

cool and dry. Humidity is very high throughout the year, especially on the coast.

The country is wholly within the tropics and generally has a very hot climate. Temperatures are high and constant, ranging between 24°C and 30°C. In the western region, temperatures are lower and sometimes drop below 20°C.

Population

Cameroon's total population was estimated at 10 446 000 in 1986. Over the last five years, the average annual rate of increase has been 3.1 per cent.

In 1983, the estimated distribution by age group was:

0 to 14 years:	40 per cent
15 to 59 years:	53 per cent
60 years and over:	7 per cent

Over 67 per cent of the population live in rural areas. The main ethnic groups are the Bamileke and the Bamouns in the west, the Foulbes in the north, the Bantous in the south and the Bassas on the coastal plains.

Principal Cities

Cameroon has ten provinces, eight of which are French-speaking and two English-speaking. The main cities are:

Yaoundé — Administrative and political capital: 500 000 people.

Douala — Port city, industrial and commercial centre: nearly one million people.

Limbé (Victoria) — Site of the oil refinery which is expected to be the focus of development after completion of a deep-water port.

Kribi — Tourist city by the sea which will be a focus of development because of possible exploitation of gas fields and iron deposits.

Nkongsamba — Agricultural city, coffee capital.

Bafoussam — Western provincial capital.

Garoua — Large northern Muslim city.

Local Time

Cameroon is one hour ahead of Greenwich Mean Time (GMT) and five hours ahead of Eastern Standard Time (EST) in Canada. When it is 9:00 a.m. EST in Ottawa, it is 2:00 p.m. on the same day in Cameroon.