



Saber and Scroll Journal

Volume VII Issue II

Spring-Summer 2018

Saber and Scroll Historical Society

© Saber and Scroll Historical Society, Logo Design: Julian Maxwell

Cover Design: Six soldiers of the 4th Vermont, Unknown photographer.

National Endowment for the Humanities.

Members of the Saber and Scroll Historical Society, the volunteer staff
at the *Saber and Scroll Journal* publishes quarterly.

saberandscroll.weebly.com



CONTENTS

Letter from the Journal Team	5
<i>Communication in Africa: Talking Drums and Town Criers in Pre-colonial and Colonial Bamenda Grassfields, Cameroon</i>	7
Walter Gam Nkwi, PhD	
<i>Vermont Soldiers in Control of the Home Front: Family and Social Guidance through Letters</i>	35
Jamie Alluisi	
<i>The American Übermensch: History of Superheroes</i>	51
Ryan Lancaster	
<i>How Rehabilitation and Reintegration Impacted the Masculine Identities of Disabled British Veterans of the Great War</i>	65
Susan Danielsson	
Book Reviews	89



The *Saber and Scroll Journal* is available at
the Saber and Scroll Historical Society
website saberandscroll.weebly.com

Letter from the Journal Team

Anne Midgley

Welcome to the Spring-Summer 2018 issue of the *Saber and Scroll Journal*. With this issue, the journal has entered a new phase in its publication career as we are operating without a formal Editor-In-Chief. Special thanks are due to Senior Editor, Michael Majerczyk, who has led the journal for the most recent two years as Editor-In-Chief. Under his leadership, the journal has expanded its reach and continued to break new ground for the *Saber and Scroll Historical Society*, attracting new academic authors from outside the American Public University System. This issue leads off with the work of one such scholar, Walter Gam Nkwi, PhD. Doctor Nkwi, a historian educated at the Leiden University—the oldest university in the Netherlands—holds a PhD in Social History/Social Anthropology. He currently teaches at the Department of History, University of Buea, Cameroon. We are also pleased to have author Susan Danielsson join us once again from Sweden.

In this issue, we welcome a number of returning authors, including Robert Smith, PhD, Cynthia Nolan, PhD, Tormod Engvig, Bill Hanson, Ryan Lancaster, and Michael Majerczyk as well as one new contributor, Jamie Alluisi. We encourage new and emerging scholars as well as previously published historians to continue to provide previously unpublished feature articles and book reviews to the *Saber and Scroll*. Please see detailed instructions for abstract and manuscript submissions on the *Saber and Scroll* “[Call for Papers](#)” site.

Thank you to our authors, editors, proofreaders, and to you, our readers. We are grateful to all who continue to support the journal and its efforts to provide the American Public University System community with a peer-reviewed journal to publish scholarly works of history from all sub-genres.