

THE EAST AFRICAN COAST TO 1800

It is useful for historians to consider the East African coast and interior as separate entities with divergent historical experiences. This is not because there was no contact between the relatively narrow coastal belt and the interior and not because the people who resided at the coast were different from those of the interior. They are regarded as separate because the coast was far more influenced by the Indian Ocean than the interior. The East African coast was part of the Indian Ocean world commercially, culturally, and even at times politically, and much more is known about it.

Indian Ocean influences had much less impact on the interior, probably because contact between the coast and the interior was never easy. As one moves toward the interior, the narrow coastal region gives way to a belt of very dry land (*nyika*) characterized by bush or semi-desert vegetation. This was not an area which could support a substantial agricultural population, and it served as a barrier, though by no means a complete one, to intercourse between the coast and regions further inland. Moreover, few if any of the rivers which flow to the coast provide satisfactory natural highways to the interior. In contrast, contact with lands adjacent to the Indian Ocean has been much easier to accomplish and more far reaching in its impact.

It would be wrong to suggest that there was no contact between the East African coast and interior since items of trade did pass to and from

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