The main purpose of this work is to preserve the Chuka’s cultural past that has been eroded to the point of extinction. It is a database for multi-discipline studies. It is a follow-up of *Embua Historical Texts* published in 1974. The foundation themes are origins, movements, settlements and the cultural life of the Chuka. Each Historical Text brings out the informants’ recollection. Each text is an unedited literal English translation. This way, the elusive oral source is fixed. Chuka was selected as it is the core of Mt. Kenya Zone and the most ‘aboriginal’ having remained ‘closed’ until the colonial forces opened it up in 1908. The work is composed of 84 near chapters out of which one is, actually, Tharaka, for comparative testing.

The knowledge cuts across all disciplines of knowledge. The work caters for numerous interests and is suitable as a reader for the general society and source book for researchers and scholars. The changes from the cultural practices to modernism are revealed in form of betrayal to, and invasion by, foreigners especially British Colonialists.

The thoroughness of the author results into an absorbing, educative and authentic product. This work is a must read for students of history, literature, government and African indigenous knowledge. Regrettably, little work of this nature has been done in East Africa.

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