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Testimony of Peter Ighofose, a 52-year-old Nigerian businessman, who spent four months in jail in Mozambique:

“Cadeia Central Prison was built in colonial times to hold a maximum of 500 prisoners. Now, under the Marxist Frelimo there are 8 000 prisoners incarcerated there. My cell had 400 — many dying from malnutrition and torture, and many had gone insane. Frelimo prison officials force women prisoners and youths to submit to sexual perversions with guards and the police. The guards also operate a slave labour system and sell prison food to outsiders.”