SOCIAL STUDIES

FOR

STANDARD 7

BY ZIKOMO MASESE BANDA 0999246769

TABLE OF CONTENTS

UNIT	**PAGE**
UNIT 1 LATITUDES AND LONGITUDES	3
UNIT 2 THE EAST AND CENTRAL AFRICAN SLAVE TRADE	3
UNIT 3 THE EARLY MISSIONARIES IN MALAWI	5
UNIT 4 THE PHYSICAL FEATURES OF AFRICA	12
UNIT 5 WORK AND MONEY	15
UNIT 6 COMPANIES AND INDUSTRIES	16
UNIT 7 THE CLIMATE AND VEGETATION OF AFRICA	18
UNIT 8 THE CENTRES OF EARLY CIVILISATION	21
UNIT 9 SYSTEMS OF GOVERNMENT	24
UNIT 10 CENTRAL GOVERNMENT	27
UNIT 11 DEMOCRATIC GOVERNMENT	30
UNIT 12 HIV AND AIDS	35
UNIT 13 TOURISM	36
UNIT 14 NATURAL DISASTERS IN SOUTHERN AFRICS	38
UNIT 15 THE POPULATION COMPOSITION OF AFRICA	39
UNIT 16 POPULATION CHANGE IN AFRICA	42
UNIT 17 THE EARLY EXPLORERS OF AFRICA	43
UNIT 18 TRANSPORT AND COMMUNICATION	46
UNIT 19 SAFETY	51
UNIT 20 CIVIL WARS AND PEACEFUL CONFLICT RESOLUTION	54
UNIT 21 AIR	55
UNIT 22 THE NATURAL RESOURCES OF SOUTHERN AFRICA	57
UNIT 23 MORAL VALUES	61

FIRST EDITION 2018 Whatsapp #s 0991295167/0993559114

UNIT 1 LATITUDES AND LONGITUDES **WRITTEN BY ZIKOMO MASESE BANDA**

Latitudes are imaginary lines which run horizontally across the earth's surface.
Longitudes are vertical lines measured at an angular distance east or west of the prime meridian.

MAJOR LATITUDES AND LONGITUDES
The earth is round like a ball.
It is covered by imaginary lines evenly-spaced and running vertically and horizontally.
These lines are called latitudes and longitudes.
Latitudes and longitudes are measured in degrees.

MAJOR LATITUDES
The most important lines of latitudes are

1. the equator (0^0)
2. the tropic of cancer ($23½^0$N)
3. the tropic of Capricorn ($23½^0$S)
4. the arctic circle ($66½^0$N)
5. the Antarctic circle ($66½^0$S)

Latitudes are also called parallels

MAJOR LONGITUDES
The prime meridian is one of the important longitudes
The prime meridian is also called the Greenwich meridian
Longitudes are also known as meridians
They meet at the poles

IMPORTANCE OF LATITUDES AND LONGITUDES

- they help in locating places
- they help in locating a country
- they help in locating physical features
- longitudes help in calculating time for a place

Places east of any longitudes see the sun earlier than those west of the longitudes

UNIT 2 THE EAST AND CENTRAL AFRICAN SLAVE TRADE

Slave trade is buying and selling of people.
A slave is a person who is owned by another person.

THE CAUSES OF EAST AND CENTRAL AFRICAN SLAVE TRADE

- Arabs wanted cheap labourers to work in their plantations in Zanzibar and coastal areas in East Africa.
- Other people wanted slaves to work in their homes as cooks and ground labourers in East Africa, Arab countries and India.

GROUPS OF PEOPLE INVOLVED IN THE EAST AND CENTRAL AFRICAN SLAVE TRADE

- Arabs from the Middle East
- the Swahili from East Africa
- Jumbe from Malawi
- Mlozi from Malawi
- the Yao from Malawi
- the Bisa from Zambia
- the Bemba from Zambia
- Chikunda of Zambia
- the Nyamwezi in Tanzania

WHY DID CENTRAL AFRICA GET INVOLVED IN THE SLAVE TRADE

- The Yao traders - Mlozi in Karonga and Jumbe in Nkhotakota wanted slaves in Malawi to sell them to Arabs on the east coast
- The Yao caught slaves in the South of Malawi to sell them to the Arabs on the East Coast
- The Nyamwezi of Tanzania, the Bisa, Bemba and the Chikunda of Zambia were the other tribes who were involved in the slave trade

METHODS OF OBTAINING SLAVES

- raiding
- selling

THE EFFECTS OF THE EAST AND CENTRAL AFRICAN SLAVE TRADE

- ✓ villages were destroyed
- ✓ some African chieftainships were destroyed
- ✓ guns and gun powder were introduced into the African society
- ✓ many areas in Africa became depopulated
- ✓ many slaves died on the way because of ill-treatment
- ✓ the Africans lost their identity and were treated as inferiors

THE ABOLITION OF THE SLAVE TRADE

The British Government made several attempts from the 19th Century to persuade the Sultan of Oman to limit slave trading activities, and finally, put a stop to it.

In 1873, the British Government successfully persuaded Sultan Burghash of Zanzibar to stop the slave trade. Consequently, the Zanzibar slave market, the biggest in East Africa, was closed down.

In Malawi, the slave trade stopped because of the efforts that Sir Harry Johnston made. He made a treaty with Jumbe III to give up his slave trading activities in return for payment equivalent to K200 per annum. In the south and north of Malawi, the British Government had to fight with the Yao chiefs and Mlozi respectively.

In Zambia, the British Government made a treaty with Lewanika of the Lozi in 1897 to stop the giving of slaves as a tribute to the chiefs, and to stop slave raiding. In 1906, domestic slavery was abolished and this marked the end of slave trade there.

UNIT 3 THE EARLY MISSIONARIES IN MALAWI

There were several missionaries who came to Malawi. These include:

- the Universities Mission to Central Africa (UMCA)
- the Scottish Missionaries
- the Dutch Reformed Church Mission (DRCM)
- the Catholic Missions
- the Independent African Churches
- Islam

THE WORK OF EARLY MISSIONARIES IN MALAWI

1. The Universities Mission to Central Africa

The Universities Mission to Central Africa came to Malawi to answer the call made by Dr David Livingstone.

REASONS WHY THE UMCA came to Malawi

- to spread Christianity
- to replace the slave trade with good and authorised trade

The UMCA was established under the leadership of Bishop Mackenzie in 1861.
Its first mission was established at Magomero in Chiradzulu.
Magomero was chosen because it was one of the centres where there were a lot of slave trading activities.

In 1863, the mission moved to Zanzibar in Tanzania under the leadership of Bishop Tozer. This was because the missionaries were attacked by malaria and unfriendly Yao traders.

Later, in 1885, the UMCA returned to Nyasaland and opened the mission station at Likoma.
OTHER MISSION STATIONS OF THE UMCA

- Nkhotakota
- Likwenu in Machinga
- Malindi in Mangochi



A map of Malawi showing the location of the UMCA mission stations

2. THE SCOTTISH MISSIONARIES

The Scottish Missionaries of the Church of Scotland and the Free Church of Scotland came to Malawi through the influence of Dr David Livingstone's work.
The Scottish Missionaries originated from Scotland.
The missions were in two groups and established their stations in Blantyre and Livingstonia

BLANTYRE MISSION
The Blantyre Mission was established in Kapeni's area in 1876 by the Church of Scotland.
The first leader was Henry Henderson.

The area was chosen because:

- it was the slave trade route
- it had a cool climate
- it had fertile soils for tropical plants such as tea and coffee
- it was accessible to Zambezi through the Shire River

Henry Henderson was succeeded by Reverend Duff Macdonald, David Clement Scott and Alexander Hetherwick

THE LIVINGSTONIA MISSION
The Livingstonia Mission was established by the Free Church of Scotland in 1875 in Cape Maclear as the first mission station.

The first leaders were Captain Edward Young, James Stewart and Dr Robert Laws.

Cape Maclear was chosen because of the good harbour for the Illala I which was taken as a ship for the mission.
Robert Laws succeeded Edward Young and moved the mission to Bandawe in Nkhatabay in 1881.
The Cape Maclear mission station was moved to Bandawe mission station because

- ★ the leaders were frequently attacked by malaria at Cape Maclear
- ★ there was a slave trade route at Cape Maclear and therefore the station was attacked by slave raiders
- ★ the population was too low at Cape Maclear

Bandawe was chosen because of the following reasons

- ➢ the place was believed to be free from malaria attacks and slave raiders
- ➢ it was close to the lake for easy transportation

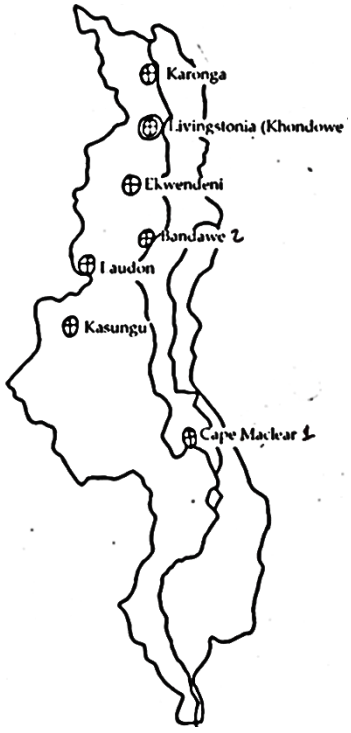
The station was later moved from Bandawe to Khondowe, now known as Livingstonia, in 1882 because of the following reasons

- cool weather on the plateau
- freedom from malaria
- good view of the lake

Blantyre and Livingstonia Missions were established in honour of Dr David Livingstone and they belong to the Church of Central African Presbyterian (CCAP)

Blantyre Mission Stations

- Blantyre
- Karonga
- Ekwendeni
- Laudon
- Kasungu



A map of Malawi showing the location of the Scottish mission stations

Livingstonia Mission Stations

- Cape Maclear
- Bandawe
- Khondowe (Livingstonia)

3. The Dutch Reformed Church Mission (DRCM)

Another group which was influenced by Robert Moffatt and Dr David Livingstone's work was from South Africa.

This was the Dutch Reformed Church. This group came to Malawi in 1888 under the leadership of Reverend Andrew C Murray.

In 1889, Reverend Teunis C Botha Vlok joined him. The two set their first station at Mvera in Dowa district.

In 1895, Reverend William Hope Murray succeeded Reverend Andrew Murray. He led the mission until his return to South Africa in 1937.

The mission station was moved from Mvera to Nkhoma in 1910 because of the following reasons

- there were too many tsetse flies at Mvera
- Nkhoma had good physical features which made the place look beautiful
- Chief Mazengera, a Chewa chief, invited the missionaries to protect the Chewa from the Ngonis
- Nkhoma was free from tsetse flies



A map of Malawi showing the location of the DRCM mission stations

OTHER DRCM MISSION STATIONS

- Kongwe
- Mlanda
- Malingunde
- Nkhoma

All these stations are under the Nkhoma Synod of the CCAP.

4. The Catholic Missions

Another group which had some influence of Dr David Livingstone's work were the Catholic Missions. These were in three groups.

A) The White Fathers

This was the first Roman Catholic Mission to come to Malawi.

It began its work in 1889 by three priests.

These went to Chief Mponda in Mangochi. Their leader was Father Lechaptois, a Frenchman.

They later abandoned the place and went to Zambia in 1891 because Chief Mponda was a Moslem, a slave raider and was against Christianity.

The other team led by Father Guilleme came back from Zambia in 1901 and established a station at Chiwamba in Lilongwe. The mission was later moved to Likuni in 1903 because there were more people in Likuni.

Other white fathers arrived on the lakeshore and established a station at Mua in Dedza where a leprosarium was started in 1927.

B) The Montfort Fathers

This group came to Malawi in 1902. They established their first station and school at Nzama in Ntcheu.

In 1903, they established another centre at Nguludi in Chiradzulu.

OTHER MISSION STATIONS WHICH WERE ESTABLISHED

- Kachebere in Mchinji (1903)
- Mtakataka in Dedza (1908)
- Bembeke in Ntcheu (1910)
- Kasina in Lilongwe (1925)
- Nambuma in Dowa (1928)
- Guilleme in Mchinji (1935)
- Chiphaso in Kasungu (1935)
- Mpherere (1939)
- Mtendere in Dedza (1941)

- Ludzi in Mchinji (1941)
- Salima (1946)
- Mlale in Blantyre (1951)

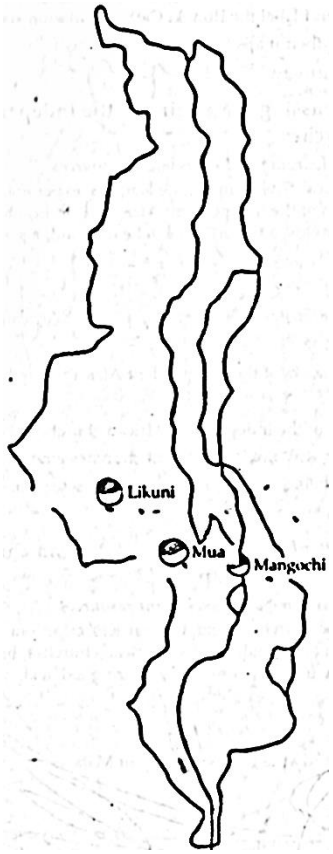
C) The White Sisters

The White Sisters came to Malawi in 1911.

These were followed by the Grey Nuns.

In 1932, a printing press was set up at Bembeke but was later transferred to Likuni in 1949.

In 1940, the missionary work expanded to the northern region.



A map of Malawi showing the location of the Roman Catholic mission stations

5. Independent African Churches

The Independent African Churches were established by Africans.

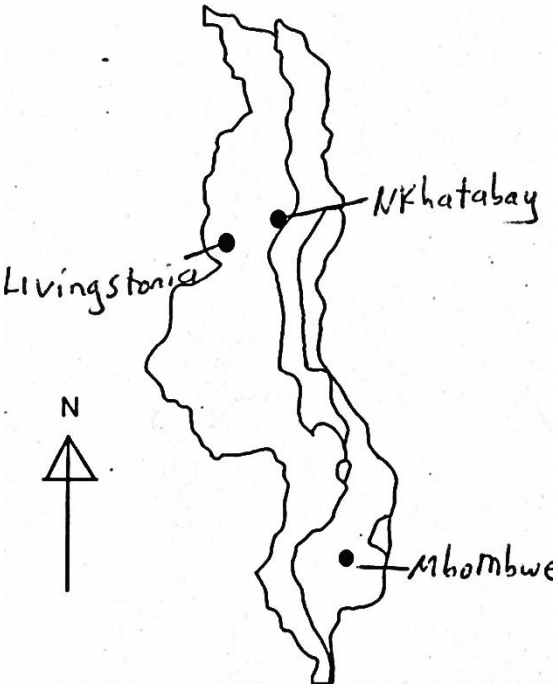
These were developed as a result of the work of the UMCA, Scottish Missions, the DRCM and the Roman Catholic Missions.

REASONS WHY THE INDEPENDENT CHURCHES STARTED

- to preserve their own African religious beliefs
- to promote their own interest in economics and politics

SOME INDEPENDENT AFRICAN CHURCHES

- Providence Industrial Mission (PIM) led by John Chilembwe
- Black Man's Church led by Yesaya Zerenji Mwase and Charles Chinula
- Watch Tower Movement led by Elliot Kamwana



A map of Malawi showing the location of the Independent African churches

6. Islam

Islam was brought to Malawi by Arab Swahili traders.

The Arabs came from Arabia and the Persian Gulf.

The Arab Swahilis came to Malawi because of trade.

The notable Arab Swahili traders were Mlozi and Msalemu at Karonga and Jumbe Salim bin Abdullah in Nkhotakota.

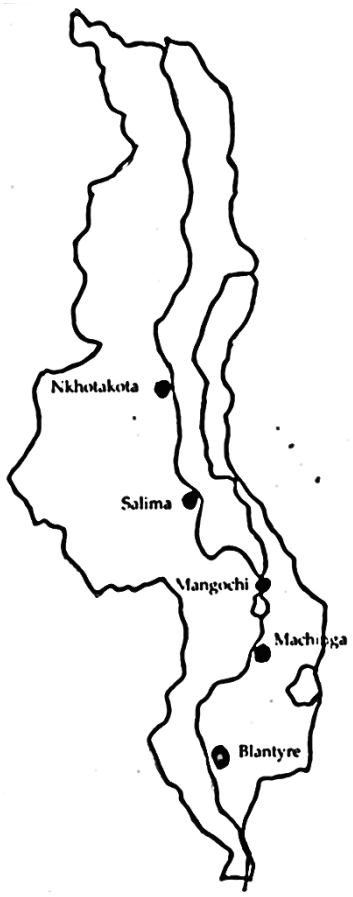
In the southern region, there was no any well-known Arab Swahili trader but Islam spread among the Yao because of the following reasons:

- ★ their contact with the East African coast through trade
- ★ the Yao chiefs who readily accepted Islam
- ★ similarities between the existing traditional religious beliefs of the Yao and Islam which meant that Islam could easily be accepted
- ★ the lake which was the main transport route to East Africa through Tanzania

THE MAIN ISLAMIC CENTRES IN MALAWI

- Salima
- Nkhotakota
- Mangochi

- Machinga
- Zomba
- Chiradzulu
- Blantyre
- Mulanje



A map of Malawi showing the location of the early Islamic mission stations

THE CONTRIBUTIONS OF THE EARLY MISSIONARIES TO MALAWI

- spreading of Christianity and preaching against the slave trade
- establishment of schools
- establishment of hospitals
- establishment of colleges
- establishment of trade in goods to replace the slave trade
- establishment of community development projects
- provision of civic education
- introduction of new crops
- abolition of the slave trade
- spreading of Islam
- promotion of technical and professional skills

UNIT 4 THE PHYSICAL FEATURES OF AFRICA

Africa has many physical features.

THE MAJOR PHYSICAL FEATURES OF AFRICA

- ★ mountains
- ★ plains
- ★ basins
- ★ valleys
- ★ plateaus
- ★ rivers
- ★ lakes

EXAMPLES OF PHYSICAL FEATURES AND COUNTRY EACH PHYSICAL FEATURE IS FOUND

Basins

- Chad Basin in Chad
- Congo Basin In Democratic Republic of Congo

Plateaus

- Viphya Plateau in Malawi
- Nyika Plateau in Malawi

Plains

- the Lilongwe-Mchinji-Kasungu Plains in Malawi

Mountains

- Kilimanjalo Mountain in Kenya
- Atlas Mountain in Morocco
- Ethiopian Highlands in Ethiopia
- Mulanje Mountain in Malawi

Rift valleys

- the East African Rift Valley in Kenya, Tanzania and Malawi

Rivers

- Congo River in Congo
- Zambezi River in Mozambique
- Nile River in Egypt
- Niger River in Niger

Lakes

- Lake Malawi in Malawi
- Lake Tanganyika in Tanzania
- Lake Victoria in Tanzania, Kenya, and Uganda

THE IMPORTANCE OF PHYSICAL FEATURES

Basins and rift valleys

- they are sites of lakes and rivers
- both lakes and rivers are a source of water

Plateaus

- they are good sites for tourists
- they may be used for feeding cattle and other animals when they are covered with grass

Mountains

- big mountains usually attract tourists
- mountains are usually sources of rivers
- mountains sometimes contain valuable minerals
- mountains also influence the rains to fall

Plains

- plains are used for agriculture
- plains are also good for construction of houses
- plains are also good for construction of communication lines

Lakes

- lakes can be used for irrigation
- lakes can be used for transport
- lakes can be used for fishing
- lakes can be used for tourism
- lakes are a source of water
- lakes may form international boundaries

Rivers

- rivers can be used for irrigation
- rivers can be used for transport
- rivers can be used for fishing
- rivers can be used for tourism

- rivers are a source of water
- rivers may form international boundaries

UNIT 5 WORK AND MONEY

WORK

Work is any activity which a person does to earn a living

Examples of activities one can do to earn some money are:

- growing crops
- building houses
- building bridges
- building roads
- operating machines

There are two main types of work. These are paid work and voluntary work.

PAID WORK

This is when people work to get money for a living.

Examples of paid work

- teaching
- nursing
- engineering
- cotton and tea picking
- digging water ways
- sorting tobacco

VOLUNTARY WORK

This is when people work or provide services without getting any money.

Examples of voluntary work

- the work of Red Cross Society
- self-help projects
- work of religious organisations

THE IMPORTANCE OF WORK

- ✓ people work to provide basic necessities for themselves and the whole family
- ✓ people work to get money to buy and pay for things and services for their families
- ✓ people work to provide services in their communities
- ✓ people work to help in acquisition of skills
- ✓ people work to make them independent and self reliant
- ✓ people work to satisfy individual social needs of voluntary organisations

MONEY

Money are stamped coins or printed notes given and accepted when buying and selling.

TYPES OF MONEY

There are three types of money.

These are:

1. coins
2. bank notes
3. bank deposits

Coins are stamped metals made of gold, copper or silver.

Bank notes are paper money sometimes called paper currency.

Bank notes are in a form of cheques, credits, postal orders, money orders, traveller's cheques and bank drafts.

The safest way of keeping money is in banks.

FUNCTIONS OF MONEY

- medium of exchange
- payment of goods and services
- measure of value
- store of value

UNIT 6 COMPANIES AND INDUSTRIES

FIRM, COMPANY and INDUSTRY

Businesses can be classified into a firm, company or industry.

People earn a living in different ways.

Some of the ways are through employment as they work for another organisation or self-employment.

In self-employment, one can decide to start a business such as owning a hawker, family farm or an organisation which can employ many people.

When a person employs many people in an organisation, it is called a firm.

A firm usually has a limited capital.

When business expands, the person running it may not manage it alone. Some suitable people may join to form a partnership.

The new people who join and put in some money or buy shares are called shareholders.

In return for putting money into the business, the partners share the profits.

The partners assist the business in many ways.

Some of the ways are providing new ideas for improving sales and management.

The shareholders do not usually work on their own.

They set up a board of directors and employ people to run the business.

This is now called a company.

When a company grows and makes a lot of profits and is recognised by many countries, it becomes an industry.

In an industry, raw materials are changed into finished products.

There are three types/categories of industries.

These are:

- primary industry
- secondary industry
- tertiary industry

Primary Industry

- This involves the exploitation of natural resources and raw materials.
- It includes agriculture, forest, fishing and mining.

Secondary Industry

- This deals with the manufacturing of products.
- This can be directly from raw materials or from other materials from other sources.

Tertiary Industry

- This consists of jobs that provide services but do not actually produce any goods.

Examples of these include a wide range of businesses and professionals such as health, education, armed forces, government offices and management in private industries.

It also include people involved in transport and retail trades.

THE RELATIONSHIP BETWEEN DEMAND AND SUPPLY IN RELATION TO PRICES

Demand is the number of people who will require the goods and services.

Supply is amount of something that is provided or available to be used.

Factors That Affect Demand and Supply

- price of the commodity
- quality of the commodity
- condition of demand

On the other hand, supply is affected by the following:

- price of a commodity
- demand of the commodity
- production costs
- natural disasters
- epidemics

When demand is high, companies and industries produce more.

When there are a lot of goods on the market, supply is high and the price is low.

When there is a high demand and the goods are in low supply, the price is high.

A company is a commercial business.

A company is a legal entity formed by a group of individuals to engage in and operate a business enterprise.

An industry is an economic activity concerned with the processing of raw materials and manufacture of goods in factories.

An industry is a group of manufacturers or businesses that produce a particular kind of goods or services.

UNIT 7 THE CLIMATE AND VEGETATION OF AFRICA

CLIMATE

Climate is the average weather conditions observed over a long period of time.

It is mainly composed of rainfall and temperature.

Climate can either be hot or cold, wet or dry.

Africa can be divided into a number of climate zones.

These are controlled by a number of factors such as altitude, distance from the sea and distance from the equator.

THE MAJOR TYPES OF CLIMATE OF AFRICA (MAJOR CLIMATE ZONES) AND THEIR CHARACTERISTICS

A) **The equatorial climate**

It is found between 5^0 north and 5^0 south of the equator.

It has high temperatures.

Rainfall almost throughout the year.

It is found in countries like Ghana, Nigeria and Congo.

B) **The tropical savannah climate (tropical continental climate)**

Its summers are usually hot and wet while the winters are generally cold and dry.

It is found in countries such as Malawi, Tanzania and Zimbabwe.

C) **The tropical desert climate (the hot desert climate)**

It is experienced in North Africa in the Sahara Desert.

Desert areas are very hot during the day and very cold during the night.

They receive little or no rain.

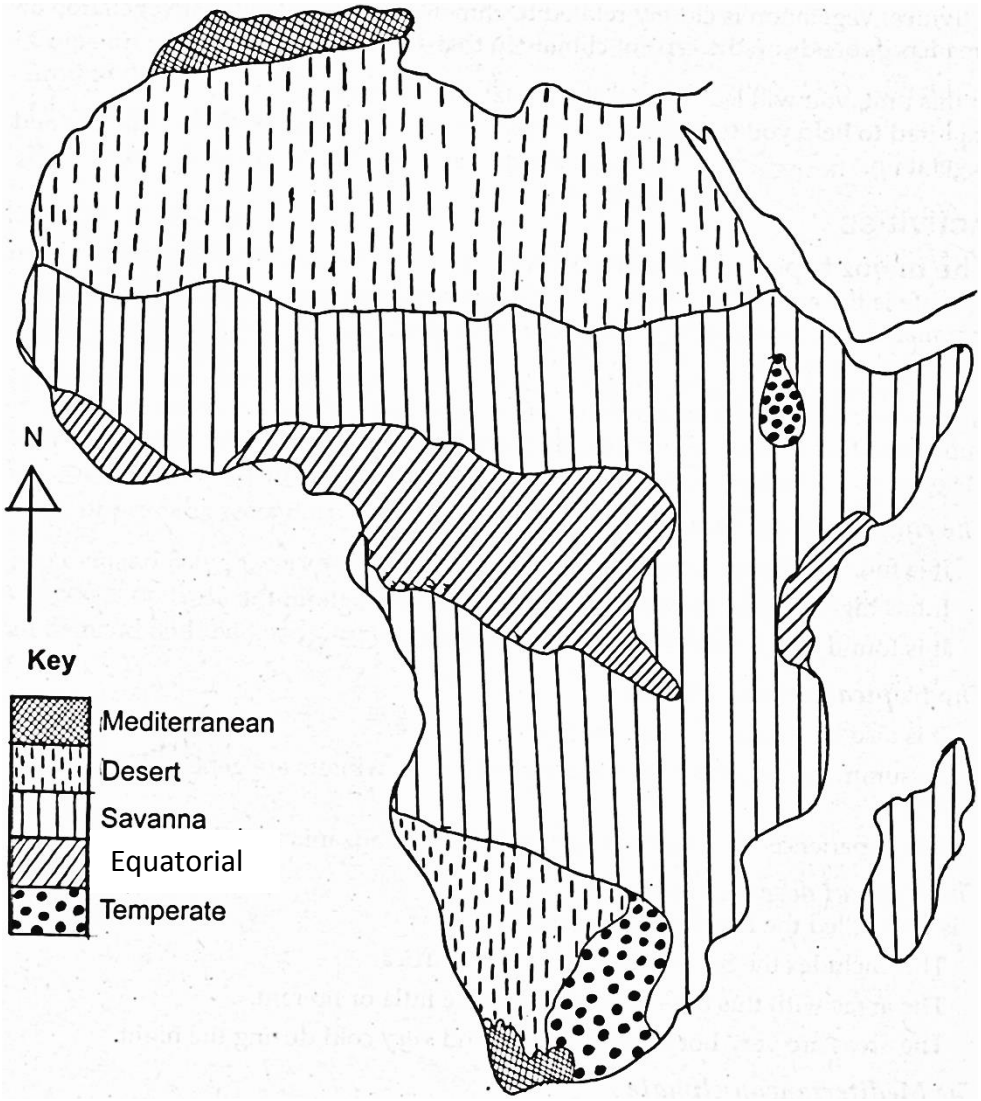
D) **The Mediterranean climate (the west margin climate)**

It occurs between 30^0 south and 45^0 south and 30^0 north and 45^0 north of the equator.

The areas have dry summers and wet winters.

During the summer, it is dry and the skies are blue.

In winter, the skies are very cloudy and humid, bringing heavy rainfall.



A map of Africa showing climate zones and types of vegetation

THE VEGETATION OF AFRICA AND ITS CHARACTERISTICS

The type of vegetation in an area is determined by the type of climate it experiences. For example, in Malawi, there is a lot of vegetation during the rainy season while during the dry season the vegetation dries up.

The following are some of the types and characteristics of vegetation in Africa.

A) **Tropical rain forest or equatorial**

The vegetation is found in areas along the equator. It is characterised by the following:

- heavy and thick forest
- vegetation is always green
- vegetation of various types and heights
- crops grown include rubber, coffee ,cotton and coconut

B) **The savannah or tropical grassland**

This is the type of vegetation that is mainly composed of grass. It is found in many countries in Africa.

- the grass is usually tall and covers large areas
- the trees are scattered
- the grass always regenerates when rains come
- the savannah region is a rich agricultural area and crops grown include maize, wheat, millet and tobacco
- it has many types of wildlife

C) **Desert vegetation**

There are several countries in Africa with this type of vegetation. This vegetation is found in both north (Sahara) and south (Kalahari) of the equator.

The following are the characteristics:

- the surface is usually bare with scattered thorny bushes
- the vegetation has thick stems with waxy leaves while others have thorns
- some of the vegetation has a short life span
- the surface is usually sandy or stony
- little agriculture is done and crops grown include dates and palms

D) **The Mediterranean vegetation**

This vegetation is found in areas that experience the Mediterranean climate.

It is found in South Africa and countries along the Mediterranean Sea.

The vegetation is shiny and waxy to conserve water during the dry season.

Crops grown include dates, palms, wheat, maize and fruits.

UNIT 8 THE CENTRES OF EARLY CIVILISATION

CIVILISATION

The term 'civilisation' refers to changes and developments in life.

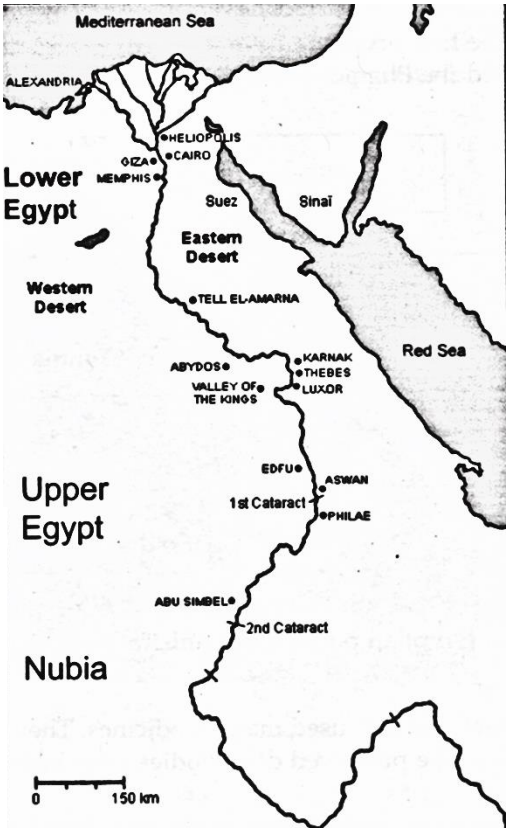
It can also refer to the organisation of society where people live a settled life together, and engage in activities such as formal education, trade, farming, building, fishing and painting.

The changes and developments include the following:

- a large number of people living together in an organised manner
- sharing ideas and development of arts and crafts such as music, painting, building, carving and drawing
- a sense of right or wrong guided by laws
- developed political and administrative structures
- a division of labour where individuals are specialised in particular tasks, for example, building, farming or painting
- production of adequate food for consumption and for sale
- a developed system of worship
- advanced farming practices

THE EGYPTIAN CIVILISATION

One of the most well-known civilisations in Africa was in Egypt. This civilisation grew along the Nile River Valley. Its achievements influenced a number of other civilisations in Europe and the rest of the world.



A map of ancient Egypt showing the centres of the early civilisation

FACTORS THAT LED TO THE GROWTH OF THE EGYPTIAN CIVILISATION

- The availability of fertile alluvial soil
- The production of abundant food by irrigation
- The protection from external attacks by natural barriers
- Little contacts with the outside people

- The Egyptian were religious people
- Hardworking
- Strong military force of conquering enemies
- prosperous trade in gold, ivory and hardwood

CONTRIBUTIONS OF THE EGYPTIAN CIVILISATION TO THE MODERN WORLD

- writing
- building
- calendar
- religion
- farming
- government
- medicine and science
- arts and crafts

WRITING

The Egyptians discovered a method of writing called hieroglyphics.



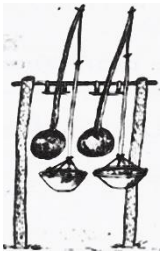
They wrote it on a material made from papyrus reed. It was a system of picture writing, in which a set of pictures represented a word or a sound. This discovery helped to improve communication and preservation of history.

CALENDAR

The Egyptians inverted the calendar based on the moon. The calendar enabled them to tell when to expect floods and when the dry season would start.

FARMING

The Egyptians practiced irrigation. They used a machine called a shaduf to irrigate their gardens.



a shaduf

BUILDING

The Egyptians were good stone builders. They used stone to build the temples and tombs. They built pyramids which were tombs for royal people like kings.

RELIGION

The Egyptians believed in many gods. These gods symbolised natural features like the sun, the moon and the Nile River. The Pharaohs were also believed to represent the gods on earth.

GOVERNMENT

The Egyptians were the first people to have a system of organised government. Their rulers were called the Pharaohs.

MEDICINE AND SCIENCE

The Egyptians manufactured and used many medicines. They developed a way of preserving dead bodies. The preserved bodies were known as mummies.

ARTS AND CRAFTS

The Egyptians were good stone and wood carvers. They made beautiful cloth from wool and cotton. They also made tools out of metal. When they discovered copper, they mixed it with tin to make bronze.

FACTORS THAT LED TO THE DECLINE OF THE EGYPTIAN CIVILISATION

- the expansion of the kingdom to the south which made it easy for attacks by the Assyrians and Persians
- The Egyptians dynasty was finally attacked by the Greeks led by Alexander the Great

UNIT 9 SYSTEMS OF GOVERNMENT

GOVERNMENT

Government is an organised institution with people who are entrusted with the authority or power to administer the laws and affairs of a country.

BRANCHES OF GOVERNMENT

- Legislature

- Executive
- Judiciary

DIFFERENT TYPES OR SYSTEMS OF GOVERNMENT

- Democracy
- Autocracy
- Monarchy
- Socialist or communist
- Military

DEMOCRACY

In a democratic system of government, no one individual, group of individuals or organisation holds absolute power.

It is based on the principle of participation and respect of human rights. All citizens participate actively in running the government.

This is why it is called the government of the people, by the people and for the people.

A democratic government is also characterised by the period elected members are in office.

In Malawi it is 5 years.

AUTOCRACY (DICTATORSHIP)

This is a form of government where the power is in the hands of an individual or groups of individuals.

The power is unchangeable. In most cases, the rulers are worshipped.

What the ruler has said is the law.

Elections are irregular, not free and fair.

Candidates are either appointed or elected to participate in running the affairs of the government.

The constitution is either absent or not followed.

MONARCHY

The rulers in this type of government are not elected.

They acquire their positions through inheritance by blood and they rule for life.

Titles such as king, queen, emperor, empress and prince are used.

Sometimes monarchies have constitutional powers where rulers are guided by the constitution.

In some cases, monarchs have absolute power in which their authority is not questioned.

SOCIALIST OR COMMUNIST GOVERNMENT

This system of government is based on the economic and political beliefs that control the means of production, distribution and exchange of wealth in a country.

All the wealth in the country is controlled by the state. No one owns private property. Although rulers are elected, they come from one political party.

MILITARY GOVERNMENT

This is when a country is ruled by soldiers whose power is unopposed. Rulers assume power by force and are not elected.

Sometimes there is a parliament which just approves the orders of the military. There is no specific term of office.

THE HISTORY OF THE SYSTEMS OF GOVERNMENT IN MALAWI

Malawi has undergone changes in forms of government.

In 1963, Malawi attained self government from Britain.

In 1964, Malawi became a multiparty republic. The leader was called the prime minister.

In 1966, Malawi became a republic and the prime minister was now called the president.

Between 1971 and 1994, Malawi was a one party state under the Malawi Congress Party (MCP). Elections were held just for formality. The president became a life president, but the members of parliament changed during elections.

In some cases, the same people maintained their positions for as long as they were alive. Most leaders were imposed on the people and the constitution was silent and not followed.

With the one-party system, the ruler was a dictator and his word was law.

On 14 June, 1993, a national referendum was held to vote for either one party system of government to continue or to change to multiparty system of government.

Malawians voted for multiparty system of government. This saw Malawi reverting to a multiparty state.

On 17 May, 1994, general elections were held. There were a lot of political parties which participated in the elections.

Some of the political parties that took part in the general elections were:

- United Democratic Front (UDF)
- Alliance for Democracy (AFORD)
- Malawi Congress Party (MCP)

- Malawi Democratic Party (MDP)
- United Front for Multiparty Democracy (UFMD)

Malawians elected United Democratic Front with Bakili Muluzi as president.

A new constitution was written which followed the principles of democracy.

UNIT 10 CENTRAL GOVERNMENT

The central government is the part of government which controls the affairs of the country.

THE ORGANISATIONAL STRUCTURE OF THE CENTRAL GOVERNMENT

Malawi has a two-level system of government:

- The central government
- local government

THREE BRANCHES OF CENTRAL GOVERNMENT

- the executive
- the legislature
- the judiciary

THE COMPOSITION OF BRANCHES OF THE CENTRAL GOVERNMENT

A) **The Executive Branch**

The executive branch comprises of the president and the cabinet.

THE FUNCTIONS OF THE EXECUTIVE BRANCH

- Initiating government policies
- Implementing and enforcing the laws of the country
- Providing various social services to people
- Planning for development projects

B) **The Legislative Branch**

The legislative branch is composed of the speaker and members of parliament or national assembly.

The speaker is the leader of the national assembly.

Members of parliament are elected into parliament through national general elections

Members of parliament represent people in parliament for their areas which are called constituencies.

Members of parliament are elected for a period of 5 years.

THE FUNCTIONS OF THE LEGISLATIVE BRANCH

- Making or changing the laws of the country
- Discussing issues that affect the nation
- Participating in national budget

C) **The Judicial Branch**

The judiciary is composed of the law courts, the chief justice, judges, registrar of the high court and the magistrate.

Each of these branch has powers to check on the other branches of Government therefore. They are all at the same level.

FUNCTIONS OF THE JUDICIAL BRANCH

- interpreting all laws of the country
- ensuring that the laws of the country are obeyed
- resolving disputes using the law
- protecting the people from human rights abuses

TYPES OF COURTS

There are three types of courts.

These are:

- the supreme court
- the high court
- the magistrate or subordinate court

A) **The supreme court**

- This is the highest court in Malawi

- The lawyers that are in the supreme court are called justices
- The chief justice is the head of the supreme court and the whole judicial system

B) **The high court**

- This is the second highest court in Malawi
- Lawyers who hear cases in the high court are known as judges
- The high court handles new cases brought to it by government or the public
- The high court handles cases of appeal brought to it from the magistrate's court and industrial courts

C) **The subordinate courts**

- These are commonly referred to as magistrate's courts
- They are below the high court
- Magistrate's courts hear minor cases of civil and criminal nature (not treason, murder or manslaughter).
- The other subordinate court is the industrial relations court or labour court. This handles disputes related to employment, dismissal of workers, unfair working conditions in factories and estates and salaries.
- The magistrate court is headed by the registrar of the high court

HOW LAWS ARE MADE

STAGES OF MAKING THE LAWS

1. Moving a motion on a bill
2. Debating the bill
3. Voting for or against a bill
4. Approving by the president

The making of laws is one of the most important functions of parliament. The following stages are followed:

Stage 1: Members of parliament move a motion for a new law to be made or for a law to be changed. The proposal or draft document is called a bill. The Member of Parliament explains what the bill is about and gives the reasons for the new law or why the existing law must be changed. A bill is a draft document or proposal for a new law to be made or for a law to be changed

Stage 2: Members of parliament debate the bill for or against the proposal

Stage 3: Members of parliament vote whether to accept or reject the bill. It is passed once the majority of members of parliament accept it

Stage 4: The bill is then presented to the president for approval. Once it has been approved, it becomes an act or law.

THE IMPORTANCE OF LAWS

- ensuring that people are treated fairly and equally
- ensuring that people do not abuse their authority or power
- protecting personal and public property
- preventing crime, hence, maintaining peace and order
- ensuring that people's rights and interests are protected

HOW LAWS ARE ENFORCED

- educating people about the laws
- ensuring that all citizens obey them
- ensuring that criminals are not left free once found guilty

UNIT 11 DEMOCRATIC GOVERNMENT

DEMOCRACY

The word 'democracy' comes from two Greek words *demos* which means people and *kratos* which means authority or power.

A democratic government is defined as a government of the people, by the people and for the people.

Leaders are chosen by the people to represent them and protect their rights and interests.

A democratic government is characterised by the following principles:

- leaders are elected or chosen by the people
- those elected have a limited period to govern
- the rights of the minorities are protected
- the government rules with the freely given consent of the people
- people have the right to demonstrate against unpopular actions or decisions

PRINCIPLES OF A DEMOCRATIC GOVERNMENT

- regular, free and fair elections
- tolerance
- the rule of law
- control of abuse of power
- bills of rights
- equality
- citizen participation
- acceptance of election results
- accountability and transparency

Regular, free and fair elections

There should be no intimidation or bribery or threats during elections.

Tolerance

In a democracy, people with different views must accommodate and respect each other despite the differences they may have.

The rule of law

In a democracy, no one is above the law. Everyone irrespective of status is equal before the law.

Control of abuse of power

This principles prevents elected leaders or appointed groups of people from abusing their power.

Bills of rights

This is a list of rights and freedoms granted to all the people, and limits the power of the government. The bill of rights is found in the constitution of the Republic of Malawi.

Equality

All citizens in a democracy should be treated equally regardless of their ethnic group, race, region, sex or political affiliation. Everyone should be valued equally and must have equal opportunities.

Citizen participation

Citizens must take part in the affairs of the government. This can be through voting, standing for elections, paying taxes, accessing information and participating in development work in their communities. People should also be informed by the government on the affairs concerning them.

Acceptance of election results
Accepting election results strengthens democracy. The losers should accept defeat.

Accountability and transparency
The leaders should be accountable to the people. They are answerable to people on whatever they have done. They should accept responsibility for their actions, and this should be carried in accordance with the people's will and interests. They should explain matters to the people and should be free to ask questions and get answers from their leaders.

SEPARATION OF POWERS

There are three branches of government in any democratic government.

These are the legislature, the executive and the judiciary.

These branches clearly spell out separation of powers. These are there to provide checks and balances.

1) The executive
The head of this branch is the president. He or she is assisted by ministers and all civil servants. The duty of the cabinet ministers is to supervise the work of the government departments and help in making decisions on government policies. The ministers are given specific duties to do such as overseeing labour, education, health, agriculture and finance. Civil servants work under particular ministries.

2) The legislature
This consists of the national assembly which together with the president make up parliament. This is the body which makes laws. The national assembly is composed of members of parliaments (MPs) who are elected once in 5 years to represent constituencies.

Constituencies are areas found in each district. The sizes and boundaries are decided by the electoral commission which is responsible for conducting all the elections. Any Malawian citizen of over 21 years can be elected to the national assembly.

The head of legislature is the speaker.

The speaker of the national assembly is chosen by members of parliament among the parliamentarians.

The speaker of the national assembly is responsible for chairing meetings and maintaining discipline in the national assembly.

The legislature or parliament is responsible for:

- representing the people of their constituencies by debating issues that affect them
- checking the activities of the other branches of the state
- making laws for the country done by formulating, debating and passing laws that conform to the constitution and approved by the president

The national assembly also works through committees made up of MPs such as the public appointments committee, the finance and budget committee, the legal affairs committee and the education committee.

3) The judiciary

'Judiciary ' simply means the courts. Unlike the legislature and executive, the judiciary is an independent body. This branch represents an institution of government which exercises power through monitoring, checking and balancing the activities of the other two branches by requiring them to comply with the law at all times.

The judiciary in Malawi is made up of judges of the supreme court of Malawi, the high court and judges of smaller courts called magistrates.

These are the three levels courts in Malawi. All the courts are independent, which means they follow the law. No one is supposed to tell the courts how they should decide on a case.

THE FUNCTIONS OF THE COURTS

- protecting the constitution and other laws
- resolving disputes or disagreements between people and institutions
- interpreting or explaining the various laws and rules of the country as found in the constitution

The judiciary is headed by the chief justice of Malawi appointed by the president.

THE IMPORTANCE OF SEPARATION OF POWERS

- each branch is separate and independent of the others
- helping to bring about responsibility
- checking abuse of power
- providing checks and balances
- making sure that no one branch of government is more powerful than the others

GOVERNMENT

A government is a group of people who are responsible for controlling a country or state guided by the constitution or laws of the country.

THE RELATIONSHIP BETWEEN GOVERNMENT AND POLITICAL PARTIES

- political parties act as a vehicle for mobilising popular support for various policy initiatives, and for creating a favourable environment for implementing rural development programmes
- political parties provide political framework for popular participation
- the political party that is voted into power forms the government
- the political party that is voted into power develops government policies
- the opposition parties in parliament provide the checks and balances

- the opposition parties in parliament are part of government operation in the legislature
- the ruling party distributes resources and provides a wide range of services by the central government
- the ruling party promotes national building
- the ruling party performs routine party activities

HOW LEADERS ARE ELECTED

- by voting
- by appointing
- by inheritance

TERM OF OFFICE FOR ELECTED LEADERS SUCH AS PRESIDENT AND MPs IN MALAWI

- 5 years

THE IMPORTANCE OF REGULAR ELECTIONS IN A DEMOCRATIC GOVERNMENT

- they provide opportunities for citizens to exercise their powers
- They give a chance to have other leaders instead of having the very same people
- people own the government in power
- They give chance to the citizens to use all the principles of democracy
- They check on the abuse of power

IMPORTANCE OF ACCEPTING ELECTION RESULTS

- citizen participation in nation building
- promoting peace and unity in a country
- maintaining democracy
- preventing loss of life and property

THE CONSEQUENCES OF NOT ACCEPTING ELECTION RESULTS

- violence
- loss of life
- loss of peace and unity
- destruction of property
- living in fear

UNIT 12 HIV AND AIDS

THE IMPACT OF HIV AND AIDS

HIV and AIDS affects people at different levels.

a) Individual level

- The individual becomes weak and cannot take part in any social and economic activities
- The individual depends on the other people for support
- Individuals are stigmatised when people start discriminating them
- Individuals are traumatised when they discover they have the virus
- Individuals have a high rate of opportunistic infections

b) Family level

- There are many orphans because of HIV and AIDS
- Families spend a lot of resources such as finances and time taking care of the sick
- Children assume parental roles when parents die
- Families break apart when relatives share the orphaned children

c) Community level

- Communities are burdened with so many deaths, sick people and orphans
- Communities spend a lot of time attending funerals
- Communities spend a lot of time taking care of sick people
- Communities spend a lot of time looking after increasing number of orphans
- Communities have financial and material resources under pressure

d) National level

- There is increased pressure in health services due to the high number of AIDS patients
- There is increased cases of opportunistic infections that require drugs to treat
- There is inadequate medical personnel to attend to the many patients
- There is a shortage of skilled personnel in various fields such as education, agriculture, security service

PREVENTION OF HIV AND AIDS

- abstinence
- being faithful to one partner
- avoiding risky cultural practices
- using a condom when having sex
- Joining anti-AIDS clubs for guidance and counselling
- avoiding getting pregnant when infected with HIV
- preventing mother-to- child-transmission by using drugs
- Not sharing skin-cutting instruments

SOME OF THE INSTITUTIONS DEALING WITH HIV AND AIDS AND DISSEMINATE HIV and AIDS messages

- National AIDS Commission (NAC)
- Youth Net and Counselling (YONECO)
- Adventist Development Relief Agency (ADRA)
- Malawi Business Coalition against HIV and AIDS (MBCA)

CARE FOR THE PEOPLE LIVING WITH HIV AND AIDS

- Providing them with clothes
- Providing them with beddings
- Providing them with soap
- Providing them with medicines
- Taking them to hospital when they are ill
- Feeding them with nutritious food
- Bathing them
- Washing their clothes
- Working and playing with them
- Praying with them

UNIT 13 TOURISM

MAJOR TOURISM CENTRES

- National parks and game reserves
- Lakes and oceans
- Water falls
- Historical sites
- Mountain areas

Major tourism centres and their examples

- National parks and game reserves such as the Nyika, Liwonde and Kasungu in Malawi, Serengeti, Mikumi and Selous in Tanzania, Hwange in Zimbabwe in Gorongosa in Mozambique, Virunga in DRC, Ehosha in Namibia, Kruger in South Africa and Luangwa and Kafue in Zambia
- Lakes and oceans such as Lake Malawi, the Atlantic Ocean and Indian Ocean
- Water falls such as Victoria Falls on the Zambezi River, Murchison Falls on the River Nile in Uganda
- Historical sites such as Zanzibar, Mwalawamphini in Dedza, Great Zimbabwe Ruins and Robben Islands
- Mountain areas such as Mulanje in Malawi, Kilimanjaro in Tanzania and Drakensberg in South Africa

IMPORTANCE OF TOURISM

- Tourism creates employment opportunities to people who work in hotels and those who work as travel guides
- Tourism improves health and transport services
- Tourism promotes coordination and understanding between people from different countries
- Tourism brings foreign exchange to the country which tourists bring
- Tourism encourages the development of many sectors
- Tourism promotes the preservation of wildlife for future generations
- Tourism promotes a sense of sustainability for future generations
- Tourism promotes the desire to travel more

FACTORS THAT INFLUENCE THE DEVELOPMENT OF TOURISM IN SOUTHERN AFRICA

- good shopping facilities
- a stable economic environment
- hotels of good standards
- good travel agents
- favourable weather conditions
- favourable climate
- sandy beaches and good swimming areas
- clear waters
- good sites for mountaineering
- the existence of wild animals
- historical or architectural areas of interest
- friendly people and peaceful countries
- availability of good food

THE FACTORS THAT HINDER THE DEVELOPMENT OF TOURISM IN SOUTHERN AFRICA

- poor or inadequate accommodation facilities
- poor transport facilities
- unfavourable weather conditions
- lack of information about the centres of interest
- poor communication
- long distances to major tourist centres
- unfavourable political conditions
- outbreak of epidemic diseases

UNIT 14 NATURAL DISASTERS IN SOUTHERN AFRICA

NATURAL DISASTERS

Natural disasters are sudden events which may lead to damage of property and even loss of lives of people and animals.

SOME OF THE NATURAL DISASTERS WHICH AFFECT SOUTHERN AFRICA

- Floods
- Earthquakes
- Landslides
- Locusts
- Drought
- Lightning
- Cyclones
- Epidemics
- Landslides and flush floods
- Famine
- Earth tremors
- Pests

THE CAUSES OF NATURAL DISASTERS

- Heavy rainfall
- Changes in temperature and air pressure
- Large quantities of loosened surface rocks sliding down steep slopes
- Rocks getting saturated with water
- Continuous period of dry weather
- Having insufficient or no food in an area or country
- Movements below the surface of the earth
- Careless cutting down of trees
- Having multiple sexual partners

THE EFFECTS OF NATURAL DISASTERS

- Displacement of people
- Destruction of crops
- Loss of animals
- Destruction of soil
- Destruction of property
- Destroying many fields of growing crops
- Loss of lives of people
- Suffering from epidemics of diseases
- Starvation of people and animals
- Destruction of buildings, communication and power lines

THE PRECAUTIONARY MEASURES AGAINST DISASTERS

- Encouraging people to plant trees in places which are bare
- Encouraging people to plant a variety of crops including drought resistant crops
- avoiding settling close to river banks and on steep slopes
- Avoiding establishing settlements along mountain slopes
- Avoiding cultivating along mountain slopes
- Switching off home electrical appliances during thunderstorms and lightning to avoid accident
- Avoiding moving while there are strong winds
- Not walking or playing when it is raining
- Moving away from buildings as soon as earthquake occurs
- Planting trees around houses to act as windbreaks
- Reporting the presence of pests to agricultural extension workers
- Reporting any epidemic to health authorities immediately
- Avoiding having sex with multiple partners
- Avoiding careless cutting down of trees
- Listening to weather forecasts and taking necessary steps when advised

NATIONAL AND REGIONAL EFFORTS IN DEALING WITH DISASTERS

- Establishing a regional drought reserve fund for purchasing grain
- Giving relief aid to victims during emergencies
- Warning people on forthcoming natural disasters
- Advising people not to settle along river banks and steep slopes and to move to safer areas
- Sensitising people on the importance of trees and the dangers of environmental degradation
- Training people to be self-reliant
- Planting seeds and using seedlings which can resist drought
- Sensitising people on dangers of natural disasters
- Creating development programmes to assist people in food production

UNIT 15 THE POPULATION COMPOSITION OF AFRICA

POPULATION

Population is the number of people found in an area.

THE POPULATION COMPOSITION OF AFRICA

Africa has many countries each with different population sizes. Each country is composed of different tribes each with its unique characteristics.

Each of the tribes belongs to a major group of people.

THE POPULATION DISTRIBUTION IN AFRICA

The population of Africa is not evenly distributed. Some countries have more people than others.

REASONS WHY THE POPULATION IS DISTRIBUTED DIFFERENTLY

- Vast areas of land are occupied by the Sahara Desert in the north and Kalahari Desert in the south. The Desert areas are very sparsely-populated.
- Another vast land area is occupied by the tropical rain forest which is virtually uninhabited, for example, the Congo Forest
- Some areas have very high populations because the soils are very fertile
- Some countries have high populations because of the availability of minerals, oil and industries
- Some countries have high populations because of the growth of cities, towns and coastal regions

MAJOR GROUPS OF PEOPLE OF AFRICA

- The Hamites
- The Nilotes
- The Negroes
- The Bantu

CHARACTERISTICS OF MAJOR GROUPS OF PEOPLE OF AFRICA

The Hamites

- They have brown skin
- They have straight nose
- They have long hair

The Nilotes

- They are normally tall people with a very dark skin

The Negroes

- They are more or less like the Nilotes.
- They are generally tall with dark brown or black skin,
- They have wide nose and thick lips.

The Bantu

- They have black skin
- They have short flat nose

- They have thick lips
- They have dark or brown short hair

LOCATION OF THE MAJOR GROUPS OF PEOPLE OF AFRICA

The Hamites
The Hamites are generally found in the Nile Valley and Ethiopian highlands.

They are believed to have originated from Arabia.

Some Hamites also moved south to Kenya and Tanzania.

The Nilotes
The Nilotes are mostly found in East Africa, in Kenya, Sudan and Uganda.

They are believed to have originated from Egypt.

The Nilotes of Uganda are called the Acholi.

The Nilotes of Kenya are called the Luo.

The Nilotes of Sudan are called the Dinka.

The Negroes
The Negroes migrated from Asia to Niger around Lake Chad and spread further southwards across the southern part of Sahara Desert in West Africa.

The Bantu
The Bantu came from the highlands of Cameroon (around Lake Chad).

They migrated southwards to the Democratic Republic of Congo from where they migrated further to most of the countries of North East, Central and Southern Africa.

UNIT 16 POPULATION CHANGE IN AFRICA

The population of any place changes from time to time.

In most cases, the population increases. This is called population growth.

In some countries, the population may decrease. This is called population decline.

THE CAUSES OF POPULATION CHANGE

- Births and deaths
- Migration
- Disasters

THE FACTORS THAT INFLUENCE MIGRATION

- search for jobs
- search for new settlements
- wars

THE EFFECTS OF POPULATION CHANGE IN AFRICA

- increase in the number of children below 15 years of age who will be dependent on those aged between 15 and 64
- increased pressure on the land for cultivation
- increased pressure on the school facilities
- increased pressure on medical facilities
- increased pressure on the economy of the country
- increased pressure on food distribution among the people
- The destruction of the environment
- Creates shortage of job opportunities
- lowers the people's standards of living

THE SOLUTIONS TO THE EFFECTS OF POPULATION CHANGE

- encouraging people to adopt family planning methods
- improving the country’s health facilities
- providing more job opportunities
- improving agricultural production

UNIT 17 THE EARLY EXPLORERS OF AFRICA

There were several explorers who came to Africa.

Some of them are:

- Dr David Livingstone
- Mungo Park
- Speke
- Burton
- HM Stanley
- Vasco da Gama.

DR DAVID LIVINGSTONE

Dr David Livingstone was born in Blantyre, a small industrial town near Glasgow, Scotland in 1813. Livingstone started his life in Africa as a missionary and through his experience he extended his vision and enlarged his ambition to explorations.

He explored the Zambezi River and had the first view of the great falls of Mosi-O-Tunya which he later named after Victoria.

Thus, Livingstone is believed to be the first white man to reach Victoria Falls.

In May 1858, Livingstone reached the mouth of the Zambezi but his hopes were dashed when the Kebrabasa Rapids proved insuperable. He turned aside to Shire where his expedition was more fortunate and his steam boat sailed up and down as far as the cataracts named by Livingstone, the Murchison Falls.

On April 18, 1859, Livingstone saw Lake Chilwa for the first time and commented on the beauty of the Shire Highlands landscape.

On a third trip up the river in June, he reached Lake Nyasa itself. He noticed that there was abundant evidence of slave trade and the lake itself clearly provided one of the great trade routes in land.

At a village on the Lualaba River, he witnessed slaughter of villagers by slave traders. The letter he sent home describing the event infuriated the public, and English Government pressurised the Sultan of Zanzibar to stop the slave trade. The pressure was only partially successful as the trans-Atlantic slave trade organised by the Portuguese had begun around 1530.

Livingstone was another explorer fascinated by the problem of the source of the Nile as another explorer Speke claimed. He therefore, in 1866, set out on a journey whose aim was to clear up once and for all the mystery surrounding the source of the Nile. He set off from Zanzibar for Ujiji on the Lake Tanganyika.

He explored the region around the lake but his efforts to prove that Lake Victoria was the source of the Nile were fruitless. He did, however, discover Lake Bangwelu and explored the upper reaches of the River Congo before his death in 1873.

His two African assistants dried his body and carried it and his papers on a dangerous 11 mouth journey to Zanzibar – a trip of 1,000 miles. The natives buried his heart in Africa as he had requested, but his body was returned to England and burned at Westminster Abbey.

CONTRIBUTIONS OF DR DAVID LIVINGSTONE

- He was the first white man to reach the Victoria Falls
- He discovered the Murchison Falls
- He contributed to the solving of the mystery surrounding the source of the Nile River
- He was the first white man to discover Lake Malawi in June 1859
- He was against slave trade

MUNGO PARK

Mungo Park was born in 1771 near Selkirk in Scotland. He was a surgeon and explorer.

In 1795, he was sent by the Association for the Promoting of the Discovery of the Interior of Africa to discover the course of River Niger as it was believed that the Niger was a tributary of either the River Senegal or Gambia.

He was regarded as the first of the famous North Western explorers. He explored the area bordered by the rivers of Gambia and Senegal. He reached the source of Niger River before turning back. He found out that Niger flowed east.

Mungo Park was accompanied by an ex-slave raider, Johnson, who had returned from the West Indies. He was also accompanied by a slave called Demba, who had been promised his freedom on completion of the journey.

At his first stop at Bondou, Park was forced to give up his umbrella and his best blue coat. Shortly after his encounter with the local Muslims, Park was taken as prisoner. Demba was taken away and sold. Johnson was considered too old to be of value.

After four months, Johnson and Park finally managed to escape. He had no belongings except his mat and compass but refused to give up the expedition even when Johnson refused to travel further.

Relying on the kindness of African villagers, Park continued on his way to the Niger, reaching the river on 20 July, 1796.

In 1805, Park reached another agreement with banks. Park was to lead an expedition to follow the Niger to its end. His party consisted of 30 soldiers from the Royal African Corps plus officers including his brother-in-law, Alexander Anderson, who agreed to join the trip.

Against logic and advice, Mungo Park set off from the Gambia in the rainy season. Within 10 days, his men were suffering from dysentery. This led to the death of some members.

By November 19, 1805, only five of them remained alive. Park, lieutenant Martyn and the three soldiers. These set off downstream from Segu in a canoe.

At Busa Rapids, Park and his small party were mistaken for Muslim raiders and they were shot dead and drowned in 1806.

BURTON AND SPEKE

Richard Burton and John Henning Speke were two Englishmen who left Zanzibar in 1856 on a journey to the interior of East Africa. Their objective was to find out the source of the River Nile.

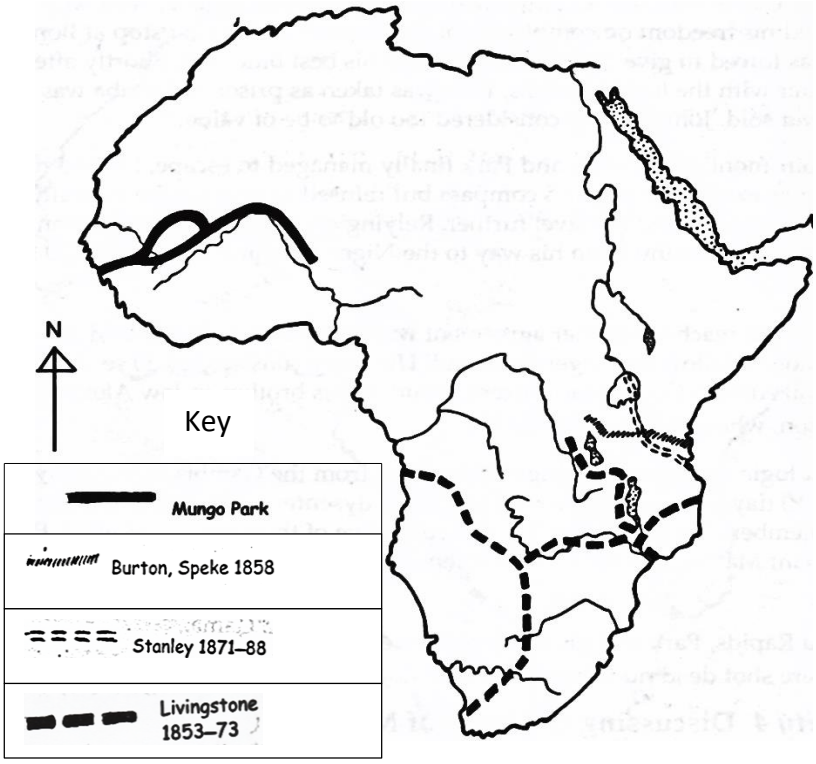
In August 1858, Speke reached Lake Victoria and guessed that it was the source of the River Nile.

HM STANLEY

Henry Morton Stanley, a journalist was sent by an American newspaper to prove if indeed Lake Victoria was the source of the River Nile as Speke had guessed. In two subsequent journeys, Stanley explored the country between Lake Edward and Lake Victoria.

The work by HM Stanley

1. He made a map of Lake Victoria from north to south and from east to west between 1871 and 1874
2. The map he drew finally proved that the source of the Nile was Lake Victoria



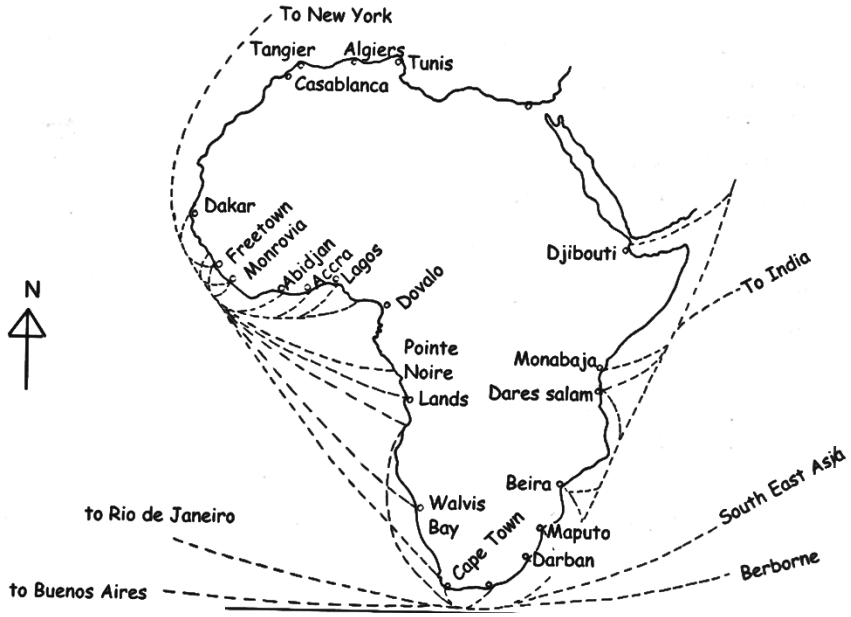
A map of Africa showing exploration routes by different explorers

VASCO DA GAMA

Vasco da Gama was born to a noble family in Jines, Portugal in 1460. Vasco da Gama was a Portuguese explorer who discovered the ocean route from Portugal to the east.

He sailed from Lisbon, Portugal on 8 July, 1497 heading eastwards. He was sent by King Manuel the first of Portugal.

Vasco da Gama reached the Cape of Good Hope in South Africa on November 22, 1497 and he continued on to India. After many stops in Africa and problems with Muslim traders who did not want interference in their profitable trade routes, Vasco da Gama reached Calcutta in India on May 20, 1498.



A map of Africa showing the exploration routes by Vasco da Gama

He returned to Lisbon, Portugal in September 1499. Along the way, many crew members died from scurvy caused by lack of vitamin C.

Upon his return, Vasco da Gama was treated as a hero and was rewarded by the king.

King Manuel 1 of Portugal then sent Vasco da Gama on another expedition to India (1502-1503). On this second trip, Vasco da Gama took 20 armed ships because he anticipated problems from Muslim traders.

On this voyage, Vasco da Gama killed hundreds of Muslims in order to demonstrate his power. After King Manuel's death, King John the third sent Vasco da Gama to India again.

Vasco da Gama died of an illness in India on December 24, 1524 and his remains were returned to Portugal for burial.

UNIT 18 TRANSPORT AND COMMUNICATION

TRANSPORT SYSTEMS OF AFRICA

Transport is a means of moving people from one place another.

Transport is also a means of carrying raw materials and manufactured goods to places where they are needed.

TYPES OF TRANSPORT SYSTEMS IN AFRICA

- Road transport
- Railway transport
- Water transport
- Air transport

a) Road transport

There are a number of roads in Africa which connect major cities with each country and also to different countries.

Some of the major roads are:

* Cape Town to Johannesburg in South Africa
* Durban to Johannesburg road in South Africa
* Johannesburg to Harare and Bulawayo road in Zimbabwe
* Johannesburg to Harare and Lusaka in Zambia
* Blantyre to Karonga road in Malawi

There are some areas in Africa which have few or no roads because of mountains, lakes, seas and deserts. For example, there is no major road between North Africa and West Africa because of Sahara Desert.

The Congo Basin has almost no roads because of the rainforest and many rivers.

The types of vehicles that use the roads include small cars, lorries, buses, trucks, oil tankers, bicycles and ox-carts.

b) Railway transport

The major railway lines are:

- Cape Town to Johannesburg railway line in South Africa which extends into Zimbabwe and Zambia
- Durban to Johannesburg railway line in South Africa joining Cape Town to Zimbabwe line
- Maputo to Johannesburg and Maputo to Zimbabwe railway lines
- Beira to Zimbabwe – Zambia railway lines, and from Zambia to the port of Lobito in Angola
- Nacala and Beira to Malawi railway lines
- Dar es Salaam to Zambia railway lines which is also called the Tanzania -Zambia Railway (TAZARA)
- Dar es Salaam to Kigoma railway lines on Lake Tanganyika
- Mombasa – Nairobi to Kampala railway lines in East Africa

In general, Eastern and Southern Africa have more railway lines as compared to West Africa and North Africa.

The Sahara Desert and Congo Basin are a hindrance to rail construction.

c) Water transport

Africa is surrounded by three water bodies:

1. The Indian Ocean in the east
2. The Atlantic Ocean in the west
3. The Mediterranean Sea in the north

A seaport is a place where ships stop to load and offload goods and passengers.

The major sea routes:

- Cape Town to Europe, North and South America
- Cape Town and Middle East, India and Australia
- Suez Canal via the Red Sea and Mediterranean Sea

The Suez Canal is a passage which was dug through a piece of land to connect the Mediterranean Sea with the Red Sea. This enables big ships to pass through the canal shortening the distance between Europe and Asia.

d) Air transport

Air transport is the fastest means of travelling. However, it is very expensive.

There are two types of air transport services provided in Africa.

These are:

* domestic air services
* international air services

Domestic air services

Domestic air services refers to air transport provided within each country. For example, from Lilongwe to Blantyre and Mzuzu within Malawi.

International air services

International air services refers to air transport provided to enable people to travel to other countries within Africa and also outside Africa to Europe, America, Asia and Australia.

Air transport also carries goods like mail, clothes and medicines.

Such goods carried by a plane are called cargo.

ADVANTAGES AND DISADVANTAGES OF DIFFERENT TYPES OF TRANSPORT

TYPE OF TRANSPORT	ADVANTAGES	DISADVANTAGES
Road transport	- it allows operating from door to door - it stimulates economic activities - it is faster than railway transport and water transport	- untarred roads become impassable during the rainy season - congestion because of too many cars - encourages air pollution - Risk of accidents is great - noise pollution is high
Railway transport	- it carries large volumes of goods - it carries large numbers of passengers - it is fast, if electrical	- routes are not flexible as it follows defined lines - it cannot travel up steep slopes
Air transport	- it is fast - it is comfortable	- it has high running costs - it is very expensive
Water transport	- it can carry bulky goods - it is cheap	- it needs deep ports - it is not accessible in all areas - it is too slow

COMMUNICATION

Communication is the passing of information, thoughts and ideas from one person or place to another.

SOME OF THE MEANS OF COMMUNICATION USED IN AFRICA

- letters
- televisions (TV)
- phones
- radios
- newspapers
- electronic mail (e-mail)

ADVANTAGES AND DISADVANTAGES OF DIFFERENT MODES OF COMMUNICATION

MODE OF COMMUNICATION	ADVANTAGES	DISADVANTAGES
letter	- it is cheap - it reaches even the remote areas	- it takes long time to reach destination - Sometimes messages lose value
Telephone	- messages are fast - caller gets response immediately	- it is not usable in areas where there are no network facilities - it is expensive

Fax	- it is fast - it is useful in sending letters which are bulky	- it is expensive to buy the machine - it is not used where there are no telephone lines - it is expensive
Electronic mail (e-mail)	- it is fast	- it is expensive - it needs skill - it is not used where there is no computer or network
Radio	- information is passed quickly	- it requires batteries or electricity

IMPORTANCE OF TRANSPORT

- it makes it easy for people to move from one place to another
- it provides easy movement of exports and imports

THE RELATIONSHIP BETWEEN TRANSPORT, COMMUNICATION AND ECONOMIC ACTIVITIES

Messages and information are easily passed on to other people or countries to promote economic development.

Roads, railways and sea ports in Africa are built to serve areas of economic influence.

For example, Malawi produces tea, sugar and tobacco. These are exported by railway lines through the ports of Nacala and Beira.

From the ports, the crops and minerals from Malawi and other African countries are carried by ships to Europe, America, Australia and Japan.

These products are called exports.

In return, imports like machinery, cars, medicines, fertilizers and other manufactured goods are brought into African countries through the ports and railway lines.

UNIT 19 SAFETY

THE DUTIES OF TRAFFIC POLICE AND WARDENS

Traffic wardens are people assigned the duties of traffic control. Examples of traffic wardens are scholar patrols.

These scholar patrols are school children that stop cars for fellow school children to cross the road near schools that are located along busy roads.

Other examples of traffic wardens are city assembly workers working in towns, airports, hotels and private companies. All these help to regulate traffic in these places.

THE DUTIES OF TRAFFIC POLICE

- checking the road worthiness of vehicles
- prosecuting any kind of traffic offence
- offering rescue services at the scenes of accidents
- checking over-speeding vehicles
- educating the public about road safety

PRECAUTIONARY MEASURES TO BE OBSERVED ON THE ROAD BY DRIVERS

- observing traffic rules and regulations
- making sure that the car is safe and in good condition before driving it
- wearing proper shoes and comfortable clothes
- watching out for bad drivers by being alert all the time
- reporting any accidents that they may be involved in
- wearing safety belts
- resting when they feel tired
- avoiding driving when they are depressed
- avoiding drinking alcohol and drive
- ensuring that small children are always in the back of the car with locked doors

THE PRECAUTIONARY MEASURES TO BE OBSERVED ON THE ROAD BY CYCLISTS

- cyclists should know the highway code
- cyclists should make sure that their cycles are safe before riding them
- good cyclists should always think about other people
- cyclists should always watch out for children who just run into the road
- cyclists should ensure that anything carried is firmly fixed and does not get in the way of other road users
- cyclists should put on something white when cycling at night and the bicycle should have light in front and reflectors at the back

THE PRECAUTIONARY MEASURES THAT PEDESTRIANS NEED TO OBSERVE ON THE ROAD

- pedestrians should use the foot paths which are provided for them alongside the road
- pedestrians should walk next to the edge of the road facing on coming
- pedestrians should not walk in the middle of the road
- pedestrians should carry light or wear something white at night
- pedestrians should not walk or play in the road
- pedestrians should not step into the road without first looking right, left and then right again to see if the road is clear
- pedestrians should stand in the centre of the road to wait for a gap in the traffic and then cross when there is heavy traffic and the pedestrians are caught while crossing

THE PRECAUTIONARY MEASURES TO BE OBSERVED ON THE ROAD BY VENDORS

- vendors should not sell their items on the road
- vendors should sell their wares on established flea markets

ACCIDENTS AT HOME, WORK AND RECREATION PLACE

Accidents that may happen in home

- being cut by sharp objects
- falling down due to wet floors and poor lighting
- electric shock
- being burnt by hot water or oil

The causes of common accidents in the home

- carelessness
- tiredness
- faulty equipment
- not concentrating on the job that is being done

The precautionary measures to be observed at home in order to prevent accidents

- draining bath tubs, pails and swimming pools when not in use
- switching off all electrical appliances when not in use
- removing water from the fire as soon as it boils
- putting out fire once you finish using it
- keeping away sharp knives and objects
- keeping kitchen floors dry to prevent people from slipping and falling down

Accidents that may occur at work place

- fire breaking out from factories

- being cut by sharp machines
- being electrocuted

The causes of accidents at work place

- carelessness
- faulty equipment
- panicking
- tiredness
- not concentrating on the job that is being done
- not following safety instructions
- walking in places with inadequate light
- not wearing protective clothing for the job that is being done

PRECAUTIONARY MEASURES TO BE OBSERVED IN THE WORK PLACE TO PREVENT ACCIDENTS

- obeying all safety rules
- wearing protective clothing for the job that is being done
- considering all power lines to be live and dangerous
- not being careless when working with equipment and chemicals
- reporting immediately any equipment that has faults
- avoiding using the metal ladders, use wooden ladders instead to avoid contact with electricity
- avoiding working while tired
- recognising hazardous and dangerous spots to your operation or work
- not using unskilled electricians

Accidents that may happen at recreation places

- drowning in lakes or oceans
- Falling when mountain climbing
- being devoured by wild animals at national parks or game reserves
- breaking legs or arms on school playgrounds

Some causes of accidents in recreation places

- not planning safety rules beforehand
- people tend to have a carefree and daring attitude and they usually want to do as they like, forgetting all the rules
- too much drinking which leads to carelessness
- having school playgrounds that have potholes may cause accidents

Some precautionary measures to be observed at recreation places

- remembering to keep all the safety rules
- reading and learning all about doing something new like sailing or swimming
- deciding not to take any risks
- making sure that all the family knows how to get help if an accident happens
- making sure that the car or bicycle is in good repair by having it checked before going out
- not doing too much of an activity

UNIT 20 CIVIL WARS AND PEACEFUL CONFLICT RESOLUTION

Civil wars are wars which occur among people who belong to the same country.

Conflicts are disagreements in ideas, opinions, interests and viewpoints.

Conflict resolution refers to the settling of differences or disagreements between or among people, communities and nations.

The best way to resolve a conflict is to approach it in a non-violent or peaceful way.

THE CAUSES OF CIVIL WARS

- Political differences
- Ethnic differences
- Religious differences
- Lack of good governance
- Economic benefits
- Hunger for power

THE EFFECTS OF CIVIL WARS

- death
- injuries
- refugees
- famine
- destruction of property
- outbreak of diseases
- widows and orphans

- child soldiers
- violent society

SOME PEACEFUL WAYS OF RESOLVING CONFLICTS

- Negotiation
- Mediation
- Arbitration

PEACEFUL CONFLICT RESOLUTION SKILLS

- tolerance
- patience
- respect
- empathy
- sympathy
- effective communication

IMPORTANCE OF PEACEFUL CONFLICT RESOLUTION

- it helps to promote peace and unity in homes, schools, communities and countries
- it helps to reduce suffering, loss of life and destruction of property during civil wars
- it helps to promote cooperation and development
- it helps to create a good working environment
- it helps to promote justice, equality, freedom and respect for people's lives

UNIT 21 AIR

Air is a substance which embraces the whole atmosphere.

Air is used by both plants and animals.

IMPORTANCE OF AIR

- All living things need it for breathing

- plants need it for germination
- Animals and plants need air to respire
- Air and wind are useful during plant pollination

HOW AIR IS POLLUTED

Air pollution occurs when air contains gases, fumes or odour in harmful amounts. These amounts of fumes or odours can be harmful to the health and comfort of people.

These can also cause damage to plants and animals.

The substances that cause air pollution are called the pollutants.

Air pollution mainly occurs as a result of gaseous discharges from industries and motor vehicles.

There are also natural sources such as wind-blown dust and smoke from fires.

WAYS IN WHICH AIR POLLUTION MAY OCCUR

- odour from decomposing substances
- smoking in public places
- burning of car tyres
- excessive release of smoke from firewood and charcoal
- production of dust through quarrying and cement production
- chemicals

THE EFFECTS OF AIR POLLUTION

- may cause respiratory diseases such as asthma and tuberculosis
- may hamper respiration in plants and animals

WAYS OF CONSERVING AIR

- avoiding smoking in public places
- burning objects in such way that soot and dirt do not go into the air
- using sprays such as insecticides and pesticides carefully
- ensuring proper discharge or release of gases from the factories
- burying decomposing substances
- planting grass and trees to prevent dust from getting into the air

UNIT 22 THE NATURAL RESOURCES OF SOUTHERN AFRICA

Natural resources are things that are provided by nature.

THE NATURAL RESOURCES OF SOUTHERN AFRICA

- mountains
- minerals
- water
- soils
- air
- wild animals
- forests and other vegetation
- fish

Mountains

Examples of mountains are Mulanje in Malawi; Kilimanjaro in Tanzania; Drakensberg in South Africa.

Minerals

Examples of minerals are gold in South Africa; uranium and bauxite in Malawi; copper in Zambia; diamond in Botswana and South Africa; coal in Malawi, Zimbabwe and South Africa

Water

Water is mostly found in lakes and rivers such as Lake Malawi, Lake Tanganyika, Shire River and Zambezi River, Limpopo River, Orange River, Rufiri River, Luangwa River as well as Caborabasa Dam and Kariba Dam

Soils

Examples of soil are clay, sand, roam and alluvial soil.

Air

This is manly composed of oxygen, carbon dioxide and nitrogen.

Wild animals

These are animals that live naturally in the bush. They are not kept by people. Most of these animals are kept in protected areas that are called national parks or game reserves.

Such protected areas include Serengeti in Tanzania, Liwonde in Malawi and Luangwa in Zambia.

Forests and other vegetation

There are so many forests in Southern Africa and the general vegetation is quite varied

Fish

Some examples of fish are chambo, usipa, mlamba, kapenta and bakayawo.

These are found in Lake Malawi and Lake Tanganyika, Indian Ocean and Atlantic Ocean.

THE IMPORTANCE OF NATURAL RESOURCES

Importance of mountains

- mountains are sources of rivers
- mountains are sources of minerals
- mountains influence rainfall
- mountains contain forests which are sources of trees
- mountains attract tourists
- mountains can be used for protection or defence
- mountains are habitats for wild animals
- mountains act as international boundaries

Importance of soil

- crops need the soil to grow
- bricks are made from soil
- soil can be used for beautifying houses
- soil may be used to build or maintain roads
- soil is used for pottery
- soil is the home of some animals
- soil is sometimes used for burying rubbish

Importance of water

- water is used for drinking
- water is used for washing and bathing
- water is used for irrigating crops
- water is used for cooking
- water is a means for transport
- water is a home for fish and other marine animals
- water may be used for production of hydro-electricity
- water may be used for recreation purposes
- water may be used for dumping wastes

Importance of forests

- forests are homes of wild animals
- forests are sources of timber and firewood
- forests are sources of fruits that are eaten by people and other animals
- forests are sources of traditional medicine
- forests provide trees which are used for rubber production
- forests attract tourists

Importance of wild animals

- wild animals may be eaten as food by people
- wild animals provide raw materials for traditional medicine
- wild animals attract tourists who bring money into the country
- wild animals may be used for producing items such as shoes from crocodiles, belts from leopard skin and hand bags from skins of snakes

Importance of air

- air is used for breathing by all plants and animals
- air transports moisture from one area to another
- air helps in radio broadcasting and transmission of sound waves
- air is used in tubes and tyres to operate well
- air is used as a raw material in the production of fertilizer
- air is used in refrigerators
- air helps objects to burn

MISMANAGEMENT OF NATURAL RESOURCES/DANGERS THAT NATURAL RESOURCES ARE FACING

a) Soil

- over-cultivation and therefore losing its fertility
- removal of vegetation cover exposing soil erosion
- wild fires destroying the minerals in the soil
- construction of ridges along the slopes leading to soil erosion
- over-grazing

b) Wild animals

- poaching
- bush fire and careless cutting down of trees resulting in animals migrating to other habitats

c) Forests

- clearing of forests in order to open new farms, roads or buildings
- wild fires destroying the forests
- wanton cutting down of trees

d) Water

- water pollution
- cutting down of trees leading to drying of rivers and streams
- careless use of water

e) Mountains

- bush fires destroying vegetation
- cultivation on hill sides
- quarrying activities
- careless cutting down of trees resulting into severe erosion

CONSERVATION MEASURES AND MANAGEMENT OF THE ENVIRONMENT

The environment can be conserved by:

- maintaining vegetation cover to avoid erosion
- making ridges across the slopes so that soil is not eroded
- using manure or fertiliser so that soil fertility can be maintained
- reducing smoke that is released into the air
- planting as many trees as possible so that they absorb carbon dioxide
- using water wisely
- avoiding pollution of water and air
- constructing water reservoirs like dams to harvest water
- avoiding cutting down trees in water catchment areas
- constructing ridges across the slope to retain water
- establishing protected areas for wild animals to avoid poaching
- enacting laws to protect wild animals
- keeping domestic animals for meat

UNIT 23 MORAL VALUES

TOLERANCE

Tolerance means accommodating other people's views by understanding them.

Tolerance can be demonstrated through the following examples:

- able to discuss and resolve conflict peacefully in the family
- the learners understand each other and work together in school or class

THE IMPORTANCE OF TOLERANCE

- Tolerance assists people to respect other people's viewpoints different from their own
- Tolerance allows those in minority to express themselves
- Tolerance gives room for views to be heard
- Tolerance promotes sense of understanding
- Tolerance allows people to accept decisions which have been discussed
- Tolerance promotes interpersonal skills
- Tolerance assists in the development of multiple roles from which people can choose
- Tolerance reduces unbecoming behaviours which may lead to conflicts
- Tolerance helps in personal development in order to become honest, self-reliant, self-controlled, respect for others, responsible, self-confident

THE IMPACT OF INTOLERANCE ON THE NATIONAL DEVELOPMENT

The following are some of the effects of intolerance on the national development:

- There is no coordination, as a result, nothing is achieved
- There is poor planning because of disagreements
- People fear each other, as a result, no one takes a lead to initiate project work

THE END

Typesetting: Zikomo Masese Banda and Shadrach G. Chabwera (brother-in-law)

Editing: Zikomo Masese Banda

REFERENCES

MIE (2008) Social Studies Teacher's Guide for Standard 7, Domasi; MIE.

MIE (2008) Social Studies Learner's Book for Standard 7, Domasi; MIE.

www.vocabulary.com/dictionary/industry

www.investopedia.com/../company.asp