Archaic humans emerged out of Africa between 0.5 and 1.8 million years ago. This was followed by the emergence of modern humans (Homo sapiens) in East Africa around 300,000–250,000 years ago. In the 4th millenium BC written history arose in Ancient Egypt,[1] and later in Nubia's Kush, the Horn of Africa's Dʿmt, and Ifrikiya's Carthage.[2] Between around 3000 BC and 1000 AD, the Bantu expansion swept from north-western Central Africa (modern day Cameroon) across much of sub-Saharan Africa, laying the foundations for states in Central, Eastern, and Southern regions.[3] In most African societies the oral word is revered, and as such they have generally recorded their history orally. This has led anthropologists to term them oral civilisations, contrasted with literate civilisations which pride the written word.[4]: 142–143  Oral tradition often remained the preferred method of recordation in cases when a writing system was adapted or developed; for example the oral recordation of the Kouroukan Fouga in the Mali Empire while having adapted the Arabic script to be used in scholarly pursuits.[5][6]. Many kingdoms and empires came and went in all regions of the continent. Most states were created through conquest or the borrowing and assimilation of ideas and institutions, while some developed through internal, largely isolated development.[7] Some African empires and hegemonic kingdoms include Ghana, Mali, Songhai, Ife, Oyo, Bamana/Ségou, Asante, Massina, Sokoto, and the Toucouleur in West Africa; Ancient Egypt, Kush, Carthage, the Fatimids, Almoravids, Almohads, Ayyubids, and Mamluks in North Africa; Aksum, Ethiopia, Adal, Kitara, Kilwa, and Imerina in East Africa; Kanem-Bornu, Kongo, Mwene Muji, Luba, Lunda, and Utetera in Central Africa; and Mapungubwe, Zimbabwe, Mutapa, Rozvi, Maravi, Mthwakazi, and Zulu in Southern Africa. Some societies are heterarchical and egalitarian, while others remained organised into chiefdoms. At its peak it is estimated that Africa had up to 10,000 different states and autonomous groups having distinct languages and customs, with most following traditional religions. From the 7th century CE, Islam spread west amid the Arab conquest of North Africa, and by proselytization to the Horn of Africa. It later spread southwards to the Swahili coast assisted by Muslim dominance of the Indian Ocean trade, and from the Maghreb traversing the Sahara into the western Sahel and Sudan, catalysed by the Fula jihads in the 18th and 19th centuries. Systems of servitude and slavery were historically widespread and commonplace in parts of Africa, as they were in much of the ancient and medieval world.[9] When the trans-Saharan, Red Sea, Indian Ocean and Atlantic slave trades began, many of the pre-existing local slave systems started supplying captives for slave markets outside Africa, creating various diasporas, especially in the Americas.[10][11]