

## WRITTEN SUMMARY

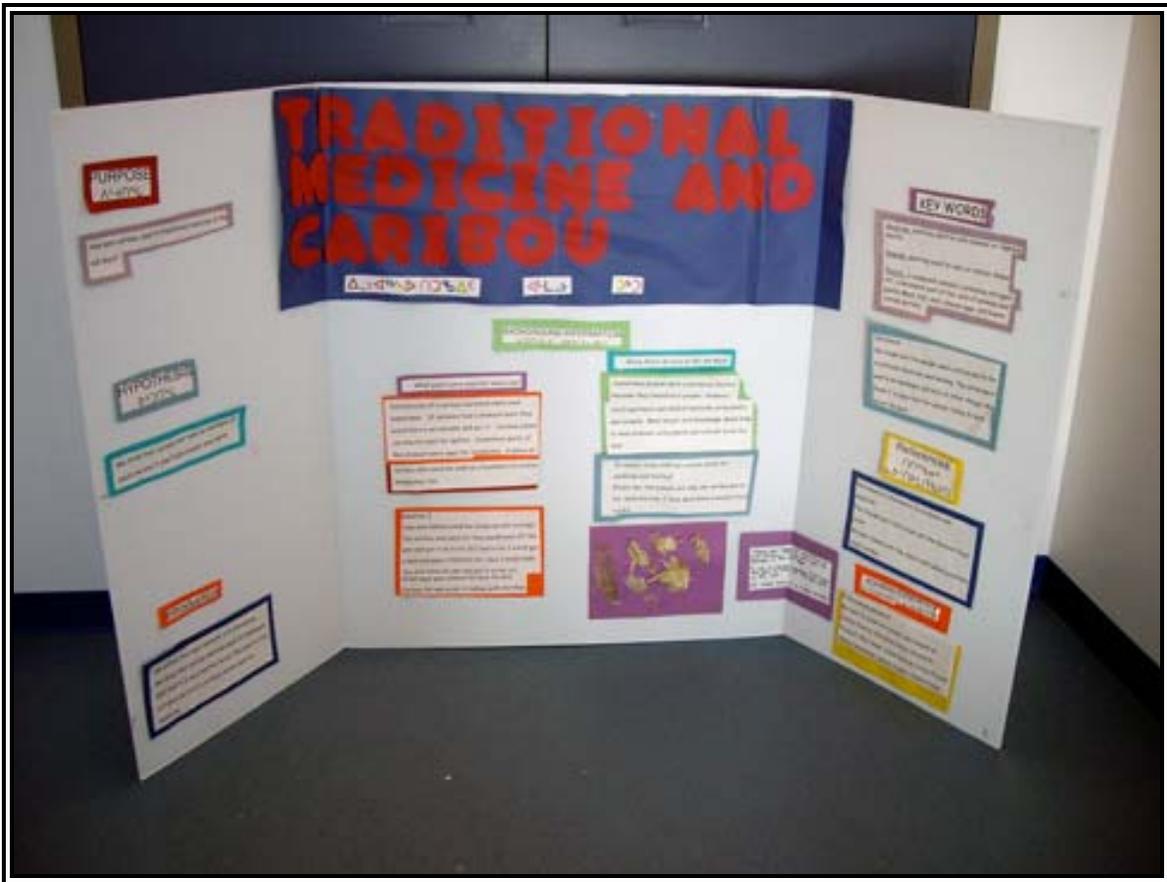
**NAME OF STUDENT(S)** Dorothy Quinangnaq, Frances Anautalik, Meagan Mariq

**GRADE:** 7

**SCHOOL:** Jonah Amitnaaq School

**PROJECT NAME:** Traditional Medicine And Caribou

**DESCRIBE YOUR PROJECT:** Our project is all about traditional medicine and caribou. We collected information through research. Then we typed up our information and put it on construction paper. We put everything together on a backboard. We also found some thin caribou skin and put it on our backboard so the people could see what Inuit used long ago for bandages. We included directions for the use of a caribou bandage.

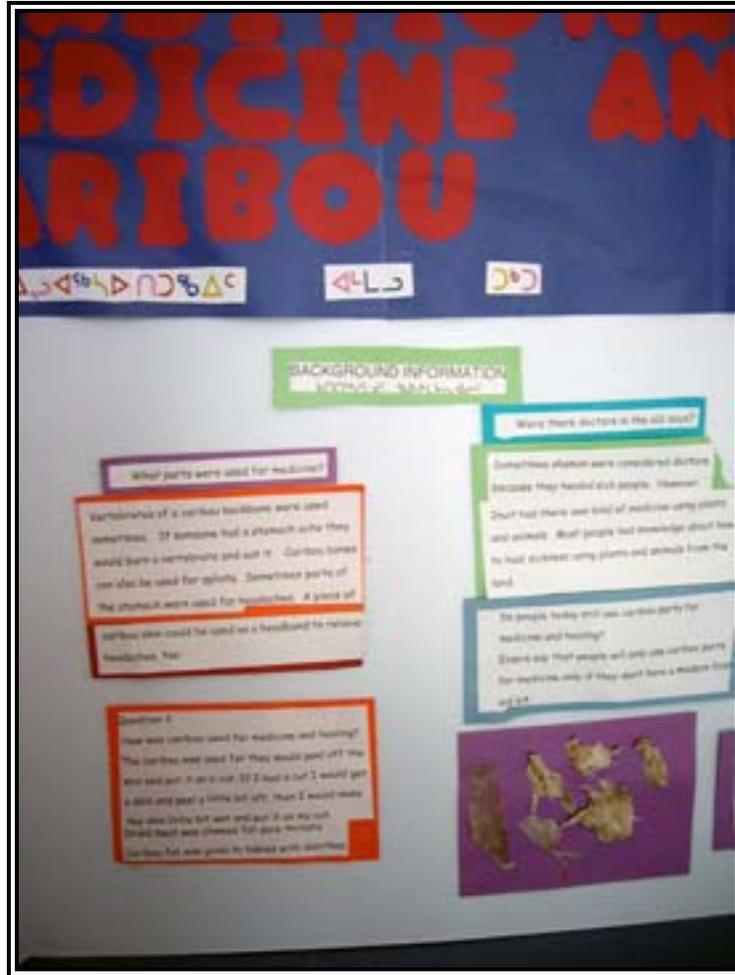


### **RESOURCES: HOW DID YOU FIND YOUR INFORMATION?**

We talked to the Elders and asked questions about caribou. We looked on the internet for information. We also found some information in The Inuuqatigiit Curriculum and the Nunavut Food Guide.

## WHAT DID YOU FIND OUT AS A RESULT OF YOUR RESEARCH?

We learned that the people used caribou parts for traditional medicine and healing. The skins were used for bandages and lots of other things. We think it is important for people to learn about the past.



## DESCRIBE YOUR PERSONAL INTEREST IN THE PROJECT AND WHY YOU CHOSE IT.

We picked this topic because it is interesting. We know that caribou skin was used for bandages. And that it is very healthy to eat. We want to find out what parts of a caribou can be used for medicine. This is knowledge that our Elders needed to have in order to survive. It is part of our Inuit culture and heritage.



Protein: a compound complex containing nitrogen, etc., a necessary part of the cells of animals and plants: meat, fish, milk, cheese, eggs, and beans contain protein.

## MAIN QUESTIONS

### WHAT PARTS OF CARIBOU WERE USED FOR MEDICINE?

Vertebrates of a caribou backbone were used sometimes. If someone had a stomach ache they would burn a vertebrate and eat it. Caribou bones can also be used for splints. Sometimes parts of the stomach were used for headaches. A piece of caribou skin could be used as a headband to relieve headaches too.

### HOW WAS CARIBOU USED FOR MEDICINE AND HEALING?

The caribou skin was important as it was used for bandages. They (Inuit) would peel off thin pieces of skin and put it on a cut. If I had a cut I would get a skin and peel a little bit off. Then I would make the skin a little bit wet and put it on my cut. Dried meat was chewed for sore throats. Caribou fat was given to babies with diarrhea.

### WERE THERE DOCTORS IN THE OLD DAYS?

Sometimes shaman were considered doctors because they healed sick people. However, Inuit had their own kind of medicine using plants and animals. Most people had knowledge about how to heal sickness using plants and animals from the land.

### DO PEOPLE TODAY STILL USE CARIBOU PARTS FOR MEDICINE AND HEALING?

Elders say that people will only use caribou parts only if they don't have a modern first aid kit.

## CARIBOU SKIN BANDAGES

Here are some layers of skin from a real caribou. They were used for bandages in the old days. To use a caribou bandage, first make the skin a little bit wet, then put it on the cut. It would take 2 or 3 days to heal.



### Conclusion

We found out that the Inuit people used caribou parts for traditional medicine and healing. The skins were useful as bandages and lots of other things. We think it is important for people today to learn about the past.

### References and Acknowledgements

We would also like to thank the people who helped us: Simona Scottie, Elizabeth Paungrat, Elizabeth Alooq, Irene Kaluraq, May Haqpi, Craig Vincent, Winnie Seeteenak, Denise Cooper, Dwayne Haqpi.