

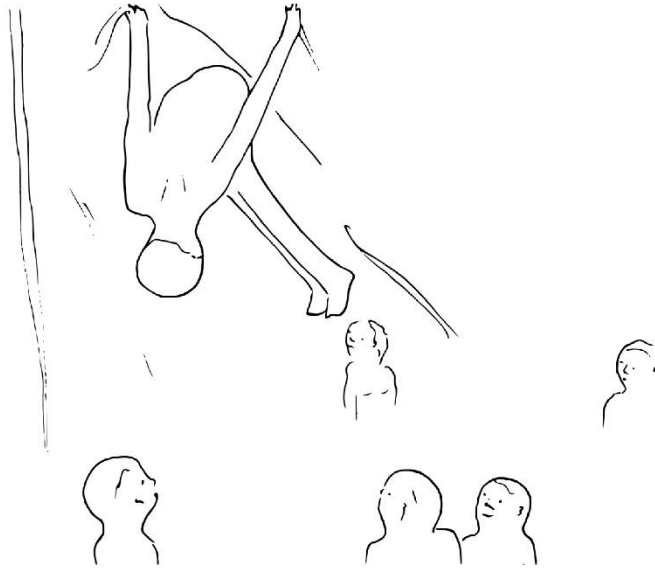


Fig.008 Illustration showing a young native showing off his acrobatic skills. Usually, every camp has a corner in which the youth gather to train their skills in climbing trees and jumping off of them. Thanks to this practice, as they get older, they are able to have the necessary strength and agility to procure food such as wild honey on top of high trees.

Physical Health Among the Natives of Higher Africa

Natives are fit people "stoutly built with" massive heads. Also, their "short thin legs are in direct contrast to the long, thick trunk, with its square broad shoulders". Their arms are long and unlike blacks they have a "bright brown skin". They quickly recover from wounds recovering within a fortnight and even with their "belly ripped open" they can get "perfectly restored" after only "ten days". Old people too are observed to have "extraordinary agility" and be the "father of twenty children, by one wife". And even at night after a day on the move everyone "love dancing" (Schebesta 1933). Another characteristic of the natives "is the alert expression of the face" in contrast with the "rather shifty, lazy lot" of their black neighbours. Importantly natives are not like black villagers because they know "how to walk" since their life depend on their ability to walk and find food but also "run from a charging buffalo or creep away unnoticed from a sleeping leopard". To train this ability the natives' children "always have their own playground, called *bopi*, a few yards off from the main camp". All day long they splash in shallow water and have fun on "a couple of vine swings" (Turnbull 1961). As they grow, they become "deadly hunters" with the ability to run mile after mile in pursuit of a prey (Duffy 1984).