



Fig.004 Illustration showing a native girl painting another native girl's body. Girls and boys alike start their days making artistic creations of this kind. Along with singing they have nothing to worry about since they are the children of the forest and the forest provides them with everything they need.

Mindfulness Among the Natives of Higher Africa

As the morning begins native girls use a "dark fluid, prepared from charcoal and the juice of a gum fruit" to trace "with extreme care" their bodies with "geometric designs". Even the "lads and young men" and "older men and women" paint their bodies as well as that of their grandchildren. Also "all manner of patterns" are cut in the hair shaving "close to the scalp". "The short aprons of the women, made of tanned tree bark" are made "quite attractive with artistic groupings of red and black spots and stripes". Some natives may go as far as "pointing the front teeth". Meantime the morning air gets filled with "a snatch of song" of the girls accompanied by the "musical bow" of some boys. Not to mention their "measured dance" with the women "in a wide circle around the men" clapping their hands and with the men playing flutes "harmonized as effectively as so many tiny organ pipes". There are games too with men defending "a bunch of bananas against the onslaught" of women" (Schebesta 1933). After some hunting and gathering there are more "dances, endless conversation and enthusiastic games" like "hide-and-seek, tug of war and a primitive version of volleyball" (Hallet 1973). By the "happy camp" laughing boys swing from a "hanging vine" and girls are "acrobatically" skipping rope (Duffy 1984).