

DEPARTMENT OF STATE

POST REPORT

DATE: November 6, 1962

FROM: Zanzibar
ZANZIBAR
City
Country

Replaces Part Dated

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PART

INTRODUCTORY STATEMENT

A tour of duty in Zanzibar should provide most employees with a stimulating and challenging experience. Although Zanzibar is in the midst of rapid change, as is most of Africa, the very fact of change adds to Zanzibar's desirability as a post, particularly for personnel who have not previously served in Africa. In a sense, many of Africa's problems, opportunities, lessons, and pleasures are found in a pocket-book edition in Zanzibar, i.e., there is political evolution, social change, the variety and interplay of Zanzibar's many communities, the mark made by long ties with the metropole (Britain), and in general a fascinating way of life common to all the East African tropical coast.

While there is no lack of work at any small post such as this, there are also plenty of opportunities for recreation— including golf, sailing, tennis, fishing, swimming, and squash. There is a full round of official social life, as well as a growing tendency to entertain, and be entertained by, non-Europeans outside government. The tropical climate can at times be enervating, and isolation is an adverse factor, but there is no reason why any average, self-reliant Foreign Service employee should not thoroughly enjoy and benefit from a tour in Zanzibar.

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PART I

Geography and Climate. Zanzibar Town is the capital of the Zanzibar Protectorate, and is situated on Zanzibar Island, which is the second largest island off the East Coast of Africa. The island is approximately 53 miles long by 24 miles at the widest part. Zanzibar Town, where the Consulate is located, is 45 miles north of Dar es Salaam, 135 miles south of Mombasa, and about 375 miles south-east of Nairobi. Zanzibar is a coralline island, and lies only 22 miles off the African mainland.

Pemba Island, also part of the Protectorate, is some 25 miles north-west of Zanzibar Island. Both islands are low-lying, the highest point is the Zanzibar Protectorate being only 390 feet above sea-level.

The total area of Zanzibar Island is 640 square miles; that of Pemba Island is 380 square miles, and remote Latham Island, also part of the Zanzibar Protectorate, is inhabited only by migratory waterfowl, and measures 920 feet by 280 feet.

The climate is basically governed by the monsoons. It is very hot and enervating at times, though for most personnel it would not be correct to call the climate unhealthy.

From December to March the north-east monsoon blows and temperatures are at their highest. In April and May there are fairly heavy rains as the wind shifts around to the south. During the south-west monsoon season from June to late October the weather is comparatively cool and pleasant. There are lesser rains in November and December.

Mean temperatures in Zanzibar vary between 76.6°F to 84.4°F. The average temperature in February (the hottest month normally) is 83.7°F, and the average temperature in August (the coolest month normally) is 77.2°F. However, in 1962, the mean maximum temperature for February was 92.4°F, and the mean minimum was 77°F. Humidity is high throughout the year.

Normal annual rainfall is approximately 60 inches in Zanzibar and 75 inches in Pemba.

Description of Post. Though the first written records concerning Zanzibar date from the year 60 A.D., it is believed that the island was visited by many ancient races-- the Sumerians, Assyrians, and Phoenicians. More recently, Arabs, Indians and Persians left their mark on this area as their civilizations expanded across the Indian Ocean.

As a result, the population of Zanzibar is extremely mixed, though the great majority of the indigenous people are primarily of African (Bantu) origin. The most important additions to the main indigenous stock came from Persia and Arabia, particularly from the latter after political control passed into the hands of Omani Arabs in the 17th century.

In 1822, Seyyid Said bin Sultan, ruler of Muscat and Oman, moved his capital to Zanzibar, which became the political and commercial center of East Africa by the end of his reign in 1856. It was in this period that Zanzibar's first lasting contacts with the West began. In 1833 the Sultan signed a commercial treaty with the United States, and in 1837 the American Consulate at Zanzibar was formally established, thus making America the first of the present Western powers to be so represented in Zanzibar.

Seyyid Said was the founder of modern Zanzibar and its basic industry, the production of cloves. By the mid-18th century Zanzibar had also become a depot for the slave trade, but in 1873 Sultan Barghash agreed to abolish the great slave market at Zanzibar, and to prohibit the export of slaves from his dominions in East Africa.

British influence grew until in 1890 the Sultan formally placed his dominions under the protection of the United Kingdom. However, the Sultan's sovereignty is explicitly recognized, which places Zanzibar in the category of a "protected state" rather than that of an annexed colony.

The population of the Protectorate is difficult to categorize by race, owing to the long period of various racial incursions, but there are approximately 230,000 Africans or persons of primarily African stock in a total population of 300,000. Many of those of primarily Bantu origin, but with some non-African ancestry, are called "Shirazis". There are about 47,000 Arabs, 18,000 Indians (including persons from what is now Pakistan), 5,500 Comorians and approximately 500 Europeans, including nearly 80 Americans.

The local population is almost wholly Moslem in religion.

Description of Zanzibar Town. Zanzibar Town itself is divided into two sections - Stone Town, which lies along the waterfront, and is populated mainly by some 20,000 Arabs and Asians. The other portion of Zanzibar Town, called Ngambo, is the home of 40,000 Africans and/or Shirazis.

Stone Town, with its narrow picturesque streets, has many buildings of architectural interest and aesthetic merit, particularly the beautifully carved antique Arab doors. Stone Town derives its name from the two and three-story dwellings which stand haphazardly amongst the winding lanes of the area near the port.

Zanzibar has still a romantic, if somewhat decayed air about it; and despite its smallness it is a favorite spot for tourists seeking to see something of the Old East Africa--before the advent of the traffic circle and the modern glass-and-steel box building.

In addition to Stone Town and Ngambo, there are areas along the road to the airport (four miles from the Town center) where housing for upper-grade civil servants and well-to-do Zanzibaris has been built since World War II. The main area of this kind, Mazizini, is between $2\frac{1}{2}$ and $3\frac{1}{2}$ miles from town. Although many of the homes and blocks of flats are government-owned, and show little architectural imagination, they are located on relatively large plots of ground, and offer a contrast to the closeness of houses in Stone Town.

Nearby Places of Interest. The nearest town of any size is Dar es Salaam, capital of Tanganyika, some 45 miles to the south, which offers a larger variety of consumer goods (normally at higher prices), but no change in climate. However, Dar does offer the opportunity to see relatively new movies, have a comparatively good meal in a restaurant or hotel, get a good haircut, or, if female, visit a trained beautician--none of which can be done in Zanzibar.

Location of Office. The Consulate is located in an old Arab dwelling in Kelele (Noisy) Square, at the foot of Suicide Alley. The Consulate is near the sea, and is opposite the Cable and Wireless office, and adjacent to the Education Department and the Administrator General's offices. Other Ministries, the Post Office and main shopping center are only a few minutes walk from the Consulate.

The Zanzibar Hotel is no more than five minutes walk from the Consulate; it is perhaps ten minutes walk to the Pigalle Hotel.

Taxi service is available from the airport or the wharf.

The Consulate's telephone numbers are 2118 and 2119; the P. O. Box is No. 4.

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PART II

Sports and Outdoor Life. The most popular sports in Zanzibar are soccer, cricket, hockey, tennis, golf, swimming, fishing and sailing. A nine-hole golf course, tennis and squash courts are operated by the English Club. There are even better tennis courts (three) at the Sir Tayabali Karimjee Club.

There is excellent bathing on many of the beaches around high tide. There is little danger from sharks, but in some coral and rocky areas it is necessary to exercise care to prevent cuts and abrasions.

During several months of the year there is good deep-sea fishing and if one can afford to charter a launch on Pemba Island, there is even better fishing during the greater part of the year. Goggling and spear-fishing are also popular outdoor sports in Zanzibar. Goggling and fishing equipment are of good quality and prices are reasonable.

Social Recreation. Although the Zanzibar Sailing Club offers limited facilities for sailing in pleasure boats, and organizes a number of races, the membership list is restricted and the cost of a boat is currently rather expensive. The English Club which has residential and dining facilities, currently restricts full membership to white persons of British or American nationality. The entrance fee is sh.150/- (approx. \$21.50) for a married couple or single man; there is no entrance fee for a single lady. Monthly subscriptions are sh.30/- (\$4.30) married couple; sh.25/- (\$3.60) for single man or lady. The club has recently altered its rules so that non-Europeans may be guests of members at club social functions.

The Tayabali Karimjee Club has a multi-racial membership and in addition to tennis, has facilities for dances, billiards, cards and a small reading room. The entrance fee is sh.100/- (\$15) and monthly subscription fees are sh.10/- (\$1.45).

The Zanzibar Sailing Club, which has bar facilities in addition to a boat shed, has an entrance fee of sh.100/- for couple or single (associate member); sh.150/- (full member). Full membership is restricted to boat-owners only; the monthly subscription fee is sh.10/- per couple or single.

Other clubs on the island are organized on communal lines.

In addition to the social facilities offered by the clubs, The Zanzibar Book Club offers a limited amount of reading material as does the library at the Peace Memorial Museum.

One popular form of social entertainment is listening to His Highness's Band which plays Wednesday evenings from 7:30 to 8:30 p.m. outside the English Club, and occasionally in the Jubilee Gardens on the waterfront.

Entertaining in Zanzibar is normally done in the home. The usual East African "sundowner" is a popular form of entertaining guests. American personnel at this post have found the sit-down buffet a convenient and useful form of entertainment. Both cocktail parties and dinner parties are almost invariably black-tie. There has been no white-tie occasion since present personnel arrived at this post. The Principal Officer has attended only two functions which required morning-coat, and it would have been possible to attend in

less formal attire.

People in Zanzibar are basically friendly and there is considerable entertainment on both the official and unofficial informal levels. Social events are increasingly multi-racial, and indeed with the exception of one club there has never been any formal color bar here.

There is little formal calling; therefore only a small supply of calling cards is necessary. Informal fold-over cards are useful due to the local propensity for writing notes.

Entertainment. Live commercial entertainment in Zanzibar is rare. There are occasional musical concerts by foreign artists, primarily from India, Pakistan and the mainland. In the last 18 months there have been two presentations under the auspices of the Department of State.

There are three cinemas showing a combination of ancient American and more current English and Indian films.

With the exception of the English Club, and the dining rooms of the Zanzibar and Pigalle hotels, there is no place in Zanzibar where one can dine outside a private home. There are no night clubs or public bars normally patronized by Americans.

The local radio station, Sauti ya Unguja (Voice of Zanzibar) broadcasts 24 hours per week; all broadcasts are in Kiswahili except for a limited number of special programs in Arabic, Gujarati and English.

Reception from Dar es Salaam, Mombasa and Nairobi is normally fair to good, but it is advisable to have a good short wave receiver in order to pick up any stations outside East Africa.

To supplement the radio, music lovers should bring a phonograph adapted to a 50 cycle electric current.

British and American long playing records are available locally at relatively high prices (approximately \$6 for a 12 inch 33.1/3 r.p.m. long play).

Zanzibar offers many opportunities for keen photographers and Kodak and Ektax chrome films in black and white are normally available.

Libraries and Reading Matter. Local newspapers are inadequate, but the mainland English language daily papers normally arrive on the day of publication. In addition, the Consulate and USIS Library receive European editions of the leading New York papers. The international editions of TIME and LIFE are locally available.

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PART III

Government Quarters. There are four short-term, Government-leased residences in Zanzibar for the use of U.S. government personnel.

The Principal Officer's residence is located in the residential suburb of Mazizini, approximately three miles from the center of town and the Consulate. The residence is sited on a bluff overlooking the sea, and following alterations in May 1962, is now well suited for official entertainment. The two-story residence has three bedrooms and one bathroom upstairs in addition to a small amount of storage space. On the ground floor there is a guest room with adjoining bath, a small dining room adequate for ten, and a pentagonal living room which now opens out on to a spacious covered patio. There is a carport and reasonably good living quarters for three servants on the grounds, which are approximately $1\frac{1}{2}$ acres.

The FSO-General's residence is a spacious western style house located near the English Club golf course on the edge of town. It has three bedrooms, each with a verandah, and a bath upstairs. There is also a guest room with an attached bath on the ground floor as well as a large living-dining area which opens on to a covered porch. The kitchen is well-equipped and airy by local standards. There is a carport and a small yard which is enclosed by a hedge.

The Public Affairs Officer's residence is a converted Arab-style house at Kiembe Samaki, about four miles from the center of town and close to the airport. It has four bedrooms and two baths, situated on two floors. Two verandahs and a lawn facilitate entertaining. The house shares a one-acre walled compound with another Arab-style house occupied by the landlords, a British couple. Despite the comparative remoteness from town, the house is not isolated. Children can play safely in the compound.

The Consulate has leased an apartment for the Secretary within easy walking distance of the office. It is located on one of the main streets in Zanzibar's Stone Town. The quarters consist of one bedroom, dining room, living room, kitchen and bath.

The Principal Officer will find the furnishings and equipment adequate for all official and personal needs. Other personnel will need to bring dishes, glassware, and linens. A junior officer with large family may wish to purchase an uncomplicated washing machine as spare parts and maintenance know-how are rare commodities. The Principal Officer will also need to bring silverware, and linen for personal use.

Availability of Other Quarters. There are two hotels in Zanzibar at which American personnel would normally stay. While the rates are reasonable, and one of the two hotels has six airconditioned rooms, few rooms are available with private bath and the standard of food and service is far below that of hotels in Dar es Salaam or Mombasa, much less Nairobi.

Hotel space is inordinately difficult to secure for any length of time, which necessitates frequent shifts from room to room. Occasionally accommodation can be arranged at the English Club which has several airconditioned rooms, none of which have a private bath, and the difficulties of securing accommodation for more than a few days at a time are the same as at the hotels.

As noted above, the Department has authorized the leasing of quarters for the present American complement of the Consulate and USIS. The situation with regard to available houses and apartments has been highly changeable in the year since the arrival of the first Consulate personnel. At the present time, however, there are a number of houses and apartments available, although some of them would require extensive alteration in order to be acceptable by American standards. At the present time rent normally exceeds quarters allowances.

Furniture. The four Government-leased houses are generally furnished suitably for this area, although some of the furniture is unfortunately subject to rapid deterioration, especially lacquered wooden surfaces. Metal work quickly corrodes in the humid salt air. New custom-made and second-hand furniture is available locally should non-government quarters subsequently be utilized. Although some of the workmanship is fair to good, it is difficult to secure furnishings styled to American tastes. A certain amount of piece-goods is available in the bazaar; seamstresses are available for most simple items and both material and labor prices are very reasonable.

Facilities and Equipment Therefor. All government-leased quarters have electricity, hot and cold running water, baths and flush toilets. It is not necessary to heat houses in Zanzibar.

Cooking stoves and refrigerators are almost invariably electric.

All government-leased residences have telephones, although installation charges are high (sh.80/- - \$11.50). Monthly charges are sh.20/- (\$2.85); plus 25 East African cents (3½¢) per call.

Electrical current in Zanzibar is 230 volts, 50 cycles, A.C., 3-phase. The voltage can vary slightly but is usually constant at about 220 volts. Personnel wishing to operate American appliances should bring suitable step-down transformers as those available locally are scarce and expensive. A variable transformer is naturally useful.

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PART IV

Food. A reasonable variety of fresh and processed foods is usually available in Zanzibar. Many items in the average American diet are imported, and transportation difficulties, as well as the frequent failure of importers to keep an adequate stock through prompt reorders, makes it uncertain whether any given item will be available at a specific time. Furthermore, the variety of fresh vegetables available, especially during the hot season, is limited. Most dairy products are imported and local milk is not recommended, especially for children, even after pasteurization or boiling. As no imported fresh milk is available at this time, personnel at the post use locally available powdered or evaporated milk. Local meat is of "stewing" quality but good beef, veal, pork and lamb are imported. Most poultry products, including eggs, are also imported. Fresh seafood is plentiful and cheap, as are tropical and citrus fruits.

A small and expensive selection of frozen foods is available. The imported fresh food items and meat are priced as high or higher than in the United States, though the local produce-- meat, fish, certain vegetables, and fruits, are cheaper. Processed foods are slightly higher than in the United States.

A recent survey showed the only baby food available to be a few varieties of soup. Therefore personnel planning to use a great deal of canned baby food, and wishing variety, should bring their own supply. Carnation evaporated milk is available locally and reasonably priced.

Personnel planning to bring consumables to this post might find importing stocks of the following items useful and economical: shortening, detergent, mayonnaise, corn syrup, maple flavoring for syrup, molasses, meat tenderizer, cooking chocolate and bits, popcorn, canned soups and juices, paper products, baby food, a few special treats for variety, e.g., cranberry sauce, pie cherries, etc. Packaged baking goods, e.g., cake mixes, tend to deteriorate under local climatic conditions.

Shops in Nairobi carry a greater variety of food stuffs, and it is possible to place orders with them, although prices, with transportation, are high. Personnel here may also place orders with the U.S. Commissary in Paris for surface shipment at their own expense.

Clothing and Shoes. Summer clothing is worn the year round in tropical Zanzibar, but all personnel and family members should bring a small wardrobe of warm clothes for trips to Nairobi and the highlands of Tanganyika and Kenya. Local government officials generally wear short sleeved shirts, shorts and knee socks at work. The American male Consulate staff wear long trousers, long or short sleeved shirt and necktie in the office, usually bringing the suit jacket to wear for official calls and other engagements. Light weight suits in cotton cord, linen, dacron or wash-and-wear material are the most satisfactory. In the evening white dinner jacket, black tie and black trousers are often worn. "Red Sea Rig" is an acceptable variant of proper evening costume. This consists of short sleeved white shirt, cummerbund and black trousers. Morning coat may be worn once or twice in the normal tour, but need not be purchased especially for this post. A second white dinner jacket, preferably of wash-and-wear material, is desirable due to the frequency of black-tie occasions.

There is very little ready-made men's clothing available at the post, although local tailors can make sports shirts and shorts. It is advisable for a man to bring sufficient clothing, including a supply of underwear, swim suits, shoes and leather belts for two years at the post. One or two dinner jackets will suffice, especially if unlined and washable. A light raincoat is convenient, and an umbrella necessary for the rainy seasons.

Frequent changing and washing of clothes, rough laundering, and fading, make it necessary for all personnel and family members to have a larger wardrobe than might otherwise be necessary.

Women should bring a supply of cotton or linen dresses for day wear, and are advised that synthetic fabrics and wash-and-wear materials do not well withstand the laundering and ironing by servants more accustomed to plain cotton fabrics. Dresses should be cool, either sleeveless or with short sleeves, but bare shouldered sundresses are not often worn, especially on the street, in deference to the conservative traditions of local Muslims. Long sleeved, darker dresses may be worn in the cooler season, but "summer suits" prove to be warm to wear most of the year. Occasionally a sweater or stole is useful in the cool season. Women should bring several cotton, silk or dacron dresses for cocktail and evening wear, preferably washable, and usually in light colors or prints. For the few more formal occasions, several full-length evening dresses, one suitable to be worn to dinner, should be sufficient. Furs are not useful, and indeed suffer from the climate. Women will need a number of bathing suits, not bikinis, and a selection of sports clothes, although shorts and slacks are not worn on the streets. Cotton underwear proves much cooler than nylon, but a supply of nylon stockings is necessary. Hats are worn occasionally in the afternoon, and cotton gloves should be brought as well as a supply of small handbags for evening use, and larger, tailored ones for day wear. Bring an adequate two-year supply of dressy and high heeled shoes, as the local supply is very limited, and different sizes and lasts make it difficult to find a good fit.

There is no ready-made dress shop in Zanzibar. In the nearby cities of Dar es Salaam and Mombasa there is a limited and expensive selection, with more variety available in Nairobi. The work of local tailors is not always satisfactory, and in general women should plan to bring a two-year supply of clothes. It is advisable to bring one's own sewing machine, as well as patterns, sewing supplies such as zippers and buttons, and also material. The local supply and variety of these items is limited.

A good supply of the usual children's summer clothes in cotton should be brought to the post because it is difficult to find them ready made, and prices are high. On the other hand material is available in the shops and there are seamstresses and tailors competent to make children's clothes. There is a very limited supply of good quality English children's shoes available locally. Most of the shoes available are of inferior quality and parents may want to order shoes for their children from home. If an employee anticipates sending his children to the mainland to school he will be required to outfit them according to school regulations. Some warm clothing, such as sweaters and jackets, is necessary for trips to Nairobi and upcountry. Washable sun hats are useful, as is a good supply of bathing suits.

Miscellaneous Supplies. Adequate supplies of American and other cosmetics and toiletries are available locally including brand names such as Revlon, Coty, Helene Rubinstein, etc. Unless certain specific preparations are required it is not necessary to bring a large supply of cosmetics and toiletries. Prices are about the same as "fair trade" prices in the United States. Home medicines and prescription medicines are imported from England and elsewhere and are generally adequate.

Many brands of imported cigarettes, including American filter tips and menthol cigarettes, are available at reasonable prices ex bond. A limited selection of pipe tobacco and cigars is sold locally.

Cleaning and household supplies are available, but imported and high priced. It is suggested that personnel bring plastic clothes hangers, kleenex, waxed paper, foil, and most household paper supplies, basic kitchen utensils, bathing caps, a supply of miscellaneous wrapping paper, ribbon and cards, baby bottles and nipples, sunglasses, cocktail napkins, mats, cocktail picks and playing cards. Detergent is quite expensive and personnel may wish to bring a supply with them.

Mildew is a problem, especially during the rainy seasons. Personnel may wish to bring mildew dishes or other mildew preventatives but they have not proved to be especially effective here.

Toys and children's books are available, but of limited variety and expensive. Parents would find that a supply of toys and children's books from the U.S. would be useful.

Community Services. There is one newly opened beauty shop in town. Tailoring and shoe repair services are available. Laundry is almost always done at home, though there are public laundries. There is no dry-cleaning service available. Electrical appliance repair services are generally inadequate for American appliances.

Servants. The usual classes of servants are cooks, houseboys, nursemaids (or Ayahs), and garden boys. There are also laundry boys and sewing women who come by the day. Usually the nursemaid or Ayah is the only female help in the house. A single person would probably need only one inside servant who would act as cook-houseboy-laundryboy. A couple may want one or two inside servants. A family with children would need at least two, probably three (a cook, houseboy and Ayah) plus garden boy.

Cooks receive sh.160/- (\$22.86) to sh.200/- (\$28.57) per month; houseboys sh.110/- (\$15.71) to sh.150/- (\$21.42); Ayahs sh.90/- (\$12.86) to sh.130/- (\$18.57); garden boys sh.80/- (\$11.43) to sh.110/- (\$15.71). Employees are expected to provide inexpensive uniforms locally available. Servants may or may not live on the premises in separate quarters.

Education. There are three or four adequate English language nursery and kindergarten schools available to American children. There are two primary schools but normally secondary school facilities are not available to American children. The methods, teaching standards, and level of English in the primary schools are such that parents may want to use a correspondence course from home, either as a supplement or for all instruction. There are several private British-system boarding schools in Tanganyika and Kenya for both elementary and secondary school age children, and most Europeans here send their children away to be educated, often from the age of 7. School years in East Africa run from January to December in three terms, with a month's vacation at the end of each term.

Churches. There are two Christian churches in Zanzibar. The Roman Catholic Mission Church holds Sunday morning and evening masses. The Protestant Anglican Cathedral has a Holy Communion service in English Sunday morning and Evensong Sunday evening, as well as a family service in English held on the first Sunday of the month.

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PART V

Local Transportation. There is no regularly scheduled bus or street-car service but taxis are available at approximately sh.3/- (40¢) a trip within a three-mile radius from the center of Zanzibar town. Taxis are also available at a flat hourly rate of sh.10/- (\$1.40) per hour, regardless of the number of passengers.

Locally-owned converted trucks provide transportation to the rural areas, and within town, but these vehicles would not normally be used by Americans or other Europeans.

The post has a 4-door 1961 Falcon sedan as an official car, and a four-wheel-drive utility vehicle. USIS has a Falcon carryall.

There are five flights per week to Pemba in a 7-passenger twin motor biplane. Taxis are available in Pemba at approximately the same price as in Zanzibar.

Automobiles. Given the smallness of the island and the narrowness of many of Zanzibar town's main thoroughfares, it is recommended that personnel bring small right-hand drive cars. The Consulate's official car, a compact Falcon, can barely negotiate the lane which is the only means of access to the Square in which the Consulate is located. Consequently any cars larger than this would not be practical for Zanzibar.

Super Grade gasoline is available at sh.3/80 (approximately 55¢) per imperial gallon and regular gasoline at sh.3/30 (50¢) per imperial gallon. Arrangements have been made for the refund of 90 cents (East African) import duty per gallon for purchases made by exempt American Consulate personnel. Such personnel are also exempt from the payment of import duty on automobiles, although the duty must be paid if the car is sold in the Protectorate.

All automobiles are to be registered with the Police, and third-party liability insurance is obligatory. All drivers must also obtain driving licences. To date Zanzibar driving licences have been issued without requiring a driving test if the applicant has a valid American or Commonwealth country driving licence.

There are Ford, Chevrolet, and British and continental automobile agencies in Zanzibar town. Service varies, but is generally adequate for normal repair requirements.

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PART VI

Sanitation and Health Controls. The general level of community sanitation is barely adequate. There is no sewage disposal or treatment plan and beaches in the town area are often contaminated. However, where community health controls apply they are fairly well enforced, and the health service functions efficiently in relation to local financial and technical resources. Public hygiene is considered below American standards but probably above average for much of Africa, and certainly superior to many areas in Asia. There are no particularly great health hazards for the European population if normal prudence is exercised.

Prevalence of Disease. As in most tropical areas, diarrhea and dysentery are recurrent, and dermatological complaints frequently occur among Europeans. Although WHO and the local Government have made great progress in the eradication of malaria, several confirmed cases have been reported within the American community in the 1961/1962 period. Americans should take malaria suppressives prior to arrival at the post and continue to do so throughout their tour. The Consulate maintains a stock of malaria suppressives for Foreign Service personnel. Among the local population tuberculosis, venereal disease, encephalitis, malaria and hookworm are quite common and the usual precautions against these diseases should be taken.

Special Health Risks and Precautions. The Zanzibar water supply is excellent and needs no treatment. However, local milk should be boiled before using and it is advisable to peel or wash thoroughly local raw fruits and vegetables. Personnel should be immunized against small pox, yellow fever, typhoid fever, tetanus and polio before arrival at the post. Most of these vaccinations are also available locally. Children suffer particularly from minor skin irritations and insect bites.

Medical Services. There is no private hospital in Zanzibar although the Government hospital may be available through special arrangements with local authorities. This is also true of the services of government doctors. Most of the doctors and dentists in private practice have been trained in India, although there are a few U.K. trained doctors and dentists. There is one U.K.-trained lady doctor in private practice. Where time and the regulations permit, serious cases of illness should be treated in Mombasa, Nairobi, or elsewhere depending upon the severity of the illness.

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PART VII

Free Entry Privileges. Under the provisions of the United Kingdom-United States Consular Convention, American employees of the Consulate have free entry privileges for all household and personal effects, including automobiles, upon first arrival in East Africa, while at the post, and on return from leave.

Customs Duties. In addition to having free entry privileges, American consular personnel are exempt from customs duties on goods purchased locally from bonded stores, such as liquor, cigarettes and other tobacco products, automobiles, appliances and so on.

Restrictions and Requirements Upon Entry. Persons desiring to visit Zanzibar for periods of seven days or less may do so without the necessity of first obtaining a visa, provided they possess a U.S. passport and tickets for onward transportation upon arrival. Entry permits are issued by the Immigration Officer at the port of entry, generally for an initial term of thirty days during which period an application for a Temporary Resident's Permit should be made. Travelers must have a valid smallpox immunization certificate and, if coming from areas where yellow fever or cholera is prevalent, certificates of immunizations for these diseases as well.

Persons wishing to bring pets into the Protectorate should write to the Veterinary Officer, P. O. Box 159, stating full particulars of the animal, and request an import permit. There is a fee of five East African shillings for the issuance of each permit.

Normally a valid health certificate and evidence of immunization against rabies will be sufficient to avoid the necessity of quarantine.

Currency Regulations. There are no limitations on the amount of dollars, other currency, or travelers checks which one may have at the time of entry into East Africa. There are also no restrictions on the later importation or exportation of dollars and other currency. There are still in existence currency control regulations with regard to the conversion of East African shillings into dollars but the necessary licences are now usually obtained without difficulty. Persons depositing dollars into a sterling account should experience no difficulty in re-converting shillings into dollars, up to the amount deposited. There are no restrictions on the use of dollars in East Africa.

Exchange, Finance and Taxes. The East African shilling, which is exchangeable at par with the British shilling, is the local currency. It is divided into 100 cents in the same manner as the dollar. The shilling has a value of about U.S. \$0.14 at the present time.

National and Grindlays Bank Limited and the Standard Bank have offices in Zanzibar and branches in Wete on Pemba. Both offer a full range of banking services. U.S. Government employees may cash personal checks at National and Grindlays Bank if able to present proper identification. Transient personnel would do well to carry travelers checks however.

All personnel are paid by check from the central fiscal office, Nairobi. Personnel at the post have found it useful to maintain a dollar checking account with a bank in the U. S.

The Government of Zanzibar has not yet ruled on automobile licence fee exemptions for U.S. consular personnel. There is a stamp tax of sh.0.20 (U.S.\$0.03) on checks and drafts.

DEPARTMENT OF STATE

POST REPORT

DATE: November 6, 1962.

FROM: Zanzibar
ZANZIBAR^{City}
Country

Replaces Part _____ Dated _____

____ Complete Revision ____ Negative Report

____ Revises Paragraphs Marked by Asterisk

PART VIII

START TYPING ON THIS LINE

Personnel Other Than Foreign Service. There is no pertinent special information needed by employees of other agencies of the Government who might be assigned to Zanzibar.

Other Conditions. There is no other essential information which is not called for elsewhere in the Post Report.

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15

Zanzibar Protectorate

GEOGRAPHY AND CLIMATE

Zanzibar is a sultanate and British protectorate, comprising the two islands of Zanzibar and Pemba and the small islands in the adjacent territorial waters. The majority of the inhabitants are subjects of the Sultan who, as President of the Executive Council, wields considerable power. However, the British Resident presides over the Legislative Council and is the virtual head of the Protectorate.

Zanzibar, the largest coralline island on the coast of Africa, is separated from the mainland of Tanganyika Territory by a channel 22 miles in width at its narrowest point. It has an approximate area of 640 square miles. The island of Tumbatu rounds out the northwest corner, being cut off from the larger island by a channel one mile wide. The island of Pemba lies from 25 to 30 miles to the northeast and almost due east of the mainland port of Tanga. It is smaller than Zanzibar, with an area of about 380 square miles.

Owing to their insular position and the fact that none of the prevailing winds blows from over the African continent, the islands enjoy an unusually equable temperature. The mean daily range is about 7° to 8° F. on Zanzibar and 10° to 11° F. on Pemba. The mean maximum temperatures average between 84° and 85° F. on Zanzibar and between 86° and 87° F. on Pemba; the mean minimum temperatures, between 76° and 77° F. on both islands. The hottest weather is experienced between November and the end of April.

The rainfall approximates 56 inches an-

nually on Zanzibar but is consistently higher on Pemba, where the precipitation averages 75 inches. This difference is due to the fact that Pemba has a higher altitude and is in a position to intercept the moisture-laden winds of the southwest monsoon. The humidity is high, and the climate is enervating. Rain falls during every month of the year, but the rainy seasons are well defined. The heaviest rains occur in April and May, and the lighter, more variable rains in November and December.

POPULATION AND SOCIO-ECONOMIC CONDITIONS

POPULATION

According to the census of 1948, the population of Zanzibar Protectorate was estimated at 265,872, including about 300 Europeans, 15,800 Indians, 43,500 Arabs and 3,400 of other groups. Approximately three fifths of the inhabitants live on the island of Zanzibar; most of the remainder on Pemba. With the exception of various mainland immigrants, the natives may be divided into two groups: the Swahili, of mixed Arab and Negro blood, and the aborigines. The latter include the Wahadimu, who occupy the east coast of Zanzibar and such of the southern portion as is habitable; the Wapemba, the original incumbents of Pemba Island; and the Watumbatu, an ethnologically distinct tribe living on Tumbatu. A cosmopolitan society, the peoples of the islands live amicably without the frictions sometimes found in other heterogeneous populations. Swahili is the predominating language. The majority of the

inhabitants adhere to the Islamic faith, although both Hinduism and Mohammedanism are represented among the Indian communities, and the Christian missions have made some converts among the natives. Except for the port of Zanzibar, situated on a small bay on the western portion of that island, there are no large towns. The center of government and trade for the Protectorate, the township of Zanzibar has a population of about 45,000, which constitutes roughly one sixth of the total for the islands.

Zanzibar now reflects but a shadow of her former glory as the center of a great Moslem empire in East Africa. A large percentage of the rural population is illiterate, except for the religious instruction given in the village Koranic schools. However, increased facilities for education are planned, with the extension of a practical program into the rural areas. Schools are conducted under government, mission and private auspices. Government primary schools provide instruction for the Arabs and the Africans, and government-aided schools, located largely in the towns, for the Indians. There are three secondary schools, all interracial.

VITAL STATISTICS

The registration of births and deaths is compulsory for all races, but the statistics are incomplete for the rural areas. In 1948 the reported birth rate was 26.5 per 1,000 population, and the death rate 17.8. Returns for the individual islands for the period 1935-44 indicated an average annual birth rate on Zanzibar of 16.0 per 1,000 population, and on Pemba, of 15.6; death rates were 14.7 and 10.3, respectively. The infant mortality rate for the Protectorate from 1945 through 1948 ranged from 34 to 60 per 1,000 live births. The stillbirth rate for the same period varied from 4 to 9 per 1,000 births. A reduction in infant mortality within recent years is apparent, since in 1938 the mortality rate is said to have exceeded 200 per 1,000 live births.

SOCIAL ECONOMY

A large percentage of the population is dependent upon the cultivation and the export of cloves and coconuts. The clove and the coconut plantations are ostensibly owned by the Arabs, ownership being in the trees rather than in the soil. Since the abolition of slavery, many of the larger holdings have been broken up, and the improved circumstances of the Swahili are reflected in their increasing tendency to acquire trees, both on Zanzibar and on Pemba. The native peoples engage in agricultural and pastoral pursuits and constitute the main source of labor for the towns and the plantations. The Indians, mostly traders, tend to segregate in communities within the towns and the villages and have exercised little political influence until recently.

Steamer services connect the port of Zanzibar with Europe, India and Africa. Air lines also link the island with Mombasa and Dar es Salaam.

FOOD AND NUTRITION

There is considerable variation in the diets of the different races, but health surveys have shown that malnutrition and vitamin deficiencies are common, particularly among the poorer inhabitants of the towns. Moreover, school examinations have revealed gross undernutrition among the rural natives; slightly less among the rural Arabs. In 1948 the examinations in the schools on Pemba indicated that only 12 per cent of the children at Weti were properly nourished, only 38 per cent at Chake Chake and 37 per cent at Mkoani. Comparable results on Zanzibar showed 49 per cent of the boys undernourished and 58 per cent of the girls.

Rice, cassava and coconuts form the basis of most native and working-class Indian and Arab dietaries. Important supplementary foods are sweet potatoes, plantain, legumes and sometimes maize or millet. Many varieties of fruits are grown, but few are indigenous. The major deficiencies in the average island dietary are proteins, iron

and vitamins of the B complex. Meat is rarely consumed, except on ceremonial occasions; fish and shellfish provide the most abundant source of proteins. Although chickens are raised in almost every village, they are rarely eaten. Eggs are consumed by the Arabs but seldom by the natives.

HOUSING

Overcrowding and insanitary conditions are common in the towns, particularly in Zanzibar, which houses approximately one third of the inhabitants of the island, as well as a large migrant population. Both islands are densely populated, with an average of 250 persons per square mile. In Zanzibar the Arabs and the Indians live in "Stone Town"; the Swahili in congested hutted quarters. In the towns and the rural villages the usual native dwellings are rectangular huts of wattle and daub with thatched roofs, which vary in size, depending upon the affluence of the owner.

A program for the improvement of housing conditions in Zanzibar town and in three urban localities on Pemba has recently been undertaken by the Protectorate government. The construction of model housing in the native section of Zanzibar town was started in 1946.

ENVIRONMENT AND SANITATION

WATER SUPPLIES

Adequate supplies of water are obtained from springs, cave wells and streams scattered throughout the islands. Zanzibar town has an excellent supply from a spring about one half mile inland which, according to some geologists, originates on the African continent about 30 miles distant. However, in the native quarter the water is distributed to the houses by means of water carriers—a method which is insanitary and a menace to the health of that community. The numerous cave wells which are found on both islands provide water for the native villages. The settlements of Weti and Chake Chake on Pemba derive their water supplies from

springs in the neighborhood; both are chlorinated. The water supplies of the larger towns are tested routinely for purity by the health authorities, but most rural supplies are apt to be contaminated.

WASTE DISPOSAL

In the towns, sewage disposal is by means of pit latrines, cesspits or septic tanks. In the congested sections of Zanzibar town the cesspits and the septic tanks are built inside of the houses. The septic effluents of a part of the town are discharged through sewers into the sea or into an adjacent creek. At Chake Chake (Pemba) some of the latrines are connected with a drainage system. In the townships the construction of pits is controlled by health regulations, but conditions in the rural areas are generally insanitary. A program to provide pit latrines for each hut or family group has been initiated recently by the Protectorate government. Apathy and even hostility to this project have been encountered, since the average native prefers to defecate on the ground.

FAUNA AND FLORA

Arthropods. MOSQUITOES. Because of the damp climate and the prevalence of swampy areas, mosquitoes are abundant on the islands, especially on Pemba. They are most numerous from April through June. Eight or more species of anopheles occur on Zanzibar and probably on Pemba as well, but only *A. gambiae* and *A. funestus* are of importance as vectors of malaria. *Aedes aegypti* is prevalent and represents a possible yellow fever threat to the islands. *Aedes pembaensis* and *A. argenteus* have also been reported from Pemba. *Culex quinquefasciatus* (= *C. fatigans*) is the most commonly encountered species, but other culicine mosquitoes, including species of *Taeniorhynchus*, are also present.

Extensive Anopheles and Aedes control work is carried on each year in Zanzibar town and in a protective belt outside of the township. Regular inspections are made, and the breeding sites are treated with oil,

DDT or other larvicides. Residual spraying with DDT is undertaken in a limited number of buildings. Control projects have also been instituted at Weti and at Chake Chake. In 1948 the *Aedes* index (per cent) was about 0.4 in Zanzibar and in the surrounding protective zone.

FLIES. Flies are numerous, especially after the rains. One species of *Tabanus*, possibly *T. africanus*, is especially vexatious; it frequently bites in the popliteal space, producing intense inflammation and sometimes transitory stiffness of the knee joint. *Chrysops longicornis* and *Stomoxys calcitrans* are common. *Glossina austeni* is the only species of tsetse fly recorded, and human trypanosomiasis is unknown on the islands. Species of *Phlebotomus* have been collected in the mangrove swamp areas of Zanzibar and Pemba.

LICE. Infestation with lice is frequent. All three species of human lice, *Pediculus humanus capitis*, *P. humanus corporis* and *Phthirus pubis*, are present.

FLEAS. *Xenopsylla cheopis* is the species most often associated with the rats of Zanzibar, but *X. brasiliensis* is also encountered. The cat and dog fleas, *Ctenocephalides felis* and *C. canis*, are abundant.

The sand flea, *Tunga penetrans*, is plentiful on both islands.

BEDBUGS. The bedbug, *Cimex lectularis*, is widespread throughout the Protectorate.

TICKS. The dog ticks, *Rhipicephalus sanguineus* and *Haemaphysalis leachi*, are widely distributed. The latter is the probable vector of tick-borne typhus fever, which is reported occasionally. The tampan tick, *Ornithodoros moubata*, may be present, but the evidence is conflicting. Several species of ticks infest the cattle of both Zanzibar and Pemba.

OTHER ARTHROPODS. Ants and termites are common. The red tree ant bites human beings when they disturb the clove trees which it inhabits. The bite is momentarily painful but not poisonous. Centipedes and scorpions are numerous and may invade the most modern houses. The natives of

both islands have an intense fear of centipedes, although there is little reason to believe that they are dangerous. The bites of the scorpions may be extremely painful, but are not serious for adults.

Reptiles. The spitting cobra, *Naja nigricollis*, is reported, but is relatively rare. The cobras, *Elaeophis niger* and *E. boulengeri*, are found on Zanzibar; also the burrowing viper, *Atractaspis irregularis*. The python, *Python sebae*, is present on both islands.

Rodents. The black rat, *Rattus rattus rattus*, is the most frequent species on Pemba, and probably on Zanzibar. The subspecies, *R. rattus frugivorus* and *R. rattus rufescens*, have also been identified on Pemba. *Rattus norvegicus* is found in the warehouses and the clove sheds but rarely in private houses.

Mollusks.* The freshwater snail, *Physopsis africana globosa*, occurs in many localities. It is an intermediate host of *Schistosoma haematobium* which is endemic.

FOOD SANITATION

Markets, eating houses, bakeries and other food establishments in the town of Zanzibar are licensed and are inspected regularly by the local health authorities. Food vendors are also licensed and supervised. However, the standards of food sanitation are generally low, particularly in the smaller communities. The milk supply for Zanzibar is obtained from government-controlled dairies and small rural producers. It is tested bacteriologically and chemically at frequent intervals. Meats and meat animals are inspected by the veterinary services in Zanzibar and by the Health Department agents on Pemba.

HEALTH SERVICES AND MEDICAL FACILITIES

HEALTH ORGANIZATIONS

The protection of the health of the inhabitants of the Protectorate is the function

* See footnote, p. 10.

of its Health Department, which is administered by a Senior Medical Officer, with headquarters in Zanzibar town. The Department is a major division of the local government, which is directed on matters of health by the medical staff of the Colonial Office in London. It is responsible for the maintenance of medical care and sanitary services and, in addition, is undertaking an increasing amount of preventive work. It conducts active school health and maternity and child welfare programs, which have been effective in reducing the child mortality. The expansion of training facilities and the inauguration of tuberculosis and malaria surveys are prominent among its development plans.

Both the Society of the Holy Ghost and the Universities Mission carry on medical as well as educational work in the Protectorate. Effective work is also performed by the Zanzibar Maternity Association.

MEDICAL INSTITUTIONS

Hospitals and Dispensaries. The Health Department operates hospitals at Zanzibar, Weti, Chake Chake and Mkoani. The hospital in Zanzibar is divided into European and native sections which have an aggregate capacity of about 175 beds. The hospitals in Weti, Chake Chake and Mkoani provide 60, 53 and 15 beds, respectively. In 1946, 27 dispensaries were established at various points on the islands; they were connected with the main hospitals by ambulance service.

Special institutions include a hospital for mental diseases, a tuberculosis hospital at Walezo and two leper settlements. The settlement at Makondeni is conducted by the government, and that at Walezo by the Catholic Mission. Women's, and maternity and child welfare clinics have been organized on the islands of Zanzibar and Pemba; also an eye clinic in Zanzibar town.

Laboratories. The central laboratory of the Health Department is located in the Zanzibar hospital. It is equipped for the performance of bacteriologic, serologic,

parasitologic, biochemical and other diagnostic examinations.

Small clinical laboratories are attached to the larger hospitals.

Schools. There are no medical schools in Zanzibar, but qualified students are sent on government scholarships to the Medical School of Makerere College (Mulago) in Uganda.

Courses for the training of nurses, medical attendants and midwives are conducted in the Zanzibar hospital.

Classes for sanitary inspectors are given by the staff of the Health Department.

PERSONNEL

Physicians. Eight doctors of the Colonial Medical Service were connected with the Health Department in 1948. The medical staff includes several Asiatic subassistant surgeons; also native medical assistants who are graduates of the medical school in Uganda. A few physicians are affiliated with mission institutions or engaged in private practice on the islands.

Dentists. One or more dentists are attached to the staff of the Health Department and participate in its school health program.

Nurses. Eleven European nursing sisters were listed on the roster of the Department in 1948.

Others. In the same year the European staff included one pathologist, in charge of the laboratory, and one sanitary superintendent. Indian, Goan and native assistants are employed in various categories.

DISEASES

Hospital statistics and the reports of special investigations are the principal sources of information regarding the incidence of specific diseases on the islands of Zanzibar and Pemba. The data available are incomplete but provide a means of evaluating the health conditions in the Protectorate. The disease problems are comparable, to a large extent, with those encountered in adjacent portions of the mainland.

DISEASES SPREAD OR CONTRACTED
CHIEFLY THROUGH INTESTINAL
OR URINARY TRACTS

Typhoid and Paratyphoid Fevers. From 10 to 40 cases of typhoid fever are treated each year in the government hospitals. The reported cases are essentially urban in distribution. Paratyphoid fevers are occasionally included in the hospital returns, without differentiation as to type.

Dysenteries. Both amebic and bacillary dysentery are common. From 1946 through 1948 an average of 123 cases of amebic, 51 of bacillary and 121 of unclassified dysentery was reported annually. The cases treated in the government hospitals undoubtedly represent but a small percentage of the total number of infections. In 1945 *Shigella dysenteriae* was isolated from 11 cases; this is the first time this infection has been identified in Zanzibar.

Diarrhea and enteritis are prevalent. In 1946-48 the reported annual incidence averaged 148 cases in children under two years of age and 793 in persons over two years. Unquestionably, many were unrecognized dysentery infections.

Helminthiases. ANCYLOSTOMIASIS. Hookworm infection is a major problem. In 1945-48 from 5,000 to 7,200 cases were treated each year in the government hospitals. Reports indicate a high rate of infection in the rural areas, coupled with a high tolerance to the parasite. Rural school surveys in 1938 revealed 27 per cent infection among children in the south of Zanzibar and 65 per cent among children on Pemba.¹³ In recent years the government has conducted extensive campaigns for the control of ancylostomiasis with some success. The number of clinical cases reported in 1932 was almost twice that in 1945. *Ancylostoma duodenale* is the predominating species.

SCHISTOSOMIASIS. Schistosomiasis is widespread on Pemba; less so on Zanzibar. Between 300 and 600 cases of schistosomiasis are diagnosed in the government hospitals and dispensaries each year; presumably, all

infections with *Schistosoma haematobium*. Schistosomiasis due to *S. mansoni* rarely, if ever, occurs. A study of 127 apparently normal native children and adults in the vicinity of Weti on the island of Pemba in 1930 showed 36 per cent infection with *S. haematobium*. An infection rate of 18 per cent was found in the town natives examined as against 45 per cent in the rural group.⁸ The freshwater snail, *Physopsis africana globosa*, is the probable intermediate host.

OTHER HELMINTH INFECTIONS. Other types of intestinal worms are widely distributed, but the treated cases do not exceed 50 to 75 a year. Ascariasis is prevalent, particularly in the southeastern portion of Zanzibar island. Infections with *Trichuris trichiura* and with *Strongyloides stercoralis* are about equally common. Occasional cases of tapeworm infection, due to *Taenia saginata*, are encountered.

Other Infections. Brucellosis occurs sporadically. Cholera has been introduced in Zanzibar from time to time, but has not been reported since 1912.

DISEASES SPREAD CHIEFLY THROUGH
THE RESPIRATORY TRACT

Tuberculosis. The prevalence of tuberculosis cannot be estimated with any degree of accuracy, since a large proportion of the population is migratory and the majority of patients seek medical care only in the advanced stages of the disease. From 200 to 350 cases of pulmonary tuberculosis and from 10 to 60 of nonpulmonary are treated annually in government hospitals. These probably represent a small fraction of the total cases. In a survey reported in 1933, the morbidity rate was estimated at 2.7 per 1,000 population in the rural areas of Zanzibar and at 6.8 in the town.⁷ The Indian population is said to be especially heavily infected. Malnutrition, overcrowding and poor sanitation, particularly in Zanzibar town, are predisposing factors. Patients are cared for in the general hospitals and in the tuberculosis hospital at Walezo.

Pneumonia. Respiratory infections are numerous and often serious. An average of from 600 to 700 cases of lobar pneumonia and from 70 to 150 of bronchopneumonia are reported from the government hospitals each year. Pneumonia is one of the major causes of death in the Protectorate.

Smallpox. The Health Department conducts an energetic vaccination campaign on both islands, and only occasional cases of smallpox are encountered.

Other Infections. Epidemics of influenza are frequent. Measles and whooping cough are endemic. Sporadic cases of diphtheria and scarlet fever are recorded. Meningococcus meningitis is normally rare, but localized outbreaks have occurred at approximately 6-year intervals.

DISEASES SPREAD OR CONTRACTED CHIEFLY THROUGH CONTACT

Venereal Diseases. Venereal diseases are prevalent. In 1946-48 an average of 579 cases of syphilis, 1,092 of gonorrhea and 67 of other venereal diseases was treated annually by the medical officers. A serologic survey, employing the Kahn test, among school children in Zanzibar, reported in 1945,¹¹ revealed 11.5 per cent positive reactions, 12 per cent among Africans and 8 per cent among Asiatics. The significance of such serologic tests in childhood is uncertain, however, because of the high incidence of yaws and malaria. The adults in the vicinity of the schools covered in this survey gave 58.6 per cent positive serologic reactions.

Yaws. Yaws is widespread but may be decreasing slightly in extent. Totals of 3,408 and 3,608 cases were registered in 1947 and 1948, respectively, as against 4,400 in 1932. The highest incidence is recorded as existing in the northern part of Zanzibar island.

Leprosy. Leprosy is widely distributed, but the actual incidence has not been determined. From 20 to 75 cases are treated annually in the government hospitals. In December, 1948, 47 lepers were accommo-

dated in the Catholic Mission Settlement at Walezo and 51 in the government colony at Makondeni. During the year 19 new cases were admitted. Segregation is not compulsory.

Diseases of the Eyes. From 30 to 120 cases of trachoma are reported each year. The disease is relatively rare among the natives but common among the Muscat and the Hadramant Arabs living in Zanzibar.

Both infectious and noninfectious eye diseases are general. The Health Department maintains a special eye clinic in Zanzibar.

Diseases of the Skin. Infestation with *Sarcoptes scabiei* and *Tunga penetrans* is widespread, and secondary infections are frequent. As elsewhere in East Africa, tropical ulcers are numerous among the laborers. Scattered cases of myiasis are reported.

Other Infections. Tetanus is sporadic. Rabies has not been reported within recent years. Wild dogs abound, especially on Pemba, and would constitute a potential menace if the disease were introduced.

DISEASES SPREAD BY ARTHROPODS

Malaria. Malaria is of major public health importance in the Zanzibar Protectorate. Although the islands may properly be regarded as hyperendemic areas, limited outbreaks of malaria occur from time to time. It is possible that these may be attributed to some extent to the continuous influx of susceptible persons from India and the mainland. Normally, the disease is more prevalent on the island of Pemba than on Zanzibar. In the course of the examination of the rural school children on Pemba in 1938, spleen rates of 56 per cent and parasite rates of 51 per cent were revealed. Comparable rates in three rural schools in southern Zanzibar were 39 per cent and 12 per cent, respectively. Transmission takes place throughout the year in the well-watered, highly cultivated districts, but it is limited to the periods during and following the rains in the drier regions. The vectors are *Anopheles gambiae* and *A. funestus*.

The incidence of malaria varies from year to year; from 5,700 to 12,000 cases are treated annually in the government hospitals. *Plasmodium falciparum* is the predominant species. Among 3,000 blood films in which malarial parasites were identified in the central laboratory in 1947, *P. falciparum* was found in 1861, *P. vivax* in 700 and *P. malariae* in 100, with the remainder unclassified. Comparable findings in 2,269 blood films in 1948 were 1,502 *P. falciparum*, 525 *P. vivax*, 44 *P. malariae* and 198 unidentified.

Blackwater fever occurs sporadically.

Filariasis. Filariasis due to *Wuchereria bancrofti* is endemic. Microfilariae have been found in the blood of from 32 to 39 per cent of the individuals examined in different surveys on Zanzibar, and of from 23 to 40 per cent of the adults on Pemba.³ Microfilaria of *Acanthocheiloneuma perstans* were not found.

Elephantiasis and other clinical manifestations of infection are common. The statistics of the government hospitals in 1945 indicate that elephantiasis was present in 1.4 per cent in-patients on Zanzibar and in 0.6 per cent on Pemba. Mosquito surveys have shown that *Culex quinquefasciatus* (= *C. fatigans*), *Anopheles gambiae* and *A. funestus* are important vectors.

Relapsing Fever. Outbreaks of relapsing fever, presumably louse-borne infections, occur from time to time. In 1945 about 35 cases were discovered among the passengers and the crews of dhows arriving at Zanzibar from southern Arabia. The immediate enforcement of quarantine regulations prevented the spread of the infection to the local population. The following year 233 cases were reported, but the source is not specified. Fourteen cases were listed in 1947, and the same number in 1948.

The presence of tick-borne relapsing fever is not recorded.

Yellow Fever. Yellow fever has not been present on the islands for several decades, but *Aedes aegypti* is prevalent, and its possible introduction is feared by the health

authorities. Aedes-control measures and protective quarantine regulations are continually in force. Large-scale immunization with yellow fever vaccine is also carried on.

Plague. The islands have remained free of plague within recent years. However, Zanzibar town is very vulnerable: it is one of the largest ports on the eastern coast of Africa, and its harbor is usually thronged with ships and dhows from the East. Anti-rat campaigns are conducted continuously.

Other Infections. Dengue fever is endemic and at times epidemic.

Tick-borne typhus fever is sporadic, but louse-borne infections are not reported.

Human trypanosomiasis does not occur.

NUTRITIONAL DISEASES

Malnutrition and avitaminosis are general, particularly among the poorer inhabitants. Little evidence is available regarding the incidence of specific deficiency diseases, but from 500 to 900 cases, classified as nutritional diseases, are treated annually by the hospital officers. The patients admitted to the hospitals frequently show evidence of vitamin B deficiency in the form of peripheral neuritis. Frank beriberi is rare, but a few cases are recorded each year. From 1 to 20 cases of pellagra may also be observed. Vitamin A and C deficiencies are unusual. Mild rickets is common, and severe cases are sometimes reported among the Indian families living in the congested bazaar districts. Anemia is prevalent, and in some cases complicated by generalized edema.

SUMMARY

The island colony of Zanzibar is both a sultanate and a protectorate of Great Britain. Health conditions in the islands of Zanzibar and Pemba are comparable in most respects with those prevailing in the adjacent coastal regions of Kenya and Tanganyika. Responsibility for the health and the medical care of the population resides in the Health Department of the Protectorate government which functions under the Colonial Office in London. The Depart-

ment is administered by a Chief Medical Officer with headquarters in Zanzibar town. Hospitals are maintained in Zanzibar, Weti, Chake Chake and Mkoani, with an aggregate capacity of approximately 300 beds. About 26 dispensaries are scattered over the islands, with auxiliary ambulance services. Water supplies are derived largely from springs, streams and cave wells. The methods of sewage disposal are generally unsatisfactory. Overcrowding and lack of sanitation are typical of many areas, particularly in Zanzibar and other towns. Malnutrition is prevalent, and serious vitamin deficiencies, especially of the B complex, are common.

Malaria, hookworm infection, tuberculosis and venereal diseases are major public health problems. Intestinal infections are widespread. Leprosy, yaws, filariasis, urinary schistosomiasis, respiratory infections and diseases of the skin and the eyes are common. Mass vaccination against smallpox is carried on, and only occasional cases are observed. Outbreaks of louse-borne relapsing fever, influenza and meningococcus meningitis occur sporadically. Whooping cough, measles and dengue fever are endemic. Yellow fever and plague are not known to be present, but the vectors are prevalent, and preventive measures are enforced.

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Stan White from U.S.

ZZ-B
Tex-Flood

2

Medical Post-Flight Debriefing Report

Zanzibar Station

3-10 November 1961 Date of Visit

Drs. S. M. Fox 3rd and F. T. Flood - Medical Monitors

Zanzibar
Book

1. Medical Problems, Site Personnel

One of site personnel allegedly had malaria in February while on Pyrimethamine 25 mgm., one tablet a week, but the diagnosis was not backed up by a blood smear. The "Four-blanket chill" and other symptoms seemed sufficient evidence to the private practitioner who saw this man.

Although occasional mild to moderate diarrhea has been experienced by all personnel on station no one has had severe or prolonged disability nor have the diagnoses of amoebic, shigella, or salmonella dysentery been made. No other medical problems have arisen although one man had chronic obstipation, perhaps due to heat and a chronic distrust of fluid sources.

Prevention : Antimalaria prophylaxis is mandatory and Dr. Martin D. Young and Dr. Coatney of NIH, a member of the WHO group who visited Zanzibar within the last two months, suggest that Chloroquine be taken once a week by mouth in the dose of 300 mgm of base (or a total of 500 mgm) for adults. This should be initiated 2 days in advance of entering and should be continued for 5 weeks after leaving a malarial area. Mosquito bars or competent screening is highly recommended.

Both Falciparum (the most frequent cause) and Vivax malaria are encountered in the islands although control is progressing well. Primaquine is also advised for therapy of Vivax but rather than recommend specific schedules it seems best for personnel to seek local medical advice. In that regard it seems preferable for really sick patients to be admitted to the hospital where the specialists can see them.

them rather than attempt outpatient care. Dr. Barton says that members of British specialists staff of the hospital are restricted from caring for private outpatients but will see all patients who are admitted. Although U.S. Citizens are not in a strict sense eligible for admission the impression was received that unless someone made a point of it no problems would arise. An appropriate gift of appreciation to those who had been helpful seems like a logical follow-up.

Dr. Martin D. Young (Sc.D.) of NIH gives the following suggested schedule for treatment of an acute malaria attack (doses for adults of about 150 lbs to be reduced relative to weight for others)

Chloroquine diphosphate or Sulfate 600 mgm. of the base to start

300 mgm. six hours later

300 mgm. daily for two succeeding days

For the radical cure of Vivax and Malariae infections Primaquine diphosphate, 15 mgm of base daily, in single or divided doses should be taken for 14 days with the above chloroquine schedule. This should not be given to children under six years of age.

Filariasis and Schistosomiasis are not considered major hazards if mosquito bites are guarded against and wading is only done in the ocean.

2. Problems of Transient Personnel.

The same comments as above apply.

3. Diseases among local personnel of potential danger to transients.

The dysenteries are the most obvious. Malaria and Filariasis in the local population can be transmitted. Although venereal disease is allegedly under good control no lack of precautions should be considered.

Occasional cases of Typhoid and Smallpox are recorded and immunization is indicated for these as well as Polio, Typhus and Yellow Fever. No Tsetse flies were seen on Zanzibar by this observer but they abound on the Tanganyika Mainland.

4. Anti-malaria prophylaxis

This is in order for all personnel even if very transient, see comments in section #1. No prophylactic anti-diarrhea medication is considered indicated by this observer. Attention should be given to keeping body fluids up because of the heat. Coca Cola is in fairly good supply at moderate prices.

5. Medications especially recommended for the bag of any physician visiting the site should include antimalaria prophylactic and therapeutic agents such as Chloroquine and Primaquine. Non-absorbable antidiarrhea agents (Sulfas, streptomycin, Neomycin, etc) may have a place in such areas but have not been used by site personnel in Zanzibar as yet. Foot and body powder are always useful in humid tropical areas.

6. The only places where prepared foods are served and considered reasonably safe by those with experience are the restaurant of the Pigalle Hotel and the Aladdin Snack Bar. Other places may be acceptable but the experience of numerous persons have given only the above two.

Most people eat the local butter and yet the milk is boiled at the Pigalle. All bottled drinks and the local water are considered safe, but the condition of the piping and glasses in which they are served are subjects for legitimate suspicion.

7. Month of November 1961

	High	Low	Average
<u>Temperature-Fahrenheit</u>	85°	70°	82°
<u>Humidity- Percent</u>	98	63	89
<u>Precipitation- 1 to 24</u> November		11.7 inches	

8. Drinking Water at the site is from a 60 feet well into the coral sand ground. Tests are made quarterly by the Zanzibar Health Department and I quote from part of the last report. "The presumptive coliform count (on 25 Sept. 1961) was nil, and no typical faecal coliform organisms were isolated."

The area is free of sewage except that from the site septic tank and drain field (see #10). The only other obvious sources of possible contamination are local grazing cattle.

Although once a month sampling would seem preferable, particularly during the allegedly increased hazard period of dry weather, the present quarterly schedule is probably adequate. No water is piped from the town (10 miles distant) and the practice of bringing bottled water to the site has been discontinued.

Both local well water and town water is chlorinated.

9. All food for duty hour meals is brought by personnel daily excepted for small personal caches of canned goods which are readily bought in town.

A local African with no great training in sanitation heats up water for coffee, tea etc. and will warm soup and toast cheese sandwiches or Spam in a frying pan. He has had negative reports on stool exams in recent months.

The main hazard appears to be in the dishwashing which is done by the same person, occasionally without soap, and in cold water—a rinsing operation.

5-

Hot water for dishwashing should be available by mid December. No further facilities for meals are contemplated nor appear indicated except for greater care in sanitary precautions.

10. Waste disposal facilities at the site consist of a septic tank and gravity drainage field. This field is over 1000 feet from the well site.
11. Hand washing facilities are available at the site as well as a standing urinal and a standard toilet. These are kept clean by contract custodial personnel hired locally.
12. Mosquitos and flies are a considerable problem throughout Zanzibar Island but are rarely a problem inside the air conditioned buildings. Roaches penetrate everywhere. Scorpions have been found in desk drawers and also outdoors.
13. Ventilation and lighting at the site are considered satisfactory.
14. Improvements in prospect at the site consist only of an adequate hot water supply. All suggestions made by Dr. Flood on his August visit have been adopted.
15. The general level of cleanliness of the nearest community (Zanzibar Town) leaves something to be desired. The flies are under remarkably good control for this part of the tropical world but further control would help. Hotel Pigalle rooms are not screened though each bed has a mosquito bar. The rains are presently flooding the streets and serve to wash them reasonably clean. There is also a Dept. of Public Works which sweeps down occasionally.
- 16 There are community water and sewer systems which are
& considered adequate, although a considerable amount of waste
17 water is seen pouring into the streets and alleys.

18. Flies and mosquitos are a nuisance as well as a health problem. Mosquito bars over beds or adequate screening is strongly recommended. Fly swatters and bug bombs are available locally.
19. Available housing arrangements for new arrivals are less than satisfactory without considerable improvement of plumbing, cooling arrangements and electric circuits. Many houses have no electricity, no hot water, no screens and only floor level, squat-down type pit toilets. All housing is expensive and is in short supply. The slight majority of site personnel live in what were "cold water flats" (apartment) Electric water heaters are installed at the occupants considerable expense.
20. Meals in town are considered reliable only at the Pigalle Hotel and the Aladdin Shack Bar.
21. It is felt more discreet not to mention any establishments to be specifically avoided.
22. Miscellaneous Items

Sailing and skin diving are two popular forms of recreation. The sailing club has memberships available at a reasonable cost and the English Club has a golf course (very few clubs available for rent) and squash and tennis courts. Skin diving equipment is reasonable and of good Italian or French manufacturer (Cressi & Champion).

Hunting and shooting on or near the Island is restricted. John Longan while driving to the site one afternoon had a small leopard hurt himself at the car and be apparently killed by getting under the wheels. These animals are considered quite dangerous.

Some of the British residents are quite cordial and invite one in for dinner or into their very active social life. The local evening dress is a white Tuxedo coat or dinner jacket, black tie, cummerbund of most any color, and black (preferably with stripe) Tuxedo trousers.

"Red Sea" dress apparently implies you take your coat and tie off and possibly roll up your sleeves but still wear the cummerbund. A dress shirt does not seem to be absolutely necessary.

Shorts are available locally for around \$3 and up but have the wider leg opening of Africa not frequently seen in the States. American wear low socks almost routinely but the British wear high socks which are available in a comfortable cotton-lined nylon for around \$1.10.

Light weight raincoats, hats and umbrellas are useful and can be obtained at moderate prices locally.

Ebony, ivory and silver carvings and jewellery make fine gifts and nice brass items are available from India at reasonable prices. Local copper craftsmanship is not of as high an order as in Egypt, the Lebanon or Iran but is available. Binoculars and cameras from Japan have no duty and are reasonable. British and German film is available.

There are libraries at some of the clubs and a limited selection of books can be purchased in town. The Majestic and Sultana theaters show English-language films at least half the time.

Driving is hazardous and it is advised that newcomers ride for a while before taking out a local license which can only be done with evidence of a valid current license elsewhere (International License is not useful except as evidence for obtaining a local license). A photograph is

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required for the drivers licence. They may be obtained locally or brought from home.

There is no need to bring alcoholic beverages except if Bourbon is a must.

S. M. Fox

Samuel M. Fox 3rd M.D.
Medical Monitor, Zanzibar
November 1961

®

Supplement A

Local Medical Facilities and Personnel : Zanzibar

A courtesy visit to the Director of Medical Services, Dr. I. W. MacKichan (pronounced Mackeechan) was made on 8 November by Drs. Flood and Fox arranged by the U. S. Consul. Dr. MacKichan was born in 1910, has an M.B., B.Chir. (Camb), M.R.C.S., L.R.C.P., D.P.H., D.T.M. & H. He had special duty as M.O. in Bechuanaland in 1939, to Uganda in 1940 rising to Senior M.O. in 1949 and was Assistant Director, Medical Services, Tanganyika from 1953 until his appointment as D.M.S., Zanzibar in October 1959.

He is a pleasant man of exact speech who took a business-like interest in our visit.

After the usual preliminary exchange of personal information I spoke specifically to the point of possible contingency recovery operations in the Zanzibar area and of our interest in possible facilities for medical care. I made the particular point that, although I did not know the exact details which might be in the minds of those who are responsible for over-all operations, I felt confident that senior level contact on a diplomatic plane would accompany and if possible precede any large-scale arrival of medical teams requesting support and facilities. We took pains to explain that we were not Military Surgeons and that we were aware of the request that only civilian personnel had been contemplated for this station.

It seems important to emphasize that appropriate prior consideration of means of getting acceptable entry of military medical personnel should be undertaken by the DOD representative and the Department of State.

Dr. William L. Barton, Assistant Director of Medical Services, had met us on our arrival and after we paid our respects to the Director we had a very pleasant and relaxed visit with him. Dr. Barton was born in 1923 and has an M.B., Ch. B. (Edin.), D.P.H., and D.T.M. & H. He served in Kenya

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from 1946-1956 and was Acting Director of Medical Services on several occasions there before his transfer to Zanzibar in November 1956.

In 1960 he had 6 months at the School of Public Health of the University of North Carolina and visited many centers in the United States. Both his wife and he are Kenya born.

Dr. Flood and I had a very pleasant dinner at the Barton's that evening and I have been their guest or out with them elsewhere on other occasions. The Bartons are well informed on Stateside life and thinking from Little Rock to Boogie-Woogie and seem a logical focal point for any future medical support negotiations. I had a complete tour of the Hassanali Karimjee Jivanjee Hospital and introduction to the staff by Dr. W. G. Jones-Hughes, the Acting Medical Superintendent. He is a medical administrator born in 1914 with a B.A. (Oxon), M.R.C.S. (Eng.), L.R.C.P. (Lond.), D.P.H. (Eng.) with Military Service 1942-1946.

Of the staff particular note should be made of Mr. Donegh (pronounced "Donna") W. H. Hurley, the Surgical Specialist with an M.B.B. Ch., F.R.C.S. (England), NU Irel. 1946, F.R.C.S. (Edin.) 1956. Dr. Harries of Nairobi (see below) speaks of him as a "good general surgeon" and the F.R.C.S. (England) is comparable to certification by the American Board of Surgery.

The Medical Specialist, Dr. Wilfred L.R. Kenyon M.B., Ch. B. (Man.) M.R.C.P. (Lond.) L.R.C.P. (Lond.) M.R.C.S. (Eng.) D.T.M. & H. (Liverpool), Military Service 1941-1946. Medical Officer Kenya 1954-1958, is at present on leave in England. He was born in 1915 and is described as a quiet Yorkshireman - well qualified, by Dr. Harries. The M.R.C.P. (London) is comparable to certification by the American Board of Internal Medicine. ®

A-3

On other days I made cardiac round with Dr, Brian Dando, a pleasant young English Physician on two years contract service at the hospital. The Matron (chief nurse) and the nursing sisters appeared up to the usual good English standard.

Dr. Jones-Hughes stated that there was seldom a time when a portion of the hospital could not be set aside as a special unit for medical support of an astronaut. No further localization of space or firmer arrangements were made at this time. Some of the staff, not including Dr. Jones-Hughes, visited the Mercury site and had some of the medical aspects of Project Mercury explained.

There is a direct writing electrocardio graph machine and an adequate X ray unit (with Bucky grid) as part of the Hospital Central facilities. The anesthesia machines were in use when I visited but both they and the surgical support facilities are considered adequate by Dr. Barton.

S. M. Fox

Samuel M. Fox 3rd M.D.
Medical Monitor, Zanzibar
November 1961

Supplement B

Medical Facilities and Personnel at Nairobi, Kenya

The Medical Specialist in Nairobi; Dr. James R. Harries, M.R.C.P., is a previous acquaintance of mine from visits to Bethesda and at medical meetings in 1959 and 1960. He is an extremely energetic, and well informed clinical cardio-pulmonary physiologist who had a year with Dr. Jere Mead of the Respiratory Lab. of the Harvard School of Public Health (1959-1960) and visits to many other U. S. Labs. and hospitals. He recently spent 2-3 months with Dr. John Shillingford of the Medical Research Council Cardiopulmonary Unit, Hammersmith Hospital, London.

All persons with whom I have had contact consider him outstanding (Drs. Mead, Shillingford, and Manson-Bahr of the King George VI Hospital, Nairobi).

He has established a Cardio-pulmonary Lab and a good bit of modern apparatus at the Respiratory Unit of the Infectious Disease Hospital. This is located almost a mile by road from the main part of the George VI Hospital, the main medical facility of Nairobi and for that matter Kenya and Tanganyika.

Dr. Harries feels he would prefer to have any astronaut problems handled in his unit including Thoracic Surgery, and I would recommend that his advice be accepted. On a very informal basis this was discussed with no specific details defined. On this trip I did not have an opportunity to visit the George VI Hospital proper, but from previous visits (1955, 1956) and other information it does not have any specific cardio-pulmonary intensive care unit such as has the Infections Disease Unit.

Dr. Harries showed me the facilities which include multiple full-body (Drinker-type) and other respirators and a 4 channel Sanborn recorder and gauges in an adequate diagnostic cardiac catheterization lab. This equipment was obtained by

TS-2

Drs. Harries and Lawes who led a very effective campaign on behalf of a Polio Unit. Apparently there are adequate nursing Sisters and operating room support available.

Two other men of excellent qualifications are part of this unit which make it exceptional for the area:

Mr. Edmund Grattan, F.R.C.S., is the Thoracic Surgical specialist for Kenya and appeared to be a pleasant man of quiet confidence.

Dr. Eric Lawes, F.F.A.R.C.S., the Anesthetic Specialist, I did not meet on this visit but all reports are excellent in every respect.

This team appears to be the equal of any of which I have knowledge anywhere on the African Continent including Cairo, Johannesburg, Pretoria, Durban, etc, and very possibly can be considered superior to that of the Groote Schuur Hospital, Capetown.

It would seem appropriate that some information be provided the Medical Monitors, Zanzibar, as to how consultations and particularly travel for members of this team could be arranged on behalf of the official NASA support of Project Mercury.

I'm sure Dr. Harries would travel on personal request and could probably persuade the others to do what was consistent with their personal commitments.

Particularly where it might be difficult to get the DOD speciality team here promptly it appears indicated to have general guidelines for contracting for their services and travel.

Would "\$ 50 a day plus all actual and necessary expenses" be an offer that would have NASA approval? Discussion of this might well be undertaken at briefings for MA-6.

S. M. Fox

Samuel M. Fox 3rd M.D.
Medical Monitor, Zanzibar
November 1961

Dr. Stan White

Sheet 1 C

Medical Personnel and Facilities - Notes of January 1962.

Blantyre, Nyasaland

The second orbital track passes almost directly over Blantyre, the largest city in rugged country with few air fields and infrequent roads most of which are dirt.

The U.S. Consul, Blantyre, is Mr. Robert Remole, and an exceedingly capable ex-Navy Pilot, Mr. D. Wayne Connor is the USIS officer (P.O. Box 380, Blantyre; Home Telephone, Limbe 5447).

There are two general physicians in the area, Dr. A. A. Raubenheimer and Dr. Russell Harvey but definitive speciality services would have to be brought in from Salisbury, Nairobi or Kampala.

There is no really modern hospital but the Government unit would adequately serve for first-line support.

"Viscount" aircraft use the field routinely and it has radio facilities although apparently not on a 24 hour operational status.

Beira, Mozambique

This Portuguese coastal resort city was not visited on this trip but medical contacts in Salisbury say there has been no essential change from the rather inadequate facilities, largely tied in with private practitioners, which were found on a visit in July 1956. Salisbury is used as the point of hospitalization and consultation for serious problems.

Dar-es-Salaam, Tanganyika

Mr. Robert T. Hennemeyer is Charge d' Affaires ad interim of the U. S. Embassy and has a sensitive appreciation of the contingency problem. He arranged for a meeting on 12 January 1962 with Doctor W. J. Meador Evans, a senior British Medical Administrator, who is Chief Medical Officer (equivalent to our Surgeon General) of the Ministry of Health and Labor, Tanganyika. Dr. Evans is a cordial and discrete man of incisive approach. He felt it best to have a formal letter of request for information. Such was therefore prepared and approved by Mr. Hennemeyer before being presented to Dr. Evans. This forms enclosure "A" and the reply is enclosure "B". An excellent large road map of Tanganyika was specially prepared showing the general location of both Government and Missionary Hospitals which have staff doctors. This is considered far more up-to-date than anything available elsewhere.

A copy has been prepared to send to the U. S. Consul, Nairobi for temporary issuance to the Medical Officer accompanying the contingency aircraft to be stationed at Nairobi. It is hoped that it will be returned to the U. S. Consul between missions for such local use as would be appropriate. Likewise the original will be sent (after MA-6) to Mr. Hennemeyer at Dar-es-Salaam for reproduction by anyone interested; then to be returned to the NASA Station Manager or the M & O Supervisor at the Monitor Station, Zanzibar for file purposes and future missions.

The Princess Margaret Hospital - the main Government Hospital in Dar-es-Salaam is a general hospital with a small blood bank and a competent staff. Dr. Jack Meredith, the well recommended Medical Specialist was out of the area (in Entebbe for an African Hematological Meeting) but a brief revisit indicated reasonably adequate facilities. This visit was not appropriate until Saturday and few of the staff were then present.

The Ocean Road Hospital is being gradually converted into a speciality hospital for Obstetrics and Gynecology although retaining its Government Status.

Dr. Macgregor the former acting chief Medical Officer, previously contacted by Col. Duff USAF (MC) from Wiesbaden, has left East Africa as has Dr. McInnis, the former Principal M.O., and Mr. Pine, Administrator at the Princess Margaret Hospital.

Zanzibar

The previous report on personnel and facilities is largely current with the following exceptions. A more formal procedure for U.S. Citizen patient admission has been worked out between the U.S. Consul, Mr. Frederick Picard, and Dr. I. W. McKichan, the Director of Medical Services.

Dr. Wm. Barton, the Deputy D.M.O. left 16 January on a 4 months WHO travelling fellowship to South Africa, Asia and parts of Europe.

Dr. Wilfred Kenyon, M.R.C.P., the Medical Specialist, who was previously on leave has now returned. Dr. Barton reiterated his high regard for Dr. Kenyon who is a quiet, almost diffident man with an excellent acquaintance with the recent literature. I intend to visit with him shortly.

S. M. Fox

Samual M. Fox 3rd M.D.
Medical Monitor, Zanzibar
16 January 1962.

Charter Aircraft Facilities, East Africa

While in Dar-es-Salaam, waiting for travel space, a brief contact was made, in confidence, with Mr. Hewlit of the Campling Brothers Aircraft Charter Service upon the recommendation of Mr. Hennemeyer, charge of the U.S. Embassy.

Mr. Hewlit suggested that any definite negotiations at Dar-es-Salaam be made with Mr. Holiday (phone 63286) at the airport but no further action was taken.

At Dar-es-Salaam they have Cessna 180, 182 and 210 aircraft (all single engine and capable of carrying 3 people) and the same company has at least one "Acro Commander" in Nairobi.

The Cessna single motor charter rate is 2 shillings 20 cents (31 cents U.S.) per mile but must include the distance back to the point of origin. In addition the charter party must pay landing charges and reasonable overnight expenses for the one pilot provided.

There is a minimum reservation fee, to hold a plane and pilot, for one day of 300 shillings (\$42.00 U.S.). They do not fly at night and have standard radio facilities, no direction finder loops.

The larger planes from Nairobi have radio-telephone and more extensive navigational aids.

Mr. Hewlit stated that he believed all Dar-es-Salaam aircraft were booked to the end of January 1962. No further contact is anticipated.

S. M. F.

Samuel M. Fox 3rd M.D.
Medical Monitor, Zanzibar
16 January 1962.



5. What is the name of the responsible person with whom administrative and financial details relative to facilities would be best undertaken?

May I express my great appreciation to you for your interest and help in providing these details for planning for this unanticipated contingency?

The favor of a reply would be appreciated - addressed to the care of:

Mr. Robert T. Mennemeyer, Charge d'Affaires ad interim,
The Embassy of the United States,
Dar es Salaam,
Tanganyika.

Respectfully with thanks,

Samuel M. Fox, M.D.
Medical Monitor, Project Mercury
Zanzibar

12th January, 1961

David Fox

Thank you for your letter of to-day's date. As requested I enclose two copies of a map showing the location of all major hospitals and dispensaries in Tanganyika.

The Ministry will be glad to make available to you facilities at the Princess Margaret Hospital, Dar es Salaam, as requested. As regards the details of your requirements will you please contact Dr: D.G. Conacher, Medical Superintendent, Princess Margaret Hospital, Dar es Salaam (telephone office 20449: house 23007: home address No. 3 Garden Avenue, Dar es Salaam).

The following officers are stationed in Dar es Salaam and will be available for consultation in the various fields listed.

1. Anaesthesiology

Dr. E. de Hoet, Princess Margaret Hospital, telephone 22661
home address: 13 Kinondoni Cottages, telephone 67099

2. General Surgery

Mr. George Johnstone, Surgical Specialist, Princess Margaret Hospital
telephone 22661
home address: 118 Seaview, telephone 22997

3. Thoracic Surgery - there is no thoracic surgeon on the staff of the Ministry, but Mr. Johnstone has special interest in this subject. Details as above.

4. Orthopaedic Surgery - both Mr. Johnstone and Mr. J.P. Lane, Surgical Specialist, have special interest in orthopaedic surgery, although neither is purely an orthopaedic surgeon.

Mr. J.P. Lane, Surgical Specialist, Princess Margaret Hospital
telephone 22661
home address: 49 Msasani Road, telephone 67261

5. Neuro-surgery - there is no neuro-surgeon on the staff of the Ministry. I would suggest that you contact Mr. Johnstone in the case of this specialty.

6. Neurology

Dr. J.S. Meredith, Medical Specialist, Princess Margaret Hospital
telephone 22661 or 20381
home address: 37 Msasani Road, telephone 67035

7. Cardio-pulmonary diseases

Dr. J.S. Meredith, Medical Specialist - details as above.

8. Clinical Pathology and Laboratory work

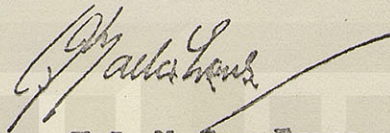
Dr. J.P.P. Mackey, Principal Pathologist, Central Pathology Laboratory
telephone 20266
home address: 9, Gillman Avenue, telephone 67209

I would suggest that co-ordination on a territorial basis should be effected through this office and you should contact Dr. Charles Runciman, Principal Medical Officer (home address 3 Gillman Avenue, telephone 67569) or in his absence myself (home address 1 Garden Avenue, telephone 22360) Office telephone for both 22847.

Correspondence on administrative and financial details should be with the Chief Medical Officer in this office.

I would again emphasize that in matters relating to facilities in Dar es Salaam you should make direct contact with Dr. D.G. Conacher, Medical Superintendent.

Yours sincerely,



W.J. MacLor Evans,
CHIEF MEDICAL OFFICER

18 January 1962.

Mr. Richard B. Freund
Consul General of the United States
P. O. Box No. 30137
Nairobi, Kenya.

Dear Mr. Freund,

I am taking the liberty of sending you some information covering medical facilities and personnel which was obtained during a recent trip through Salisbury, Southern Rhodesia, Blantyre, Nyasaland and Dar-es-Salaam, Tanganyika on the way to the Project Mercury Monitor Station, Zanzibar in preparation for the forthcoming NASA effort (Manned Orbital Mission).

The responsibility for the direction of medical contingency operations rests cooperatively between the NASA personnel at the Mercury Control Center, Cape Canaveral, the U.S. Navy and Air Force and the Medical Monitors in the respective areas involved.

As you are probably aware the Kano, Nigeria station has from zero (0°) to 30° East Longitude and the Zanzibar station has from 30° to 60° East as its area of responsibility.

In so far as the U.S. Air Force planes in Nairobi have the primary opportunity and capability for search and rescue operations we would appreciate it if you would kindly pass the enclosed information to the Flight Surgeon accompanying the Contingency Aircraft for his possible use while located in the East African area in conjunction with NASA missions. We would also appreciate it if you would request that this file be returned to your office between missions for such use as you might wish to make of it. In this manner I believe its availability for subsequent missions would be best assured.

Sheet 2

I regret that my last stop in Nairobi was on Sunday 5 November 1961 when I did not wish to disturb you. I am enclosing a copy of my station report from that trip. In the future I hope to have an opportunity to visit the Consulate and also the King George VI hospital.

If there are any questions please write C/O P.O.Box 1283, Zanzibar or after the mission (MA-6) C/O The National Heart Institute, NIH, Bethesda 14, Maryland, my regular office.

Sincerely yours,

Samuel M. Fox 3rd M.D.
Medical Monitor, Zanzibar
18 January 1962

®

Date: 14 May 1963

LIST OF INSTRUMENTS & MEDICINES

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
1	1	Ear Syringe
2	1	Levine Tube
3	3	Eye Dropers
4	1	Oral Thermometer
5	1	Elastic Bandage
6	1	Sphygmomanometer
7	1	Stethoscope
8	1	Nasal Speculum
9	1	No. 16 Rubber Catheter
10	1	Tuning Fork
11	1	Percussion Hammer
12	1	Sterile Colon Tube No. 30
13	1set	No. 20 Spinal Needles (Sterile)
14	1set	2cc Syringe and Needles (Sterile)
15	1set	5cc Syringe and Needles (Sterile)
16	1	Metal Pharyngeal Airway
17	1	Laryngeal Mirror
18	1	Tracheal Cannula (Sterile)
19	1	Head Mirror
20	1	Package Swab Sticks
21	3sets	Applicators
22	2	Packets No. 25 Hypodermic Needles (Cartridge Type)
23	1set	Eye Instruments
24	1	Packet Cataract Eye Blade
25	1	Box 4-0 Sutures with Atraumatic Needles
26	1	Package of Tongue Depressors
27	1	Snake Bite Kit
28	1	Roll of 3" Adhesive Tube
29	1	Bottle Alcohol
30	1	Bottle ALOH Tablets

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
31	1	Packet Cotton
32	3	Bottles Kaopectate (4oz. Each)
33	1	Package Bandage
34	2	3" Gauze Roller Bandage
35	2	1" Gauze Roller Bandage
36	1	Tube Zinc Oxide Ointment
37	4	Benzedrex Inhaler
38	1	Tube 20 Atropine Sulfate Tablets U.S.P. (1/150gr)
39	2	Bottle Containing Chloroquine Primaquine Tablets
40	1	Bottle Eugenol (28.31gr)
41	2	Boxes Pentylenetetrazol Injection (0.1GM) (1½gr) per cc
42	1	Bottle Water for Injection
43	2	Tubes Ophthalmic Ointment (½oz)
44	3	Tubes Tetracaine Ophthalmic Ointment (½oz)
45	1	Bottle Glyceryl Trinitrate (1/200gr)
46	1	Bottle Water Purification Tablets (50)
47	1	Bottle Equanil 400mgm Tablets
48	1	Bottle Coricidin "D" Tablets
49	1	Bottle Benadryl 50mgm Tablets
50	1	Chloritrimeton 4mg Tablets
51	1	Bottle Tetracycline HCL 250mgm Tablets
52	1	Ampoule Penicillin G (1,000,000 units) (for injection)
53	1	Vial Demerol 30cc (50mgm per cc)
54	1	Tube Tetracaine Ointment (0.5% 1oz)
55	1	Tube Lubricant, Surgical, Sterile (4oz)

DEPARTMENT OF STATE

POST REPORT

DATE: May 7, 1962

FROM: Nairobi
City

Replaces Part I Dated January 1, 1960

Kenya
Country

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART I General Description

Introduction. Nairobi, well-known as the starting point for most of the big-game shooting and photographic safaris for which Kenya is world-famous, deserves recognition on its own merits as a beautifully planned and thriving modern city.

Nairobi, Masai for "the place of the cold water," started at the turn of the century as a railway headquarters and workshop for the Kenya-Uganda Rail line, is today referred to as the "city of the sun," renowned for its lovely landscapes including abundant flowering trees and shrubs, beautiful dwellings and public buildings. It is a modern melting pot numbering citizens from every continent, the capital of Kenya, commercial heart of East Africa, and the largest city between Cairo and Johannesburg.

a. Geography and Climate. Nairobi, the capital of Kenya Colony and the seat of the East African Common Services Organization, is situated at 1 degree 16'42" south latitude (87 miles south of the equator) and 36 degrees 50' east longitude, at a distance of about 320 miles inland from the Indian Ocean, and at an altitude of 5,453 feet above sea level at the railway station. The city area is 32 square miles or 20,542 acres with the city adjoining the semi-arid Athi Plain on the South and the wooded, better-watered Kenya Highlands on the North. The business district of Nairobi has wide streets, some handsome Government buildings and a mixture of large, modern office buildings with one or two-story shops and offices. Residential district districts extend for several miles to the north and West of the city, many of the houses having large and attractive gardens.

Nairobi experiences no real winter or summer. The hot season in Nairobi runs from October to March and the cool period from April to September, while there are two rainy seasons (March to June and October to November). The coolest time of the year is during July and August, just after the long rains, but the temperature does not vary greatly from season to season. There is, however, a great variation (frequently 25 degrees F. or more) in temperature between midday and night the year around, due to altitude. The extremes of temperature range from

from about 90 degrees to 45 degrees, with mean maximum temperatures of 82 degrees for the hot season and 76 degrees for the cool season, and with corresponding mean minimum temperature of 58 degrees and 56 degrees, respectively. The average annual rainfall for the past thirty years has been 34.5 inches of which about 18 inches fall during the long rains (March to June) and eight or nine during the short (October to November) rains, and the balance during isolated thundershowers. Rain usually falls at night or in the afternoon or evenings. The "short rain" period was exceptional in 1961, lasting from October through December. Mornings and evenings are cool, days are warm. Prevailing winds are from the southeast for half the year and for the remainder from the northeast.

Humidity is never sufficiently high to become oppressive. During the dry seasons considerable dust is blown about the streets and nearly all roads in Kenya are extremely dusty. Persons with sensitive respiratory system suffer from this situation.

Termites are present nearly everywhere and considerable care must therefore be taken in storage of wooden articles. Mosquitoes are present (although there is little malaria in Nairobi itself), as well as flies and other insects. Since most houses have no screens it may be necessary to sleep under a net or use an aerosol bomb to eliminate mosquitoes at night. Prevalence of mosquitoes depends mostly on the area within which one lives. Insects are not, however, particularly numerous or objectionable during the day.

b. Description of Post. Kenya, a comparatively young Colony, was little known until the end of the Nineteenth Century. In 1888, the Imperial British East Africa Company was chartered and built a series of trading posts on the route through Kenya and Uganda. The greatest impetus to development of the Colony was the building of the Kenya-Uganda Railway in the last decade of the Nineteenth Century; this railway is said to have the greatest percentage rise in elevation of any major railway in the world and still carries the bulk of Kenya and Uganda commercial traffic. In 1895, the British East

Africa Company was taken over by the British Government and the area was administered as a protectorate until 1920 when Kenya was proclaimed a Crown Colony, except for a strip ten miles wide at the Coast which is leased from the Sultan of Zanzibar as a Protectorate. In 1948, Uganda Protectorate, Kenya Colony and Protectorate and Tanganyika Trusteeship Territory formed an economic organization called the East African Common Services Organization which has consolidated the communications, transport, customs and other services of the three territories.

Nairobi has an estimated population of 214,800, including 120,000 Africans, 70,000 Asians (both Moslem and Hindu), 800 Arabs, 4,000 Goans, and 20,000 Europeans, for the most part of British nationality. Nearly all of the European residents of the city are English speaking and English is generally used as a second language by the Asians. Swahili is the language of the bulk of the African population. The non-British European community includes a considerable number of Greeks, Italians and a few Scandinavians, French, Swiss, Poles, Germans and Americans. The American colony (numbering over 1,100) in Kenya consists largely of missionaries who live and work in the native reserves, although some American commercial companies have American representatives (approximately 90 including members of families) in Nairobi. This city is the starting point for most of the big-game shooting and photographic safaris for which Kenya is world famous, and thus attracts a large and increasing number of American tourists.

Kenya is primarily an agricultural area, economically speaking, the principal crops grown being coffee, tea, pyrethrum, grains, wattle, cotton and sisal. Dairy and meat products are also important. A limited amount of mining is carried on as well, the chief minerals produced including soda ash, gold, kyanite, and recently graphite. Nairobi has become the center of commercial and industrial activities in the Colony and East Africa.

c. Nearby Places of Interest. There are no larger cities within easy reach of Nairobi, the nearest such centers being Salisbury, Southern Rhodesia, 1,400 air miles away, and Cairo, at a distance of 2,000 air miles. Many residents of Nairobi find it advisable to go to the coast for a time (to correct the effect of the considerable altitude) during the cooler season (June to September); there are attractive resort hotels at Mombasa, the port of entry for Nairobi, and at Malindi, on the Indian Ocean about 70 miles north of Mombasa. These points can be reached within two or three hours by air. The train trip from Nairobi to Mombasa (308 miles) requires about 14 hours. When the road

is passable, Mombasa can be reached by automobile in about eight hours. Kenya people often drive down to the coast for a long weekend.

Interesting trips can be taken to Tanganyika, and further inland to Uganda. In southwestern Kenya and in Tanganyika there are several resort hotels, one or two of luxurious character, where one may go to observe wild life within the National Parks, fish for trout, take mountain-climbing excursions on Kilimanjaro (elevation 19,500 feet) and Ruwenzori (elevation 16,794 feet) or simply rest and enjoy the first class scenery. These hotels usually have facilities for tennis and in some cases are adjacent to golf courses. A minimum of three days should be devoted to visits to these places and as distance increases more time must be allowed. Several of the more interesting places, such as Kericho, Kisumu, Entebbe (on Lake Victoria) and Kampala, largest city in Uganda, can be reached by train. A local transportation company operates a reasonably good bus service to a wider selection of places of interest. By far the most satisfactory means of travel anywhere in East Africa is by private car, even considering the poor condition of some of the roads. By motor such interesting places as "Treetops" and the Rift Valley can be reached in a few hours from Nairobi.

d. Location of Office. The Consulate General is located on the sixth and seventh floors of the Cotts House on Eliot Street (telephone 20381). Taxi service is available at the railway station, a distance of approximately one-half mile from the office, at the airlines offices, which are all within a few blocks of the Consulate General, and to which the airlines provide transportation from the international airport at Embakasi (Nairobi Airport) eight miles from the center of Nairobi.

DEPARTMENT OF STATE

POST REPORT

DATE: May 7, 1962FROM: Nairobi
City
Kenya
CountryReplaces Part II Dated January 1, 1960☒ Complete Revision ☐ No Change☐ Revises Paragraphs Marked by AsteriskPART II
Recreation and Social Life

a. Sports and Outdoor Life. A wide variety of outdoor sports is available at Nairobi. There are swimming pools in several hotels and in various clubs open to Americans. There is a playground for children at City Park, and others maintained by the various schools. There are tennis clubs and badminton, soccer, squash, cricket, and other traditional British games are all played. The three private golf clubs at Nairobi (Royal Nairobi, Muthaiga and Karen) have very good 18-hole courses with turf greens and there are several other excellent courses (one of which is public) within convenient driving distance of the city. There is a mountaineering club which organizes excursions to various hills and mountains in the Colony. Normal sports attire and equipment such as one would use in the United States is perfectly adapted to Kenya. Equipment for nearly all sports is available and at reasonable prices. The bright-colored sports clothes sometimes worn in the United States might attract attention in Nairobi, but no particular objection would be raised. The male British residents usually wear walking shorts for most sports. Bermuda shorts for women, popular in the United States, are not worn here except in one's own home. Women's shorts are forbidden on the golf courses. Tennis skirts are worn by British women for that sport. Anyone who plays golf or who has an inclination to learn to play will find this an inexpensive and highly relaxing form of recreation in Kenya. High quality clubs and bags are available at prices somewhat below those in the United States. An excellent professional teacher gives lessons for approximately \$1.00 per half hour.

b. Social Recreation. The official community at Nairobi is quite large, including as it does the officers of the British Colonial Service, the administrative personnel of the East African Common Services Organization, the Members of the Kenya Legislative Council, and officers of the Royal Army and Air Force. Officers assigned to the Consulate General are normally entertained by, and entertain, a number of these officials at cocktail parties and dinners (some black tie). The senior officials of the banks and business firms are also active in Nairobi social life. Most

entertaining is done at home. Americans in the Consulate General have an opportunity of meeting a good cross-section of residents in the Government, academic, and business fields. With an African majority in the Legislative Council and the anticipated change in Government, there is ample opportunity for contacts with political leaders of all races. Social entertainment for staff employees, beyond that given by American consular officers is limited.

There are two principal clubs in Nairobi: The Nairobi Club, to which much of the official element belongs, and the Muthaiga Country Club, in which up-country settlers form a considerable part of the membership. The Nairobi Club has "reciprocity" agreements with numerous clubs throughout British East Africa which are frequently of assistance in obtaining accommodations when traveling. Opportunities for golf, tennis and other sports are offered by the Royal Nairobi Golf Club, the Muthaiga Golf Club, the Parklands Sports Club, which is mainly for the younger set, and several others.

Officers at Nairobi will find their social obligations fairly heavy, although one can engage in more or less social activity according to one's inclination. A considerable amount of entertaining is useful in establishing and maintaining contact with the local community and officialdom. A consular officer would use from 200 to 300 calling cards during his tour here while his wife would use 150. Wives often use Mr. and Mrs. cards in place of individual Mrs. cards. It is advisable that cards be brought from the U. S.; however, engraving is done in Nairobi, but much patience is required to have it done correctly. Wives will find Mr. and Mrs. "informals" very useful for acceptances, regrets and informal invitations. Copies of a guide covering calls and social obligations are given to all new arrivals.

c. Entertainment. There are several amateur and semi-professional little theater groups which give frequent performances. There are two musical societies which give chamber music concerts and recitals. The Kenya Arts and Crafts Society each year gives two or three exhibitions of painting and sculpture by local

artists; art classes at all levels and in several mediums are also given by the Society. The Nairobi Conservatoire provides intermediate instruction in music and basic art training for adults. For persons interested in dramatics there are the Kenya National Theatre and the Donovan Maule Players as well as a number of amateur and little theatre groups.

The Coryndon Museum has an outstanding collection covering East African archaeology and natural history, as well as a fine new snake farm. The Sorsbie Gallery is an important art museum which holds a good variety of exhibits during the year. There is an active Nairobi Musical Society as well as the Nairobi Conservatoire of Music which brings well-known artists to the city. Additional clubs and societies are: East African Natural History Society, Geological Club of Nairobi, Nairobi Geographical Association, Kenya Arts and Crafts Society, and the Kenya Astronomical Society. The principal hobby clubs are the Aero-Club, open to anyone interested in aviation, the Aquasports Club for those interested in sailing and hydroplaning, and a camera club.

There are a number of night clubs within Nairobi including the Macumba, Trocadero, Equador Club, Swiss Grill, etc. Some of these are restricted to members; however, admission may be gained by paying a door charge. These establishments provide meals and dancing; several have regular orchestras; one has regular floor shows; and two have frequent floor shows. One hotel has regular Saturday night dances. Restaurants are fairly numerous, popular, and relatively inexpensive.

For satisfactory radio use at Nairobi, a powerful short-wave receiver is desirable. The local station maintains an incomplete schedule and its programs do not appeal to all tastes. It provides fairly adequate coverage of news by re-broadcast from London and gives programs of popular and classical recordings. The other station heard in Nairobi on the broadcast and medium wave bands is the station operated by the East African Command. This station also maintains an incomplete schedule and its programs are geared mainly to the Armed Forces. With a good set, American short-wave stations can often be heard satisfactorily after dark. It is planned to inaugurate the Nairobi television station sometime during the latter part of the year.

Photography is a popular hobby in Kenya and cameras, photographic equipment and films, are readily obtainable. A telephoto lens is desirable for photographing game. Kodacolor, Kodachrome 35 mm slides and Gaevent color film are available and may be developed here.

Kodachrome and motion picture film, however, must be sent to Johannesburg, Paris, London, or the United States for processing. Black and white film in all sizes is available and still pictures can be developed and enlarged satisfactorily in the local laboratories.

A major item of interest is the Nairobi National Park, a game preserve, located within a few miles of the center of town. The park is a sanctuary of some 40 square miles for East African big game (with the exception of elephant, rhino, and buffalo) and a never ending source of entertainment is found in watching and photographing the wild life there. It is usually visited by private car and a fee of 5 shillings per passenger is charged for entry.

Hunting and photographing safaris can be arranged (at a rather high price) by the numerous outfitting companies in Nairobi. There is trout fishing within easy reach of Nairobi and deepsea fishing off the coast at the popular resorts Malindi, Kilifi as well as Mombasa.

d. Libraries and Reading Matter. The McMillan Memorial Library has a good collection of books on East Africa and other subjects, and the United States Information service has a sizeable library of American books and periodicals. The East African Standard, the largest local newspaper, published daily except Sunday, and the Daily Nation give fair coverage of local events and of international affairs through the Reuter Press Service and Agency France Press. Other English language periodicals appearing weekly are the Sunday Post, Colonial Times, Kenya Weekly News, and The Sunday Nation; there is also the bi-weekly news magazine, Reporter, the air editions of the London Times, News of the World, Daily Telegraph, New York Times, and New York Herald Tribune are available, as are the European editions of Time, Life and Newsweek. Several bookstores are available with a good supply of English language books. There are two or three good lending libraries in various shopping centers.

DEPARTMENT OF STATE

POST REPORT

DATE: May 7, 1962

FROM: Nairobi
City

Replaces Part III Dated January 1, 1960

Kenya
Country

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART III

Housing, Furniture and Household Equipment

a. Government Quarters. The United States Government owns two houses in Nairobi. The Principal Officer's residence is situated in Muthaiga, the choicest residential section of Nairobi, about four miles from the consular office. It is an attractive California-Spanish style house on five acres of land. The house has tropical hardwood parquet floors throughout. There is a living room 30 x 19 feet with gray colored walls, matching wood work and a large fireplace; a library 17'6" x 13'9", with black and tan walnut wood walls, and a fireplace; a dining room 21 x 14 feet, gray colored walls and matching woodwork; an alternate dining or breakfast room 17 3/4 x 13 3/4 feet, with adjoining bath (no toilet); a butler's pantry 12 1/2 x 9 1/2 feet, a kitchen 15 x 11 feet; a scullery-laundry room; two sizeable locked storage closets in the pantry-kitchen-laundry area; and downstairs wash and toilet room, with clothes closet, off the main entrance hall.

On the upper floor, the master bedroom suite consists of a bedroom 17 3/4 x 19 1/2 feet, and dressing room 17 x 11 1/3 feet, both having extensive built-in drawers and wardrobes. Both rooms have light colored walls and woodwork, with white ceilings. There is a complete bathroom for this section. The central upstairs hall has one large locked closet for the storage of linens and blankets. There is also a large locked cupboard upstairs as well as a wall safe in the bedroom.

There is a guest-wing on the upper floor consisting of two suites of two small rooms each with bath (one with toilet); one additional detached toilet serves this wing.

There is a rear staircase from the ground floor to the upper floor, as well as the staircase rising from the main entrance hall.

On the ground floor there is a loggia (covered porch) 17 x 12 3/4 feet, leading off the main entrance hall and the living room. Directly overhead is an open air porch leading off the central upper hallway and the dressing room of the master bedroom suite.

There is a two-car garage and two sets of servants quarters capable of housing eight or so African servants.

The property, partly terraced, slopes from the area nearest Muthaiga Road to a tiny stream about two hundred feet lower in elevation than the ground on which the house stands. Three acres are cleared and fenced; the remaining two acres are underbrush through which a narrow footpath descends steeply.

The residence is furnished with a limited amount of basic pieces. Principal Officers will doubtlessly wish to bring pictures, vases, ash trays, radio, books and other personal items to "fill in." China, glassware and kitchen utensils are present, but no silverware.

The United States Government also owns a small bungalow-type house on Bernard and Baldwin Roads. The building is of local stone construction on about 3/4 of one acre of ground, 3 1/2 miles from the Consulate General. The house is unfurnished except for an electric stove and refrigerator in the kitchen, some dishes, a floor polisher, a fireplace set and garden equipment. The house consists of a living room 2-1/2 x 10 1/2 feet; a small dining alcove 11 1/2 x 10 1/2 feet; a small front entrance hall off which leads into the living room, dining alcove, bedroom corridor and kitchen. There are two bedrooms 14 x 11 feet and 13 x 12 feet and a small room which can be used as a dressing room, small study, or possibly a child's bedroom. There is one bathroom with a separate toilet as is common in East Africa. The kitchen is of adequate size, although inconveniently arranged for working space, and has an adjoining storage closet sufficient to accommodate a refrigerator and the usual food and liquor supplies. There is a one-car garage and servant's quarters with two rooms, cooking area, toilet and shower. The number of servants required are one houseboy-cook and one garden boy. A store room and outdoor laundry porch are built on to the rear of the house.

There are, at the present writing, the following properties under Government lease:

One unfurnished house consisting of 8 rooms (living room, dining room, 4 bedrooms and kitchen) residence of the Deputy Principal Officer.

Two furnished apartments of three rooms each with kitchen and bath--residences of single staff personnel.

One furnished house consisting of living room, bedroom, kitchen and bath--residence of staff secretary.

One furnished house consisting of living room, dining room, 3 bedrooms, kitchen, bath and garage--residence of Agricultural Officer.

One furnished house consisting of living room, dining room, 3 bedrooms, kitchen, bath and garage--residence of the Public Affairs Officer.

One penthouse apartment consisting of living room, 2 bedrooms, kitchen and bath--residence of Public Affairs Assistant.

One large spacious house consisting of living room, dining room, sewing room, 4 bedrooms, 2½ baths, kitchen and garage, located at a considerable distance from Nairobi center--residence of AID Representative.

One unfurnished house consisting of living room, dining room, 3 bedrooms and kitchen--residence of USIS Radio Officer.

All other officers and staff personnel must make private leases. Satisfactory properties are available and with patience can be found within or slightly above allowances. Generally speaking, it is the one bedroom apartments that average slightly above the quarters allowance. Furnished houses and apartments are generally sparsely furnished and not in a manner to which Americans are accustomed. Unfurnished, modern apartments and houses in Nairobi can be tastefully and attractively arranged by those who have their own furnishings.

The approximate cost to leasees for drawing up leases is \$100.

b. Temporary Quarters. There are very few first-class hotels in Nairobi, although the Ambassador, the Norfolk, and the New Stanley Hotels approach the standards of first-rate American hotels as to cleanliness, service and comfort. Hotels are required to maintain a number of residence rooms and there are a number of reasonably good residential hotels (generally, however, not convenient to public transportation). There are a few boarding houses which are somewhat cheaper than the hotels, but they are not generally to be recommended. Hotel reservations are difficult to make on short notice and it is

recommended that personnel assigned to Nairobi inform the Consulate General as soon as possible of their arrival and hotel needs so that adequate accommodation may be reserved. Hotels charge for any unfulfilled commitments if they are unable to rent rooms.

c. Furniture. Furniture of conventional types is available locally and is of poor quality, although considerably more expensive than comparable American items. Furnishings suitable for the average house or apartment in the United States are appropriate for Nairobi and with normal care suffer no damage due to climate or other local conditions. Antiques are apt to suffer when handled by servants. It is possible to have attractive tables, cabinets, etc., made of a local cabinet wood called Mvulā, but it is risky to take these items elsewhere as this wood, which wears well here, tends to split when moved to other climates. Prices of these items are high by American standards for comparable quality. The selection of items of furniture can be governed by individual taste. A good supply of dressers and chests of drawers would probably be useful, as built-in cupboards and closets in bedrooms are less common here than in the United States, and only available in newer houses. Bedrooms in new houses are small and often have no room for dressers, boudoir chairs, etc. Complete china and glassware service should be brought, the amount depending upon the scale of entertaining one expects to do. It is inadvisable to use expensive china or glassware because native servants are careless and breakage is frequent. Crystal is very expensive and patterns limited. There is no china or glass mending service here. Highball glasses, small glasses for fruit juices, (sherry occasionally), old-fashioned glasses, liqueur glasses are most frequently used--the U. S.-type cocktail glass being rather seldom used. A large scotch cooler (preferably two) is essential for cocktail parties. Local refrigerators are small with very little space for ice cubes. A large ice bucket, particularly the plastic type which keeps ice cubes well, is highly useful. If large scale buffet entertaining is planned, it is wise to have extra napkins (these deteriorate quickly due to laundry methods), plates, cutlery, etc. These items are more expensive than in the United States.

Material for drapes is plentiful on the local market. However, the price is slightly in excess of that paid in the United States. Sheeting makes good all-purpose curtaining, but it is expensive. Matched towel sets equal to U. S. quality are difficult to find here. Dyeing of rugs, curtains, etc., while quite reasonable, is not as satisfactory as in the U. S., because colors sometimes fade, or run, if moistened.

As older houses in Kenya are painted on the inside in gray, it might be advisable to bring curtain material to harmonize with this color and your own furnishings. In new houses the gray has been replaced by rather bright wall paint.

d. Facilities and Equipment. All houses and apartments in Nairobi are provided with running water. Most residents have electric water heaters, but the use of these is restricted by an automatic timing device, to the heating of two tanks per day. Some houses have wood or charcoal-burning hot water heaters. Bathrooms and toilets are generally up to average American standards, the chief difference being the frequent placing of bathing and toilet facilities in separate rooms.

Furnished houses usually are provided with small electric refrigerators of British manufacture. Most Americans prefer to have a larger, more convenient American model shipped from the United States. The newer American refrigerators with a freezing compartment are highly recommended, since there is no commercial refrigeration and most housewives find it advisable to keep a reserve supply of meat at hand. A small deep-freeze unit would be useful, although in many houses it would be difficult to find a place suitable to install it due to the small size of most kitchens and kitchen storerooms. An American electric washing machine is recommended by many residents. Care should be taken to be sure that refrigerators brought will operate on 50-cycle current and that, if manufactured for 110-115 volt current, a transformer is provided to bring the local 220-240 volt current down to the proper voltage. Due to erratic voltage it is advisable to have refrigerators fitted with a fuse, as it is impossible to replace American type-sealed units in Nairobi. Power cuts are infrequent and of short duration, usually four hours.

Although near the Equator, the weather is chilly during July and August. Evenings are normally cool throughout the year. No local houses or buildings are equipped with central heating facilities but most residences have fireplaces (wood burning) which may be used with comfort virtually the year 'round. Electric heaters, which are available locally, are frequently used.

The local current is 220-240 volts, A.C., 50 cycle, three phase. This necessitates the use of a transformer with American equipment of the ordinary 110-volt type. Also, due to the difference in cycle, such motor-driven appliances as electric clocks, fans and phonographs run at only 5/6 of their normal speed. If one contemplates bringing a phonograph to Nairobi, the manufacturer should be consulted, probably

the motor shaft can be built up so as to compensate for the loss of speed or an export model can be purchased manufactured to operate at 50 cycles. American made lamps may be used without a transformer if equipped with 220-240 volt bulbs. Most appliances (electric irons (bring two for large families), toasters, hot plates, coffee percolators and stoves) are available locally and are of acceptable quality, but more expensive than their American counterparts. The number and type of appliances which should be brought can be according to individual inclination. However, stoves should not be imported from the United States due to the difficulty in the electrical phase even though the voltage and the cycle may be compensated for by the manufacturer.

Afrigas, a type of bottled gas, has recently been introduced into East Africa. Stoves and other appliances utilizing Afrigas are available locally at prices considerably less than for comparable electric appliances.

Since British electric plugs differ from those used in the United States, it will be necessary to change the plugs on all American electrical appliances or to purchase adapter plugs which are available locally, and differ from house to house in Nairobi.

A step ladder is useful because repair or service men seldom provide their own.

Flashlights are useful. Batteries are available locally.

Barbecue grills are useful for informal entertaining.

e. AID. Current AID policy is not to provide Government-leased quarters to its direct-hire personnel, other than the AID Representative. Personnel are expected to arrange for and lease their own facilities. Government household furniture, and equipment including a cooking stove, refrigerator, washing machine (for families), lamps, rug for living room, bedspreads for twin beds, and pillows are provided by AID. Quarters and hard furniture are provided by the host country for contract personnel.

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POST REPORT

DATE: May 7, 1962FROM: Nairobi
City
Kenya
CountryReplaces Part IV Dated January 1, 1960☒ Complete Revision ☐ No Change☐ Revises Paragraphs Marked by Asterisk

PART IV

Food, Clothing, Miscellaneous Supplies, Community Services and Facilities

a. Food. Fruits and vegetables are available the year around in good quantity at reasonable prices. The familiar American Vegetables such as peas, beans, carrots, cabbage, potatoes, beets, brussel sprouts, etc., are to be found throughout the year, as are tropical fruits (papaya, citrus fruits, pineapples, mangoes, avocados seasonally, etc.). Fruits of temperate zone (apples, peaches, pears, etc.) are imported and correspondingly expensive. Plums are plentiful during a short season. Fresh fish is obtainable most of the year. Beef and mutton are virtually always available, and good poultry and ham nearly always. The cuts are different from those found in American butcher shops and price varies. Beef is considerably cheaper than in the United States but poultry and mutton (lamb) are about the same or higher. Beef is sold immediately after butchering and should be aged four days to a week before eating. Meat should be thoroughly cooked. The source of leafy vegetables should be chosen with care. Imported canned fruits, vegetables, fish and other goods, including some frozen foods, are to be found in good variety, but at quite high prices. Locally canned fruits and vegetables are in plentiful supply and cheaper than the imported ones, but are considered to be of lower quality than U. S. products. However, Kenya canned asparagus and canned strawberries are especially good and quite reasonably priced. British and British-type canned meats and sausage are considered to be highly spiced by comparison to U. S. products. Unsweetened cooking chocolate is not available. Ample baby foods, both strained and chopped, are available locally. Butter and cream are available as well as eggs, cheese, and other local farm produce.

There is no commissary at Nairobi and group purchasing has proved unsatisfactory due to the excessive time required to fill an order placed in America. However, there is a centrally located Supermarket and various smaller neighborhood markets where, as indicated above, practically all types of foods, including imports, may be purchased at prices ranging from reasonable to only slightly higher than in the U.S.A. (While prices on canned foods are somewhat higher in general than in the U.S.A., when

shipping costs are considered, they average about the same.)

Pasteurized and Homogenized milk is available in sealed containers. When purchased in bulk, most people boil or pasteurize it before using. Doctors recommend boiling all milk for children under 2 years of age.

Water. The City's water supply is chlorinated. It is frequently checked and considered safe. Boiling or filtration is unnecessary, though adds to safety.

There is no official rationing and there are no Government cafeterias. Americans on the Consular staff return to their homes for lunch, eat their lunch at the office, or go to nearby restaurants.

It is well to come to Nairobi prepared with altitude cooking tips.

b. Clothing and Shoes. There is a 3 month cool season (generally June, July, and August) when woollens are used, especially by those who feel the cold, though very heavy winter clothing is not needed. Mid-season weight clothing is suitable for wear during most of the year at Nairobi. During the warmer season (from October to February), however, tropical worsteds and washable suits are often more comfortable during the day. Men's hats are not worn. A raincoat is essential; topcoats are rarely used. Heavy clothing is necessary at the higher altitudes and lightweight clothing must be worn at the coast. American weight suits, except extremely heavy, can be worn in Nairobi comfortably. Materials are available locally and tailoring is reasonably good. Men's summer suits and suiting material are not available here in the supply range of the United States. However, it would be well for Americans to bring a fairly complete wardrobe for all seasons since clothing prices are high. Shoes can be purchased ready-made or made to order at prices slightly higher than those in the United States, but to be sure of good quality and fit, it is preferable to bring them from the United States. Shirts, socks, underwear and other haberdashery can be procured locally at prices comparable to those

in the United States, but the quality and tailoring is often inferior. A dinner jacket is an absolute necessity for officers. White dinner jackets are worn at the coast. Morning coat and tails are very seldom needed.

Women should bring a supply of cotton dresses for daytime wear during the warmer months. Sweaters and silk, rayon and wool dresses are suitable for other seasons, and sweaters are worn for early morning and evening throughout the year. Tailored suits will be found useful. Evening dresses, particularly dinner dresses, are essential (the short dinner dress is on the whole more useful than the full length) and at least one very formal dress is recommended. However, wives of lower ranking officers may find even one superfluous. If one is interested in the various charity balls held during the year, ball gowns are desirable. Women's clothing in small (junior) sizes is almost non-existent. All types of apparel are available locally at prices considerably higher than at home, but the quality of such items as nylon stockings and nylon and rayon underwear is sub-standard. Although the quality and supply is rapidly improving a good supply of these should be brought. There are competent dressmakers in Nairobi but their prices are uniformly high. Light furs are worn at night during most of the year, although they are not essential. Woolen stoles are useful and can be purchased locally. Evening wraps are necessary as well as a medium-weight coat for informal occasions. The Singer Sewing Machine Company maintains a shop and repair service at Nairobi and all sewing materials are available. Shoes can sometimes be made to order satisfactorily, particularly if the workman (usually an Indian "fundi") is given a pair to copy. Ready-made shoes may be difficult to find in the size and style desired and it is advisable to bring a good supply of shoes for all types of occasions to the post. Narrow widths are difficult to find and difficult to have made. Italian handicraft shoes are available at a cost of Shs. 115.00 and up per pair. Repair service is good. Shoes wear quickly due to ground and pavement conditions. Plastic rain boots will be useful in protecting shoes from the red mud of Nairobi during the rains.

Children's clothing of a quality inferior to American items can be bought or made locally at very high prices, but it is recommended that a good supply of clothing for children be brought to the post. Children attending the local schools wear uniforms which must be procured locally as they must conform to regulation attire. Sun suits are useful for small children during the part of the year October to February and at the coast, but medium weight clothing is the essential for all ages. Warm night clothing

is essential for children and adults.

c. Servants. Good African servants are scarce and constant supervision may be necessary to see that they do their work properly and that pilferage is kept to a minimum. Some theft of food and breakage of china and glassware must be expected. Except for ayahs, or nursemaids and some "Shamba" (garden) girls, all African servants are male. Conditions of service are arranged between the employer and the servant; food, lodging, uniform and firewood sometimes being furnished in addition to salary. The only European servants available are a few children's nursemaids. Seychelloise women can frequently be found for this purpose. There are a few Goan cooks who are much sought after, and seldom available. The Principal Officer will require one head-boy, two houseboys, one cook, one kitchen boy, two gardeners, a watchman and a chauffeur, as a minimum, with additional houseboys and other servants according to the size and composition of his family. A single person, or married couple, keeping a house, would need as a minimum a houseboy and a gardener. Combination cook-houseboys are becoming more and more frequent. Some apartment houses restrict to one the number of servants allowed.

d. Miscellaneous Supplies. Toiletries and cosmetics (including Revlon, Arden, Colgate, etc.) of most types are available locally, but expensive. This also applies to candles. British and American cigarettes are obtainable free of customs duties. Cigars of good quality are available, although no Cuban or American cigars are obtainable. However, some members of the staff have standing orders with the U. S. manufacturers for periodic shipments of tobacco products by insured parcel post.

Scotch whiskey as well as gins, brandies, imported beers and most varieties of liquors and wines are available out of bond at wholesale prices. They are as reasonable in price as if sent from the United States and are generally obtainable the same day of ordering; supplies from the United States take 3 to 4 months reaching Nairobi. American type whiskies which are usually available are I. W. Harper and Four Roses.

Household needs of most types can be obtained but not in such wide variety as in the United States. It would be advisable if one prefers a certain detergent or soap to bring a supply as purchase of these items locally is expensive. The local servants have their own methods of cleaning and do not always take readily to new or unusual devices and preparations, even though the latter may save time and labor. Items such as paper cocktail napkins, cocktail sticks, book matches and other

"personalized" articles, must be supplied from the United States, the local stocks of minor household supplies running more to utility items.

British and Dutch equivalents of most American household medicines (including vitamin tablets, disinfectants, etc.) can be purchased at local chemists shops and need not be brought unless one prefers the American brands. The new antibiotics and other drugs recently developed in the United States are available at times. The Consulate General has a small supply of certain medicines provided by the Department for the use of American members of the staff.

Christmas decorations, wrappings and especially ribbon, are expensive.

Paper napkins are available but the selection is limited. Paper for wrapping meats for freezing should be brought from the U.S.A. Children's toys are more expensive than State-side varieties and somewhat less durable. Children's party favors are not generally available locally. Christmas cards are plentiful, but generally more expensive than U. S. varieties.

e. Community Services. Laundry is done at home by houseboys or by a "dhobie" employed for this duty. The methods used are hard on fabrics and apparel and linens must be replaced more often than one would expect in the United States. Many housewives find it preferable to launder the most delicate articles themselves rather than entrusting them to servants. There are a few fairly reliable dry cleaning establishments whose prices are somewhat lower than those in the United States.

f. Education.

(1) Elementary, Secondary, College.

There are no free public schools in Kenya, nor bus or any other type of transportation to or from the schools. Government schools for boys and girls (both for day students and boarders) in Nairobi and other places give courses roughly equivalent to those of American primary, grammar and high schools at reasonable prices. There are several boys' and girls' private residential schools and kindergartens near Nairobi, with moderate fees. Parochial schools are available at a tuition above the education allowance, the allowance being based on Kenya Government school costs. Athletics, particularly soccer, are available at most of the schools but other extra-curricular activities are limited. At the present time, there are 25 American children at the post enrolled in 12 different schools. Elementary 18; Secondary 7; Government schools 7; Private schools 3. The school year is comprised

of 3 terms of 3 months each followed by one month holiday. Instruction, which is competent, is in English and the need for learning the local language, Swahili, is only incidental.

The only institutions of higher learning in East Africa are Makerere College (mainly for Africans) at Kampala, Uganda, and the Royal College, recently opened in Nairobi.

(2) Language Training--Adult. The post will begin three group classes in Beginner's Swahili in the very near future. Approval from the Department is expected momentarily. In addition, Swahili language classes are held at the Evening Continuation Classes. There are grammar and text books available locally. A knowledge of at least a few words of Swahili will be found useful, however, for shopping purposes, very little Swahili is needed.

(3) Art-Music. The Arts and Crafts Society offers morning, afternoon and evening classes for adults in painting, drawing and modeling. During the school terms, Saturday morning classes are held for children in painting only. During school vacations, childrens' classes are held twice weekly in painting and crafts.

The East African Conservatoire of Music, Kenya Culture Center, offers individual lessons in piano, voice, violin, woodwind and ballet at a nominal fee. A "theory of music class" is held once a week free of charge for students of any of the individual lessons. The Conservatoire is open only during the day and there are no evening classes.

g. Churches. There are Roman Catholic, Greek Orthodox, Dutch Reformed, Church of Scotland (Presbyterian), Church of England, Lavington Church (Methodist), Seventh Day Adventist, Baptist and Christian Science churches and a Quaker Meeting in Nairobi, whose services are conducted in English, as well as Islamic Mosques and a Hebrew Synagogue.

DEPARTMENT OF STATE

POST REPORT

DATE: May 7, 1962

FROM: Nairobi

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Kenya

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PART V

Transportation and Communications

a. Local Transportation. Buses serve most of the residential areas of Nairobi, but the service is very infrequent and the vehicles crowded. Public transportation should not be considered a suitable means of getting to or from work, nor for recreation or social activities. Taxis are available but since distances are great the cost of this type of transportation is high. A city map (for direction) and adequate change should be carried.

b. Automobiles. Personnel at Nairobi without private cars will encounter great inconvenience in traveling to and from the office unless they reside in a hotel in the center of town) and in maintaining residence quarters (as a rule shopping cannot be entrusted to servants), and will find their social life severely restricted. It is, therefore, highly recommended that employees of all ranks have a car at this post. American cars are available locally in small numbers. Small British, Italian, French and German cars are readily available locally (both new and used) at about three-fourths the cost of an inexpensive American car. Standard American cars are difficult to maneuver through some of the driveways and streets; for this reason some employees may prefer compact cars. (Nairobi is not on list of accepted posts for shipment of foreign cars.) Repairs and maintenance are of rather low quality, but the spare parts supply is reasonably good for the popular American makes; it is advisable, however, to choose a car with the conventional rather than automatic transmission, as the local mechanics are not very familiar with the automatic features.

Roads throughout East Africa are extremely poor by American standards and at certain times of the year even the main routes are impassable. Road travel remains nevertheless the most comfortable and interesting mode of travel for business or for pleasure. Gasoline is sold unrationed at prices which vary according to the distance from the coast, the rate being 3/60 and 3/90 Shillings per Imperial gallon (\$.50 regular and \$.55 high test) at Nairobi. A duty and tax refund on gasoline and oil purchased by American members of the Consulate General may be applied for at the end of each

quarter year. The refund amounts to approximately 18%. Cars must be registered; however, American staff members are exempt from license fees. Third Party insurance must be carried and rates are considerably cheaper than in the United States; full coverage is recommended. Driving licenses are required and are issued after a fairly stringent examination for those who do not possess a valid United States license. Automobiles may be brought in without payment of duty, but 15% duty must be paid if resold locally, the duty being assessed by the resale price. Resale of American cars is very difficult in Nairobi. Both the Kenya Government and the Consulate General have developed strict safeguards against abuses by American staff of import and resale privileges while at the same time preserving the right of Americans to sell their cars when circumstances warrant. Vehicles are driven on the left-hand side of the road, but cars with left-hand drive are tolerated if appropriately marked. Left-hand drive vehicles have a lower resale value than right-hand drive.

Tires, as well as inner tubes, bearing American trademarks, but made in either England or South Africa, are available in Nairobi.

c. Regional Transportation. Five airlines provide service between Nairobi and New York (about 8,000 miles) and the trip can be made in about 36 hours, or more depending upon the route taken. The most expeditious route is by way of London (BOAC) although Air France (via Paris), Scandinavian (via Copenhagen or Stockholm) and Alitalia (via Rome) also have rapid services. Two American freight lines, whose ships carry a maximum of twelve passengers each, serve Mombasa, the trip to New York via Cape Town requiring five to seven weeks according to the degree of congestion at intervening ports. It is possible to reach the United States by flying from Nairobi to a Mediterranean port where one can transfer to a ship of an American line.

Air service is available to Zanzibar, Mombasa and other points on the Indian Ocean, to the capitals of Tanganyika and Uganda, and to Cairo, Aden, Salisbury, and more distant points. Trips can be taken by train to Mombasa,

to points in the Kenya Highlands and to Lake Victoria on which there is a steamer service connecting the various lake ports. Bus tours are organized to Uganda, Ruanda-Urundi and other points by local travel concerns. Bus service is available to all main points in Kenya.

d. Mail and Parcel Post. Airmail arrives from the United States about six times a week, requiring from four to seven days. Surface mail usually requires as much as two or three months, the frequency varying considerably. There is no censorship of incoming or outgoing mail. The surface pouch may be used for small personal items, but it has been the post's experience that parcel post service is reliable and more expeditious for mail order supplies.

e. Telephone and Telegraph. Local telephone service is adequate but shortages of equipment make it extremely difficult to obtain an instrument for a resident not already provided with one. Long distance service is available throughout East Africa and radio-telephone service exists to the United States. Calls to the United States, however, must be booked a day or two in advance and even then, calls may not be completed. Telegraph service to all parts of the world is good.

f. Shipping and Packing. Freight shipments destined for Nairobi are discharged from vessels at Mombasa and are cleared by the American Consulate General in Nairobi, to which the United States Despatch Agent in New York sends the two original copies of the bill of lading for this purpose. Other required documentation is furnished by the Consulate General and items of personal property are then admitted duty free for American members of the staff only (but not for their families). It is, therefore, essential that all shipments be addressed directly to the employee to avoid the assessment of customs duty. Freight packages should be marked "American Consulate General, Nairobi," the initials of the employee, and "via Mombasa." Freight shipments should be routed through the United States Despatch Agent, New York.

The port equipment at Mombasa and the railway between that port and Nairobi is adequate to handle any normal size liftvans or other packages. Freight shipments should be securely packed, crated and banded, as freight may receive rough handling and pilferage is not uncommon. Automobiles may be sent crated. Unboxed cars arrive with even less damage than those crated (provided they are stowed below deck, of course). However, officers or employees should ensure that all cars sent unboxed should have all accessories removed and shipped separately (not in the trunk) in order to ensure against pilferage.

Storage at dockside in Mombasa is often in the open air and cases not waterproofed may suffer damage from rain. Storage facilities are available at Nairobi, although it is best to avoid placing furniture or other wooden articles in storage because of the danger of termites.

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PART VI Health Controls

a. Sanitation and Health Controls. In the European residential sections, and the business districts of Nairobi, the standards of cleanliness and sanitation are high. The proximity of the African and some of the Asian communities, however, who are ill-housed and have different ideas of sanitation, reduces somewhat the effectiveness of the official control efforts which, however, are well directed. The water supply is adequate. The Municipal Health Officer states that water from the Nairobi system may be drunk unboiled. Most houses and hotels are equipped with modern plumbing facilities, though there are exceptions. Most houses also have septic tanks as there is no sewage disposal in the residential areas. Frequently bath and kitchen waste water is disposed of through open drains, which are inspected by the municipality at intervals to prevent breeding places for mosquitoes. Rubbish and garbage are collected three times a week by the city within its limits. Outside the city boundaries, such waste is usually burned.

b. Prevalence of Disease. Disease which occur locally (mainly among the Africans) are influenza, malaria, dysentery, diarrhea, tuberculosis, cerebro-spinal meningitis and poliomyelitis; plague and smallpox are generally present, and there is some blackwater fever and typhoid. Vaccination for smallpox is required by law and inoculation against yellow fever is a requisite for entry into surrounding areas. Typhoid and paratyphoid inoculations are recommended for travel within Kenya and East African countries. During unusual rainy seasons in Nairobi, personnel are given the prescribed malaria precaution drug. Aside from diseases, some personnel may be affected by the altitude. There have been cases among the Americans of tick typhus, worms and amoebic dysentery.

All the normal immunizations can be done at Nairobi at government clinics or by physicians. The local form of typhus (tick-borne) is akin to Rocky Mountain spotted fever, though less virulent, according to the local health authorities, and immunization against the common American louse-borne type has no effect against

the local tick typhus.

c. Special Health Risks and Precautions. Leafy vegetables should be eaten if the source is known to be reliable, and as a precaution against dysentery it may be best to treat them with a solution of potassium permanganate or equivalent. Meat must be thoroughly cooked. In some locations mosquito nets should be used at night, as screens for windows are virtually unknown here. Insect sprays and repellants (available locally) are commonly used and should be carried when travelling about the country. Some people advise carrying mosquito nets in their cars when making trips. Children are usually healthy at Nairobi. During their first year they seem prone to colds and respiratory troubles due to dust.

d. Medical Services. General practitioners are numerous in Nairobi (although the standard of medicine is not up to American standards.) Specialists (whose fees are quite high) are few, though competent, and their clientele is so large that it is difficult to get an appointment. Emergencies are cared for, however. Dentists are also competent, but have full schedules, and it is advisable to have all dental work done before departing for Kenya. Oculists are competent, but the selection of frames and lens shapes is limited, and rimless glasses obtainable only in rare instance. The only American doctor practising in Nairobi is an eye specialist.

Nairobi hospitals and nursing homes are quite well equipped and operated, but are sometimes overcrowded, and all but the most modern and experimental treatments can be obtained, bearing in mind the non-availability of certain drugs previously mentioned. Diagnostic laboratories, both private and governmental, are well equipped with facilities and competent personnel. The Princess Elizabeth Hospital for Women specializes in maternity and gynecology cases.

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PART VII Customs Regulations and Finances

a. Free Entry Privileges. All American members of the Consulate General's staff are entitled to free entry of articles for their personal use upon arrival and throughout their tour at Nairobi. This privilege does not extend to members of employees' families, and it is important to remember that shipments should always be addressed to the employee rather than to a member of his family.

b. Customs Duties. American employees accredited to this post are exempt from customs duties under the Consular Convention between the United States of America and the United Kingdom of Great Britain and Northern Ireland signed at Washington June 5, 1951.

c. Restrictions and Requirements Upon Entry. Persons assigned to Nairobi must have their passports visaed for Kenya, and be provided with smallpox and yellow fever immunization certificates on the World Health Organization's standard form. Other entry requirements are mere formalities and will cause no inconvenience whether arrival is by air at Nairobi or sea at Mombasa. If one contemplates bringing a pet, the Consulate General must be advised of the exact arrival time well in advance so that an import license can be obtained. Other requirements set forth by the local Department of Veterinary Services for the importation of dogs and cats from countries other than Great Britain, Australia and New Zealand follow:

- 1) Certificate of vaccination against Rabies. The only vaccine acceptable is the avianised, Flury strain, rabies vaccine (live virus product) produced by Lederle. Acceptable age for vaccination--3 months or over.
- 2) Certificate of isolation from other dogs and cats covering the period of the journey, signed by the master of the ship or pilot of the aircraft on which it travels.
- 3) Certificate of health issued by a Veterinary Surgeon within ten days of the animal's departure and endorsed by a Government Veterinary Officer to the effect that the animal comes from a rabies free area.
- 4) Movement permit signed by a local Government Veterinary Officer, if entering Kenya from Uganda or Tanganyika.

The animal will not be liable to quarantine if accompanied by the aforementioned documents and provided that the rabies vaccination has been administered more than thirty days and less than three years prior to movement. Should, however, the animal originate from a rabies infected area, it must have been vaccinated not less than six months and not more than three years from departure. Failing compliance with the above requirements, it will be required to go into quarantine, the duration being calculated from the date of vaccination. Quarantine restrictions are strictly enforced.

d. Currency Regulations. Dollar currency and travelers checks, if declared upon arrival, may be brought in any amount, but the local regulations prohibit their use other than through normal banking channels, i.e., by conversion to East African Shillings for local use, or purchase of bank draft in dollars to be sent elsewhere. Dollar checks on United States banks can be negotiated for shillings. The Consulate General's Disbursing Officer is authorized to purchase with dollar checks the shilling proceeds of the sale of automobiles or other personal property of persons departing on home leave or transfer.

e. Exchange, Finance and Taxes. There are branches of Barclays Bank, the Standard Bank of South Africa and the National and Grindlays Bank in Nairobi. An officer wishing to open an account should inform the bank in writing that he is depositing "registered Shillings" in order to circumvent any later difficulties about re-conversion of his account. Bank charges, particularly on a checking account, are rather high compared with those of the average American bank. For convenience in handling financial transactions in dollars, American personnel should also maintain checking accounts in the United States.

There are no direct taxes accessible on the official emoluments of consular officers, but a consular employee would have to pay taxes on real estate if owned by him. The required driver's certificate of competency costs 30 shillings (\$4.20) and a yearly drivers license costing ten shillings (\$1.40) must be obtained

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although staff members and their families are exempt from this charge. Members of the staff are exempt from the local radio set license fees, but are liable for other personal fees such as gun license fees.

DEPARTMENT OF STATE

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Replaces Part VIII Dated January 1, 1960

Kenya
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☒ Complete Revision ☐ No Change

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DEPARTMENT OF STATE

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DATE: May 17, 1962

FROM: Dar es Salaam
City
Tanganyika
Country

Replaces Part I Dated July 1, 1961

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PART I General Description

Dar es Salaam is considered by many Foreign Service personnel as one of the best posts in Tropical Africa. With proper precautions, the health problems can be kept to a minimum, and except for a few months in the January to March summer season, the climate is quite pleasant. Even more important, Dar is a multi-racial city in which the races live together in peace, and American personnel find it easy to make friends among members of all racial and religious communities. Furthermore, Dar has many lovely beaches, many of them suitable for children, where the amateur swimmer or the experienced skin diver alike, may find recreation and exercise. For those who like tropical fruits, Dar Abounds in all kinds of papaya, oranges, mangoes, pineapple, etc. Outside of Dar, there are many interesting game reserves and an array of fascinating sights to be seen near the Great Rift Valley.

Fresh vegetables in variety are scarce, especially during the hot season, but there is an ample supply of carrots and green beans. Canned and frozen vegetables are priced two to three times higher than in the United States. The prices of most meats, with the possible exception of ham, are about half that of the United States. The quality of the cuts is often lower than at home.

Geography and Climate. Dar es Salaam ("Haven of Peace"), the seat of the Government of Tanganyika and principal port and distributing center of the territory, lies on the Indian Ocean about 470 miles south of the Equator. The low coastal plain on which the town is situated is generally flat for about 20 miles inland.

Climatic conditions are governed by the monsoons. The southeast monsoon blows from the end of March to mid-October, and the northwest monsoon, which is less strong, blows from November to the beginning of March. This leads to two well-defined rainy seasons. The major one, locally called "the long rains," extends from March to the end of May, during which time heavy, intermittent rains occur almost every day. The secondary, or "short rains," comes

in November and December, when rainfall is mainly in the form of showers.

The weather is usually warm and humid, but the cool season, which extends from June to September, brings pleasant conditions. During the hot season, from November to April, the humidity is high and surface winds are light. The average yearly temperature is 78°F. The absolute maximum is 94°F, and the absolute minimum 71°F.

There is some dust during the dry season, and mildew is a problem in the rainy season. A variety of insects and other pests abound. However, none of these factors is of major importance in rendering life in Dar es Salaam difficult.

Description of Post. Until the Germans made Dar es Salaam the capital of the territory in 1894, it was little more than a fishing village. They laid out a town on spacious lines, began to develop the natural harbor as a port, and constructed many public buildings which still remain in use. That portion of the present city, lying on the north side of the harbor, is a very pleasant area today, with fine tree-lined streets, a botanical garden and a museum. The Governor General's mansion and most of the territorial government buildings are situated there.

The Germans were driven out during World War I by the British and the Belgians, and Tanganyika became a mandated territory of the League of Nations under British rule.

Between the wars the town did not develop a great deal. After World War II, however, the rapid development of the territory brought a great expansion in area, population, and wealth to the capital. On January 1, 1949, the city became a municipality, with an area of about 54 square miles. The present population is about 130,000, including some 2500 Arabs, 4500 Europeans, 27,000 Asians, and 93,000 Africans. In addition to being a shipping and trading center, Dar es Salaam is becoming a center for the territory of secondary industries, producing

a variety of basic consumer goods.

In addition to being surrounded by large African settlements, the city has a populous African quarter, an overcrowded slum area of mud and wattle huts and shops. It also has a large Asian bazaar and residential area, again overcrowded but with many modern, multi-story buildings in that style peculiar to Indian architects. As a matter of fact, because of the Asian quarter composes so much of downtown Dar es Salaam, the city appears to be an Indian one rather than a multi-racial community in East Africa when the Europeans and the Africans go home at the end of the business day. The main European residential areas are the suburbs of Kurasini, on the southwest, and Oyster Bay, on the coast about three miles north of the center of town.

Most of the European residents of the city are English-speaking, and English is generally a second language of the Asians. Swahili is the language of the bulk of the African population and is widely used by other racial groups as well. The majority of the European community is British, but there are considerable numbers of Greeks, Italians, Dutch, and other nationalities. Other than the Embassy staff of four officers, four secretaries and clerks, and their dependents, there are about 20 Americans in the city, mostly missionaries and wives of government officials. Perhaps 25 American travelers, other than the crews of American vessels, stop in Dar es Salaam each month. There are about 750 Americans, mostly missionaries, residing in the territory.

Nearby Places of Interest. The only other large cities in East Africa, Nairobi and Mombasa, in Kenya, are within two or three

hours of Dar es Salaam by air. Nairobi is a shopping center and at 5000 feet offers a relief from the coastal climate. At an even shorter distance are several points, accessible by air and sometimes by road, including, Iringa, Morogoro, the Kilimanjaro area, and Lushoto. These vacation spots, like Nairobi, are at a higher altitude than the coastal cities and offer a more pleasant climate and the opportunity to see the famous big game of East Africa. Lake Tanganyika and Lake Victoria can easily be reached by air or by rail although the train trip takes two days. Close to Dar es Salaam is the historic little town of Bagamoyo, capital of the territory for many years and a picturesque coastal settlement about 45 miles to the north by road. It was the primary Arab slave trading center in eastern Africa, and there are still many remnants of Arab architecture and culture in the vicinity. Perhaps the most interesting excursion, however, is that to Zanzibar, which lies 48 miles--20 minutes by air--to the northeast. The island was the center of Arab influence on the east coast of Africa and abounds in architectural examples of this influence and scenic beauty.

Location of Office. The Embassy is on the fourth floor of the Standard Bank Building on City Drive. Taxi service to the town is available from the airport and from the Princess Margaret Quay, and the office is within easy walking distance of the principal hotels. The Embassy would normally make arrangements to meet new arrivals. The telephone number is 22775.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 1962

FROM: Dar es Salaam
City
Tanganyika
Country

Replaces Part II Dated July 1, 1961

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART II Social Life and Services

Sports and Outdoor Life. Tanganyika is one of the principal "big game" countries of the world and from the point of view of the ardent hunter cannot be surpassed, with lion, elephant, buffalo, gazelle, and zebra to be found in the higher areas away from the coast. Various members of the deer family and a variety of birds are hunted 20 to 30 miles from Dar es Salaam. A general game license, entitling the holder to shoot all animals, other than elephant, costs Shs.100/-(£14.00). A special license which allows a hunter to kill three elephants cost Shs 600/-(£84.00). A considerable amount of this high fee can be recouped when an elephant is bagged and its ivory sold.

In and around Dar es Salaam there are many fine beaches, offering year-around swimming and skin diving. At Oyster Bay there is a popular salt water children's swimming and wading pool on the beach. Sailing and fishing are also favorite pastimes, and the Yacht Club offers facilities for maintaining a pleasure boat. A boat is a good investment during a two-year tour in Dar es Salaam; they can sometimes be purchased locally from members of the Club who are leaving the district.

Snow-capped Mount Kilimanjaro, at 19,500 feet the highest peak in Africa, offers a challenge to the amateur mountain climber and hiker, who can also find diversion in other parts of Tanganyika, like the Southern Highlands.

The Gymkhana Sports Club has an eighteen-hole golf course, with sand greens, and numerous tennis courts for members and their guests. The Club also has facilities for team sports and sponsors cricket, soccer, hockey and rugby teams. A number of matches in these sports attract teams from abroad and provide good spectator entertainment. The club house includes a bar, game room, and lounge.

There is an active rifle club in town, and an enthusiast can find badminton courts, indoor squash courts, and so on. Four riding stables have recently opened.

Sports equipment is available in Dar es

Salaam. The normal sports attire as generally worn elsewhere is acceptable here.

Social Recreation. The people of Dar es Salaam are very friendly, kindly, and hospitable, and an American coming to this post may be assured of a pleasant stay.

There are several private clubs, organized by and for the different European national communities, like the Dar es Salaam Club (British), the Italian Club, and the Hellenic Club, some of which offer extraordinary membership to the Consulate officers. These clubs offer such facilities as a dining room, bar, lounge, and game room, and they run dances, parties, outings, and the like for their members and guests. Most of these clubs restrict attendance to persons of pure European descent.

Most entertaining in Dar es Salaam is done in the home. The most popular form of entertainment is the "sundowner," which is a cocktail party held before dinner between the hours of seven and nine. Many people, though, prefer the more intimate dinner party, be it formal or informal, served or buffet. As in any small post, the officer will find that his social obligations become an increasing burden the longer he remains at the post and the more people he meets. There is little formal calling done, and an officer will find only a very small supply of calling cards necessary. One hundred will be more than adequate.

There is social intercourse between the Europeans and the Africans and many African leaders are invited to official functions. Relationships between the European and the Asian communities exist because of the many Asian men.

Entertainment. From the point of view of an American there is little commercial entertainment in Dar es Salaam.

There are seven motion picture theaters in the city, three of which are air conditioned. They show a variety of American, British, and Indian films of fairly recent vintage. Usually, the theaters give two performances, at 6:15 p.m. and 9:15 p.m.

The Dar es Salaam Players, an amateur theatrical group, produces dramas, comedies, musicals, and pantomimes of excellent quality. Their monthly productions in their own theater run from four to seven nights and are consistent sellouts. The Players welcome members of the Embassy with talent or interest in backstage work.

There are occasional musical concerts by foreign artists, usually sponsored by the Dar es Salaam Musical Society or the Dar es Salaam Cultural Society. Among the principal attractions have been American artists on tour under the auspices of the Department of State. The two societies are open to public membership and supplement the cultural fare of the community with record recitals, readings, and the like.

The King George VI Memorial Museum includes a number of interesting exhibits of native artifacts and archeological discoveries and a fairly good reference library on Tanganyika.

There is a night club in Dar es Salaam, which serves reasonably good food and which offers dancing to bands and a floor show every night. One can also get good dinners at three or four of the leading hotels. In comparison with the United States the price of a meal is relatively inexpensive.

The Tanganyika Broadcasting Corporation, a government-owned company, broadcasts locally in Swahili and in English on the standard band. However, with a good short wave receiver one can easily pick up Nairobi, which rebroadcasts B.B.C. programs, South Africa, Portuguese Africa, the Belgian Congo, French Africa, Europe, and occasionally the United States. Like the Voice of America, the Voice of Cairo comes in loud and clear. To supplement the radio a music lover should bring a phonograph which has been adapted to 50 cycles. Parts are not available here. American and British long-play records are available locally for about \$6.00 each; however, one should bring a spare cartridge pick-up or two for turntables of American manufacture.

Tanganyika is a scenic paradise for the photographer, and anyone who expects to travel in East Africa should carry a camera with him. A wide variety of film in tropical packing, both movie and still, is available in Dar es Salaam. There are several small photographic shops which develop and print black and white film locally, and there is a Kodak color processing laboratory in Johannesburg, South Africa. Film processing is prompt and somewhat less expensive than in the United States. The cost of the film is about the same.

The major local festival of the year, near the summer solstice, celebrates the end of the Moslem fasting, or Ramadhan. The "faithful" mark the occasion by a fair.

Libraries and Reading Matter. There are several libraries in Dar es Salaam, the best stocked being the United States Information Service library and the British Council library. Three European bookstores offer a varied selection of English, French and Italian books, newspapers and magazines. One cannot buy American books in town unless they have been printed in an United Kingdom edition; however, a good selection of American magazines is available. Magazine subscriptions from the United States arrive much more quickly by open mail than by pouch. At present the Embassy receives Time, Newsweek, U. S. News and World Report, The Economist, Foreign Affairs, the daily edition of the New York Times, and the Sunday edition of the London Times.

The local English-language newspaper, the Tanganyika Standard, carries the Reuters coverage of world events. There are several vernacular newspapers, published in Swahili and Gujarati.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 1962

FROM: Dar es Salaam
City
Tanganyika
Country

Replaces Part III Dated July 1, 1961

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART III Housing and Furnishings

Government Quarters. There are three Government-owned residences in Dar es Salaam, for the use of the Ambassador, the Deputy Chief of Mission, and a junior officer. The houses are in the Oyster Bay section on Kingsway, and Queen's Drive, which skirt the shoreline, and they receive a cooling breeze throughout the year. The Ambassador's residence is well suited for official entertainment and has a large living room, dining room, study, patio, four bedrooms, three and a half bathrooms, and an upstairs veranda, which faces the sea. The second residence, which is three plots removed from that of the Principal Officer, has a living room, dining room, three bedrooms, two and a half bathrooms, and a veranda facing the sea. Both of these houses have been extensively furnished by the Department. In addition, the Principal Officer's residence is supplied with official china, silver and glassware. Foreign Service officers should consult FBO prior to departure, as the post is presently attempting to acquire at least one additional house on government lease, as two residences will be required for an Ambassador and DCM after independence (December 9, 1961).

The Deputy Chief of Mission's residence is well suited for official entertainment and has a large living room, dining room, study, patio, four bedrooms, three and a half bathrooms, and an upstairs veranda which faces the sea. The third residence, which is 3 plots removed, has a living room, dining room, three bedrooms, two and a half bathrooms, and a veranda facing the sea. Both of these houses have been extensively furnished by the Department. In addition, the Ambassador's residence and the Deputy Chief of Mission's residence are supplied with official china, silver and glassware.

Availability of Other Quarters. Housing is scarce in Dar es Salaam at the present time, and a three months stay in temporary quarters is not uncommon. Houses and apartments are usually quite adequate by American standards. Two expenses which a tenant may have to face are to pay the lawyer's fee for drawing up a lease, and to pay for redecorating the quarters when vacating. The lawyer's fee may run as high as \$75.00 for a house, while the latter is a

negotiable point when signing a lease.

Furniture. Furniture which is used elsewhere in the tropics and in the warmer areas of the United States, is most suitable in Dar es Salaam. New custom-made and second hand furniture is available locally, and is inexpensive. The styling is mediocre, but the workmanship is competent. A wide variety of curtain material is available locally, and one can have curtains or drapes made at a reasonable price.

Facilities and Equipment Therefor. European homes and hotels at the post have electricity, running water, baths, and flush toilets, but not always hot running water. No houses are heated in the city, as the climate does not necessitate it. Most stoves and refrigerators are electric; however, because the cost of electric power is high, many people are beginning to use gas stoves and refrigerators, fed by bottled gas. It is recommended that one bring a large refrigerator and stove from the United States, rather than purchase them locally, because they are expensive. There are telephones in the Government-owned residences, and the telephone company will install them in private homes. Lines are usually available, although there is currently a three-month waiting time in Oyster Bay. Installation charges are around \$11.00, and service is \$2.80 a month plus \$.04 for each local call.

The electrical current in Dar es Salaam is 230 volts, 50 cycles AC, 3 phase. Although the voltage varies somewhat from one part of town to another, it is usually constant at 220 volts. An employee should bring suitable step-down transformers to operate American appliances because transformers are very hard to obtain locally. These should be dual coil units, as stated in the very strict Tanganyika regulations regarding electrical grounding. (One should remember that a transformer must be of sufficient wattage to equal the total number of watts of all the electrical appliances which it is destined to accommodate simultaneously.) The electric company also requires that all American-made electric stoves be rewired in accordance with local specifications. No. 60 cycle electrical appliance

with a timing mechanism will run correctly on the local power supply unless one is able to make the proper gear adjustment. A 60 cycle electric motor will run satisfactorily but with less efficiency. One may or may not want to bring a washing machine to the post. Many local people hire a servant to wash and iron all their clothes by hand for about \$17.00 a month. However, the wash boys are very hard on clothes, and one might save the cost of a simple washing machine in reduced clothing bills in two years.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 1962

FROM: Dar es Salaam
City
Tanganyika
Country

Replaces Part IV Dated July 1, 1961

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART IV

Food, Clothing, Supplies, and Services

Food. Although certain items are in short supply from time to time, depending on the vagaries of the local producers and the importers, a reasonable variety of fresh, packaged, canned and frozen foods is usually available in Dar es Salaam. Lobster and shrimp are both plentiful and cheap in season. American cake mixes are plentiful, too, though not pizza or brownie mix. These brought in quantities are likely to spoil if kept too long. Paper napkins and paper towels should be brought from the U. S. Fresh milk and milk products are available, both local and imported. Fresh sea food is not so plentiful as one might assume although there is some variety; on the other hand, all of the tropical fruits and citrus fruits are available in season and are very inexpensive. The stores stock canned and packaged baby food.

Personnel coming to the post might well bring their weight allowance of consumables if they can afford the cash outlay because it is money saved over a two-year period. Certain things, like corn syrup and maple syrup, are not available in Dar es Salaam, and other processed foods are more expensive than in the United States. Staff members bringing cases of fruit and vegetable juices, canned fruits, canned vegetables, tomato products (canned tomatoes, tomato sauce and ketchup), canned soups, cake mix, and aluminum foil have found them very useful.

Clothing and Shoes. The European population in Dar es Salaam dresses for the climate. People wear tropical clothing the year around, since there is very little change in temperature, although they sometimes have occasion to wear darker colors and light sweaters and jackets during the cool season. The tendency is toward informal dress in the daytime and formal wear at night. For example, the prescribed dress for government officials during office hours is white shorts, knee-socks, and short-sleeved shirt. On the other hand, one of the night clubs requires that men wear black tie.

At the office the American male staff wear long trousers, long-sleeved shirts, and neckties. Because a suit is often necessary for an official

call or engagement, the officers usually carry their suitcoats to work with them. Palm beach, cotton cord, dacron and cotton, linen suits, and the like are most comfortable in this climate, especially the wash and wear materials, which not only launder easily but hold their press in wearing. These same "lounge suits" are also appropriate for informal evening wear. For more formal occasions most men wear a white dinner jacket and black tux trousers. At times there is an official function when a dark dinner jacket is more appropriate, and tails or the equivalent mess jacket are sometimes worn. However, a morning coat or tails need not be purchased especially for this post and a mess jacket can be obtained locally. Khaki clothing is generally worn on safari. Shorts and short-sleeved shirts are undoubtedly the most comfortable out-of-office wear at any time. One needs a light raincoat or an umbrella during the rainy seasons. Light-wear winter clothing is useful for trips upcountry and to Nairobi, especially during the cool season. One can also use a light-weight topcoat on such a trip.

If an employee is coming to this post by airplane, he should carry with him, or send by air freight to coincide with his arrival, the following items of wearing apparel: two or three light-weight suits, one medium-weight suit, one white dinner jacket with tux trousers, three pairs of shoes, including one pair of evening shoes, swimming trunks, and an adequate supply of shirts, neckties, underwear, socks, etc. He can carry a light topcoat or raincoat over his arm. He would then have sufficient clothing to get along while awaiting the arrival of his personal effects.

There is little selection of good ready-made men's clothing in town. There are many Indian tailors who will make clothes to order, but they are not the craftsmen one finds in the Far East or Europe. Therefore, it is advisable for a man to bring with him sufficient clothing for two years at the post. One or two dinner jackets will suffice for that period: an unlined, washable one is particularly convenient.

A woman coming to Dar es Salaam will find that a good supply of light cotton daytime dresses is a necessity. She will need as well several dresses made of drip-dry fabrics, silk, orlon, or a similar material for informal evening wear. Tropical suits with long sleeves are uncomfortable in this climate although during the cool season it is possible to wear a heavier and darker dress in the evening. For more formal wear a woman will want several cocktail dresses as well as two or three evening dresses or evening skirts and blouses. A light wrap is often worn in the cooler weather. (It is not advisable to bring valuable furs even though carefully stored, as the heat may make them crack).

Of course, one will want to bring shoes and accessories to match her summer clothes, and it is highly advisable to bring along a sufficient supply. There are shoe shops in town, but it might be difficult to find the sizes desired. One should also bring a few pairs of nylon stockings and cotton lingerie (which is cooler than nylon), as the local stocks are not of good quality and are expensive. There are several dress shops where one can supplement her wardrobe although there are seamstresses who can do satisfactory work. However, anyone who can sew should bring a sewing machine with her to this post. There is a Singer Sewing Machine center in town.

For visits upcountry a woman will need a warmer outfit than is necessary on the coast. She will find a skeleton wardrobe suitable for a mild winter at home ideal, this is, one or two medium-weight suits and dresses. She should also bring some sweaters and a light coat.

Children wear sun suits and the usual summer clothing. Cotton materials are the only advisable ones in view of the tropical climate and the continual laundering which is necessary. Babies wear cotton dresses, cotton shirts, and diapers. A good supply of all children's clothing should be brought, for it is difficult to find ready-made things. On the other hand, there is a plentiful supply of materials suitable for children's clothing in the local shops, and there are seamstresses who can do the work. Children's shoes may be purchased locally, but they are of poor quality and expensive. If an employee anticipates sending his children upcountry to school, he will be required to outfit them according to school regulations. Some warm clothing, such as sweaters and coats, is necessary for trips inland.

Miscellaneous Supplies. There are three good European drug stores and several other shops in Dar es Salaam which sell toiletries,

cosmetics, and home medicines. A surprising number of the brand names are familiar to Americans, and the prices are about the same as the "fair trade" prices in the United States. The only American cigarettes and tobacco sold locally are Philip Morris cigarettes, and one must import any other preferences. However, a number of brands produced locally and in the United Kingdom which are available are satisfactory. As a general rule--and this applies to many other things as well--with the exception of certain peculiarly American conveniences one can buy the items commonly used for housekeeping, household repairs, or entertaining. The exceptions which come to mind are self-polishing wax and adjustable curtain rods. Toilet paper and Kleenex are both more expensive than at home.

Community Services. Tailoring, shoe repair, dry cleaning, laundering, and radio repair services are available, and their work is competent. There are three good beauty shops in town.

Servants. Most European families in Dar es Salaam employ several African servants, the number depending upon the size of the household. This is so because servants are readily available at low wages, and most African servants are not very efficient. Therefore, one should not become discouraged if it takes some time to establish a satisfactory staff. With the exception of nursemaids, almost all servants are male. Like the rest of the African population, most servants are also Moslem. In this regard, it is good strategy to balance one's staff with Christians so that one has household help on the religious holidays. Very few servants speak English.

The usual classes of servants are headboys, cooks, houseboys, laundry boys, nursemaids, kitchen helpers, and garden boys. However, many servants do more than one job. An unmarried employee can easily hire one servant as cook-houseboy-laundry boy. A family with children can get by with three servants, a houseboy-laundry boy, a nursemaid, and a garden boy-kitchen helper--or four if it has no washing machine. Because good African cooks are hard to find, many European wives do the actual cooking themselves.

Most people hire their servants for a preliminary trial period of from one to three months, since permanent employees receive a month's separation pay when dismissed. Employers are responsible for medical care for their servants and must purchase them uniforms; these can be bought in the local shops. Most houses have servants' quarters.

Education. There are several nursery schools in Dar es Salaam and three primary schools, two maintained by the Government (Burton Street School and Oyster Bay School) and St. Joseph's Convent School. The latter extends through grade 12 and is considered an adequate secondary school. The primary schools are adequate and are utilized by official American families. There are two other secondary schools in the territory, maintained by the Government; but they are several hundred miles distant and usually have a waiting list. Neither school has yet been used by American families. Tuition in all grades in Dar es Salaam is \$70.00 per year, which is covered by the education allowances.

The post conducts a training program in Swahili for American official personnel. The cost of this course and necessary text books is paid by the Foreign Service Institute.

Churches. There are seven Christian churches in Dar es Salaam: a Roman Catholic cathedral, an Anglican church, a Greek Orthodox church, a Missions to Seamen church, a Lutheran Church, a Baptist mission, and a Scottish Presbyterian. The latter two are run by American missionaries. Sunday morning services in the Lutheran and Baptist churches are in Swahili, and the evening services are in English. In the Catholic cathedral mass is held in both Swahili and English on Sunday morning. Most of these churches offer Sunday school in English on Sunday morning.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 62

FROM: Dar es Salaam
City
Tanganyika
Country

Replaces Part V Dated July 1, 1961

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART V Transportation and Communications

Local Transportation. The Dar es Salaam Motor Transport Company provides rather extensive bus service in and around the city. However, since almost all Europeans in town drive cars, the bus company has designed its schedule for its African passengers and serves their needs with regard to routes, directions and times. Therefore, its service is not adequate for American personnel in getting to and from work, places of recreation, or the shops and markets.

Taxis are available 24 hours a day at Shs.1/- (\$.14) per mile, Shs. 10/- (\$1.40) per hour, or Shs.45/- (\$6.30) per day, regardless of the number of passengers.

The post has two four-door sedans as official cars. It also has a Land Rover with four-wheel drive.

Automobiles. In view of the distances over which the town extends and the inadequacy of local transportation, it is strongly recommended that any employee at this post own an automobile. If he wants a new car, he will probably save money by bringing one with him. There are Ford, Chevrolet, and Chrysler agencies in Dar es Salaam, as well as a variety of dealers in British and European automobiles. Their prices are similar to those of dealers in the United States, plus a 15 per cent import duty, from which American consular personnel are exempt. Prices in the used car market at the present time are depressed.

Because most of the roads in Tanganyika are not paved and are therefore washboards when dry and mudholes when wet, many people recommend the Volkswagen as an all-weather car in this territory. Most people own small automobiles because of their relatively low gasoline consumption; but Embassy personnel will find the price of gasoline less than it is at home. At the present time it is Shs. 3/11 (\$.42) imperial gallon for super gasoline, which all American cars must use. American vehicles, like the Ford, Chevrolet, and Plymouth, ride very well on most Tanganyika roads, and spare parts for the right-hand drive models are available at their agencies. Primarily for

this reason but also because traffic keeps to the left in East Africa, a car with a right-hand drive is an advantage. There are several garages in town, whose service is much maligned by the local automobile owners; but of the American car agencies the Ford garage is probably the best. The cost of spare parts is quite high, and therefore one should bring a relatively new car to this post.

All motor vehicles must be registered with the police. This can be done when one has acquired third-party liability insurance coverage. Drivers must also obtain operator's licenses. Embassy employees of attache rank or higher do not have to pay license and registration fees; however, staff personnel pay on the basis of the weight of the automobile. A driving license will be granted forthwith upon presentation of a valid American license. Comprehensive automobile insurance can be purchased locally at very favorable rates if one has an accident-free driving record of five years.

Personnel who wish to sell in East Africa an automobile which they have imported duty free will have to pay a 15 per cent duty on the sale price. They must also obtain an import permit prior to sale.

Regional Transportation. East African Airways provides scheduled air service between Dar es Salaam and the other major cities and towns of Tanganyika, Kenya, and Uganda. There are two or more flights a day each way between Nairobi, Mombasa, Tanga, Zanzibar, and this post and service twice a week to most other airports in the territory. East African Airways also flies to Salisbury, Johannesburg, Lourenco Marques, and Durban and connects in Nairobi with the major international airlines.

Dar es Salaam is the ocean terminus of the railway which runs 772 miles to Kigoma on Lake Tanganyika and to Mwanza on Lake Victoria by way of a branch line beginning at Tabora. There is mail train service, with sleeping and dining cars available, each way twice a week.

There is only one paved, or "all-weather," road leading out of Dar es Salaam. This goes

140 miles inland to Morogoro, where it connects with the main, but unpaved, roads north to Nairobi and south to Salisbury.

Mail and Parcel Post. Air mail letters arrive almost daily from the United States; their average time in transit is five days. Surface mail, which arrives about three times a month, takes six to eight weeks to reach Dar es Salaam. There is no censorship of the mails in East Africa, and, although the local authorities accord Embassy employees full pouch privileges, the local mail service is reasonably reliable for both letters and parcel post.

Telephone and Telegraph. Dar es Salaam has local dial telephone service and long distance service with the rest of East Africa. By radio-telephone and cable there are international connections to the United Kingdom, the United States, and the rest of the world. The East African Posts and Telecommunications Administration provides telegraph service to a limited portion of Africa, and Cable and Wireless Limited serves the post in its international telegraphic network.

Shipping and Packing. All shipments to personnel in Dar es Salaam should have invoices and should be clearly marked with the name or initials of the employee, in care of The American Embassy, Dar es Salaam, Tanganyika, East Africa. A bill of lading should be forwarded in advance of the shipment so that arrangements may be made with a local clearing and forwarding agent to obtain customs clearance and to collect the goods as soon as possible. Effects packed in the usual way for overseas shipment by professional packers can be expected to reach the post undamaged. Experience has shown, however, that

all shipments, including automobiles, should be boxed to prevent damage and pilferage en route. There are no restrictions on the size of cartons or lift vans although small or medium sized vans are more easily transported from the port to their destination. Because of the climatic conditions and the prevalence of insects and rodents, there are no long-term storage facilities in town; however, there are warehouses where goods can be stored awaiting the arrival of an employee or his securing of quarters. Most of the major British insurance companies have local agencies or correspondents.

There is no professional packer or mover in Dar es Salaam, and one must negotiate with a contracting firm to do this work when he leaves. Since these firms have virtually no skilled labor, one should avoid bringing valuable or delicate objects to this post if possible.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 62

FROM: Dar es Salaam

Replaces Part VI Dated July 1, 1961

City
Tanganyika
Country

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART VI Health Controls

Sanitation and Health Controls. In general the level of community sanitation is satisfactory, with the exception of the partial contamination of the beaches near Dar es Salaam through the direct disposal of sewage into the harbor channel. The community health controls are drastically enforced, and there is an effective health service. Public hygiene is poor when judged by American standards, but it is probably somewhat above average for Africa. There are no particularly outstanding health hazards which are faced by the European population.

Prevalence of Disease. There are probably no endemic diseases of a serious nature which are likely to affect Americans, at least in the immediate vicinity of Dar es Salaam. However, as in almost all tropical areas diarrhea, dysentery, fungus infections, and prickly heat are common complaints among Europeans. The health authorities do not consider Dar es Salaam a malarial area. Nevertheless, it is prevalent in the outlying regions, and American arriving at the post should begin taking a suppressive against the disease two weeks before arrival. The Consulate maintains an adequate stock of Aralin for its employees.

Among the African population tuberculosis, venereal disease, smallpox, polio, and sleeping sickness are very common, and Americans should take the usual precautions against them.

Special Health Risks and Precautions. Fresh milk should be boiled before using, and most Europeans boil and filter their drinking water. However, the health authorities keep a careful check on the purity of the water supply, and they state that it is generally potable without treatment. Raw fruits and vegetables should be peeled or washed thoroughly before they are eaten. A potassium permanganate solution is an adequate wash, since amoebic dysentery is not endemic to the area. One should receive immunizations against smallpox, yellow fever, typhoid fever, tetanus, and polio before arrival at this post. All of these vaccines are also available locally. Children are most often bothered by such irritants as minor skin diseases, insect bites, and boils.

Medical Services. Doctors, dentists, oculists, opticians, and specialists, both government and private, are available in Dar es Salaam. There are two European hospitals, one government and one private, in town, and they are adequate as to size and operation. Obstetrical service, diagnostic clinics, laboratories, and medical supplies are part of the medical services of the community. In cases of serious illness, however, evacuation by air to Nairobi, to Wheelus Air Force Base in Libya, or to the United States is essential.

DEPARTMENT OF STATE

POST REPORT

DATE: May 17, 1962

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Replaces Part VII Dated July 1, 1961

☒ Complete Revision ☐ No Change

☐ Revises Paragraphs Marked by Asterisk

PART VII Customs Regulations

Free Entry Privileges. Under the provisions of the Immunities and Privileges Ordinance of the Tanganyika Government, effective December 9, 1961, American employees of the Embassy have free entry privileges for all household and personal effects, including automobiles within 3 months of their first arrival in East Africa. Diplomatic staff members having rank of Attache or above have free entry privileges while at the post, and on their return from leave, including packages imported by parcel post and imported goods of foreign origin ex-bonded warehouse. The foregoing privileges do not extend to non-representational staff.

Customs Duties. As stated above, Diplomatic staff are exempt from customs duties on goods purchased locally from bonded stores, such as liquor, cigarettes and other tobacco products, automobiles, appliances, etc., and staff corps personnel are not.

Restrictions and Requirements Upon Entry. Visas and entry permits are required for admission into Tanganyika; the latter are issued by the immigration officer at the port of entry. All travelers to this territory must also have a valid certificate of immunization against smallpox and yellow fever. One may bring pets into Tanganyika upon making application to the Department of Veterinary Services. There are no quarantine regulations for animals.

Currency Regulations. There are no limitations on the amount of dollars, other currency, or travelers checks which one may have with him at the time of entry into East Africa. There are also no restrictions on the later importation or exportation of dollars and other currency. However, there are currency control regulations with regard to converting East African shillings into dollars. One must make an application to the Currency Exchange Control Board, and the Board must grant a license before the exchange can be effected. With regard to the sterling bank accounts of American Embassy personnel one can exchange shillings for dollars up to the amount of dollars which he deposited in the account. There are no restrictions on the use of dollars in East Africa.

Exchange, Finances and Taxes. The East African shilling, which is exchangeable at par with the British shilling, is the basic local currency. It is divided into 100 cents in the same manner as the dollar.

The following banks have branches in Dar es Salaam and offer a full range of national and international banking services: Barclays Bank D.C.O., Lombard Bank Ltd., National & Grindlays Bank Ltd., Nederlandsche Handel-Maatschappij N.V., Ottoman Bank Ltd., and Standard Bank Ltd. Barclays Bank D.C.O., with which the central fiscal office in Nairobi has an account, will accept the personal checks of Embassy employees. All Embassy personnel are paid by check; allowances are paid in local currency, and salaries either in dollars or in local currency. One will receive a slightly better rate of exchange by purchasing East African shillings on a free money market. It is a good idea to maintain a dollar checking account with a bank in the United States when coming to this post.

Unless an employee owns property in Tanganyika, the only direct tax which he has to pay is the stamp tax of Shs.-/30 (\$.04) on checks and drafts.

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PART VIII Miscellaneous

Personnel Other Than Foreign Service. There is no pertinent special information needed by employees of other agencies of the Government who might be assigned to Dar es Salaam.

Other Conditions. There is no other essential information to submit which is not called for elsewhere in the Post Report.

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