**KAMPALA JUNIOR ACADEMY SCHOOLS**

**P.6 SST RECESS WORK**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_STREAM: \_\_\_\_\_\_\_\_\_**

**THE PEOPLE OF EAST AFRICA**

History is the study of past events.

Sources of hi story

**Oral Traditions (Legends)**

Getting information from stories told by the old generation.

**Linguistics**

* Study of people’s languages spoken in particular regions.

**Anthropology**

* Study of people’s culture in terms of dressing, ceremonies, tools etc.
* The people who carry out the study are known as **anthropologists.**

**Written Records**

Getting information from written records ie

Newspapers, magazines, letters etc.

**Archaeology;**

* The scientific study of fossils which are dug from underground.
* The exercise of removing early remains from underground is known as **excavation.**
* The term given to mean early man remains is **Fossils**.
* The people who excavate are referred to as **archaeologists.**
* The places where excavation was carried out are called **archeological sites.**

1. **ARCHEOGICALISTS AND THEIR FINDINGS IN EAST AFRICA.**

**Dr. Louis Leakey and His wife**

* This is the most important and famous archaeologist in the history of East Africa. He discovered the oldest skull of early man at Olduvai Gorge in Tanzania in 1959 who was termed as **Zinjanthropus.**
* Zenj was a word to mean black and anthropus means **man**.
* This man fed on roots, berries, insects, and honey.
* Because of the oldest human skull that was found in Africa, it was termed as the cradle land of man.

**Dr.Ponsnansky;**

* He found the remains of the chwezi at Bigobbyamugenyi.

**JS Kirkman and Chitik**

* These ones excavated a number of remains at the coast of East Africa including those of the Portuguese.

**NOTE;**

* All these fossils in east Africa are kept in museums in Uganda, Kisumu and Fort Jesus in Kenya, Dar-es-salaam and Arusha in Tanzania.

**Archaeological sites in East Africa**

|  |  |  |
| --- | --- | --- |
| UGANDA | KENYA | TANZANIA |
| Bigobyamugenyi | Olorgesaille near L.Magadi. | Olduvai Gorge |
| Nsongezi | Kobifoora near L.Turkana. | Engaruka |
| Sango Bay | Fort Ternan near Kisumu | Isimilia |
| Paraa | Kariandusi near L.Nakuru. | Kalambo |
| Nyero |  | Peninj |
| Rusinga |  |  |
| Ntusi |  |  |
| Magosi |  |  |

NOTE;

* Nyero in Uganda is well known for rock painting and Bigobyamugenyi is known for the chwezi.

**Importance of archaeological sites.**

* They promotestudy and research.
* They provide information about the activities done long ago.
* They promote the tourism industry.
* They help to determine the process through which man developed.

**MAP SHOWING ARCHAEOLOGICAL SITES IN EAST AFRICA**.

Leave space for the map ( full page)

**Questions;**

1. Why is East Africa referred to as the cradle land of man?
2. Why is it important to study about the sites where early man lived?
3. Name the archaeologist who discovered the remains of the Chwezi people in Bigobyamugeyi.
4. Give one way in which archaeological sites contribute to the development in terms of economy of a country.

**Stone Age Period**

* The period when early man used tools and weapons made of stones.
* **Stages of stone age period;**

**Old stone period;**

* This period is also referred to as the E**arly Stone Age or Paleolithic period**
* Man lived a simple life by gathering fruits, digging up roots and hunting animals for food.
* He used simple tools like hand axe and chopper; the hand axe was used for skinning animals, digging up roots and shaping other tools made out of wood.
* Other important tools used were arrows heads, knives, pick, cleaver and bolas.
* Bolas helped to trap fast running animals.

**Draw the following tools used by man in the early stone age period;**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| Hand axe | Cleaver | A pick axe | bolas |

**Middle stone age period;**

* This period is also referred to as metholithic period.
* During this period man made a variety of tools out of wood, bones, and horns ofanimals.
* The tools made included knives, spear heads, chisels and scrappers.
* Man started hunting animals using traps during this period.
* Fire became the most important discovery during this period.

**Importance of fire to early man;**

* To roast meat
* For warmth
* For protection
* For light in caves
* Scaring away dangerous wild animals
* For boiling poison put on arrow heads.
* Man started to tame animals like the dog.

**Draw the following tool used in the middle stone age period**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| Spear (tool) | Bow and arrow(Weapons ) | Stone spear (weapon) |

**Importance of the dog to early man**

* Helped early man to carry out hunting.
* It gave security to early man.
* Helped man to tame other animals.
* At the end of the middle Stone Age period, man discovered farming which marked the begging of the new Stone Age period.

**The new stone age period (Late Stone Age.)**

* This period is also referred to as Neolithic period.
* Under this period man became more creative, he began to live in simple huts and tree shelters, started growing crops and keeping animals which made him to lead a settled life.
* Man started using more refined tools with sharp points and regular shapes e.g. spears, needles and fish hooks.
* At the end of this period, man discovered iron smelting which made him to start using iron tools and this marked the begging of the Iron Age.

**Iron Age;**

* It brought a number of changes on the life of man.
* Stronger weapons were made for protection.
* Stronger tools were made for farming and hunting.
* Ornaments were made which were exchanged with other communities to get items.

The idea of iron smelting was started by the Cushites at Meroe (Ethiopia)

In Uganda, iron smelting was introduced by the Bachwezi

The headquarters of the Bachwezi were at Bigobyamugenyi currently in Sembabule district.

***Questions;***

1. What is meant by the term stone age period?
2. Identify the most important discovery made during;
3. Middle Stone Age.
4. Old Stone Age.
5. Identify any one change which was introduced by each of the following.
6. Farming
7. Iron smelting
8. State any two ways in which a dog was useful to early man.
9. What was the use of each of the following tools to early man?
10. Bolas.
11. Chopper
12. Hand axe.

6. How did farming enable man live a settled life?

7. How did iron improve early man’s life?

**TRIBAL GROUPS; (ETHNIC GROUPS)**

**Ethnic Groups in East Africa**

* An ethnic group is a large group of people who share a common origin and almost speak the same language.
* A tribe is a group of people with the same beliefs, cultures origin and speak the same language.

**Major Ethnic Groups in East Africa.**

i) Bantu

ii) Nilotics

iii) Cushites (Hamites)

**Bantu**

* Bantu is the largest group of people in East Africa and occupy the largest part of the region.
* They speak related languages, characterised by the word NTU. When talking about a person.
* They are believed to have entered East Africa around 1000A.D and originated from Cameroon highlands through the Congo basin to East Africa.
* Their main occupation is **farming.**

**Examples of Bantu tribes in East Africa**

|  |  |  |
| --- | --- | --- |
| **UGANDA** | **KENYA** | **TANZANIA** |
| BagisuBanyoro | Abagusii Kikuyu | Nyamwezi Yao |
| BagisuBanyankole | AkambaEmbu | ChaggaHehe |
| BatoroBakiga | AmeruPokomo | GogoMakonde |
| BasogaBamba | MbereMyikenda | SukumaNgoni |
| BasamiaBanyole | Luhya | ZaramoPogoro |
| Basamia | Mijikenda | Wakuru, Bahaya |
| BaruliBagwere |  | Washamba |

NOTE;

* The Bushmen were original inhabitants of East Africa.

**Questions;**

1. What is an ethnic group?
2. What was the original homeland of the NTU people?
3. Mention four Bantu groups in each of the following.
4. Uganda
5. Kenya
6. Tanzania.
7. What was the main occupation carried out by the Bantu?

**Migrations and settlements of the Bantu.**

* Review of the definition the migration and types.
* The Bantu groups were given different names depending on their entry and settlements.

**Western / Interlacustrine Bantu**

* They entered East Africa through north western Tanzania and settled in North and central Tanzania.
* They include Baziba, Sukuma, Nyamwenzi, and Bahaya. Later some of them moved to central Tanzania moved east wards to the coast.
* However those who entered Uganda between Lake Edward and L. Albert like the Baganda, Basoga, Banyoro, etc.are inclusive.

**Eastern/ Coastal Bantu**;

These moved into central East Africa through the South Eastern direction of Tanzania

Around highland areas and around the coast of E. Africa.

Kenda, Washamba, Taveta, Chagga, Meru, Kikuyu, Taita, Akamba, Pare, Gogo, Zigua, Embu and Zaramo.

**Southern/ Central Bantu**

* They entered East Africa through Southern Tanzania that is why the area sometimes called the central Bantu.
* They include Ngoni, Fipa, Yao, Makwa, Makonde, and Hehe.
* The Ngoni were the last Bantu group to enter East Africa.
* They came in the 19th century because of the Bantu inter-tribal wars that had taken place in South Africa as they had been defeated by Shaka Zulu.

**Causes of the Bantu migrations in East Africa**

* Prolonged droughts in their cradle lands.
* Shortage of land due to population increase.
* Internal and external conflicts
* Famine outbreak
* Outbreak of epidemics
* Love for adventure
* Search for fertile lands.

**Problems faced during migration of the Bantu to East Africa.**

* Shortage of land
* Harsh climate during movement
* Impassable physical features.
* Fatigue (walking long distances)
* Language problem.
* Impassable routes
* Poor transport network.

**Effects/results of the Bantu migration**

* Displacement of the original inhabitants
* New skills such as iron smelting Formation of new cultures
* There were political, social and political changes.
* Kingdoms and chiefdoms were formed.
* Settled farming was introduced.
* Intermarriages leading to the formation of new tribes and cultures.
* The population decreased in their cradle lands and increased in the new areas.

**Nilotics.(Nilotes).**

* This is the second largest ethnic tribe in East Africa.
* They categorised into three major groups i.e.;

1. River-lake Nilotes.
2. Plain Nilotic (Nilo-hamites)
3. Highland Nilotes.

* They are Nilotics because they had their origin along the Nile valley at Bahr-el-Ghazel in south Sudan.
* Most Nilotics were pastoralists and used to move from one place to the other with their cattle.

**The River-Lake Nilotes**;

* They are also called Luo-speakers.
* They include Acholi, Alur, Japadhola and Jaluo.
* These people are related to the Madhi, Dinka, Shiluk, Nuer and Anwale of south Sudan.
* The original cradle land oftheriver-lake Nilotics was Bahr-el-Ghazel in south Sudan.
* They first settled at Pubungu currently known asPakwach and later split into different groups due to conflicts of their leaders Gipir and Labongo.
* They were called River – Lake Nilotes because they settled near lakes and rivers.

**The high land nilotes**;

* They were originally pastoralists. Who included i.e.Nandi,Kipsigis,Tugen,Keigo,Dadong, Marakwet,

Teribong,Okweit,Bongmek,Pokot,and the Sabiny.

* The Sabiny are found in kenya and Uganda,theDodong in Tanzania. These people mainly settled along the highland areas are believed to have migrated(originated)from the south

**The plain nilotics (nilo hamites);**

* They are believed to have originated from Ethiopia and settled on the plain areas of East Africa.
* They include Masai, Samburu, Jie, Karamojong, itesots and Turkana.
* They major cause of migration was search for water and pasture for their animals.
* Their main economic activity was Nomadic Pastoralism.

NOTE.

* Some of the Iteso and the Masai have changed to crop cultivation because of fertile land, good climate and Population increase.
* They became mixed farmers.
* Love for adventure.

**Reasons for migration of the nitolics**

* Search for pasture and water for their animals
* Overpopulation
* External and internal conflicts
* Famine and drought

**Effects of their migration**

* Led to the collapse of the Chwezi dynasty
* Introduced short horned cattle
* Led to inter marriages and hence new tribes
* Introduced chiefdoms

Why did the Nilotics adopt mixed farming after entering East Africa?

State the problems faced by ethnic groups during migration.

**Cushites**

Cushites are also known as the Hamites.

* It’s believed that they migrated from Asia and settled in the Horn of Africa where we find countries like Somalia, Djibouti, and Eritrea, later entered East Africa.
* Their main occupation was cattle keeping.
* Today the Cushites mostly lived in the semi-arid lands of central Tanzania as hunters and fruits gatherers.
* In Kenya, the Southern Cushites are represented by the kinje and Dahalo.
* The last group of the Eastern Cushites includes Galla, Somali, Boran and Rendille.
* In Uganda, they are represented by the Bahima and also keep long horned cattle.
* In Rwanda and Burundi, there the Tutsi and Hutu.

**Reasons why cattle is reared by the cushites;**

* For meat
* For Milk
* For Ghee production
* For payment of dowry
* To provide them with skins.

**Questions.**

1. Mention any four results of early migrations into East Africa.
2. How are the Masai similar to the Bahima in terms of economic activities?
3. State any two problems which face the pastoral tribes of East Africa.
4. Give any two values of cattle to pastoral tribes of East Africa.
5. State two reasons why the Nilotics migrated into East Africa.
6. Give any one negative cultural practice of the Sabiny people.

**Political organisation of East African pre-colonial societies**.

* Pre-colonial societies were the societies which existed before the coming of the Europeans colonialsts.
* These societies developed different ways of political organizations.
* In East Africa, political organisations were mainly categorised into two;

1. Centralised societies (kingdoms)
2. Decentralised societies (Non-centralised)

**The interlacustrine kingdoms**

The word interlacustrine means between lakes.

Interlacustrine kingdoms were the kingdoms formed between the great lakes of East Africa.

**These lakes include:**

* Lake Victoria
* Lake Albert
* Lake Edward
* Lake George
* Lake Kyoga
* Lake Kivu

Bunyoro Kitara empire was a legendary empire because there was no emperor who ruled over it.

It is sometimes called BunyoroKitara Kingdom because it was the first in the interlacustrine region.

When it broke up, separate Kingdoms e.g.

* Buganda
* Bunyoro
* Ankole
* Karagwe
* Wanga
* Rwanda and Urundi

BunyoroKitara was ruled under different dynasties ie.:

* Tembuzi
* Chwezi
* LuoBiito

**Centralised societies**

* These societies had well identified rulers to whom the political powers were given by the rest of the community.
* The word “centralised” means political powers were centered on recognised rulers.

Examples of centralised states were;

1. Buganda

2. Toro

3. Bunyoro

4.Busoga

5.Nyamwenzi

6.Wanga in Kenya

**A table showing societies and titles given to their political heads**

|  |  |
| --- | --- |
| Societies | Political Head |
| Buganda | Kabaka |
| Nyamwenzi | Ntemi |
| Toro | Omukama |
| Ankole | Omugabe |
| Busoga | Kyabazinga |
| Wanga | Nabong |
| Bunyoro | Omukama |

**Advantages of kingdoms**

* Promote unity
* Promote culture and morals
* Promote peace
* Prevent power struggle since leaders are hereditary
* Promote development.

**Disadvantages of kingdoms**

Promote dictatorship

Promote regional development instead of national development

Promote tribalism

**Characteristics of centralised;**

* They had one ruler /king given different tittles at the time.
* They had royal regalia.
* Kings could come to power through hereditary.
* Kings had full authority over the people (subjects) and their property.
* Kings were related to people through chiefs.
* They had well established cultural institutions
* Kings expanded by raiding other neighbouring kingdoms.
* The burial places or kings were referred to as royal tombs

**A MAP SHOWING KINGDOMS OF EAST AFRICA.**

Leave space for the map

**The Tembuzi dynasty in uganda**;

* This was the empire to exist in the interlacustrine region of East Africa.
* The word interlacustrine means the region of the great lakes ie around L.kyoga, Victoria, and Albert, Tanganyika.
* This region was extending from Uganda, Tanzania, Western Kenya, DRC, Rwanda and Burundi.
* Bunyoro Kitara Empire is believed to have been founded by the Tembuzi
* These were the fore parents of the chwezi people.
* The word Ruhanga in this case meant God

Tehhierachy of Tembuzi dynasty

Ruhanga (founder of the Tembuzi dynasty)

Nkya

KakamaTwale

Baba

Mukonko

Ngonzaki

Isaza

* Tembuzi dynasty contained the Tembuzi people who are believed to be semi-gods, just because they could perform miracles, they could appear and disappear according to legends.
* The story of the Tembuzi people is believed to be a myth and this type of history is referred of the Tembuzi people is believed to be a myth and this type of history is referred to as Mythology.
* The Tembuzi Empire existed for four regimes and their last King was Isaza.
* When Isaza was locked underground by Namiyonga,theTembuzi people disappeared and went back to heaven
* The Bachwezi became the rulers of the interacustrine region and they were founded by Ndahura,their first King and the grandson of the Isaza.
* The last ruler of the chwezi was king Wamala.

**Contributions of the bachwezi in the lake region;**

* These are categorised into social, economic and political contributions;

**Social-economic contributions;**

* They introduced long horned cattle.
* They introduced salt mining at L.Katwe.
* They started coffee cultivation.
* They introduced the idea of backcloth making.
* They introduced pottery and local games.
* They introduced the building of grass thatched houses.

**Political contributions**.

* They brought the system of the centralised monarchy.
* They introduced in the hierarchy of officials in the palace
* They introduced the idea of building reed palaces (fortified Court yard).
* The Chwezi people left behind their regalia which included Royal stools .These were found at Bigobyamugeyi, Kibengo, Kagogo, Kasonko and Ntusi.
* Iron working strengthened the Chwezi Empire by making stronger weapons and tools for cultivation.

**The collapse of the chwezi empire**.

The chwezi empire which had grown very strong and wide in the region, time came reached its down fall.

**Factors that led to the collapse of the chwezi empire**

* Outbreak of epidemics like small pox.
* Prolonged drought.
* Death of their beloved cow Bihogo.
* The empire became difficult to be ruled easily as it expanded.
* The invasion by the Luo made the final collapse of the empire.

**The kingdom of the Bunyoro**;

* At the begining of the 16th century, the Luo migrated from the present day south Sudan to Uganda.They entered Bunyoro Kingdom and adopted the new dynasty referred to as Bito dynasty.
* The founder of the Bito dynasty was IsingomaRukidiMpuga, son of Kyomya and he was a twin brother of Kato Kimera.
* A separate Bito dynasty was established in Toro in the 19th century by prince Kaboyo and covered much of modern Buganda, Toro and Ankole.
* Kamurasi was one of the kings of this kingdom and he was the father of the greatest King of Bunyoro called OmukamaKabalega.

**Political organisation of bunyoro kingdom**.

* The political organisation of Bunyoro ensured order and administration from the highest to the lowest organ.
* The title given to the king was Omukama. He appointed his prime minister and chiefs to ensure administration to all the local areas.
* Cattle keeping and rustling was their major occupation including salt mining.
* They exchanged salt, potatoes, wines, and iron tools for banana and bark cloth Buganda using barter trade systems.
* Bunyoro weakened due to a number of factors e.g.
* Internal local conflicts
* Expansion of the kingdom
* Internal conflicts.
* The growth and expansion of Buganda kingdom.

**Economic organisation**

* The Banyoro were mainly pastoralists but Biito Bairu were crop farmers
* They also participated in long distance trade exchanging Ivory wit beads guns and cloth

NOTE.

The current Omukama of Bunyoro is Omukama Gafabusa Iguru.

**Questions.**

1. State the factor which finally led to the collapse of the Chwezi Empire.

2. Where were the headquarters of the Bachwezi?

3. How the size of the Bachwezi contribute to its collapse

4. What name is given to the strong warriors of Bunyoro?

**Buganda kingdom.**

* Buganda started as a territory with a small population in the 17th century
* The population 0f Uganda increased as migrants from Busoga, Bunyoro, Mt.Elgon and Koki arrived.
* According to the legend,its believed that Kato Kimera was the founder of Buganda kingdom though its challenged by other legends that Kintuwas the first Muganda and King of Buganda?
* Therefore, the founder and first king of Buganda was Kintu.
* Buganda grew from a small nucleus of 3 countries i.e. Mawokota, Busiro, Kyadondo, it later expanded to over ten counties at eh time of signing the 1900 Buganda agreement it was 20 counties.

**Political organization of Buganda**

* It had a centralized system of administration with the Kabaka as the overall ruler.
* The kingdom was divided into countries, sub counties; parishes sub parishes and villages for easy administration.

Administrative structure of Buganda kingdom

Political structure

Clan system Political system

Clan heads king (Kabaka)

Lineage heads chief justice (mulamuzi)

Sub lineage treasurer (Muwanika)

Kinsfolk county chief (Saza chief)

Sub-county chief (Gombola chief)

Parish chief (Muluka chief)

Sub parish chief(Mutongole chief)

Village chief(Omutaka)

**Economic organisation**

The Baganda had economic activities like bark cloth making iron smelting rearing of animals and growing of crops, making boats, which helped them in trade and war fare.

They traded in slavery ivory iron ore and shells of animals in exchange for guns, beads and ammunitions from Arabs

**Social organisation**

The baganda had strong beliefs in ancestral spirits. They believed in many gods like Musoke, Dungu, Kibuuka, Nagawonye

The Baganda were divided into 52 clans according to animals, birds, plants which were their totems.

**Factors that led to the expansion of Buganda**.

* Strategic position of Buganda (nearness to L.victoria).This made Buganda to have better naval forces and fish from L.Victoria.
* Well organised and determined rulers.
* Acquisition of guns from Arabs.
* Good climate and fertile soil that favoured crop growing.
* Well trained soldiers as Abambowa.
* Well organized centralised administration.
* The Baganda were united.
* Buganda was small at first and Easy to control

**Wanga kingdom**.

* This kingdom was made of the Abaluyia people in the Western Kenya near L. Victoria.
* It was the only kingdom that existed in the present day Kenya.
* The Abaluyia are believed to have migrated from BunyoroKitara after its collapse.
* Their main occupaton was farming and the title given to their king was Nabongo.
* One of their Nabong by the names of Mumia is greatly remembered to have collaborated with the British during the colonial rule.

**Questions.**

1. How did the location of Buganda contribute to its expansion.

2. Mention the only kingdom which existed in Western Kenya.

3. Give two ways in which the people of East Africa were politically well organised before the coming of the foreigners.

4. How did the coming of foreigners affected the existence of Wanga kingdom.

**Karagwe kingdom**

* This kingdom existed south of Ankole, Toro, and Buganda in Northern Tanganyika near L.victoria.
* It was founded in Bukoba region in Tanganyika.
* It was part of the former Bunyorokitara kingdom and was occupied by the Banyambo.
* It wasfounded by Ruhinda the founder of Ankole Kingdom who conquered the neighbouring empire to enlarge it. This included Rwandan, Burundi, and Ukerewe.
* King Rumanika was one of the greatest kings of this kingdom and helped many explorers to reach Buganda.
* The kingdom developed as a result of the trade which was existing in this region(long distance route)
* The people were organised under clans and sub-clans who were headed by Muharambwa.
* Karagwe was founded by Ruhinda son of Wamala

**Roles of Muharambw**a

* Blessed women to bear many children.
* Blessed hoes and harvest.
* Supervising unoccupied land in the area.
* Spiritual leadership

NOTE: Muharambwa was paid by his subjects with gifts of food items and cowrie shells.

**Toro kingdom**

Toro kingdom was founded by prince Kaboyo son of Omukama Kyebambe Nyamulukura III of Bunyoro.

Toro kingdom broke away from Bunyoro because they were not getting enough services from headquarters.

**Political orgisation**

Toro had a centralised system of government with the Omukama as the overall ruler.

* Toro had strong leaders like prince Kaboyo the founder
* Nyaika I successor of Kaboyo
* Kasagama who ruled during colonial rule
* Omukama who ruled during at the time of independence
* Omukama Kaboyo Olimi the father of the current king of Toro

**NOTE:**

The current king of Toro is Oyo Nyimba Kabamba Iguru IV.

**Economic organisation**

The Batoro were mainly pastoralists but today have changed to mixed farming.

They also participated in coastal trade with Arabs dealing in iron and ivory.

**Social organisation**

They had two classes the Hinda Batoro who were herdsmen and rules and he bairubatoro who were cultivators an seen as inferior

**Questions.**

1.what title was given to the ruler of the following

a)Wanga b)Karagwe .

2. Who was the founder of karagwe?

3. Give any two roles played by traditional rulers of karagwe.

4. Give any three advantages and disadvantages of kingdoms.

**Nyamwezi empire;**

* This empire as founded in the present day Tanzania and by Wanyamwezi people.
* These were named Namwenzi by the coastal dwellers because they came from the direction of the moon and settled in central Tanzania, south of L. Victoria.
* The Nyamwenzi are the biggest Bantu group in Tanzania. They were originally cultivators but later were taken by trade items e.g salt, spears, livestock, grains and metal ware.
* They dealt in trade items like salt, spears, livestock, grains and metal ware.
* The title given to the leader of the Nyamwezi chief was NTEMI or MUTEMI.

**Roles of Ntemi**

* Was a spiritual leader.
* Led prayers and made sacrifices to gods on behalf of the people.
* Was in charge of royal drums.
* Responsible for the well being of the community.
* The Ntemi built a strong state in the region which was crossed by two main caravan routes to the coast via the North Western route through Karagwe to Buganda and Western route to Ujiji to L.Tanganyika and beyond.

**Chief Mirambo**;

* Mirambo was one of the greatest Ntemi of the Nyamwenzi.
* His capital was at Urambo.
* Urambo was an important slave and ivory market in the region.
* Mirambo started as a small ruler of the chiefdom called Ugowe and then expanded his territory by attacking the neighbouring kingdoms.
* He extended his territory (empire) and controlled the main trade routes from Tabora to Ujiji and Karagwe while collecting taxes.
* He built a large empire which was divided into provinces ruled by Mirambo (Vatwale).
* These were responsible for trade of goods tribute to the capital of kiwere.Kiwere was the administrative centre.

**Factors that contribute to the success of Mirambo.**

Mirambo’s character.

* He was a dynamic chief.
* He was ambitious to expand and develop his empire.
* His ability to lead soldiers to the war battle.
* His ability to recruit the captives to his army.
* His ability to capture all the trade routes and control trade.
* Mirambo s ability to deploy mercenary soldiers called RugaRuga.
* Acquisition of the guns from long distance traders.
* His ability to acquire the Ngoni tactics of fighting.

**Collapse of mirambo;**

Mirambo who established a strong empire in the region, time came when his empire collapsed due to;

* The mercenary soldiers had become indisiciplined by stealing people’s property.
* Mirambo had centralised all his powers that during his absence, the system could not operate.
* The death of Mirambo weakened the empire as his successor’s could not control its property.

**Nyungu Ya Mawe**

* Nyungu Ya Mawe was the successor of Mirambo.
* He was among the famous chiefs of the empire and established his capital at Kiwele.
* He developed a centralised system of administration and divided his empire into seven pronvinces.
* Each pronvince was under the leadership of Mutwale.
* The name Nyuguyamawe means pot of stones which symbolises his strength and ability to rule the empire.
* Both mirambo and Nnyunguyamawe died in 1884, the same year MUTEESA 1 of Buganda died.
* Nyunguyamawe was suceeded by his daughter Magalula who was later over thrown by the Germans.

**Questions.**

1. State any two ways in Mirambo’s character made him successful man.

2. How did the long-distance trade contribute to the growth and development of the Nyamwezi Empire?

3. Give the meaning of the following terms;

a)Ntemi b)Nyunguyamawe c)Nyamwezi.

**Social organisations, culture and customs**

1. The most developed social organisation among the East African tribes was the clan system.
2. Clans were headed by clan heads
3. Their responsibilities were:-
   1. To organise clan ceremonies and functions
   2. To settle disputes among clan members
   3. To provide over traditional ceremonies and meetings

**Culture**

It refers s to norms and values of a given society

**Norms**

These are accepted ways of behavior in a given society.

**Values**

These are principles or standards of behavior

**Customs**

These are traditional and widely accepted ways of behavior on doing something in a particular society place etc.

**Some of the norms and values include**:

* Beliefs - technology
* Dressing - songs and dances
* Food - art, crafts
* Moral habits - initiation ceremonies
* Politics

**Taboos**

1. Taboos are used to teach work and discipline to children
2. Taboos are social or religious customs prohibiting or restricting people from a particular thing.
3. Cultural ceremonies are performed for specific purposes for example
   1. Weddings
   2. New harvest
   3. Marriage
   4. Circumcision
   5. Birth and naming of children
   6. Funeral etc.
4. In these ceremonies, love, oneness and concern for one another is expressed.
5. Worship in the ATR was an important aspect of culture.
6. There were however many gods but there was a supreme god.

**The naming ceremony**

Children in some cultures are named after their ancestors

The first is named after the grandfather.

The second is named after the grandmother

**Importance of culture**

* It unites people
* It identifies people
* It promotes discipline and morals
* It promotes peace and harmony

**Negative effects of western culture on african culture**

Dressing - miniskirts, trousers for girls, open blouses

Marriage - homosexuality, sex workers, lesbians

Language - most children can’t speak their mother tongue

**Zenji empire.**

* Itstretched from Mogadishu in Somalia, to Sofala in Mozambique.
* Zenji means blacks People.
* Zenji empire means land of black people
* Its headquarters were at Kilwa.
* The trading centre was at Zambia but Malindi, Sofala, Mombasa, were also important trading points.
* This empire was founded by an Arab trader named Hassan Bin Ali in the 10th century.
* Themaineconomic activity in this empire was trade and dealt in selling of ivory, gold, copper, Iron, cowrie shells, and slaves.
* The traders at the coast included Arabs, Indians, Chinese. A number of items were introduced like Wollen mats, glasses words, cotton, Silk, drugs, spices, cloves, and were also sold at the coast of East Africa.

**Seyyid Said**;

* In 1840s Seyyid Said who was a most powerful ruler in the empire transferred his capital from Muscaat (Omann) to Zanzibar and later became the sultan of the region.
* The word Sultan was the title to Arabs leaders at the coast of East Africa.

**Reasons why Seyyid Said transferred his capital from muscat to zanzibar;**

* Zanzibar had good natural habours for his ships.
* Zanzibar had fresh waters.
* Was strategically located for trade and military affairs.
* It had good climate and fertile soils which favour cash crop growing known as Cloves.

NOTE.

* Zanzibar is the leading producer of cloves in East Africa today which were introduced by SSEYID Said
* Cloves, flowers are used to make perfumes.

**Long distance trade;**

* This was the trade which involved traders from the coast of East Africa to move long distances in search for trade items and Customers from the interior of East Africa.
* Barter trade is the exchange of goods for goods or services.
* The tribes involved in the interior of East Africa were Baganda and Banyoro of Uganda,Nyamwezi,Ngoni,Hehe Yao of Tanzania and Akamba,Kikuyu of Kenya.

**Trade items collected from the interior**;

* Ivory, hides and skins, salt, slaves, Tusks, Gold
* Slaves were mainly brought to be used as transport means from the coast were sold to other slave traders.
* The traders from the coast were mainly Arabs and introduced a number of items to the interior of East Africa. These items included carpets,spices, clothes,beads, ornaments, guns, mirrors etc.
* The routes of the long distance trade mainly started from the coast through Tanzania to Ugandan.
* From the coast through Kenya to Uganda and back to the coast.
* The most important individuals who participated in this tradewereTiputipu, Msiri and Mirambo.

**Effects/results of the long distance trade**.

* The interior of east Africa was opened to the coastal people.
* People in the interior of East Africa became used to the goods from outside east Africa.
* It boasted slave trade with all its negative effects.
* It made the interior kingdoms to grow stronger due to acquisition of guns.
* Developments of the East Africa coastal towns.
* Its encouraged foreigners influence in East Africa.

**Arab traders;**

* These came from Asia.They mainly came from Saudi Arabia, Persia (Iran).They were blown by the monsoon winds across the Indian Ocean.
* They settled at the East African coast.

**Reasons for their coming.**

1. To trade.
2. To spread Islam.
3. To escape religious wars.

**Why arabs took long distance to move inland**.

* Feared hostile tribes.
* Feared thick forests.
* Feared tropical diseases.
* Poor transport.
* Language problem.

**Items of trade or commodities of trade**.

1. Guns.
2. Beads
3. Mirrors
4. Clothes
5. Ornaments
6. Cups
7. Plates
8. Glasses
9. Swords.

Items Arabs took from East Africa were;

1. Slaves
2. Tortoise
3. Elephants
4. Leopard’s skins.
5. Rhino horns
6. tusks / Ivory

**Tribes involved in long distance trade**

1. In Uganda - Baganda and Banyoro
2. Kenya - Akamba
3. Tanzania - Yao, Nyamwezi, Ngoni, Chagga, Sukuma, Hehe and the Arabs

**Barter trade**;

* Barter trade is the exchange of goodsfor services without the use of money.
* Early tradersin East Africa used barter trade.

**Advantages**

* Cheap
* Does not involve use of money.

**Disadvantages of barter trade**

* Involves cheating
* Difficult to determine the value and quality of goods.
* Double coincidence of wants / goods

**Slave trade in East Africa**.

* Buying and selling of human beings.
* This trade was brought to East Africa by the Arabs.
* Slavery is the possession of a person by another person

**Tribes involved in slave trade.**

1. Yao
2. Nyamwenzi
3. Baganda
4. Hehe
5. Kamba

**Why slaves were taken**

1. To work as domestic workers.
2. To work on plantations.
3. To work on mines.

**Places where slaves taken**;

1. France
2. Britain
3. Holland
4. Portugal
5. Spain
6. America
7. India.

**How slaves were got from East Africa.**

1. Through barter trader with African kings and chiefs
2. Raiding villages
3. Causing tribal wars
4. Kidnapping lonely travelers
5. Through slave markets

Main Slave trade market was at Zanzibar and the main inland Slave market was Tabora.

Main Slave traders include TipuTipu, AbuSaidi, Msiri, Fundikiri.

**Effects of slave trade**;

* Depopulation.
* Inter-tribal wars led to insecurity.
* Loss of lives
* Separation of families
* Destruction of families
* Famine
* Hatred among people
* Interruption of African Culture.
* Kings and chiefs became rich and Kingdoms expanded.

**Aboltiion of slave trade;**

Move to stop slave trade was started by the British MP Sir William Wilberforce.Others who fought for the abolition includes Granrille Sharp, Thomas Clarkson, Henry Thornton.

**Treaties signed to end slave trade.**

* Moresby treaty
* Hammerton treaty
* Frere treaty.

**Methods used to end slave trade;**

* Signed treaties with African leaders
* Sent Missionaries
* Constructed the railway lines.
* Sending army to control movements of ships on the Indian Ocean.

**Why slave trade took long to end in eas t africa**.

* Kings and chiefs were benefiting.
* There was great demand for slaves overseas.
* British had a small army to stop traders from carrying out Slave trade.
* Poor transport.

In Uganda Sir Samuel Baker tried slave trade in Acholi.

**Contribution of the Arabs to East Africa**.

* They linked East Africa to Asia (Saudi Arabia and Persia.)
* Introduced new skills and ideas like stone building.
* They led to growth of coastal townsE.g. Kilwa, Sofala, Malindi, Mogadishu
* They introduced Islamic faith
* Introduced new items of trade.
* Intermarriages led to birth of Swahili culture
* They established a trading empire i.e. Zenji.
* Introduced Cowrie shells (medium of exchange).

**Indian traders;**

* They came from India and Pakistan.
* They had come to construct the Uganda railway and after its completion, some remained behind and opened shops, in Kampala.
* The first shop in Uganda was opened by AldinaVisram
* They introduced rupees, Indian money lenders were known as Banyans.people like Mehta and Madhvani opened up sugar cane plantations.

**Contribution of indians in East Africa.**

* They constructed the Uganda railway.
* They built shops in East Africa.
* They introduced rupees.
* They started banking system.
* They set up industries.
* They set up schools and hospitals.

**Activity**

1. What is history? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Mention any two sources of history.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What are fossils? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Mention the main discoveries of the following archaeologists.
7. Dr. L.S.B Leakey \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Posnansky \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Why is East Africa regarded as a cradleland of man? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. What are the following historical sites famous for?
11. Nyero \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Bigobyamugenyi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Olduvai Gorge \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Give one way in which archaeological sites contribute to the economic development of a country. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. What was the most important discovery during the middle Stone Age period? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. Identify any one change which was introduced by each of the following discoveries.
17. farming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Iron smelting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. What is an ethnic group? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
20. Name the earliest ethnic group in East Africa. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
21. What was the original homeland of the river-lake Nilotes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
22. Under which ethnic group are the following tribes?
23. Japadhola \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
24. Basamia \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
25. Bahima \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
26. Name the last Bantu tribe to migrate into East Africa. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
27. What is meant by the term interlacustrine region? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
28. Name the youngest kingdom in Uganda. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
29. State any two economic contributions of the Bachwezi.
30. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
32. Where were the headquarters of the bachwezi? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
33. Name the first and last king of the Bachwezi. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
34. Mention any factors that led to the decline of the Chwezi dynasty.
35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
36. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
37. Who was the founder of the Luo-Babito dynasty? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
38. How are the Chagga and Bagisu similar in terms of economic activities? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
39. Why did the Nilotics change from pastoralism to mixed farming? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
40. Explain the term migration. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
41. Identify any two causes of early migrations into East Africa.
42. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
43. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
44. State any two effects of early migrations in East Africa.
45. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
46. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
47. Mention any two problems early migrants faced during migration.
48. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
49. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
50. Name any two tribes that practice male circumcision in Uganda.
51. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
52. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
53. Under which group of the Nilotics are the Sabiny? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
54. Which Bantu kingdom existed in Kenya? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
55. Give the title of the king to the above named kingdom. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
56. What special name was given to the army of the following people;
57. Omukama Kabalega \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
58. Chief Mirambo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
59. What was long distance trade? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
60. Which tribe in Kenya participated in long distance trade? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_