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- 2. Labour  
- 3. Complications  
- 4. The expecting mother  
- 5. Medications  
- 6. Remedies  
- 7. Broken bones

A. I rarely had babies, actually I was pregnant only once. When you ask questions, I'll answer.

M. When a woman is pregnant or have difficulty or in need of a lot of rest like today when a woman is pregnant she tries to take it easy as much as possible, how was it with you?

A. What I can recall is, I didn't get married for a long time. I had a sister-in-law and I recall my mother being pregnant. She never was idle and when the baby was growing bigger, she would move it like this from side to side. That is what I recall. And when my brother got married, I remember someone saying, "The baby has just been conceived so you have to take it easy for a while." My mother told her not to slide or do heavy lifting. She said that as it got bigger. You would resume with your normal life and not take it so easy. It was said that when you had conceived and you did heavy work, miscarriages would occur. It would be at least 3 months or so that the expectant mother would have to take it easy. Also it was at the last stages of pregnancy that you had to take it easy. I have heard that because you had to have ice for water, an expectant mother would use the aid of the baby to carry ice, by placing the ice on the tummy. And that is how she would carry the ice. That is how it was with some women. Also you were told not to always be idle or just lie around and the reason for that was so that the placenta would not be stuck to the womb. That is what I used to be told. Also if you had contractions in the later part of your pregnancy, moving it from side to side prevented the placenta from sticking to the side of the womb. I remember when women would move their babies from side to side. Those would be done.

M. Anything else?

A. A woman was told to eat properly, sleep well, not to just lie around so if she slept well, she would not be sleepy when she got into labour. If a woman stayed up while she was sleepy, she would end up being sleepy during her labour. She would also have to say what she wanted to eat. There are 2 ways of being pregnant, first, women started eating a lot during her pregnancy, the second type would vomit and lack hunger during her pregnancy.

Also when she was sleepy, she had to sleep. The husband of the pregnant woman would be told not to wake her up when she was sleeping and this is only during pregnancy. They did that so the woman would not go through difficulty when she went into labour. What was a custom too was when a pregnant woman got up in the morning, to get out of bed and to out for a breath of fresh air as soon as possible so she would not go through long labour. Because the baby is one with the mother. If you had the habit of being idle, it would be harder on labour for the baby would rest a lot during contractions. That is how it was.

M. So that is how it is because the baby is one with the mother?

A. Yes. Also what I heard was that if a pregnant woman had a lot on her mind, she had to talk to someone and this was connected to easy delivery too. I think that this time is happening although there are doctors to do the delivery. When a woman has a lot on her mind but does not talk about her problems it causes problems. When a woman during pregnancy has a lot on her mind, she has to talk so she can have an easy delivery. Because the mother and baby are one. The woman was not laden with anything stressful that time, although she would go camping and do hard work during moving. The only times she had to take it easy was at the beginning of the pregnancy and at the end.

M. Really?

A. I remember, I was going to adopt a baby and during the woman's pregnancy she had tanned a skin, she had used her legs to stretch the skin, the baby was miscarried. The baby was full term but it was born dead. We had a grandmother, she said that she should not have used her legs to tan the skin and the movement had caused the baby's head to be crushed.

M. It was like the movement from side to side caused that?

A. Yes. The movement of the legs caused the baby's head to be crushed. Because the baby's head was in the pelvis meant that the mother had to take it easy. That is what I recall happening. If there is anything that I might have missed just ask me.

M. Stop the camera for a while please?

M. Were you shown as to how to proceed through the labour?

A. Yes. If woman got into labour, the water always broke first. In some cases when the water didn't break, it was determined if a woman was really in labour by the fuzziness in the legs and the pressure on the lower back. Those were symptoms of real labour. It is never really the same in labours. When a woman while not in labour, yet seen a sign of something coming out, that is call the symptom of nearing labour. I was shown that but I thought I was just having a tummy ache. It is the pressure I felt on my

lower abdomen that I mistook for a tummy ache. I was told I would feel pain in some areas of my body but the pressure on my abdomen was so great, I didn't feel much of anything else.

M. Were shown anything else?

A. Yes. I was young when I had a child and I didn't really abide by what I was told. It was when I learned on my own that I knew what to do if the same thing happened again. I was told that if I got into labour, I would feel a sensation on my legs or feel pressure on my lower back and I would have contractions which would get stronger as my labour progressed. I was told that if I felt any of these, I would have to tell someone about them. Because there were some instances when a woman was so advanced in labour before she told anybody and the rushing started. The easiness of the labour had a lot to do with the way the mother abided by what she was told. Also there were the ones who felt a lot of lower tummy pains. That is how I was. I had diarrhea so I thought I was not in labour. It was after the water broke that the baby finally came out. It felt by the way this person was talking to me that the labour would be over before I knew it. With the diarrhea bouts I was having, I thought I was not in labour, so I was going back and forth to the bathroom and when I was in there, the water broke. I thought I would feel all the symptoms as they were described to me, but I only felt this lower abdominal pain. I was not feeling the labour pains as they had been described to me. You probably remember we used to make gum by mixing leaves and aged fat?

M. You mean chewing gum?

A. No, I mean kaunak. It was when you chewed too much of that the baby's head would be covered with this white stuff. Also if you ate too much bannock, the baby would be covered in this white stuff. That is what I used to be told. Also there is a difference between a woman while in labour is lying down. The baby is in the same position as the mother, lying down with a pillow, something between the legs to keep them apart. If the woman in that position has a long delivery it was assumed that probably the baby wanted to be delivered upright?

M. Because of the longevity of the labour?

A. Yes. When the woman in labour has to go to the bathroom and while there feels a lot of contractions, but when she goes back to lying down, the contractions stop. It was then assumed that the baby wanted to be delivered upright. Then the woman would be placed in another position where her knees were placed comfortably but apart, a woman in front of her holding her knees and another in the back supporting her. If a mother delivered in that position, than it became a habit on her other pregnancies. It was vice versa for the other type of delivering. If a woman while upright lacked contractions, that meant the baby wanted to

be delivered lying down. This was done side ways, not lying down directly. The legs had to be leveled though. If you clench your fist, you place it between you knees, that is the right level for delivery. The knees had to be kept at a level, never criss-crossed. And the back had to be supported too because one could injure the back if it was not supported properly. I remember that a woman lay behind the woman in labour. This was done for support. They were assisted by the other woman. I have witnessed all these positions.

M. Really.

A. But there was always someone there coaxing th woman who was in labour. There are instances also where if a woman is in labour and is having too strong contractions, a certain person comes into the presence of the woman in labour and the contractions subside and become non existent, that meant that the woman in labour could not deliver with the presence of that certain person. Then the person would be told to leave. The presence of the person would slow the progress of the labour so he/she would be told to leave. That is how it used to be. I have never heard of that happening now. Now, labours are long. Maybe it has something to do with the surroundings in hospitals. Before if a woman in labour was conscious of another person, the labour would stop completely. It can actually take days for a woman to deliver a baby if she is not satisfied with her surroundings.

M. The woman would be in full labour when she would become conscious of a certain person and the labour would subside?

A. Yes. That is how I remember it happening. A woman in a way had to be comfortable with her midwife. On the other hand a midwife had to be comfortable with the woman who was in labour. I might have missed something but I'm really out of things to say.

M. What about making noises during labour?

a. Really. I was told to not try make noises when I was delivering my first baby. I would be in a lot of pain and if I made noises of pain the first time, it would become a habit. If a woman in labour failed to make noises the first time, it became a habit with all her other deliveries and she never made noises. Women are known to be different in the way they deliver babies. Some are strong and some are weak. Yes we were told to be as quiet as possible. Maybe that was not to scare anybody? But we were told to be as quiet as possible. Yes. Labour varied, some had difficulty while others didn't. Maybe it was in the way the woman followed tradition? Also, I was in attendance when this woman was in labour. Her baby came out dead. She was loosing a lot of blood, to the point where she was blacking out. I had heard before that if a woman was loosing too much blood, she did not have to use pillows. It would be better for the woman in

labour not to have pillows for her head and to elevate her legs. Knowing what I had been told and this woman delivering a dead baby, she told me to come assist her, so I went. She told me that her vision was not focused and that she was blacking out. At that moment, I remembered so I removed her pillows, lay her flat on the bed and elevated her legs. After that her bleeding subsided. That was a method used when there were no doctors around to assist in deliveries. You probably know that there are some women who tend to bleed a lot?

M. Yes.

A. I can only tell you what was told me.

M. It's all right. You can tell us all you know or have heard.

A. Also, I've heard that women at times will die from blockage done by blood. A woman had died. First it was thought that this might be from lack of bleeding after birth. She got a severe headache, felt numbness on her fingers and she eventually died.

M. Had she just delivered?

A. Yes. But this was caused by blockage caused by blood clots. After the woman died, I heard some people say that they were sorry they had not done what had to be done. They said that they could have saved her life by reaching inside her and then remove the blood clot. And that causes death. We were later told that we should try to save lives even if we have to go to the extent of reaching inside a woman to remove clots. They said life was too precious. so what they did was if anything was stuck to the walls of the womb after the baby was born, they reached inside the woman and assisted in removing anything that needed removal like blood clots and the placenta if it was stuck to the wall of the womb. What they did was in preparation for this, is they cut their finger nails and cleaned their hands, so they would feel the inside of the womb and assist in removing all the clots and blood which they felt would be a hazard to the mother. And the elders preached this on women because they need to know this if they had to use the technique later. So a woman or midwife had to know what to do if a woman bled too much or didn't bleed enough. I know of this but I have actually never witnessed it.

M. They knew a lot didn't they?

A. Yes. When there were no white people around for assistance, they tried everything in their power to be knowledgeable about these things. there were times too when the pelvic bones would be stuck and failed to separate to make a safe passage way for the baby to come out.

M. While the woman was in labour you mean?

A. I actually witnessed my sister-in-law experiencing this. The

baby's head was ready to come out but her pelvis could not separate. So what the midwife did was place her hands around the baby's head inside the mother and pull it out. Once the head came out, the body had no trouble following. I heard that the woman who had assisted had scrapes on the back of the hand due to the tightness of the head against the birth channel.

M. Really?

A. Yes. This was caused by the woman trying to place her hand between the head and the birth channel so the baby would come out. When the baby finally came out, she had a scratch on the face from the pressure. The midwife had to push the baby down by placing her hand under the rib bones and pushing down. The people assisting in the labour were all Inuit. The woman got pregnant and had other babies after that.

M. Really?

A. If the Inuit today tried being familiar with the old culture, the knowledge would come in handy if ever the doctors are not there to assist in delivery.

M. Yes, that is true.

A. Also too, if a baby was born, soap and alcohol were not used in cleaning. Cotton would be used, the plant grows in the tundra. The cotton was used as well for wicks for the seal oil lamp. So what my mother would tell me to do was remove all plant particles from the cotton. After all the plant particles were removed, the cotton became very soft. She would then place the cotton around the umbilical cord area. Anywhere there was moisture, she would do this, all through the time the cord was on the baby. If cotton got soiled, she'd remove it and place it with a clean one. That is what I remember my mother doing.

M. Really?

A. I also remember a baby having a difficult time breathing through the nose because mucous gathered inside her nose. I saw the mother using her milk to soften the mucous. After she had squirted some of her breast milk inside the baby's nose, she rubbed the nose from side to side and all the dried mucous from the nose came out with out a problem. That is what the women did.

M. My, they really knew what to do?

A. Yes. The woman would attend to the finger nails of the baby although there were no nail clippers at that time. Being pregnant had a lot of do's and don'ts. If a woman tried to abide by all the rules that had to be followed, it felt a lot of rules to follow by. As we know, there were no cribs at that time, so the

mother would be told to sleep when the baby slept, and get up when she did. The baby needed to be cuddled. It was known that the baby had instincts although it was newly born. Also if a baby was crying and wide awake, someone would wake the mother up so she could be up with the baby. They knew that by the baby crying, she/he was tired of lying down. They really treated the baby as a boss. I believe it was because the mother had to get used to attending the baby without neglecting it that these rules were laid upon them. And they had to follow them. A new born is aware of time although it does not go by the clock. It wants to be cuddled, hugged and slept with at night. And when she's tired of lying down to hold it upright. They knew what the baby's needs were.

M. The women also had to know when a woman was pregnant.

A. Yes. The expectant mother was constantly being attended to. She was told not to be too stressed and people would remind each other to treat her with respect. They knew that the mother was one with the baby she was carrying. What people did not try to do was to put too much stress on the expectant mother. A woman was told not to be too idle, to try and work as much as possible as long as it was not heavy lifting or stressful. She was told to eat properly, given the best foods available. Anything that would not give her an upset stomach. This was done so she could have a healthy baby. That is how it was.

M. Yes, that is how it was.

A. Wow! A baby could only be fed from the breast milk because there were no bottles. The mother never expected to have someone baby sit for her. That is how we, the older generation were reared. We grew up in tents.

M. That's true.

A. Pregnant women never really went through the same thing. If a woman was thought to be stressed out or something, questions as to why she would be acting the way she was were asked. After the baby was born and the baby was not normally healthy, it was known by the elders that this was caused by the stressful state the mother had been in when she was pregnant. An elder could distinguish the sex of the baby by the shape of the belly. It was also by the movement of the baby inside that the sex was known. Boys moved a lot and girls didn't.

M. The amount of hair the baby had was also known?

A. Yes. You could feel discomfort inside if the baby had a lot of hair. It could also be known if the baby was a boy, this was known by the shape of the belly. They did not get regular check ups or ultra sounds but it was known what you were carrying. A mother feeling contractions throughout her pregnancy

meant the baby was a boy or had a lot of hair.

M. The amount of water the woman had could also be determined?

A. Yes. If a woman was in labour for a long time meant there was a lot of water. I recall my mother having babies, when she got into labour, she'd start fidgeting with her nails. She'd ask for a knife, she would then dent her fingernail. This is so she could puncture the water sack. In some cases, if the water was not punctured that delayed the birth of the baby. Because the thickness of the water sack varied, some could burst when the mother pushed but others had to be punctured. Also I heard that the water should be left alone for a while until the head is ready to come out. If it is punctured or bursts too early, there would not be enough moisture to make the baby slide out easily. I think the water makes deliveries easier and faster because it supplies moisture and the baby can slide out faster.

M. Yes?

A. Women who were delivering lying down had to be in a straight position so complications wouldn't occur. Women go through a lot when they are in labour. I have been a midwife for two women who were delivering upright. I was the midwife when Ataguttak was in labour with Elisapee. We were alone, she had grown children. She was delivering her second last child. By that time she had delivered quite a few babies. When she was in full labour, her skin started quivering, she was in a lot of pain. Because she had delivered a lot before didn't prevent her from not feeling the pain as severely. It would really be a good idea to put in writing the way women used to deliver in the old days.

M. I know.

A. Because there are different ways of delivering babies when a woman is in labour, all the different sensations, different pains in different areas, all those a woman goes through, they are there.

M. You also feel sensation in the lower back when you are in labour?

A. Yes. I was taught that the legs feel numb and the back is painful, that is when labour starts. I don't think the pain has changed at all to this day.

M. Yes, that's true, it hasn't changed. It's still very painful.

A. Women's ankles used to get swollen.

M. Yes, that's true.

A. The women were told that they probably kept their legs hang-



ing and had to elevate them. Those women were well looked after when they were in that stage. Their relatives for example, the mother or in-law would be there to tell them as to how swelling and other side effects due to pregnancy could be prevented. There were no nurses to do check ups on them.

M. Yes.

A. The relatives would be there to assist them verbally throughout their pregnancy.

M. I've heard that something would come out of the mother before the actual labour started. How was that?

A. Because a woman was pregnant, she had not seen blood for a while, so the first sign would be something coming out of her which contained some blood.

M. Was she ready to deliver the baby?

A. Yes. Yes she was in the first stages of labour. Something would come out, either mucous with blood or a blood clot. And from there the labour progressed.

M. I've also heard too that if the first signs of labour came at a certain time of the day, the baby came out at that same hour of the following day?

A. Yes. A labour would start but the contractions subside after a while. It is when the contractions subside that we would determine as going by the time of the day. It seemed like the labour pains started again at around the time the water broke.

M. I don't really have anymore questions to ask you.

M. Medications, what did you use for medication?

A. We didn't grow up amongst the QALLUNAAT<sup>1</sup>. Our mother was alive but old. Our father was alive when we started living with the Qallunaat. Flus were uncommon, it was only when the men would go buy provisions where Qallunaat were that they would bring in the flu with them. It was around sealift time that flu sprang out in our communities. I don't really know if there really is any medication for flus but if a person caught the flu he/she was told to stay in a warm place. Semi warm places made one cough. That is how I remember this. Also too, we used to have nose bleeds, myself especially. A thin piece of cigarette paper would be placed in between my teeth and upper lip. This was to prevent me from bleeding, anyway to stop the bleeding.

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1.QALLUNAAT: white people.

M. Was this done when you had been bleeding for a while?

A. Yes. When I was bleeding for a long time. Another way too was when I was bleeding for a while someone would suck the small of my neck. Someone would suck below my hair line and spit. They would do that for a time and that seemed to slow the bleeding. But if the bleeding continued, a cold something would be placed on forehead and the bleeding would subside. I was told not to swallow the blood that came into my mouth through my nasal system. I was told that the blood was not good for the wall of my stomach.

M. Yes?

A. There were times too when impetigo would spread around. I remember there was a jar container with kwelada. We used to place that on the sores. The sores would sting and actually get worse, so my mother started rubbing seal or square flipper blubber on our sores. She would remove all the fat from the blubber and place the drained fat on the sore. We would leave it like that for a long time and by the time we took the fat off, the sore had healed. I got to know that animal fat was the best for sores. There was no ointments that time.

M. Really?

A. Also herbs were used for cuts. Rabbit fur was used to stop bleeding on cuts. Animal parts for example, like bile were used for ailments. The bile of a seal was saved so it could be used for cuts. If a person cut oneself, a small amount of bile would be rubbed on the cut and that healed the wound. I also remember I cut myself. I never thought the urine of a person was useful but I cut myself. My mother peed into the pot and told me to stick my hand in there, I was hesitant, but she took my hand and dipped the cut finger in the pee pot. It stung a bit. It felt like you could dip your finger from the pot and put it in your mouth, the bleeding completely stopped. I later learned that urine was good for healing cuts.

M. Really?

A. Yes. You dip your cut in pee and the bleeding stops.

M. Yes, really?

A. Dip your finger in this fresh urine, I was hesitant, that healed and stopped the bleeding.

M. Was there medication for wounds that couldn't heal to the point where the flesh was sticking out?

A. I have never had that in my family but this other family had a healing problem. When you cut yourself on your finger and it

is close to the nail, that cut will not heal for a long time.

M. Yes. Around the nail area?

A. Yes, in that area. It doesn't happen when you cut on the other parts of your hand, but it happens on these certain areas of your hand.

M. Really?

A. Yes. It is when you cut yourself with a certain angle of your knife or ulu<sup>1</sup>. Yes that is what I used to have people tell me. Also I used to prick my finger close to the nail when I first started to sew. I was told to chew on it, bite on it. I would be coaxed so I would bite on it and it would be painful. All the pain would be gone after that. If you do not do anything about it, the pain starts coming after a while. If you pricked yourself, you were told to bite on it and I was encouraged to do that. I don't know a lot about medications. I remember when I was maturing that animal parts were best for excessive bleeding and that. I later learned that seal blubber was good for bleeding. Someone cuts a small strip of seal fat and wound it in side my nose my eyes started watering, but the bleeding switched to the other nostril so they wound a long strip of seal fat in there as well. I couldn't breath through my nose at all. I was told not to remove them until they came out on their own. Later that night they started slipping out. So I was told to remove them. The bleeding stopped. I used all methods to stop the bleeding but seal blubber was the best.

M. Really?

A. Also we were out camping but we had run out of seal blubber. My husband was bleeding, he had been walking when we saw him waving at us so we went to him. We had some fish so I used the fat of the fish and wound it into his nostril. He stopped bleeding. I thought fish fat would be harmful so I went and got some seal fat from a cache that was quite a ways from where we were staying and wound some blubber up his nose. From my experience, animal fat and parts are good for medication.

M. Really?

A. Yes. When you have no other means for medication, fat is good. It is good for the skin anyway.

M. Yes.

A. It was good for nose bleeds cause I bled a lot. It was only

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1.ULU: womans knife.

after I had an operation that the bleedings subsided. Animal fat is good for anything that needs ointment. Good for cuts, burns. It does not sting as much too. Let it be oily for a while as long as the sore heals.

M. Dislocated joints could be mended?

A. Yes. people who were dislocated were told not to move. But if nothing is done, a disability usually occurs. If a joint dislocates it is best to place in the proper position right after the dislocation. I'm not too familiar with other ways of giving aid. I could suggest seal fat and herbs but other than that, I'm not too familiar.

M. What about pus?

A. People used to have boils, when inspected, the pus would be determined as to how far from the skin surface it was. The tongue was used to find out. The bitter touch to the tongue said the pus was close to the surface. Where the tongue stung determined where the hole for the pus to come out would be. When the pus was too far down for it to pour out, a lemming skin would be placed over the boil and in that way, the pus would be sucked up by the hairs of the lemming. The boil would then be attended to see if the pus was nearing the surface. It would then be punctured with a needle but you also had to make sure you didn't puncture any veins. The skin is not punctured just like that. You cannot cut it sideways. You have to cut downwards. If a boil is cut sideways, the wound heals easily and does not give the pus time to drain properly. The pus is then drained. Also if people feel you have an infection inside your body, you would be asked if you like what you're drinking. Does what your drinking taste different? And if she complains about the taste of what she drank, especially water, then it is known that there is an internal infection. People asked a lot of questions. There were those who could attend to ailments and some who couldn't. There were those too that people selected to attend to them. Some people were painful and others weren't when attending to a wound. A wound didn't heal right away when it was attended to. It took a while and a lot of attending too before it actually healed. It was when the white corpuscles started showing that people knew that the wound would heal. Pressure would be used to drain out a boil. The hole was small but once the wound started bleeding and the white corpuscles came, it was then presumed that the wound could heal.

M. Maybe the germs would be eating inside the wound?

A. Yes. In a boil there is this hard thing that Inuit call the devil, once that comes out the healing process starts.

M. There used to be sores in communities?

A. Yes. Internal infections was determined by the way the person tasted water.

M. Those internal infections didn't heal?

A. I think so. People who were suffering from bone fractures or that could not be attended to as properly, maybe the best way to do that was to lay them on a hard surface. Anything on the skin surface was easy to heal. Also too, have you heard that people loose facial muscles? The thing for that was to use a hone, a tool used for sharpening knives. What you would do was massage the face with the hone and that helped heal the muscles that were not functioning.

M. With a hone?

A. Yes.

M. Or was it massaged in a certain way?

A. I don't know. All I know is that it had to be massaged with the hone. I don't know which direction you used. This hone is not store bought. It has to come from the ground.

M. The non functioning muscles would be healed by massaging it?

A. Yes. Because that heals. I only know it from hearing other people. I have never witnessed it personally.

M. That must be a fact.

A. Yes.

M. Inuit ways are facts.

A. They had ways.

M. Even the terminally ill sometimes got cured?

A. Yes.

M. Without medication?

A. Yes. By looking at the condition of a person who was sick they knew that he had a ways to live yet. One way of finding out the longevity of a person was by the hair and the nails and the pillow. If a pillow was flat, one knew that the person was going to die. And if the hair tend to stand upright the knew that whoever was sick had life to live yet. If a person's pillow was flat, it was not a good sign. That is how they were. Because they were aware of what was going on all the time. Those were signs that were used in seeing if the person would live although she/he was ill.

M. And there is the word,"

A. Yes. It had to do with talking about ones problems. If a person who was given a chance to talk about his problems, he prolonged his life. It was seen as prolonging life. Talking was seen as a good sign for prolong life. Those were a means for survival.

M. You had to talk about whatever was on your mind whether or not they would be offensive to others?

A. Yes.

M. And the words they said were not passed around?

A. Yes. I have also heard that I should not talk about other people to my husband. Cause that breaks up relationships. But being able to talk openly about ones problems was not considered gossip. It was seen as a problem solver. There are some of us who mistake gossip and problem solving through talking and mix them together. But one shouldn't put blame and misjudge others. It was known that talking mended the spirit. People loose friends and relatives and that hurts the spirit. Hurt never stops when one mend, another is getting hurt. We shouldn't put ourselves down all the time or belittle ourselves. We should be open and tell the truth so we can live. When we go through life feeling sorry for ourselves we cut our lives. That is what the elders said and they're right. They never seem to know, it is only because we don't ask.

M. If a person had been open and talked he/she would live longer but lack of those two brought death?

A. Yes. The person has no words, does not know what the problem is so he refrains from talking and this brings despair. We were told to be merry, laugh and it was known that a person who acted carefree lived longer. It was through talking and merriment that spirits thrived. Our lives are very short. They were very knowledgeable weren't they? Our ancestors.

M. Yes, very.

A. I left my pills.

M. Broken bones that was an ailment too?

A. Yes, but people were easy on the ones with broken bones. They were not allowed to carry heavy things. If their injuries were not serious, example legs and broken arms, doctors were not needed.

M. Yes.

A. Accidents happened but bones mended. As long as the wound was not serious. It could be attended to without the aid of doctors. There have been a lot of incidents OF that sort.

M. Even walking was difficult with a cast?

A. We didn't term it as casts. Sticks were placed on the broken bone and bandaged, but the person casting would make sure the bones were touching properly. It's not cast it's QIQSUTAQ<sup>1</sup>. And the bone mended like that. Doctors weren't needed. There were no emergencies as long as the accident wasn't serious. For sore in some cases, if the sore was on the head, the head would be shaved. You didn't have to spend time in hospitals.

M. They maybe had never heard of hospitals?

A. Completely. They didn't know of any other assistance for ailments other than their ways. I'm just assuming this but because there were no hospitals, planes or other necessities, the people were gifted, gifted in healing. Now that we can have aid, things are not like that anymore for the Inuit but we have to try our best. Long ago when it was impossible to get outside help, being gifted was helpful to others. Like you would think that a person was going to die because of illness, but he managed to live. People prayed. When anything happened, prayer was mentioned and that is the same today. When there was a problem, prayer surfaced. For example, if a person drowned and was taken ashore, the person was not supposed to be surrounded. The person was laid on its back, not given artificial resuscitation or anything. And a person was not supposed to walk above the head area. He was assisted in vomiting, was left alone to foam. If the foam went towards the chest that meant the person wouldn't live, but if he foamed towards the head, he was going to live, but you didn't have to wipe it. I've heard of an incident where these people fell through a crack in the ice. The other drowned but the other managed to go to safety, so he helped the drowned victim to shore.

M. Was he dead?

A. Yes. The other guy got him to shore with his whip, managed to lasso him to safety.

M. Was he stiff by then?

A. He lay him on his back. He at that time was crying and praying outwardly.

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1.QIQSUTAQ: Splint.