

(I thought I might ask you questions on childbirth. What I would like to know will concern care of the mother before and after the childbirth, care of the child, delivery of the child and so on. Perhaps you can just start by telling me about how you had and cared for your children and yourself.)

When I had my first baby you know, I had to go to the doctor, but on the older times they didn't have any.

(Do you know anything about midwives?)

Yea. Well ah, some of the womans ah, have children like that. You know they take em you know. Well they help em same as the white man doctor, you know. They treat them and when they have pains and all of that they take just like they do. They rub them and then they bear their babies and then they clean them and put em up, but the mother has to stay in bed about ten days, you know before you get up. That's the way they do. But nowadays you know, you go through it and well you get up in about three days. But way back there you have to stay in bed for about ten days.

(Do you remember any do's and don'ts that a pregnant woman had to obey?)

I don't know. I guess it's just like it is now. They worked but not too much. Not too hard, you know just to keep them from getting hurt or something like that you know. The men don't help them. They don't help their wife.

(Could they eat anything?)

Yeah, they can eat anything they wanted to. Just what they can get hold of. (Laughs). But now these days, you know, they put you on diets and they give you certain things to eat and they give you medicine, but in those days they don't do it.