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Description: The Damara legend of the origin of men and animals is told with as many variations among the Bantu as there are tribes. One version is as follows:

When men and animals came out of a tree as from the womb of nature, all around was darkness black as midnight.

A man kindled a fire, and then all the animals scattered and fled. This is why animals still fear fire, and why men kindle it to scare them away at night.

The animals fear man only because he knows how to make fire, and but for this none of them would run away from him.