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Subjects: 1-Pregnancy
2-Ailments and Remedies
3-Dislocated Joints
4-Frozen Bites
5-After Delivery of Baby
6-Complications in Delivery

M. I'm here to do an interview on Pregnancy and Labour in the old days.

0:10 E.N. Really? I used to take walks in the spring when pregnant as long as the snow wasn't too deep. I didn't go far but I'd walk. Actually we travelled for days by walking and I was pregnant then. I didn't miscarry although the walking took days. When a baby is going to be fine nothing ever happens to make it miscarry.

M. Really?

M.A. With me, I was on my last month of my pregnancy. We went for a walk. I got tired and I miscarried the baby. I heard that I had crushed the head. I think it happened because the baby's head was firm in the pelvis.

M. You can't walk like this for too long?

1:09 E.N. Yes. When you're in your late pregnancy, yes. We were told not to do heavy work or use our legs by stepping to tan skins, or the head could get crushed. It was all right to walk around in the first stages of pregnancy.

M. You were told not to be too idle all the time?

M.A. Yes. Pregnancies didn't really cause complications, as long as you were not in the last stages of pregnancy, it was all right to work steadily.

M. You'd carry things?

E.N. We'd carry things. We'd be pregnant and our tummies would be bulging. I even carried a piece of ice on my tummy one time. Using my tummy for support. My mother-in-law said that this was dangerous. They were not aware of what I was doing. They said I could crush the head downwards in the pelvis. When you pushed it down too hard? 2:24

M. Yes.

E.N. I thought nothing of it then, but I heard it was dangerous for the baby. When elders found out we were doing that, they'd tell us not to do it. The head is very sensitive.

M. When you were nearing labour, they knew didn't they?

3:00

E.N. Yes. It was when the tummy lowered into the pelvis that they knew the baby was coming soon.

M. Yes?

3:09

E.N. It seemed like the tummy became smaller somehow when they're nearing labour.

M. They did check ups on you like the Nurses would do?

E.N. Yes. They would feel our tummies and they would know if you were 3 months pregnant.

M. Really? You'd be shown what to do on your first pregnancy?

E.N. Yes. When the elders knew that we were pregnant, we'd be told to go out first thing in the morning. They'd wake us up. We'd dress and our kamiks would be frozen from the cold. We'd go out to get fresh air. We were told too, to go out when dog teams arrived. This happened during our first pregnancy. What we were told was if you go out often, your baby wouldn't take long in coming out when you get into labour. For us women with our first pregnancy, we'd be told to move the baby from side to side when a contraction was occurring, gently. In that way the placenta wouldn't be stuck. 4:06

M. When you had contractions?

E.N. ; Yes.

4:24

M.A. They really knew what to do.

4:30

M. Yes. When a woman got into labour and thought she was just having pains, the elders would know?

4:36

E.N. Yes. We'd think it was only a stomach ache. Urination became frequent. The elders knew and told us we were in labour. Although from lack of knowledge, we didn't think it was labour. We'd be positioned. We'd have covering, we'd be shown as the labour progressed if we didn't already know what to do. The elder would show us what to do and we'd listen.

5:12

M. I remember being placed in different positions so the labour would progress faster.

5:20

E.N. I was told that if I was upright and I felt the contractions severely, that meant the baby wanted to be delivered up-

right or if I lay and the pains came, that meant the baby wanted to be delivered in that position. I would be put in either... positions to see which way the baby would come out. 555

6:02 M. Were you shown both ways?

E.N. Yes. When I lay down I'd start feeling the pains more, so I was told to deliver my baby in that position.

M. Really?

E.N. Yes. When I sit the pains would go. I'd lie and the pains would become severe. I then was told to lie down. The baby came then.

6:32 M. The place where you'd deliver was fixed properly?

E.N. Yes. Something was placed between my legs.

6:39 M. You weren't lying flat on your back?

E.N. No. Sideways. A hand or something was placed between my knees. I was told to keep my knees leveled. 649

M. Not crisscrossed?

E.N. That's right, leveled and straight. And when I was placed in that position, I delivered my baby. After the baby came, the mid-wife took the baby right away. She cleaned the mouth or the baby would choke. Before she cut the umbilical cord, she tied it with thread, tying it tight and cut the cord off. The cord was on for 2 to 3 days and then came off. 727

M. You mean the cord?

E.N. Yes. The cord. I wouldn't clean it but it came off on its own. 736

M. Really.

E.N. When the cord came off, and since there were no cleaning material for the belly button, we'd either use rabbit skin or cotton picked from the ground. To keep it dry, we did that. It didn't take long for it to heal. 800

8:01 M. Did you use to deliver your babies lying sideways too?

8:10 M.A. Yes. I delivered all my babies lying down. When a labour has been going on too long, it is known that the baby might want to be delivered in a certain position. So all the babies I delivered amongst the Inuit, I delivered lying down sideways.

8:26 M. Some had their babies in the upright position?

E.N. Yes.

8:27 M.A. I helped to deliver a baby and the mother was in an upright position. My sister-in-law, Qamaniq's wife.

M. The upright position is the kneeling position?

M.A. Yes.

M. I have never seen anyone in that position before.

8:50 M.A. I have. (Demonstrates) Kneeling like this with are supports. I was alone with her near Hall Beach. The sewing machine was the exact height for her arms so she used that for support. I placed something behind her for support too.

M. Really?

M.A. I didn't really know what to do because I had never delivered a baby in that position myself. She was the first one I knew who used the upright position. I was alone with her. She was comfortable in that position. 9:26

M. She did that so she could deliver her baby faster?

M.A. Yes. She had that habit I believe.

M. So women were checked first to which position would be faster?

9:36 E.N. Yes. After her baby was born and the placenta failed to come out, what they did was go inside the woman and assisted it out. I later learned one side of the placenta was stuck to the wall of the womb.

10:01 M.A. For those with the placenta stuck to the womb, is it inside the smaller opening?

E.N. Yes.

10:35 M.A. That's why they have to reach in?

E.N. Yes. When the placenta fails to come out, the assistance of the hands have to be used.

10:48 M. The hole inside is smaller, like tubular?

E.N. Yes. The inner hole is tubular. My mother-in-law taught me that's how it is so I did that twice. 11:02

11:05 M. When a baby came out and fails to breath, someone has to do something to prevent the baby for dying?

11:13 E.N. Yes. What I did was, take a hold of the baby's feet, turn him upside down, slap him, slap him again and when nothing happens slap him hard for the 3rd time, the baby started crying and something came out of the mouth.

1137 M. The thing in the mouth?

E.N. Yes. The baby had swallowed it. But he spit it out and lived afterwards.

1147 M. It is known too that babies who come out as boys in some cases will turn into girls. SIPISIMAJUT 1. But that does not work the other way does it and it only happened long ago?

E.N. Yes.

1200 M.A. We have never known it to happen this day and age.

1208 E.N. It is not so noticeable now. But before people wanted boys more, so there could be more hunters. Animals were the only food than: I have also heard that when a baby is born, the clitoris of the baby is sucked and it turns into a penis. 1229

M. This happens to a boy turning into a girl but when sucked, it comes back?

E.N. Yes. That is all I know. I have never witnessed that though. I've had boys who turned to girls though. 1236

M. It is noticeable in a baby if that happens?

E.N. Yes, very noticeable. There's a difference in a baby born a girl and a baby turned girl.

M. Really.

1308 M.A. Yes. Little babies turned girls usually have difficulty urinating.

E.N. Yes.

M.A. They have swelling on their private parts.

1317 E.N. The testicles are usually noticeable for babies turned girls, you have to assist by removing some mucous from their private parts.

M. Really?

1. SIPISIMAJUT: A boy turned to girl.

1340 E.N. Yes. This mucous like stuff goes inside the private parts of the baby, and that causes difficulty in urinating. When the mucous-like stuff is gone the urination difficulty is gone as well.

1349 M. They really knew, eh?

1355- M.A. There are still some people today who know these things.

M. Yes.

M.A. Because there are nurses to do things now but if there weren't any, there are a lot of people who could know and do these things.

M. Because of the pain caused by labour, labour was not prolonged. They could keep a baby in who didn't want to stay in?

1416 E.N. Yes. I've heard that when a woman is in labour for a long time, the baby tends to turn into a girl.

1425 M.A. That was known. It was also known that the baby had to be a girl if the labour was long.

1433 M. Really. It was also known too that if you went out you could go back in when your head stuck out, but you'd have to continue on rather than go back in.

1442 E.N. Yes. What you had to do was go out first and if you had to go back in, go back in only after your whole body has gone out.

M. Why was that?

1453 E.N. If one got into labour, the baby might go back into the womb. If the woman had the habit of going out and returning inside, the baby tends to do that. Like mother like baby. This was done to keep the labour short.

1515 M.A. Everything to prevent prolonged labour was a must that time.

152(E.N. We were also told to urinate as often as possible.

M.A. And to have a good nights' rest.

M. And not to be under stress. How was that? So the labour could go smoothly?

E.N. Yes.

1540 M.A. We were told to sleep properly. Because one time I was very sleepy, maybe with Celina, I forgot with which, whenever the pains would go, I start to fall asleep. Maybe that was caused by

lack of sleep during my pregnancy. So one must sleep properly in order to prevent that.

1602 E.N. It is very hard to be in that situation. As soon as the contractions go you fall asleep. When the pains come, you wake up.

1612 M. That's true. I don't really have anymore questions to ask you, but you can say anything you know.

1625 M.A. You had a lot of babies?

1628 E.N. Yes. My oldest died. There's a difference between carrying boys and girls.

M. Really?

1644 E.N. Yes. When a contraction occurs with a boy, the pain is stronger.

M. Really?

1650 E.N. Yes. Little girls contractions don't go as long. When in labour too, little girls don't take long.

M. I know that part.

17:05 M.A. I've had twins. It is also possible to determine if you have twins. I found that out with the hiccups, one would hiccup on one side of my tummy. They didn't hiccup at the same time, and the other would hiccup on the other side. I started suspecting that I was carrying twins. I told my sister-in-law. We didn't have regular checkups then. I heard that separation of the tummy is usually noticeable but I didn't notice it on myself. It was only through the hiccups that I knew. That's how I knew. When you get into labour, the first baby is strong and painful, but the second one is weak and you don't feel like pushing. 18:05

M. Really.

M.A. Yes.

E.N. That is how you feel with the last baby?

M.A. Yes. I didn't feel like pushing as much. I just pushed it out, that was how I was.

E.N. Really?

M.A. My mother-in-law told me that the pushing sensation by that time was gone.

1824 E.N. The other baby just follows.

M.A. Yes. I have heard that twins have one placenta, but the ones I had each had it's own. 1837

E.N. Really?

M.A. Yes. The last placenta had a difficult time coming out. That's how I was.

E.N. It must be difficult with twins?

1845 M.A. Not really. But I lost a lot of blood, and I needed help to move around, but other than that it was not difficult.

1855 M. I have to interview someone else. 1 hour I think is enough, and I don't have anymore questions.

1913 M. There were less ailments long ago right?

1917 E.N. Yes. No one was hardly ever sick. The only thing was when someone went to get provisions from a place where there were white people, to Arctic Bay or Repulse, that was the only time flus occurred.

1933 M. Really?

1935 E.N. I don't know of babies having colds that time. Even newborns didn't have colds.

M. Really?

E.N. White people were the only flu causers. We'd have colds but once that stopped, the flu stopped for long periods.

M. Yes?

E.N. Yes. Only in the spring when we needed supplies did flus occur. We wouldn't have colds all summer. 2007

2009 M.A. When a young person got a cold, he/she would cry from the pain. When you woke up the next day, the cold would be gone. That is how it seemed to be.

2022 M. There were no medication for colds?

E.N. Of course.

2024 M. But colds didn't occur very often.

2038 E.N. Yes, not often. No one would be that sick from colds, mostly coughing.

2046 M. Were there real sicknesses?

E.N. Not often.

2051 M.A. When sickness prevailed, everyone got sick at the same time.

2057 E.N. In 1948, I remember every one being sick at the same time, from the flu. And since then, flu is always around. We didn't have colds that often. If someone had a bad cut, herbs would be used for cuts. And seal bile. It would be put in a bottle and later used for cuts. 2133.

M. Really? Wow!

E.N. If someone got a bad cut, the bile would be used for medication, then the herb would be applied and bandaged with a skin. 2150

2152 M. They were geniuses.

2158 E.N. Herbs were known when they were in full bloom and could be used for medication. My mother used to tell me to pick some up for use.

M. Really?

2207 E.N. The top layer of the plant.

2210 M. Boils with pus too?

2218 E.N. Yes. The pus would be determined how far in it was by licking it. Where the pus was determined by the sweet taste it had.

2239 M.A. I have been assisting in cleaning pus off my neck, we didn't use knives.

2244 M. Was it painful?

2255 M.A. I was in pain for a long time, my neck was very swollen. He used a needle to make a hole for the pus to come out. You see this scar? That's where the boil was.

M. Really?

232 M.A. Once it opened, the pus came out. The pus didn't disappear for a while but once the hole was made, it was easy to squeeze the pus out. The nurses weren't around then. I was an adult then.

2336 E.N. When they were going to make a hole on a sore that was infected, a pocket knife would be sharpened to use to make the opening. After sharpening and testing to see if it was sharp enough, they'd apply pressure to the wound with the knife and it would open immediately.

2400 M. Didn't take long?

2402 E.N. Very swiftly. It would be checked with the tongue, when sweet, the knife would be applied.

2418 M. And boils? With the pus located deep inside the surface of the boil?

2428 E.N. Yes. It was hen the pus surface that it was opened for opened by itself. And pressure would be applied to bring out the pus.

2437 M. I remember lemming skin used for such things, right?

M.A. That was used to make the pus come to the surface. Brown lemmings were used.

2450 E.N. White lemmings were not ideal for that so brown lemmings were used. Those were good. You applied the skin to the boil.

2502 M. Applied it flat? You made it to fit around the boil?

2508 E.N. Yes. You applied saliva and stuck it to the boil. When you kept it that way for sometime, the opening would start to show.

2518 M. When the pus came to the surface, than the pus was drained by applying pressure?

2525 E.N. Yes. people way of applying pressure to drain the boil was different. Some were painful, others weren't. When the pus refused to stop draining after a time, one knew that there was a hard mucous like that was taken out, that was called the inuk.

2555 M. Maybe the germ that caused the boil?

2600 E.N. I think so. Once the inuk was out, the boil would start healing, the germ I guess.

2607 M. The inuk.

2611 M.A. Different parts of the body react differently to boils. I used to have boils a lot as a child and growing up too. The stomach area, maybe because there are no bones, is very painful, and the shoulder area, maybe from the muscles, is very painful. That is why I have a big scar here. The shoulder area is sinewy so that is probably why. 2645

2648 M. Sickness occurred usually on the skin?

M.A. Yes.

2694 E.N. Surface skin disease was common, but real illnesses were

rare, not like now and colds were uncommon. 2707

2708 M. What about for chronic illnesses, were they urged to voice out their problems?

2725 E.N. Yes. Talking about their problems method was used. Some would have a difficult time talking at first but once they did the illness left them.

2740 M.A. Some were ashamed to talk about their problems.

M. Yes. For some people who died from an illness, it would be said that if she/he had talked she/he would not have died.

2802 E.N. Like if you're sick today, you have to see a doctor and the illness will go away, but if you don't see a doctor, the illness goes on and on.

2810 M. I remember my mom or dad telling this story about people not talking and prolonging their illnesses.

2825 M.A. When death is there sometimes it is too late to start talking, yes.

2832 M. And life would be prolonged just by talking?

2839 E.N. Yes, like today.

M. Yes.

2845 E.N. Some people who are ill are told by Doctors that they will die but that doesn't happen. It is just like that.

2851 M. Really? The sick would be attended too at all times.

2900 M.A. Yes. People would stay up at night so the sick person can have company.

2910 E.N. When you attend to a sick person, sometimes although you are an adult you don't feel so because you don't know what to do. But when you get used to attending to a sick person, you get used to it. You start cleaning them up if they should move the bowels on the bed, etc.

M. Really.

E.N. You start to think of the sick person as a child who needs attending to.

2952 M. You try to be happy around sick people?

2941 E.N. Yes. In that way the ill tends to be happy too.

M.A. You love them and feel sorry for them so you try to act happy.

M. We want to know what you used for medication. Some people know a lot about these things, or what was used as medication for someone who was sick.

30 16 E.N. I recall my mother-in-law saying that dog urine was good for cough medication. What they did was with a pick take a piece of ice out that a dog had urinated, put it in his mouth, avoiding the taste and swallowed it, because that stopped the coughing. Square flipper blubber was also used for big cuts and that was by removing the oil and applying the thin layer to the wound or to a bleeding wound.

31 05 M. What about for people with broken bones? Square flipper?

31 10 E.N. Square flipper hide was used. It would be soaked and wrapped around the leg or arm. Pieces of stick sometimes would be used for the sides, sometimes not and strings would be used to tie everything together. You know the hide we used for our soles on the kamiks, once dried it hardened and stiffened and could stay in one place.

31 46 M. And you used that as a cast?

E.N. Yes, as a cast, or you used sticks on the sides.

M. Just wooden pieces of sticks?

E.N. Yes.

M. When wood was scarce?

E.N. Yes, I remember this method used.

32 34 M. Headaches, there wasn't much of that but it happened, right?

E.N. Yes.

32 43 M.A. Only the ill usually suffered from headaches.

M. There were no aspirins then?

32 54 E.N. That's true. When crests (cranium sutures?) in the head are separating, the person gets a headache, so a string would be tied very tight around the head and that would work.

M. When those crests in the head touched?

33 31 E.N. Yes. Tied the string tightly around the head and that stopped the headache.

33:51 M.A. We used to see these people with headbands so we used to think that they had headaches. I is a style today but still we think of headaches.

E.N. We didn't have aspirins that's why we did that.

34:16 M. What about people who dislocated their joints? People don't seem to be able to do anything for people with dislocated joints anymore.

M.A. When that happened to people.

34:34 E.N. People would pull on the leg. Someone would hold the body and someone else pulling the leg until there was a cracking sound and the joint would go back into its place.

M. Really?

34:47 M.A. Many a time, the injured person would limp afterwards.

E.N. Yes, limping would occur, yes.

M. The person would not be able to walk at first?

34:55 E.N. Yes. I've heard that disks between the bones would get out of their place.

35:05 M. Really? Than someone would pull on the leg?

35:08 M.A. There were times too when I had to pull on a leg. You didn't just pull it, you had to twist it at the same time.

35:20 M. Because maybe they were taught to do that?

M.A. Yes.

35:28 M. Really, and for those who would have seizures, anything bad was prevented from happening to them, right?

E.N. Yes. They were laid sideways.

M. They were prevented from lying completely on their backs?

E.N. Yes, like this. So the saliva could drip out.

M. Really, they knew what to do?

E.N. Yes.

35:55 M. Today? Dislocated joints are usually left untouched.

E.N. So a lot of swelling occurs.

3625 M.A. They would be fixed right away if nurses were not responsible. Nurses today are responsible so usually people wait to have the nurse do the job.

M. Because we now rely on them so much?

M.A. Yes.

M. What was used for people with sore throats?

36:48 E.N. What they used to do was stick the finger inside the throat and scrape out the infections. You have noticed babies to have sore throats, usually when that happens, fingers will be used to scrape out the sores. That is what they also did to the throat.

3721 M. The sore would be visible and stuck to the tongue?

3727 E.N. What was used in some cases is potato sacks. They were good for scraping. The baby would cry but potato sacks would be used to remove the sores.

3738 M.A. Once bleeding occurs that means the sores can heal.

37:50 M. What happened to people who froze parts of their bodies in winter?

37:58 E.N. What I have also heard was you used water with ice to thaw out what ever part of the body that was frozen.

M. Really?

3808 E.N. The water must be cold, and you stick the frozen part of the body in it in that way the freezing is not as severe. That is what I was advised.

3821 M. You don't use hot water?

E.N. No we don't. We use cold water.

M.A. Maybe it is not good to use hot water?

E.N. Yes. The frozen part thaws out too fast.

3835 M. So the ice and the body part thawed out at the same time?

M.A. Yes.

3845 E.N. That's what I know, before, meat would be thawed out in a lake. A hole would be made in the ice and the meat stuck inside the hole. The outer part of the meat was frozen but the inside would be thawed perfectly. So freezing would be thawed in that same manner. So it prevented the freezing from being too severe.

3917 M. Really? They were not as sickly before as they are now?

3920 E.N. Yes. Because we used fresh water from lakes. Lakes are always cold and it was good.

3940 M. We didn't think of germs passing from one person to another?

EN
M.A. That's true. We didn't think like that. There were no stomach aches because chlorine or javex were never added to the water. Today, maybe, chemicals are mixed in our water causes the children to have stomach aches. When chemicals were not added there were no problems.

4010 M. What about people who were dying? We wanted to know more about that.

4023 E.N. Like today, we looked after them. We'd try and find what they might want to eat. If we found out what they wanted to eat we'd supply them with whatever and after eating, they would get better.

M. Really?

E.N. Yes. Give the person what he/she wants. So we would look for whatever the person would want to eat.

4050 M. Although there were none around? If a person wanted a certain type of meat, they would get it somehow?

4055 E.N. Yes. The hunters would hunt for whatever the person wanted to eat. And if a hunter got what was wanted, the sick person would eat it.

4109 M. And the person would start getting better?

4113 E.N. Yes. If the person ate what he wanted he got better.

(question missed due to crying child)

4147 E.N. When a person is ill, certain foods get good. So a pregnant woman would be supplied with what she wanted to eat.

M. Really.

4200 E.N. When a woman gets pregnant food is not as tasty as normal like when one is sick, and certain foods are good tasting.

4215 M. When a woman is pregnant, vomiting occurs a lot?

4220 E.N. Yes, and heart burns occur a lot too.

4225 M.A. So that is probably why certain foods are selected?

4232 M. Yes. After the baby is born, want for food becomes normal?

4240 E.N. You don't get hungry right after the baby is born. It is after you wake up, that you get hungry. You eat a lot and the food is ever tasty.

M. Yes.

E.N. Soup too is very good. And you have plenty of milk for the baby and you get hot!

4309 M. Urination too?

4313 M.A. Urinating seems to take forever. And you don't feel like it for long time.

M. Yes.

4325 E.N. Maybe because when you're pregnant the ball bladder is crushed by the baby.

4340 M. Maybe that is why you tend to urinate a lot and frequently?

4347 E.N. Yes. And you don't feel like peeing as much but when you go to the bathroom, you pee for a long time.

M. Yes. You also tend to bend forward.

M.A. Yes that happens but you don't notice when you do that.

E.N. You bend forward cause your tummy isn't bulging anymore.

M. Meat is so good.

E.N. Especially fat.

M. I used to notice when I was a kid that when a woman got a baby, she ate a lot.

M.A. And sweating at the same time.

M. Yes. She would never say she was full.

E.N. And had a lot of soup. And after eating, the breasts would start to fill with milk.

M.A. It was not proper for a woman who just had a baby not to eat properly?

E.N. Yes. I used to be like that a lot. It was if my child was going to die that I felt that way.

M. Really?

4
E.N. Not with all babies but with some. I felt good if I ate properly after the baby was born. Our in-laws would tell us to eat frequently, because if you don't eat frequently, you don't have breast milk as much. 45:15

4529 M.A. We had to take it easy after delivering a baby.

E.N. Yes.

4545 M.A. When after delivering, you positioned yourself and you would be told to pull on your pelvic skin.

M. Yes?

4555 M.A. Yes, so as to prevent the flesh from getting between the pelvic bones.

4612 M. Usually the pelvic bones are separated after delivering?

M.A. Yes. After being cleaned, I'd usually kneel but I would try to kneel properly. I used to kneel on the bed.

M. Really?

E.N. It was not usually till the third day that you could resume with the normal routine.

4637 M.A. Maybe when all the bones were placed in their proper places.

4642 E.N. Yes. We were told not to walk around. It was usually on the third day that you could go out.

M. Wow!

E.N. People would do things for us after we had our babies.

M.A. You didn't feel helpless, though.

E.N. But you would be told to take it easy.

4700 M. You're not always clean when you're in labour so you needed caribou skins for bedding?

M.A. Yes. That time that is how it was.

E.N. Yes, when the water broke, you needed a pad.

4746 M.A. Anything was used that could be thrown after use.

M. After the baby was born, the bedding would be thrown.

E.N. It would be thrown outdoors.

M.A. I wonder where they put the placenta and that?

E.N. I wonder.

M.A. That must have been kept from the dogs.

E.N. It must have been thrown further out on the land.

M.A. Yes.

M. There would be clothes for the baby?

M.A. Nothing. The baby would shiver a lot.

E.N. We would put the baby in our parkas.

4815 M.A. We would constantly be in contact with the baby as it was growing. We would keep it inside our parkas because it was too cold to leave it anywhere else.

4820 E.N. We would also carry it on our backs. And when it needed to be fed, we would put it to our breast. It would shiver as soon as it got into the open. When you took it out to make it pee, it would shiver and cry.

4832 M.A. We would be told that a baby wanted to lie down although it was newly born. If it was crying in the morning we would be told that the baby was tired of lying down, although at that time it didn't and couldn't think.

4850 E.N. We would be awakened because the baby was tired of lying but to us it was just crying.

M.A. It would start crying and carrying on at night.

4902 E.N. We would want to continue with our sewing but we were told the baby wanted to lie down, so we would lie with it.

M. Many a time you wanted to stay up late?

4908 M.A. Yes. But we had to do it the baby's way.

4918 E.N. We would lie down, lay the baby's head on our arm, breast feed it and it would fall asleep.

4925 M. You'd sleep with it in that position.

4928 E.N. Yes, in that position. Breast feed whenever she/he needed it too.

4935 M.A. Women who had just had babies tended to sleep a lot.

4940 E.N. Not me.

4945 M.A. I mean her especially. In the spring if she had just had a baby, we'd try to wake her but it was very hard to. We'd shake her hard. Maybe being comfortable causes that and not being in pain or lack of sleep during pregnancy. They slept a lot.

5017 M. They must have been geniuses to be able to sleep a lot while at the same time attending to their babies.

5025 E.N. Yes. Our In-laws were our bosses too. When the weather turned nice in the spring, we would be told to sleep and we would have to sleep. We would also be awakened. We were not free. We wanted to do things in the nice weather but our babies needs were important.

M. Really?

E.N. We wanted to do what we want but we had to abide by what our In-laws wanted us to do. We never were unhappy over that.

5106 M. Because you had to attend to the baby properly?

5110 E.N. Yes, because they didn't want anything to happen to the baby. Or you might choke it in your sleep. So we were forced to sleep even if we were not sleepy.

M. It would be dangerous otherwise cause the baby was there sleeping with you all the time. We have heard of babies who got choked by their mother's breasts.

E.N. Not often but it happened.

M. You had to be constantly aware of the baby?

5100 M.A. Yes. It was when the baby was helpless that choking was common. When the mother was comfortable she slept a lot. So choking occurred not often though.

E.N. Yes.

M.A. It's good after you've had a baby.

5218 E.N. We would prevent the baby from being wet. If the baby moved it's bowels into the amauti, we would have to clean it up right away. The urine too would have to be cleaned. There were no diapers but we kept the baby clean.

M. Wow!

E.N. It was not a burden.

5250 M. There were occurrences where the womb followed the baby out?

5298 E.N. When a woman who is in labour is bent forwards, when the baby came out the womb would sometimes follow.

M. When you weren't straight?

5310 E.N. Yes. When the back was not straight.

5320 M.A. When they were not in the proper position?

5324 E.N. Yes. That is what almost happened to me at one time. It was very painful. I was sort of bent forward and the baby slipped out. The womb almost followed the baby. It was very painful. So the spine has to be straight.

5403 M.A. I had complications with the placenta coming out. After my baby came, the placenta didn't come out. Qayugasukaaq told me that it would eventually come out if it had to. She told me not to be scared, the midwives had left. It came out on its own earlier the next morning.

M. Yes?

5435 M.A. I had my baby at around midnight and the placenta came out the next morning, maybe it was stuck.

M. Maybe.

M.A. No one got inside me to assist it out. It came out on its own. I felt labour pains then before the placenta came out. If a part of the placenta was, it is known that they always come out sooner or later. Mine came out in the morning.

5505 M. I've heard too that part of the placenta is sometimes left behind?

E.N. Yes, the placenta.

M. The pieces or clots come out piece by piece?

E.N. Yes when the placenta has been stuck to the wall of the womb. Pain is felt when that happens. Part of it tends to stay behind in the womb.

M. But it eventually comes out? All of it I mean.

E.N. Yes.

5540 M.A. If it is not going to cause complications to the mother, yes, it always comes out. I've also heard too that the baby while still inside the womb of the mother can move its bowels.

E.N. Yes.

M.A. When the baby is coming out?

E.N. Yes. It didn't happen often though. It rarely happened.

M.A. The first few bowel movements of the baby are really sticky so they can really cause problems.

E.N. They're not good for the womb.

M. There were times too that women had breech babies?

5618 E.N. Yes. The feet would be first. I've had a breech baby myself. It seemed funny cause the part that usually comes out first came out last.

M. But they managed to come out?

E.N. Yes.

5635 M. There were cases where the baby would try coming out but not in the right direction. It would try coming out upwards to the chest area?

E.N. Yes. When contracting, they would go upwards instead.

M.A. That was rare but it happened.

E.N. Yes.

M.A. The baby tend to go upwards.

M. The mother would be assisted by the midwife putting her arms around her waist, a little below the ribs?

E.N. Yes.

5702 M.A. It didn't happen that often, but sometimes there were complications.

M. More than one woman attended to the woman in labour?

E.N. Yes.

5718 M. The woman assisted to make the woman comfortable. Elizabeth here was my midwife. She held me from behind. Where were we?

E.N. Qikirtaqjuk.

Qikirtaqjuk: Camp in the southern part of Igloodik.

5738
E.N. But you don't feel like that when you're the midwife. You count the contractions. It is when the contractions are continuous, that the excitement comes.

5748
M. When we delivered in the old days, the equipment needed were always prepared before hand.

E.N. Yes.

M.A. Everything would be prepared.

E.N. Something to cut the cord, thread to tie the cord with would be prepared. When we didn't have caribou sinew, thread would be used but you would have to use 3 or 4 strands.

M. Really?

E.N. Yes. That was necessary because the cord is connecting the baby and the placenta, so if it was not tied properly, it tended to leak.

M. Really.

E.N. So you had to tie it really tight. When you cut a cord for the first time, it is very uncomfortable to the ears.

M. No wonder.

E.N. That first time is really weird.

M. Maybe because it is part of a human?

E.N. Yes. Like cutting rubber.

M.A. I've noticed that when the cord dries out of the baby's belly button and falls somewhere, it gets lost?

E.N. That's true.

M.A. The dry part of the cord that falls out always disappeared.

M. Really?

E.N. Where it fell we never knew. It was never on the bed.

M. My mother use to say that you knew when the string you're tying on the cord is tight enough. Is that true?

E.N. You have to tie it really tight. It is when the blood stops dripping out that you know it is tight enough.

M. Oh yeah?

E.N. If it isn't tight, blood tends to come out through the end.

M. Really? When tied, you have to cut the cord not right where the knot is?

E.N. The cord is tied to the body so you have to cut it quite far from the knot. If you tied it too close to the body, the knot tends to come out.

M. Really.

E.N. You have to tie it about an inch away from the body. It comes out if the cord is too short. Kiklaklak - means cord cut too short and the fluid from the body oozing through the belly button.

M. So it has to be tied properly?

E.N. Yes, not too short. When the baby cries the knot tends to untie.

M.A. When the baby cried a lot, it was thought that the cord was not tied or attended to too properly.

E.N. Maybe it was painful?

M. Possible.

E.N. From the cord being too short.

M. Midwives never thought that the baby was too mucky to attend to. This is from the baby being inside the mother and covered in blood, etc.?

E.N. Yes. When a baby came out the first thing they did before clearing it up was use their mouth to suck out what ever was in and spit afterwards. They would first try clearing the mouth with the hand but that didn't work so they sucked out what ever is in the mouth using their mouths. They didn't think of rinsing the mouth afterwards.

M. Really?

E.N. The did this so the wouldn't have problems.

M. If the mother was sick and the baby died from illness after it was born, those were seen as sad occasions? But it was worse if the mother died instead of the baby?

M.A. Yes. If a baby died, it sometimes meant the mother was going to live.

M. The baby usually died when the mother was sickly?

E.N. Yes.

M. Some babies were born dead?

E.N. Yes. If the mother had slipped and fallen, then the baby would die. I know that although babies are dead inside the mother, the contractions are still there. I was in labour for a long time and was told the baby was dying inside. I was immature then. When asked if the baby was alive, I'd say yes. But the midwife had found out while I was sleeping that the baby was dead. The contractions were as strong as if it were alive.

M. Maybe the baby had to come out.

E.N. Yes.

M.A. But the labour itself is very much more difficult, because the baby was not helping. That's how I was. That was my first baby.

M. Really? Dead.

M.A. The baby was very big. Maybe it was dead, I carried it to full term. The head was crushed. If I had known better, I would have known it was dead but it was my first.

M. Did this occur in the spring when the snow was deep and you walked a lot?

M.A. Yes. It was spring and the snow was very soft and deep. You know those drifts. I was carrying Celina Puya on my back, I was told to go the easier way, but I didn't listen. It was after we were home that I started bleeding. The baby had died. I was in labour for I don't know how many days, but I was always sleeping so I hardly remember. That's what happened. When asked if it was alive, I'd say yes. It contracted like a live baby, just as strong.

M. When excessive bleeding occurred and the woman lost a lot of blood, she'd still recover?

M.A. Yes.

E.N. Women recovered from loss of blood.

M.A. I must have lost a lot of blood myself. I didn't feel any different though.

M. I'm out of questions. You have anything further to say?

M.A. We've run out of things to say.