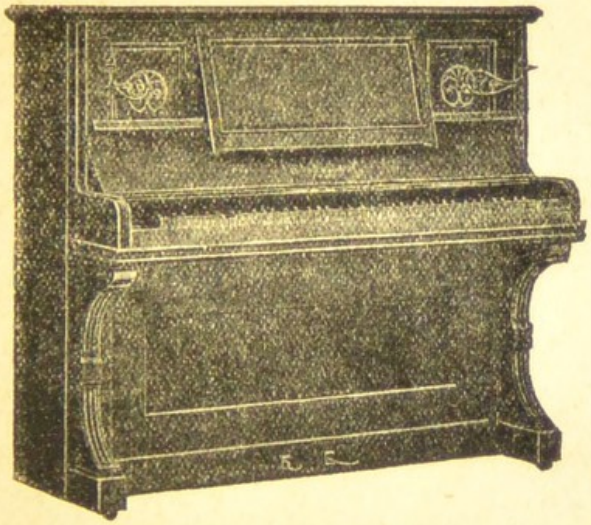

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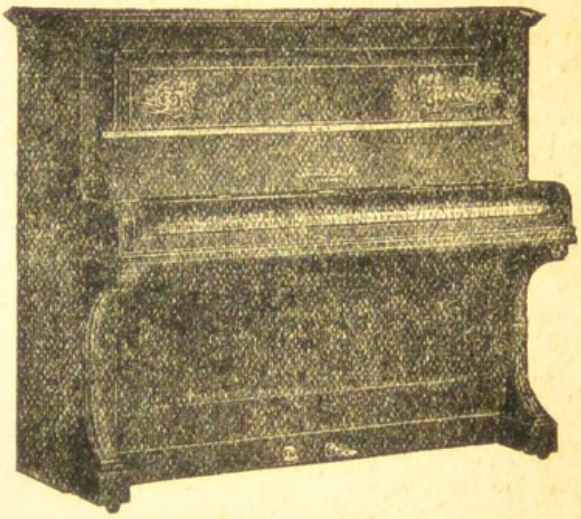

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