



**Nisa: The Life
and Words of a
!Kung Woman.**

Who am I ?

- I m Nisa , I m 50 years old, but I don t know it exactly.
- I am a woman of the tribe -Žun/ twasi, Bushmen lived in desert Kalhari in the south Afrika.
- We are traditionally hunter-gatherers.



Earliest memories

- **About children**
- The first three years of his life in close contact with his mother -breastfeeding, wearing the leather bag.
- The relationship of parents to their children is full of love and is in no way authoritative.
- first words - give me and take.



Family life

- between children is the age difference about 4 years
- Natural contraception- breastfeeding and herbal extracts
- Young children- critical relationship to parents , but especially positiv to grand parents.



Live in the bush

- life on the edge of Kalahari very negative to living
- extremely drought alternating with periods of rain
- They know everything about their environment
- Hunting-only men, special rules
- Live of men- 15- first hunt animal, 30- get married, 60- teach crafts children



Exploring sex

- No privacy
- children can watch their parents
- Children do not have any obligation to 15 years – only playing games and imitation of adult.
- Kungs children are no separated by sex
- no competition in this society



Marriage on the test

- First marriage- the choice of parents
- Incest tabu
- women-15 years old, men- 25 to 30 years
- very simple wedding ceremony
- Can be quickly divorced

Marriage

- most important milestones in life:
girls- first menstruation , boys- initiation ceremony
- „ kua“
- Very important – giving presents



Wives and the second wives

- First part of marriage- wife too young and unhappy.
- Then understanding and harmony between the partners.
- equal status between partners – sometimes dominance of wife.
- Second wife- many times sister, cousin or friend
- Polygamie- only 5 %

First Maternity

- menstrual cycle according to the moon
- a strong desire to have children and love them
- pregnancy-natural thing – women have no exceptions in work and everyday life
- Childbirth- woman alone in bush
- Every woman-4 to 5 childbirth in life only 54% live adult



Motherhood and loss

- Bushmen are very healthy and slim thanks to a healthy diet and plenty of movement.
- They have a lot of problems with bacterial infections and viruses .
- hard to cope with death- men and women cry for two and more days.
- They believe in great God- good, small God- evil

Change

- Influenced by Herers and Tswans- shepherd of the sheep .
- loss of traditions
- extinction of ganther-hanters company
- Kungs become a beggar on the periphery of pastoral settlements .



Men and women

- equal status in society
- Women- big respect
- parents avoid corporal punishment
- They are not aggressive at all.
- Status of women increases with age and a number of children.
- intricately system of giving presents.
- predominance of men only in ritual dances and hunting.
- Men- medical dances, women- drum dances



The end

- To the end of my presentation i want to tell the wish of author of this book.
- She wish, that Bushmen shielded their culture , because of its stability and unique .
- It is so much sophisticated as our culture and social system.



