They are going to be very angry. It is the second time this month I have missed the truck.

What is wrong Elphae?

Oh, Wambui, I’ve just missed the truck. The women’s group asked to bring these cabbages to the stage so that they could be loaded up and taken to Nairobi.

I tried to make my donkey Jennie go as fast as I could, but she’s too slow. It’s her fault I’m always late.
Look at Rose. She is smaller than me but seems to carry her bags with such ease.

Yes, I'm afraid so. I am going to be in trouble.

Jemine looks as tired as me. Ellipses!

Did you miss the truck again?
I did. Look at how fast Rose is going!

I'm not that fast. I could only carry all those heavy bags. I'm sure you could win a gold medal in the next Olympic Games.

Rose, you move so quickly with those heavy bags.
We help you carry them like Rose.
You are carrying yours unevenly, making them a lot more difficult to carry.

Rose's bags are evenly balanced on her back.

Compared with the way Rose carries here, look at your technique for carrying bags.
A champion athlete is having good technique.

Mulmul, the most important thing that makes
'Well, Wamba! I suppose I must go and report back to the WOMEN and see you tomorrow.'

'catch up, Rose, Rose, Rose, Rose, Rose.'

'Well, the bags are still heavy but now they feel more comfortable to carry. Thank you for your help.'
Mr. Kimani, what could be wrong?

Well, everything in life has its discomfort. Let's have a look at Jenny's cart. Even when she goes short distances, she gets very tired when she pulls the cart.
Why don't we go and see Mr. Kimani? He builds donkey carts so he might have ideas on how to improve Jennie's pulling technique.

They ride off to Mr. Kimani's.

Good morning, Wambui. It looks like I will no longer be getting any work from the women's group. They sacked me last night.

Elphas, I was thinking about what the school master said yesterday about Mumbi's carrying technique. Perhaps the reason why Jennie is slow is because she does not have a good pulling technique.

What do you mean, Wambui?
Mr. Kimani, what could be wrong?

Well, I'm afraid people donkeys cannot work hard for very long unless they feel comfortable. Let's have a look at Jennifer's cart. Even when she goes short distances, Jennifer gets very tired when she pulls this cart.
breathing harness

cheaper. It is called a breastplate and
made of material so it is
simple harness that my donkey is wearing. I
would be much better if she were the

noose around her neck

Jenny is very uncomfortable with this
comfortable. So much faster because she is balanced load on the cart. Jerome would With my harness and with a well

Very fast. Around her neck. No wonder she cannot pull cart. Tense on the nose. Look at these sores. The problem here is that all the weight of the
Slow down and stop without the cart running into it.

The swingletree should be attached to another rope to the cart. The swingletree is adjustable to make the cart more comfortable. The swingletree allows the harness to move more freely. The swingletree is attached by rope to the cart, which is the front part of the cart.

Look at my breastplate and breeching harness.

Because the nose is firmly fixed to the swingletree, the horse cannot move along with the cart. Jumping movements do not cause soreness.
From Mr. Kimburi.

breeching harness I bought think of the breastplate and

Hello Wambuli, what do you

A month later

Stop her getting a sore back.

When you make a backpack for a jemine make sure

is spread evenly on each side of the backpack.

wool or jute. Make sure the weight of the cart

natural fibre like canvase, cotton, hessian.

Make sure that the backpack is covered in a
Next time you have a sports lesson try a race where some of you carry balanced loads and others carry balanced loads. See who moves fastest and who gets tired first.