

Contents

<i>Foreword</i>	ix
<i>Acknowledgements</i>	xiii
<i>Introduction</i>	xv

PART ONE

PEOPLE

1 A History of Population Growth in Kenya and Uganda	3
--	---

PART TWO

PRODUCTION

2 Agricultural Change in Kenya and Uganda : a Comparison	25
3 Agriculture in Kenya : Large- versus Small-Scale Farming	33
4 Agriculture in Uganda : Change without Development	57
5 Nomadic Pastoralism : the Process of Impoverishment	79
6 Nineteenth-Century Craft Industries	110
7 Industrialisation in the Twentieth Century	123

PART THREE

EXCHANGE AND DISTRIBUTION

8 African Trade in the Nineteenth and Twentieth Centuries	145
9 Nineteenth-Century Arab Trade : the Growth of a Commercial Empire	163
10 Foreign Trade in the Twentieth Century	183
11 Marketing and Distribution	201
12 East Africa and Economic Federation : the East African Common Market	227

PART FOUR

INSTITUTIONS FROM ECONOMIC GROWTH

13	Urbanisation	253
14	Money and Banking	275
	Conclusion	297
	<i>Bibliography</i>	305
	<i>Index</i>	323