

## The expansion of the Bantu out of western Africa and the eradication of the indigenous peoples of central and southern Africa.

By Kyle Rogers

Today the Bantu occupy the lion share of sub-Saharan Africa. They number in the hundreds of millions, have over two hundred different languages, and are the dominant ethnic group in at least eighteen African countries. Southern Cameroon to southern Kenya and everything below. The largest Bantu tribes are the Shona of Zimbabwe, the Zulu of South Africa, and the Hutu of the Great Lakes region. Each of these has 11 to 12 million people. There are hundreds of smaller tribes.

You might be surprised to learn that as little as 2,500 years ago, the Bantu were only a minor west African ethnic group living in scattered villages along what is now the border of Cameroon and Nigeria. Starting around 500 - 400 BC, the Bantu went on the warpath and swept across sub-Saharan Africa. They

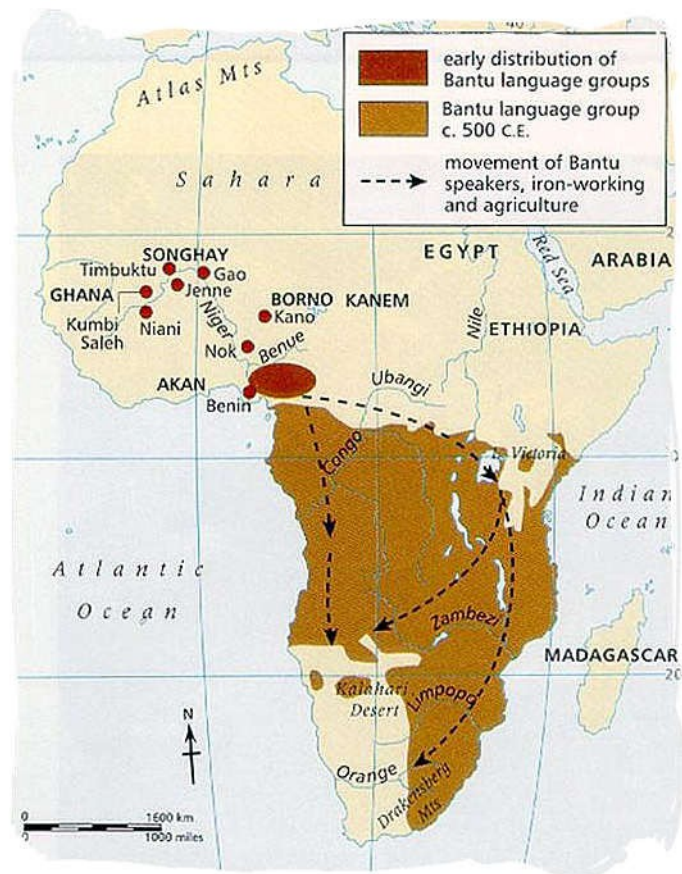
exploded in population exponentially while most of the indigenous people were killed or absorbed. The remaining indigenous populations were marginalized and pushed into the fringes. Today, these indigenous groups are nearly extinct, and in many cases still victims of current ongoing genocides.

The first thing that must be stated is that neither the Bantu, nor any of their victims, had written languages or recorded anything. All of the dates assigned to Bantu history are [estimates based largely on archaeological digs](#). It is also important to note that all of the indigenous peoples of central and southern Africa were small in stature. The Bantu who conquered them would have typically been taller, with broader backs, and a more muscular build.

David Jordan is an Anthropology professor at UC San Diego. He believes that in 1500 BC, [the Bantu were just a tiny neolithic society living in a small area around what he calls “the notch”](#) in the modern border between Nigeria and Cameroon. Around this time, bananas and yams reached the Bantu. This led to an increase in sustainable population and a need for more territory to plant these crops. Jordan says the Bantu likely became more militaristic and began some expansion at this time.

Later, cereal crops from India reached the Bantu. However, the introduction of basic metal working around 500 BC is considered to be the chief element that allowed the Bantu to explode east and south.

Around 150 BC the Bantu arrived on the east coast of Africa [with metal cutting tools for clearing trees and metal spear points and arrowheads for driving the original inhabitants off of their land](#). The



indigenous pastoral and hunter-gatherer peoples likely did not stand a chance. The Bantu were arriving in modern day South Africa by 300 AD.

The “Pygmies” once occupied much of what is now central Africa. The ancient Egyptians wrote about them thousands of years ago, depicting them as great dancers. Later some of the famous Greek philosophers mentioned them. Today, there are very few remaining. Those that remain face a very active ongoing campaign of persecution, slavery, and genocide at the hands of the Bantu.

Current Pygmy population estimates vary wildly. Many place the total population at less than a half million. Everyone seems to agree that whatever their population is, [it is declining](#).

The [main groups of Pygmies](#) are the Twa, Aka, Baka, and Mbuti. They speak a mixture of Ubangi, Sudanic, and Bantu languages. There are also groups like the Bongo, who may have started out as a Pygmy tribe, but have so much Bantu admixture they don't look Pygmy, nor do they speak any non-Bantu languages.

Large-scale genocides of Pygmies continue to occur and dramatically reduce their population. In 1994, the [Bantu Hutu killed ten thousand Pygmy Twa](#), about a third of all Pygmies in Rwanda. Another 10,000 fled but later returned under international protection.

During 2002-2003, rebels in the Democratic Republic of the Congo [DRC] targeted the Pygmy Mbuti for [systematic extermination](#) in a campaign now called “Erase The Board.” The Bantu considered them sub-human. About 70,000 Pygmies were killed, most of whom were civilians and not armed. [Many of the victims were cannibalized](#). The flesh of the Pygmies was also used to make magic charms.

It is also common for Pygmies to be enslaved in the DRC. In 2013, there was even a large Pygmy slave revolt in the southeast. Human rights groups also say that HIV/AIDS is prevalent among Pygmies due to rape and sexual exploitation by Bantu.

Across central Africa, governments have evicted Pygmies from their tribal lands and made them landless squatters. In [Cameroon](#) and [Gabon](#), the Pygmy Baka are considered racially inferior and denied jobs. They are forced to work as indentured servants for Bantu masters.

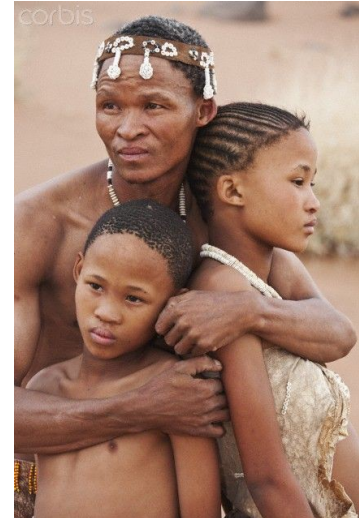
In the Republic of the Congo, the World Wildlife Foundation [WWF] claims they have utilized the Pygmies for wildlife conservation and empowered them in the process. However, the [Thomson Reuters Foundation published their own shocking report claiming the exact opposite](#) in 2017. They claimed that the WWF is one of several groups employing “eco-guards” who have murdered, tortured, and driven Pygmies from their tribal lands. The Foundation says that eco-guards have reduced many Pygmies to roadside squatters who are slowly dying of malaria, typhoid, venereal diseases, and alcoholism.

The future of the Pygmies, who many Anthropologists believe are the second oldest population group in the world, seems pretty grim. That brings us to the people that [many Anthropologists believe are the oldest population group in the world](#), the indigenous people of southern Africa.

Modern South Africa, Namibia, Botswana, Mozambique, and beyond were once home to the Bushmen. This group is especially interesting because [some anthropologists think they were once the largest group of homo sapiens on the planet](#). They do not look like other sub-Saharan Africans. They have epicanthic eye-folds, “peppercorn hair,” and a lighter pigment often described as “yellowish.” They also have many unique features, [such as their high level of steatopygia](#), which Charles Darwin

famously wrote about. The Bushmen have their own language family which includes four “clicking sounds.”

The Anthropologist [Charelton S. Coon](#) is famous for proposing that [Bushmen be classified as a completely different race](#). He said the Negroid classification should be split into two groups, Congoid and Capoid. He designated the Bushmen as Capoid after the Cape of Good Hope. [They have a very high prevalence of Y-DNA Haplogroup A](#), considered the foundational haplogroup of homo sapiens. There are also tribes in Southern Sudan and Ethiopia with a very high prevalence of haplogroup A as well. [Haplogroup B is the second most common group among the Capoids and the most common among the Pygmies](#). Meanwhile, Haplogroup E is most common among the Bantu.



The Capoids, who may have once occupied a giant swath of the African continent, were driven into the Kalahari desert and marginalized by the Bantu. Namibia, because of its hostile landscape, seems to be the last place the Bantu invaded.

There are three major groups known as Nama, San, and Khoi. The Nama and the Khoi are also collectively known as KhoiKhoi, while the Khoi and the San of South Africa are collectively known as Khoisan. Once again, estimates of their population vary wildly. There is a lot of confusion over how many there really are. I will discuss the reasons below.

The Damara people of Namibia are considered non-Bantu and speak a KhoiKhoi language. While some have Capoid admixture, most look nothing like a Capoid. The [oral tradition of the Damara](#) suggests they once lived in the rain-forests of central Africa and fled far to the south to escape Bantu expansion.

The majority of Namibia is Bantu, however, the total population is only about 2.6 million people. The country has one of the lowest population densities in the world. A lack of population density may be why Namibia is one of the most stable countries in sub-Saharan Africa. As far I can tell, [there are about 225k Capoids, 175k white people, 175k other refugee/remnant non-Bantu, and 150k racially mixed “Coloureds”](#) who seem to be living in peace with each other.

However, on the Botswana side of the Kalahari Desert, San are being evicted from their remaining tribal lands by the government. [They appear to be suffering a similar fate as the Pygmies](#) and their population is in rapid decline. In 2006, the [San won what appeared to be a historic victory for land rights](#) in the Botswana Supreme Court. However, according to multiple UN reports, the ruling has not been honored.

There only seem to be about 100k Khoisan left in South Africa that live in Khoisan communities. They do not even get their own classification but are grouped in with the racially-mixed “Coloureds.” However, I should point out that some Bantu have Khoisan admixture.

The so-call “Coloured” population also has a lot of Khoisan admixture. Genetic studies show that the average Coloured person in South Africa [has significant Khoisan ancestry on the maternal line](#), but far less on the paternal line.

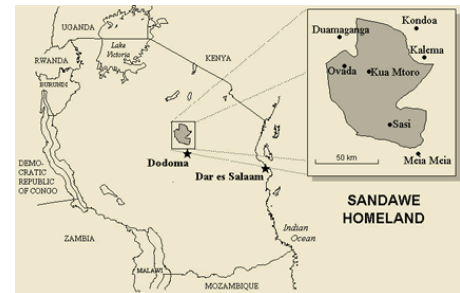
Currently, there is a movement called Khoisan Revival. A big part of this is to promote victim-hood and

[a “first nation” status for Khoisan.](#) However, the people I have seen from the “Khoisan Revival” movement tend to be very diverse looking racially mixed Coloureds and not pure Khoisan.

It is significant to note that there [are major tensions and animosities between the Coloureds and the Bantu.](#) In fact, the ANC government is now openly talking about applying the same anti-white discrimination laws, used for government hiring and government contracts, [to Coloureds and Asians.](#) I think that some in South Africa are playing up partial Khoisan ancestry in the same way that some Americans try to play up partial, or alleged partial, American Indian ancestry. Since the 1994 end of Apartheid the ANC has resisted creating a new ethnic classification for the Khoisan.

It remains to be seen if the Capoid race survives into the future. For now, the desert regions of Namibia has become a refuge for them, and they may survive as a people for at least the time being.

Lastly, there are tiny remnants of the indigenous tribes of Tanzania. Once again, [Anthropologists view them as being a very ancient population group.](#) Like the Damara of Namibia, there is a lot of confusion over exactly how to classify them. The most notable group is the 50k or so Sandawe. Researchers have speculated that they have both genetic and linguistic links to the KhoiKhoi. Anthropologists consider the Sandawe to be a remnant of an ancient population group that was overtaken by the Bantu. It also must be stated that there are tribes in some countries that are often referred to as “indigenous” but are just early Bantu who were displaced by later arriving Bantu.



Today, Western cultural Marxists claim that the Pygmies and Bushmen suffered because of white colonialism. In reality, white colonialism just brought medical and technological advancements that allowed Bantu populations to grow and seize even more land for themselves.

If white people should feel guilty for colonialism, and conquering the North American continent, then should the Bantu feel guilty about conquering central and southern Africa? Should they feel guilty about driving the Pygmies and Bushmen to the brink of extinction? The very people that most Americans think of, when they hear “sub-Saharan African,” did not even inhabit most of sub-Saharan Africa two thousand years ago.

Should all the Bantu return to their tiny former homeland on the Nigerian border and give central and southern Africa back to the indigenous people?