

## Fragment of 1870 Field Diary (LXII-LXIX), 22 November-10 December 1870

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[LXII]

LXII 22<sup>nd</sup> Nov<sup>r</sup> 1870 copied foregoing despatch - It will be delivered by Muhammad Bogharib into the consul's hands at Zanzibar

24<sup>th</sup> Nov<sup>r</sup> Herpes is common at the plantations in Zanzibar but the close crowding of the houses in the town they think prevents it. The lips & mouth are affected & constipation sets in for 3 days - cured by going over to mainland Affections of the lungs are cured by residence at Bariva or Brava and also on mainland

the Safari of Halzani took my letters from Ujiji but person employed I do not know  
25<sup>th</sup> Nov wrote to Tom Agnes - Young - Webb  
Oswell D<sup>r</sup> Hamilton Sir Roderick Sir Bartle Frere - Tracey - Stearns of Bombay - Maclear = Bleek  
Brother John in Canada = Letters to be delivered by Muhammad Bogharib into Col Playfair or D<sup>r</sup> Kirk's own hands at Zanzibar - L<sup>t</sup> Kinnaird & B Braithwaite

[LXIII]

LXIII 29<sup>th</sup> Nov<sup>r</sup> 1870 Safura is the name of the disease clay or earth eating at Zanzibar = It often affects slaves and the clay is said to have a pleasant odour to the eaters, but it is not confined to slaves nor do slaves eat in order to kill themselves - It is a diseased appetite and sick men who have plenty to eat are often subject to it - The feet swell flesh is lost - and the face looks haggard - The patient can scarcely walk for shortness of breath and weakness and he continues eating till he dies = Here many slaves are now diseased with safura The clay built in walls is preferred and Manyema women when pregnant often eat it. The cure is effected by drastic purges for seven days and nothing of ^ fish butter - milk or beef must enter his mouth for threetwo years after it - old vinegar or cocoa trees put into a large bason & old slag made red hot cast into it - Then "Mbuye ^ asofoetida"

1/2 a rupee in weight - . copperas sulph D<sup>o</sup>  
a small glass of this fasting morning & evening

[LXIV]

LXIV produces vomiting & purging of black dejections -  
This is continued for seven days - no meat eaten but  
only old rice or dura & water - a fowl in course of time  
no ^ fish butter eggs or beef for two years on pain of death  
Muhamad's father had skill in the cure and the  
above is his prescription - Safura is thus a  
disease per se - It is common in Manyema &  
makes me in a measure content to wait for  
my medicines - from the description inspiss-  
ated bile seems to be the agent of blocking up the  
gall duct and duodenum and the clay [...] or earth  
may be nature trying to clean it away - the  
clay appears unchanged in the stools and in  
large quantity a Banyamwezi carrier who  
bore an enormous load of copper is now by Safura  
scarcely able to walk - He took it at Lualaba where  
food is abundant & he is contented with his lot -  
squeeze a fingernail & if no blood appears beneath it  
Safura is the cause of the bloodlessness -

[LXV]

LXV a dread of encountering this disease without any  
any medicine reconciles me partially to this detention

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2 Dec<sup>r</sup> 1870 Sokos collect together and make a drumming  
noise some say with hollow trees then burst forth  
into loud yells well imitated by the natives - If a man  
has no spear Sokos goes away satisfied - If  
wounded he siezes the wrist lops off ends of the  
fingers and spits them out - slaps the cheeks  
of his victim and bites without breaking the  
skin - draws out a spear but never uses  
it - takes some leaves and stuffs them into  
his wound to stanch the blood = Does not  
wish an encounter with an armed man = He  
sees women do him no harm & never molests them  
a man without a spear is nearly safe from him  
They beat hollow trees as drums with hands  
and then scream as music to it. When men  
hear them they go to Sokos but Sokos never

goes to men with hostility - Manyema say "Sokos  
is a man" "& nothing bad in him" a Soko was killed  
near this with holes in his ears - He had died a man & risen a Soko

[LXVI]

LXVI. opinion and facts - 2 Rhinoceroses scary  
chivalry - Helmore found by Baldwin starving no  
hunter - no horses no medical man - Sekeletu  
blamed though he got not £8000 to place him  
on Healthy Highlands and I was accused as  
morally guilty of his death though no letter was  
sent to me - saying he had come ^ or gone to Linyanti

Bishop addressed no teaching - Makololo  
followed me and I was blamed because they  
vitialed all the teaching - then being none as  
2<sup>nd</sup> Bishop said to me an astounding fact  
that people living with them have been taught  
absolutely nothing - Idleness was the bane of  
that mission and then loitering in the swamps  
killed them - I bore the accusations in  
silence - I felt that so to do was chivalrous -  
Loss of heat or presence of mind - Absalom  
Saul -  
6<sup>th</sup> Dec<sup>r</sup> 1870 oh for Dugumbe or Syde. !! to come  
but this delay may all be for the best.

[LXVII]

LXVII. The Parrots all seize their food & hold it with the  
left hand - the Lion too is left handed - He strikes with  
his left - so are all animals - left handed save man.

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I noticed a very pretty woman come on marriage with Mona[-]  
mosimba past this quite jauntily about a month ago  
ten goats were given - Her friends came and asked  
another goat which being refused she was enticed away  
became sick of Rheumatic Fever two days afterward  
and died yesterday - not a syllable of regret for the  
beautiful young creature but for the goats "Oh"  
"our ten goats" they cannot grieve too much - "Our"  
ten goats! Oh Oh"!

Basang wail over those who die in bed but not  
over those who die in battle = The cattle are a salve  
for all sores - women even raise no wailing

Another man killed in a village within ^ ½ miles sight

of this - They quarrelled and there is virtually no  
chief - the man was stabbed and village burned and  
people all fled - They are truly a bloody people -

[LXVIII]

LXVIII Sokos live in communities of about ten each having his  
own female - an intruder from another camp is beaten off with  
their fists and loud yells - If one tries to seize the female of another  
he is [...] caught on the ground and all unite in boxing &  
biting the offender - a male often carries a child  
especially if they are passing from one patch of forest  
to another over a grassy space - He then gives it to the  
mother

a man died near this Monasimba went to  
his wife and after intercourse and washing he  
may appear among men - If no widow  
can be obtained he must sit naked behind  
his house till some one happens to die - all the  
lowest of the low - and especially in bloodiness  
the man who killed a woman without cause  
goes free - He offered his grandmother to be  
killed in his stead and after a great deal of talk  
nothing was done to him - !

[LXIX]

LXIX 8 Dec<sup>r</sup> 1870 - Suleiman bin Juma lived on the  
mainland ^ Mosessane opposite Zanzibar - It is impossible to deny his  
power of foresight except by rejecting all evidence - He  
frequently foretold the deaths of great men among Arabs  
and he was preeminently a good man upright & sincere  
"shirti" none like him now for goodness or  
skill - He said that two middle sized white  
men with straight noses & flowing hair down to  
the girdle behind came at times & told him things  
to come - He died ^ 12 years ago lately & left no successors  
told his own disease three days beforehand  
by cholera  
Heresi a ball of hair rolled in stomach of a  
lion is a grand charm to the animal & to  
Arabs - Muhammad has one

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10<sup>th</sup> Dec<sup>r</sup> I am sorely let and hindered in this  
Manyema - Rain every day and often at night  
I could not travel now even if I had men but

I could make some progress - this is the sorest delay  
I ever had - I look above for help & mercy