

TABLE OF CONTENTS

AUTHORS' PREFACE

PART I: FROM HUNTERS TO BLACKSMITHS AND TRADERS BY Jean-Pierre WARNIER

Chapter 1. The Hunters of <i>Shum Laka</i> and their Descent	12
Chapter 2. Trade and Politics: the Common Institutions	38
Chapter 3. The Nineteenth Century: Horses, Slaves and Guns	78

PART II. REGIONAL MONOGRAPHS

(Chapters 4 and 5 by Jean-Pierre Warnier, all subsequent chapters by Paul Nchoji Nkwi)

Chapter 4. The Bamenda Plateau and Surroundings, J-P.

	Warnier	110
Chapter 5. The Ndop Plain Chiefdoms	J-P. Warnier	125
Chapter 6. Nso and her Close Neighbours	P.N. Nkwi	132
Chapter 7. The Populations of the Nkambe Plateau	P.N. Nkwi	149
Chapter 8. The Kom-Bum-Fungom Area	P. N. Nkwi	172
Chapter 9. Aghem and Metchum Valley Chiefdoms	P. N. Nkwi	201

CONCLUSION. THE WESTERN GRASSFIELDS AND SOCIO-POLITICAL CHANGE SINCE 1901 BY Paul NCHOJI NKWI 213

APPENDIX: HELP! A PLEA FOR HISTORICAL RESEARCH 228

SELECTED BIBLIOGRAPHY 233

MAPS

Map I. <i>The Northwestern Grassfields</i>	11
Map II. <i>The Grassfields Languages</i>	17
Map III. <i>Agricultural specialisations for export</i>	41
Map IV. <i>Craft specialisations for export</i>	46
Map V. <i>Long-distance trade routes and commodities exchanged through long-distance trade</i>	51
Map VI. <i>Pressure from the North</i>	80
Map VII. <i>Currency zones ca. 1880, Western Grassfields</i>	93

PHOTOGRAPHS

<i>Basalt tools found around Bamenda</i>	20
<i>The rock shelter of Shum Laka</i>	21
<i>A Bamessing smelting furnace</i>	75
<i>The Fon Abu'mbi of Bafut ca. 1820</i>	113
<i>The "Market Bag" of the Fon of Nso</i>	145
<i>The Nso old market probably ca. 1950</i>	146