CONTENTS.

CHAPTER I.

	PAGE
Arrival at Zanzibar. Hearty reception by Said Majid, the sultan. Murder of Baron van der Decken. The slave-market. Preparations for starting to the interior. Embarkation in H.M.S. Penguin and dhow. Rovuma Bay impracticable. Disembarks at Mikindany. Joy at travelling once more. Trouble with sepoys. Camels attacked by tsetse fly, and by sepoys. Jungle sappers. Meets old enemies. The Makondé. Lake Nangandi. Gum-copal diggings	1
· CHAPTER II.	
Effect of <i>Pioneer's</i> former vi-it. The pocule Chitané. Result of tsetse bites. Death of camels and buffaloes. Disaffection of followers. Disputed right of ferry. Mazitu rads. An old friend. Severe privations. The River Loendi. Sepoys mutiny. Dr. Roscher. Desolation. Tattooing. Ornamental teeth. Singular custom. Death of the Nassick boy, Richard. A sad reminiscence.	31
CHAPTER III.	
Horrors of the slave-trader's track. System of cultivation. Pottery. Special exorcising. Death of the last mule. Rescue of Chirikaloma's wife. Brutalities of the slave-drivers. Mtarika's. Desperate march to Mtaka's. Meets Arab caravans. Dismay of slavers. Dismissal of sepoys. Mataka. The Waiyau metropolis. Great hospitality and good feeling. Mataka restores stolen cattle. Life with the chief. Beauty of country and healthiness of climate. The Waiyau people and their peculiarities. Regrets at the abandon-	
ment of Bishop Mackenzie's plans	56

CHAPTER IV.

PA	\ <i>t</i> . I
Geology and description of the Waiyau land. Leaves Mataka's.	
The Nyumbo plant. Native iron-foundry. Blacksmiths. Makes	
for the Lake Nyassa. Delight at seeing the Lake once more.	
The Manganja or Nyassa tribe. Arab slave crossing. Unable to	
procure passage across. The Kungu fly. Fear of the English	
amongst slavers. Lake shore. Blue ink. Chitané changes colour.	
The Nsaka fish. Makalaosé drinks beer. The Sanjika fish.	
London antiquities. Lake rivers. Mukaté's. Lake Pamalombé.	
Mponda's. A slave gang. Wikatani discovers his relatives and	
remains	83

CHAPTER V.

CHAPTER VI.

Progress northwards. An African forest. Destruction by Mazitu. Native salutations. A disagreeable chief. On the watershed between the Lake and the Loangwa River. Extensive ironworkings. An old Nimrod. The Bua River. Lovely scenery. Difficulties of transport. Chilobé. An African Pythoness. Enlists two Waiyou bearers. Ill. The Chitella bean. Rains set in. Arrives at the Loangwa.

CHAPTER VII.

Crosses the Loangwa. Distressing march. The king-hunter. Great hunger. Christmas feast necessarily postponed. Loss of goats. Honey-hunters. A meal at last. The Babisa, The Mazitu again. Chitembo's. End of 1866. The new year. The northern brim of the great Loangwa Valley. Accident to chronometers. Meal gives

CHAPTER VIII.

CHAPTER IX.

CHAPTER X.

Grand reception of the traveller. Casembe and his wife. Long stay in the town. Goes to explore Moero. Despatch to Lord Clarendon, with notes on recent travels. Illness at the end of 1867. Further exploration of Lake Moero. Flooded plains. The River Luao. Visits Kabwabwata. Joy of Arabs at Mohamad bin Salleh's freedom. Again ill with fever. Stories of underground dwellings. 250

CHAPTER XI.

PAGE

Riot in the camp. Mohamad's account of his long imprisonment. Superstitions about children's teeth. Concerning dreams. News of Lake Chowambé. Life of the Arab slavers. The Katanga gold supply. Muabo. Ascent of the Rua Mountains. Syde bin Habib. Birthday, 19th March, 1868. Hostility of Mpwéto. Contemplates visiting Lake Bemba. Nile sources. Men desert. The shores of Moero. Visits Fungafunga. Return to Casembe's. Obstructiveness of "Cropped-ears." Accounts of Pereira and Dr. Lacerda. Major Monteiro. The line of Casembes. Casembe explains the connection of the Lakes and the Luapula. Queen Moüri. Arab sacrifice. Kapika gets rid of his wife

CHAPTER XII.

CHAPTER XIII.