

TOPIC: BIRTHInvestigator: LeataInformant: Kesaia Bouwalu.....from Namoli, Lautoka.

LAUTOKA. F 56yrs

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BIRTH

Intro: This is an interview about birth done in the olden times, for our women and it is told to use by Kesaia Bouwalu from Namoli, here at Lautoka, so I invite her now to begin with this interview on birth, before that pregnancy and what our ancestors do when they reach this stage.

For us, we have a lot of difference in the way we do such things, for some villages and some places, they have their own ways of taking care of such events when it happens, so for us, we also have our own. For pregnancy, the women from that village perform different things from villages in other sectors. When a girl in a family and she is the eldest in the family, and also for a boy who is the eldest in the family marries a girl who comes to stay in our house, when she gets pregnant, also this is the beginning of the care and the love we show and do for her. We have a lot of things to do for her. As we say, this is a new beginning for two people who got married and the girl or the woman gets pregnant for the very first time, the care of a new family and all other things involved in a family begins here. The care given to a pregnant woman who is in a family, let's take for an example a woman who marries one of my sons and she comes to stay here in our house, from then when we knew that she is pregnant, this is the beginning of our taking care of her life and

we advice on some of the things which she should do and not do. Not only are we trying to save her life, we are also trying to save the life of the small baby living inside her.

As for her not only do we give her advice, but we see that she does not do some of these things like for an example, she needs to have a haircut at one time of her pregnancy period. Her hair is cut but when they cut her hair, it is not like the normal hair cut we get everyday. Some of the people who gets the privilege to cut her hair are the girl's sisters-in-law or her Aunty or mother-in-law. They make a lot of things to bring which is called the I YAU (Fijian items which they use for gifts and presents). They also prepare some ~~xxx~~ food, and a place is set up nicely on which she sits on. She sits on these mats and other things spread out for her and then her hair is cut. They make a feast for the cutting of her hair. As for these gifts and other things they collected to give for the cutting of her hair, some of these gifts goes to this person who cut her hair. Also for this person who comes to cut the pregnant woman's hair feels she must also give something for her, she can also make some gifts which she presents to her when she comes down to cut her hair. Then this woman gets her hair cut.

Also during this period when she first inform his and her people that she is pregnant, there are some taboo given to her about food. She is told not to eat these foods because these foods can spoil the life of the baby. As for all these things which our ancestors have been doing from the past, those who came after them also did the same thing, like these taboos, do not eat a lot of vakalolo food. They say if a girl who is pregnant eat a lot of these foods, they or the child gets this sickness which they call NIUSE. This sickness

which they call NIUSE, THISHAPPENS during the time when the pregnant women gives birth. When she gives birth, also with the child comes all these white stuff which can prevent those delivaring the baby see clearly what they are doing. Not only that, when these babies are born and suppose their mothers were eating a lot of vakalolo food or food cooked in lolo, then the children or the small babies, when they are born, they vomit out all these white stuffx and if it is worse, some comes out through the nose. We know the danger if such things happen and this is one reason why they don't allow women to eat food cooked in a lot of lolo and also to eat vakalaolo food. As for the mother-in-law of this pregnant girl, she sees that she does not eat any of these foods.

Also she is told not to eat a particular fish which they call the OGO. These are the large fish, and they say if they eat these large and long fish it can poke at the child's head. A lot of times we hear that for some children when they were born, they have these lumps growing from their head, they have these small boils and spots growing on their heads. When they see these spots on the child's head, they say, she must have eaten the fish which she is not allowed to eat during the time when she was pregnant. All those other large fish which they get from deep seas, they are not allowed to eat these during their pregnancy period. This is one reason why we tell them not to eat such foods, the child is greatly affected by the kind of food they eat. They also say, do not eat the rest of the fish they use for baitx. When asked why they should not eat the baits or the fish used for baiss, they say, do not eat those because when you give birth, the child will have these swollen ears if not, it is all red like it is being scratched.

They say when children are born with their ears badly affected like this, she ate the fish left over from their fishing, they used these fish for their baits.

Also for her, if she wish to cook food, she is not allowed to use firewood or dry wood which is from the lemon trees or from any other lemon trees. They should see that she gets other woods for her firewood not lemon trees. Any lemon tree that have sharp sticks she should not use these for cooking her food. They say, when the child is born they can see the marks of the ~~lemon~~ sticks on the child's body and this is shown by all these spots growing on the child's body. It is like the sharp sticks of the lemon trees pokes at the child's body causing all these spots to appear and grows into small boils. As for our ancestors in the olden times, they tell their woman who are pregnant not to use these woods for their fire, they are told to use other kind of woods, also for these women they advise their own children, girls especially, not to use such woods. They are not allowed to use firewood from the lemon tree, to cook her food. They might say, do not use those firewood, because when it burns it cracks and makes that brittle sound, so your child is going to suffer when it is born. They say if they use these firewoods which cracks and gives off this brittle sound then the child when it is born, it gets all these spots like that of a person suffering from burns. All over his body is going to be like that, and when it is all ripe, the spots burst ~~on~~ and this can really ~~cause~~ cause the child pain. They have the medicine for it, but the best thing to avoid this from happening is to see that the woman does not use this firewood which cracks and gives a brittle sound.

~~Some~~ of these woods which they use, which burns and then cracks

are timber, these firewoods are told by the mother-in-laws for their daughter-sin-laws who are pregnant not to use when they cook. When her child is born, at a time, the child is going to get this sickness. These are the spots which grows on the child's ~~six~~ skin, and when they are ripe, they burst discharging this white pus or white liquid. All these factors are considered, and made them forbid women from using these firewood.

They are not allowed to eat some kinds of fish. They are not allowed to eat fish like turtles, if they eat turtles, then their child is also going to suffer from that food eaten. If the woman eats turtles when she was pregnant, then when the child is born, around the neck of the child we have these spots and other things which looks like scabies. It is like scabies, and this spots and looks are like that on the turtles neck. When they see these spots, then they often growl at the mother saying, we told you not to eat turtles, but still you ate them, see the neck of the turtle is there on your child. They say these because of the spots on the child's or around the child's neck. Your child's neck get all these spots like rashes and those spots which we get when the atmosphere or the weather is very hot. As for them, they have their own ways of telling the mothers off when the child or the babies got delivered but have all these unlucky things on their skins, it is because the mothers did not listen to the advice of more mature people who have already gone past that stage. This is in the past, but today, no more do we hear people tell the others to avoid this food and that. Mostly on foods which pregnant women should avoid, they no longer make this a taboo, for them, they are free to eat anything they want. As for all these foods which I am telling you about and all these

other taboo, this is what they forbid someone who is pregnant for the very first time to eat or do. Not only is these taboos for those who is getting pregnant for the first time, vital also for the lifes of those babies who are the second or third for other women.

They also are told, do not eat crabs when your child is born she or he might move around too much and does not stay at home most of the time. This is during the time when the girl or the woman is pregnant they are not allowed to eat crabs, they are told to avoid these foods. These are some explanations which they give when we ask them why we should not eat such foods, like ~~crabs~~ crabs. These are some of the things which our ancestors during their time say or tell their women. They say, when you give birth your children grows up but they won't stay there, or stay for a very long time inside your home, they spend their time moving around from one frined's house maybe to the next. They say, it is like how the crbas move, they move around too much, so if the mother eats crabs during her pregnancy then the children grows up to be like this. As for me, I am also one of those people who got this thing done for her, and it was my mother who told me not to eat these foods. My mother adviced me on the foods right for me and those I should avoid. This is a very hard thing to do to igonore about those lovely foods like crabs, turtles and others, but you have to do it if you do not want your baby inside your stomach to suffer. All these things are different from the way things are today. As for me, the hard times I met when my mother was still alive and she told me to obey all the things which she tells me to do. As for me, today, I don't do the same thing which my daughters and daughters-in-laws. I leave them

to do what they think is right. As for me, I suffered a hard time because my mother was really strict on such things. They say that pregnancy is a very delicate thing and also for others, they are told not to drink yaqona. If the mothers or those expectant mothers drink yaqona, then their children turns out to be lazy children. The child spend his or her time sleeping and does not make any more to move around like any other normal babies. So, the mother is told not to drink yaqona during the time she is pregnant.

They say, carry a lot of firewood and do a lot of work, so that when you give birth, the child is going to be an energetic child, moves around and wants to do a lot of things. We do not want a child born and spend his time in bed all the time and not going out to do the work he is suppose to do. Do not drink yaqona, and when your child is born, it is a very strong child, very healthy and also very energetic. These are some of the things which they say when they see someone or a woman pregnant.

These pregnant women are told to carry a lot of firewood and also to spend their time doing some hard work which can later make them feel real tired. They say it makes it easy for them also to deliver their child when they do these hard work. These are some of the things which they believe in the olden times. But today this is very different, we have taken up a lot of English customs and no more do we have our ~~own~~ own traditional customs and things to use. Also for our women when they are pregnant, they have these people or these other women who takes care of them, they are known as the VUKU (intelligent woman) or mid-wives. These 'intelligent woman' are the ones who do all the work for the pregnant woman, they can also advice them on the things they should do and not do.

These are the 'intelligent woma' whom they say are taught by the gods, they do not learn such things like us today at school. They do not learn it from other people, it is with them and they know it, these are the ladies who does all the work and the caring for the mothers during the time when they are pregnant and also during the time of delivary not forgetting after delivary. We have a lot of this mid-wives around our village, and they often like to spend their time with pregnant women, helping them telling them these and for those pregnant for the very first time, they are really helped by these people. It happens at onetime, there was this woman in this village who does this work of helping mothers deliver their babies, when it is time to cut the cord of the child, the scissors took a long time to reach her hands, so she reach across the walls of the house which is of bamboo, took a stick of the bamboo and she ~~su~~ used this to cut the umbilical cord. When we saw her doing this, we asked her if it is going to be poisonous or if something is going to happen to the child after what she had just done, then she answered~~x~~, this is the knife which our ancestors used during their time when women deliver their children. They cut the umbilical cord with the bamboo sticks which they already prepared for it's use. This is something which we do not know, as for her, she used the bamboo on this small child, she used the bamboos when it took a long time for the other people to get her a pair of scissors. This is one of the equipment used in the olden days. Also she used a stone on which the pregnant woman ready to deliver her child sits on. She told us, for our women in the olden days, when it is time for them to deliver their children, they sit on a stone and when the child sometimes take long to come out sitting on the stone can

make this fast. So, she also did the same thing, make all those women she help deliver sit on stones. She said, before she makes any delivery, first she asks the woman who is giving birth, do you want me to deliver her child, because she knows that none would agree on her conditions. She's got this special stone which she use for these pregnant women. All those women giving birth sits on this stone, she said, when these women sits on the stone, on the thing ~~she~~ which mid-wives should bear in mind is the placenta and we call this the I TOKATOKA NI GONE. The placenta should not return to the woman's womb after delivery, and it makes it faster for it to fall out when she ~~sits~~ sits in this position with the stone underneath, and she does not lie down also. These are some of the things which our ancestors believe during their time. This is something which they have been doing for a very long time, and not any more do we see it being done today.

- When she is sitting there on the stone she sits like.....

She does not sit with her legs all crossed, she sits and then bend back a bit. As for her buttocks, it is right on top of the stone. And then she can place her hands behind her to support her up.

The care all the woman needs to prevent the placenta from returning into the ~~womb~~ ~~in~~ womb is going to be given by the mid-wife. She tries all her best to remove it from her or from the mother. Once the placenta is out, they do not have to worry about anything now, because this is the dangerous thing they can have when it returns to the woman's stomach or inside.

- This stone which the mother or the pregnant woman sits on, is it a special stone from some place or.....

This is a stone which she picks herself, when she knows that this

woman wants her to deliver her baby, then she comes to take this stone, she picks the stone which she use. They have this flat stones which they place underneath and then tells the girl or the woman to sit on top. This is not brought from a place, but she prepares the stone on which the pregnant woman is going to sit. As for this lady whom I am telling you about, she is a very old woman now, and I don't think she still does all these things which she did when she was a young woman and also coming to middle age.

- When they use this bamboo stick to cut the umbilical cord, can you tell me how do they cut the cord?

They cut the umbilical cord just like as if they are cutting at an organ or parts of an animal already killed. They just cut it straight like that, but the only difference is that first she ties a knot on the umbilical cord then cuts it. As for us, in the olden days, when they cut the cord, after cutting the cord, they leave it like that. As the child is out like that, they gently squeeze the cord and then they tie this knot, cut and leave it like that. As for the length of this cord which they cut, it is like the length of their arm. They do not measure it because they do not have any tape measure and all that, they did not know anything about measurement. All they need to do is to see that it is arm length then cut.

They say if the cord or the umbilical cord of this child falls off easily, this is a very good child, who grows up to be very obedient and also obeys the parents all the time. This is a child who likes to help other people and also give things to others, he loves to share the things he have or she has. But say if a child takes a long time to dispose off his or her umbilical cord, she is said to be a very naguthy child.

She is said to be a very naughty child, also a child who disobeys when told to do something. And also for this child he loves to cause trouble. This is the sign shown by the time it takes for the umbilical cord to fall off. If the child is good or bad, this is shown by their umbilical cord, this is what this lady told me about. She was a midwife.

- If it takes a long time for the umbilical cord to fall out, this.... This is a very naughty child who loves to disobey people when asked to do something.
- You told me that there is a time when she gets a hair cut, can you tell me when they go over to cut her hair, what are some of the things which they do first, like they might be told first before the people come to cut her hair. How do they break this news or this thing to her, that it is time to cut her hair?

The only thing I heard about this thing, when it is time to cut the woman's hair, they prepare some gifts which is later presented to her after they cut her hair. They have this food prepared and this is called the I MAGITI NI KOTI, this is if she is having a hair cut for a very first time since she got pregnant. And another thing too which is very surprising, when it is time for them to nurse their baby by themselves, they also are not allowed to eat certain foods. Only for some people are not allowed to eat these kind of foods.

During your early days after you gave birth, the only food given to you are the BELE and the juice of this food after they have cooked it. But this is against the doctor's advice of today. Also the kind of food which you eat everyday are pawpaw. The pawpaw is cooked and you should drink the juice and eat the pawpaw also with some other food which they might have cooked for you, like taro

and yams. Also you are not allowed to eat fish, crabs, and other foods. After a few days, and they have noticed that you're progressing well to your normal self, then they start to make some better foods than the ones you're having now. No food cooked in coconut cream, none of these foods. As for all these foods which the mother is going to have, all are cooked in one pot. If they are cooking cassava for her, on top we have Bele, and the juice of both foods cooked together at one time is given to her to drink. These are the kinds of food given to them to nurse them back to their normal self. And they survive. This is something which we came across during our time but today, this does not go together with the kind of advice the doctor gives to pregnant and nursing mothers.

We did not find anyone sick during that time. No one gets sick when they are fed with all these foods. It is true, the children grows up healthy and this is due to a lot of milk which they get from their mother. During that time they don't have milk bottle-feeding.

It is a very rare sight to see women feeding their children from a milk-bottle. But later now into this new modern age, then a lot of mothers turn to milk bottles to use for feeding their children, no more do they give their breasts for children to feed from. As for some of our ancestors, they also give cow milk for their children.

- You said that there is a time when they cut the woman's hair, can you tell me the reason for their not cutting the woman's hair before that, is there any reason for such actions taken?

The only reason why they are doing all these for the small child who is still developing there inside the woman's womb. They respect this child who is the eldest baby of this new family. All because of the developing child in the body of the woman makes them

have all these things done for them. As for this lady, also she lives without doing anything during her nine months of pregnancy or during her early months of pregnancy. And during this time when she is pregnant, she stays there inside the house, she does not wash pots, cooking utensils or any other things which they might have. But they have another magiti or food prepared for her and when this food is made they say, "So (the name of the girl) is now washing pots again." During this month, she is three months and also her stomach is firm by now and also they can have the ceremony done when she goes on to her fourth ~~month~~ month. Now, she is free to cook, free to wash clothes, free to do anything she wish to do and also take part in doing the house chores. As for this time, when she is allowed to do all these things again, they make another magiti which she is told to enjoy with her relatives. And this food is said to be the food which allows the woman to touch her pots again, and also allows her to wash, cook and all that. After they have done this food or this magiti, then she starts with all those work she cease to do when she was in her early months of pregnancy. She cooks, was the laundry, and also can go down fishing, takes part in the doing of all household chores. But from the day it is known that she is pregnant until that very day, she does not do any work, she remains there inside the house, and the same thing too about her hair. No one is going to cut her hair until they are prepared to do something about it, first they have to do some food preparation and then her hair is cut, if not, then they will all have to wait until they know they are ready then it is cut. This things and all these taboos which they have just goes to show how much they respect this woman and all the good things which she is

bringing to this family now.

- In those days, our ancestors might have their own signs or ways of telling that this woman is pregnant or someone is pregnant, they have their own ways of telling this, can you tell me of some of the ways they can identify a pregnant woman or can tell that someone in the family maybe is pregnant?

Yes, they do have their own. One of the ~~exa~~ easiest way they can identify a pregnant woman is when they notice her avoiding some kinds of foods and loving the others. Also she gets this thing of vomiting in the early morning, this is something which does not happen to her when she is well. Also for some women they lose part of their hair, not the whole hair but they notice that some part of the hair seems to have dropped off. For some women they can easily tell that they are carrying a child. She is brought in front of all the people in the family and the mother or the grandmother asks her whether this is so, she confirms it. She tells them now that she is pregnant, but the signs have already been seen by these old people in the village or in the family.

- When a woman gets pregnant, she must inform a person first and then the ~~ress~~ of the people in the family might learn from this person who is informed firstly. Who gets the privilege of being told the first time by a woman that she is pregnant?

This is something which is not very clear as to how it goes. If it is two people who has just got married, the first person who is told by the woman that she is ~~pregna~~ is the husband of the woman. The pregnant woman informs the husband first, but for the mother-in-law, she knows that her daughter-in-law because she had already been through this stage and she can tell easily that a woman in her house

is pregnant. When the mother-in-law notice all these things going on with her daughter-in-law she might tell the son again, "Try asking your wife to see if she is pregnant?" But for all married women, the first people they inform of their pregnancy is their husbands. Their own mothers-in-laws can know that the girl is pregnant. But for some women, they hide this from the family but the first person to know is the mother-in-law. She reveals what is going on inside herself because of the way she looks, her condition now then was before. Now, you look well and healthy but another time when I see you, I will know that you are pregnant from the way you look and also of the way you act now. It is different from the way you're in now. One of the first things which show you are pregnant is your breasts, your breasts get enlarged. Also your eyeballs seems to be watery and have lost the whiteness it has. When we look at you young people we can tell straight away that this woman or this young girl is pregnant.

- When a woman gives birth, she takes care of her own self and of the baby also.....

No, when she gives birth, the woman who have just delivered her baby is not going to do any work, she is allowed to sleep and rest. The people in the family are going to take care of all the things for her and the child. They are going to make sure that her life is nursed back to good health and also they do not want anything to happen to her which might kill her too. She does not touch any work after she delivers her child, they would be doing all the things for her, and all she need to do is to sleep. She stays there in the house she spends a good time inside her house.

- And when she is going to give birth then the intelligent woman (marama

vuku) comes to her house.....

Then themid-wife moves in to stay with them for a while, say I have a son and he is married, when the wife gives birth, all the relatives of my son from the father's side gathers and they come over to mu place where they remain for a ~~xxxx~~ while. The baby is then held in the arms all the time, they don't leave him on the floor like that, she is carried all the time, this child is carried in the arms for a total of four ~~nights~~ nights. Then comes the time when they bring the child out from this private place where the child sleeps with the mother (ceremony of VAKASIKASIKA) As for this place where the child and the mother sleeps, they have this curtain raised and where they sleep no one is allowed to go near it unless he or she is one of those working inside the house. But today, we don't have any of this any more.

They have this native mats which they hang there across the room so that it protects the mother and the child. As for the mother and the child they do not see the light for once, from the time they delivered the baby right to the time when it is taken out in this ceremony of showing the baby to the rest of the family members (vakasikasika). This ~~curatin~~ curatin which they have to hide the body in, it is all gatu and masi, and maybe on one of those days they might say, "tomorrow the baby is to be taken out and shown to all the relatives." When people hear this, they feel happy and they all look forward to the time when the baby comes out, they prepare themselves. On the day when this is to be done, they don't time it like they say it is going to be raised at two o'clock, it is all done with great surprises when the people inside the house, lift or raise the curtain up, and then the baby is brought outside, all

the people gathering around it to admire the baby and to even kiss the child. This is happening inside the house, from the place where it ~~xxx~~ sleeps to the main room of the house. We call this ceremony in which the child is brought out into the main room for the very first time as LIBU. They raise these curtain and then the child is seen by the relatives for the very first time from the day it was born. Then they also have another time maybe when they take the child out for the very first time. As for some children they spend one or two months inside the house without even going outside, they keep the baby or the child there after these months then they take their children out. As for this modern age we do not have these things which our ancestors have been doing during their time, we do not want to follow what our ancestors have been doing during their time. As for us we have followed the advice given to us by our doctors, we do not want to follow what our ancestors have been doing from ~~yhrtyxixrx~~ their time. Also when they do all these things, it is just to show how much they want to respect this girl who is the eldest woman or girl in the family and for her, this is the very first time for her to get pregnant.

- As for these ladies sitting there as a group beside the Fijian curtain or Fijian mosquito they put up for the child and the mother, are they all from the.....

They are all the child's relatives from the side of the father. The people can also have to equal numbers, half from the father's side and half from the mother's side. Also they have the father's sisters there and they help in the cooking and the preparing of the food. They cook these foods during all those ~~xx~~ nights are there and

also for anything they might need while they are staying there, they only need to ask the people from the child's father's side. They keep gathering there inside the house as for the care and all that, this also continues. All these things happen there in the house and this is during the past.

But if the same thing too is happening today, which is brought about by our clinging to our own customs and traditions, this is something unique and beautiful, very beautiful to watch and know. But the only problem is that we have education, all these things which they have been doing from the past have been turned upside down.

- When it is time to deliver the child, what is the first part of the child that comes out when delivery is underway?

First, she gets her labour pains, then the first part of the child's body that comes out is the head. But the very first thing that comes out is this large mass of water, as for some people and also for some places they have this special word for this outflow of water the woman discharge before birth. This sac or tube which bursts and discharge off all these things, this is the sac which holds the poison and everything bad which is inside the mother's stomach and also those other things which the child discharged. During her pregnancy, she had all these stored up inside her, and when the time comes for delivery, this is the very first thing discharged off from the ~~mother's womb~~ mother's womb. It does not matter what happen, but when she gives birth, this is the very first thing that comes out. As soon as this sac burst, the child is on it's way out now. The child comes out soon after that.

- The mid-wife (intelligent woman) is there to do all the work she needs to do now.....

Yes, the ~~mid~~ mid-wife then steps in to do her duty. Now is her time. She greets this new visitor coming out now.

- You mentioned one thing and you said that this is the placenta (i tokatoka ni gone), can you tell me something about the placenta? The placenta, for all women who gives birth here in this world, they all have this placenta placenta. Every women who gives birth and also for all living animals they give birth, they also have this part of the organ inside the body which is the placenta. As for this placenta or this sac, this is the part of the body that waits for the egg or sperm from the man and later this sac collect this, is where the baby grows and later this is the sac which bursts out discharging all these wates and things inside. All these things we can say is what God have already planned for us, as for this sac, it wait for all the months when something comes up and is accepted there, to start of the growth of a child. As for the sac, it does it's own cleaning and also there are times when it finds some problems, but always it is able to get rid of all these wastes. As for this placenta, it is ready all the time thinking of the time when it is going to let a baby grow from there. This is the role of this sac or placenta(i tokatoka ni gone). After the child is delivered, the second thing that comes after is the placenta. As for this placenta, if it gets stuck inside the mother's womb there is little hope that the mother will survive, she will surely die. First comes out this water, or all the wastes collected during those nine months of pregnancy, then comes the child, and then come the placenta. If the placenta does not come out easily then they try all their might to remove it from inside. They have to remove it somehow, if not, then it is going to be a ~~danger~~ danger for the

woman, she might die. As for some people, the placenta gets stuck inside her, and they refer to this as KUBE(a problem which woman face when their placenta gets stuck there on the womb). As for the intelligent woman they know what to do about it, they slip their hands into the woman's womb and they fiddle around with something inside freeing the placenta. They do these small massages which quickly allows the placenta to come out fast. But for some people who cannot do it today, the only thing which should be done now it is to take the woman to a nearby hospital where they can deal with such delicate matters. After a few days, if they are not able to remove the placenta, the poison have already spread out, and this is also one of the problems that can cause the death of a woman, a difficult operation on the removing of the placenta. After a few days of their not being able to remove the placenta, the poison spread and enters into her bloodstream, this is what can cause her death.

- When they remove this placenta from the mother, what are they going to do with this placenta, are they going to keep it or throw it away.....

They bring the placenta out, wrapped it nicely, also they attend to the child, clean and bath the child nicely in oil and then wrap him up in warm clothes. As for the placenta, they wrap it nicely in a piece of cloth which they have prepared and then it is taken away to be buried in a spot which they have picked for it. The hole is dug then the wrapped placenta is lowered in there to be buried. They make sure that it is nicely buried, so that the dogs cannot dig it out or any animal who might scratch the place up does not get to this place where they have buried the placenta.

We can only thank God for all these things which he did go to a great extent to do them for us. As for one child, it has one placenta and another child another placenta, not one placenta for all the children which the two people of this family might wish to have. For one child, one placenta, as for you school children today, you know about all these things because you study them well.

- As for this placenta which they bury, are they going to bury it there on any spot around their compound, they might bury it there in any part of the compound or they have this special place where all placentas belonging to the women in this family or mataqali have theirs buried?

As for them, they pick a place that is near their own homes, so they can easily remember that this is the place where they buried the placenta for this child and also this is the spot where they buried the placenta for this child. The same thing goes for the umbilical cord. For some places, when they bury the placenta on this spot, when the child's umbilical cord falls out, they also will bury the same thing inside the hole or on this spot where the placenta is buried. This is just what they think, it should be buried together in only one spot. As for some people, they bury it just like that without caring whether this is a good spot or not, just to get rid of it without the dogs digging it up. This is done when they give birth there in their own homes. But if we go to hospitals they have a good way of disposing off this rubbish, but they have all these medicine world which makes things easy I suppose, as for our ancestors they make use of the best thing they can use and to, do. Everything is easy for our women, all they need to do is to visit their local dispensary or hospitals.

4 What can you say about their burying the umbilical cord of a small child. Is there any meaning of this action being done?

Yes. For the burying of the umbilical cord which I heard from our ancestors and also from those who are more mature than me, I heard that for those children whose umbilical cords are buried, these are the children who are very intelligent and very clever to understand things. Also for him, his mind is always there on his family, he wants to spend most of his time with his family, he hates going out and wish to be home all the time. We could say he is very close with his mother, father and brothers and sisters. They wish to be home all the time, and they also work hard when doing something. As for Indians their idea and what they think is the best thing to do when they have the child's umbilical cord, this cord is thrown out into the open sea or river. They say that this is the main reason why they are so energetic and alive, they hardly sleep at night and they work hard all the time. They do all these things because they are looking for the umbilical cord thrown there in the running river or open sea. They love to look everywhere for anything they might want. When I gave birth there in Taveuni, I was with this Indian woman, when I asked her what do they do with the umbilical cord when it falls off, she answered saying they throw it down at the river or that at the sea. We throw it there in this river, which flows, so that when the river flows down, it takes the cord with it. Then I asked her, why do you throw your child's cord into the river or into the sea?/. This is where I would like to show you the difference of burying the cord and having it floating there in the river or sea. They say when their cord is missing they love to go out trying to locate it. That is why they work

so hard trying to find it, they even migrate to other places. This is all because they are looking for their umbilical cord. As for you local people or Fijians, you don't act the same way as us, you are very stationary, you love to remain in one spot. I told her that we can also have the same idea, and say the reasons why Fijians remain in one place because their cord is buried there on their home ground. They do their things in some other places, but always they return home. We can say that this is a very true idea.

- As for some places, I heard that if they throw the umbilical cord of this child into the water, this child grows up to become a fine fisherman or if it is buried there under the church, this person grows up to be a very strong Christian.....

Yes, these are all true, for the places where the umbilical cord of children are buried, this is the place where they love to be near to all the time, although they might spend some time away from home, but always they return home. We can say that we remain there at our home foundations (yavutu) all the time, we do not leave it for good and do not wish to remain there, if we do so, then we are like the Indians. As for us, we know that we need to be home in the village all the time, as for these people, no, they don't rest this is because they are looking for their umbilical cord all the time. As for her, she said, they (the Indians) will keep on looking for their umbilical cord until they find it. They won't rest at all. If we study this very closely I think it is quite true, as for them, they do not rest, day and night, they work. They never give up trying. As for us we do not bother, we are like lazy people, taking our time in doing the things which we want to do. As for Fijian people, we spend most of our time telling stories with those near us, and also we

have these ceremonies in the village, village engagement which we use out time in, as for them they do not do such things still they worry and they keep on working.

- Can you tell me some of the other things which they do in other village with this part of the child, or the placenta, do you know if they have other things done to the placenta ~~apraf~~ apart from burying it straightaway?

No, I don't know what else other people do with their placenta the only thing I know is that it is buried after it is wrapped up in a piece of masi, cloth, or gatu. But for our villages and places, they differ in the kind of things they do, they have their own customs but in some parts, it might be the same. As for us, when a woman gives birth, after the placenta is removed, it is wrapped up and then buried. This is something which I heard from our people, and also there are those people who told me about it. But these things which I am telling you now, these are the things which has been happening here in our village for a very long time, but for those things happening there in the hospitals, this I do not know of. As for this traditional ways of bearing ~~be~~ delivering children, I have come across a lot of deliveries done the old method by our mid-wives. As for me, they also did the same thing to me, we have these women who call themselves 'intelligent woman' (mid-wives) they help mothers deliver their child whether it is their first or the many, they all help. As for us, in this village here at Namoli we don't even have one single woman alive here who knows about delivering children the olden days method. All ends up in hospitals when they want to do these things. We have these nurses or district nurses who help out these women who live in rural areas, they also go up

to the hospital to get medical attention from there. But in the olden times, they live there in the village and we have these people who takes care of such things.

- You mentioned that for these women who are the mid-wives, they are speciallised in delivaring babies, where do they get their intelligence from, is it something given to them as their talent to know how to deliver a child. Or this is a skill learnt from some place like we go to school to learn, or it might be a power given to them from some sources, someoutside sources like the gods and all that, or what can you say is the cause of their being able to deliver children although they did not learn this at school?

As for these intelligent women, I believe that this is a God-given talent to their lives. It is different if they learn this from somewhere. Today, we learnt the umbilical cord is cut, as for those people in the olden days, the did not know they have to cut off the umbilical cord, but still they cut it off. Also for them, they have their own taboos which they ask pregnant women to observe and obey and all other things, but remember that this is all in the past before they know anything about reading so that we can say that they read it from books, or know how to write so that the next new generation of people knows what their eldesr and their parents have done before them. There were no ~~schools~~ schools during those times.

But I would say that this is what God planned for their lives.

They have been given this talnet, and also they are given the intelligence to do these things, so they work for it. But one main thing which they don't realise that they are helping their fellow village people. And also this is making life easy for them. As for God he gave us such people so that they can help all the women when it comes

to bearing children. It is God's given gift for them to save people's lives. As for you, if I get sick, you know that I cannot do anything about it. Like take for an example a woman gets her period and then she is said to be pregnant, but later she dropped her child, as for those people who knew that she was once pregnant, she told them they need to do something about it now, they inform the mid-wife or these women who are called intelligent woman, it is the duty of these woman or one woman to bath or give this girl or woman a special ~~sk~~ bath (veisilimi). As for the woman who gives the bath, she pokes at nearly every part of this girl or woman needing help desperately. She cleans both her inside and outside. After she gets this special bath, then she is given a Fijian medicine which she takes every now again as instructed by the mid-wife. After a while, we see that this woman who went for treatment recovers fairly well and quickly also. Most of these women today, spend their time and money going up to the hospital and back, and this is when she knows that something is wrong with her, no more does she gets her period going very nicely like it used to be. So, what this woman is going to do is that she is going to give her a bath. The things which the doctor perform on women when they come for check-up, these actions are also done by this women who is old and we might say that she does not know a thing, she might look dumb to us, but she's got this hidden talent and she knows all about pregnancy and delivery. As for the child which this old woman takes care of live or survive. From that time or in the past, they often say, "this sickness is internal." as for this sickness which they refer to as "internal sickness" is known today as cancer. But no more do we have these women in our village who gives this special medicine. And when these women died, the medicine for cancer also died with them, as for our women today, many

of them died because of this sickness which is cancer, it is a veyy dangerous sickness and people must take care if they don't take care nce they have it. We could be blamed for it also, because we did not take it down in paper from them, and also we did not bother or make~~x~~ it our business to ask them what should be done.

- Say if this woman is suffering from the hard removal of the placenta which is inside the womb, can you tell me what the mid-wife is going to do in this situation, to remove the placenta.....
The mother of this child is then taken and then submerged there in water, quite warm also, and then she slips her hand into the gill's womb, moving this around and that, and when she knows that she's got the catch of it, then automatically the placenta falls off. These mid-wives or intelligent women knows of all the things which they should do when this situation happens. They say, they have the method which they use to free this placenta from there. As for this placenta you should not try to tear it away from the other end, or pull hard causing it to break, you make sure that you remove the whole lot out from her womb. It is said that she slips her hand in and then makes some soothing massaging like to ask the placenta to fall off. ^Wot only after she is doing this thing, gradually it comes out. As for those who finds that there placenta falls out easily they don't have to worry about anything, all is left now is to clean the woman up and the baby.

- The baby is then kept in this curtain or behind this curtain which they have done and then comes the night when they have the thing for the fourth night.....

Yes.

- Can you tell me how long are they going to keep this child hidden

behind this curtain.....

Like what I have said, they keep this child behind here for a good total of four nights and then when it is all over, then they have this ceremony in which the child is brought outside and shown to all the people in the family and those in the village also. As for these people behind this curtain, they spend their time carrying the child on their arms, and from one person to the next, they pass on the child. As for this child, it does not lie down on the mat or bed which they have prepared for it. It is only laid down on the mat or ~~xx~~ bed, when they wish to give the baby some milk. All these women inside or behind the curtain spend their time helping one another in carrying this child. For a total of four days and nights, then they inform the other people that the day has arrived when they are going to show the child to those in the family. This is when they lift up this curtain in which the child is hidden behind this curtain. As for these people who are to see the child for the very first time, also they prepare themselves well for the things which they are going to do. Inside the house after they lift the curtains up, we have the people from the child's father's side dancing and singing. All of them would be doing all these things like to show they respect this child and would like to show how much they appreciate having him in the family and in the mataqali also. They have this song which they sing when it is time to show the child to the other relatives. But I do not remember it now since it has gone past my head, I am very old now too. They have this song which they sing and it tells of how they raise up the curtain and then see this child for the very first time.

This is a story but I don't really know what they do, they have their own ways of doing such things. They have this song which they sing and the dance which they perform when it is time to show the child.

- There might be a time when they name this baby, can you tell me how they are going to name this baby and whose duty is it to name the child. How is the name of the baby given to him?

When a child is born the name of the child is given by the grandfather of the child from the boy's side. Or the child's grandfather from the father's side. When the child is born then they inform the child's grandfather and then the grandfather is going to decide what name he is going to give the child. He might say, "Very well this is my namesake, he shall be called so (and he gives the name). Also for some other people, they might send some people to bring the name, bringing of the name they also bring these other things like gifts and those others, which they present to these child and then later gives him the name. When he arrives to the house, she says, **XX** "I am here to call the child by his name, his name is So (and he gives the child's name)." He might say for them to call the child under his brother's name, this person giving the name is the child's grandfather from the father's side, and they are not going to say anything about that. Also for the brother, who might still be alive he might be told to come himself and give his name to this small child making him his namesake. He comes with all these gifts and other things, he does not come bringing nothing, if he does when a lot of people are going to say nasty things about him. They have to bring something with the name which they wish to place on the child.

- Is this how they name a child.....

Yes, this is how the naming of a baby is done.

- This is done for the eldest child in the family, what can you say about the second child, the third child and the others.....

They would help contribute some names which they use to call these children who comes after. They can also leave it to the girl's side or the child's mother's side to name the baby.

- If the eldest child is a girl.....

The same thing too, the grandfather is going to decide on what name should he gives to her. The grandfather of every child decide what name he gives to the eldest son or child of their sons.

- Whose duty is to inform the grandfather of the child that the child is born and it is a boy for an example.....

When the child is born, they can send anyone related to the child to take the message to the people or to the grandfather of the child. It can be a child's Uncle or sister of the father who goes over to tell his or her grandfather that a child is born and the sex.

- This is how they hold this ceremony of vakatoka yaca, or naming a baby.....

Yes, this is how they do it here.

- Does that mean that for the eldest child in the family they are the most important people in the family or.....

Yes, we can say they are the most important because they are the first child a woman bears and also this is the first time for two people to have a child of their own. Also for names, this is not given freely like it is some sort of a joke, this is something which they are very careful with, they make sure that the name is only given to the right person who belongs to the same mataqali

as them, they do not give it out to anyone who is born, first they have to think if the name suits this family or this person, then it is given. Also if they wish to use a name which belongs to the chiefs' clan, then they have to ask the chief if they could use this name for their child. They might say, 'We wish to call him this (and the name)?' then the chief might say, 'Yes, it is alright use it.' But he might refuse and say, no do not use that name, just give him any name which can be given, not this name. And now, they can just bring a name from this mataqali maybe and they give it to the child. As for the chief, he is the main person who decides what name should be given to these people and what name should not. As for the child's grandfather from the father's side, he is the one who tells the people what name should be given to his eldest grandson.

- What can you say about these medicines taken by pregnant mothers, as they say these medicines are for pregnant mothers and it can help them deliver their babies well, can you give me some of these medicines which they drink and make use of?

Yes, medicine, this is also part of the whole period of pregnancy, they do have medicines which they drink during the time when they are pregnant and we still have this thing going today, many women turn to local medicine saying it helps them a lot during their pregnancy period and also during delivery. As for me, I am a woman who did not take any of these local medicines which many people take, I give birth to nine children, all alive. But just when it is near time for me to give birth, then I told the people looking after me to get this medicine which I need to drink. They collect it for me, I took it the way it was told to me, and this really helped me when I had my labour pains.

They have this medicine which women take, and it really helps them to deliver their child quickly and very easily too. As for me, this is a medicine which I took, as for these people today, I don't know anything about them, for our women in those days, they rely on this medicine or these medicines which makes it really good for them when delivery time comes. The name of this plant which I ask them to bring, these are the leaves, this is the DRALA plant. I ask them to bring some leaves, make some water with it, squeeze it and then the juice or the drink is given to me to drink, not long, I give birth. Not only do they get the leaves, they also get the skin or the bark of the plant, pounded with the leaves, and then a little amount of water is added, and then the juice or drink squeezed out of it is given to the pregnant women to drink, it works wonders when we watch it take effect on this pregnant woman. After pounding it, drink the juice, after the pounding of the medicine ~~then~~ take it straight away. Not one time when I am ready to give birth, for me to take one good hour in trying to deliver my child or more than an hour. As for some people, they feel this pain going on for a total of two hours, or more than two hours, even days. For me, this is different, say I get my labour pains at eight o'clock today and I drink this medicine, not long, I give birth. I might give birth at eight or half past eight, at nine o'clock I return home.

This goes to show the strength of the medicine. As soon as you know that you are undergoing your labour pains, turn to this medicine, as soon as you feel the pain coming, drink the medicine at every interval of the pains, drink this medicine and you will be relieved of the comfort it offers, rather than your suffering all those pain.

But after you drink this medicine and then deliver the child, there is no more pain. As for me, the pain I cannot compare it with any thing else, but to tell you the truth, I did not feel any pain at all, as if the pain is too much the medicine helped to make it unnoticed. As for my grandmother, she told me that this is the medicine which belongs to them, now I am drinking it too. I also give the same medicine to my children, my girls, when they deliver their child. I have also given it to the women in this village to make use of it. Here in Namoli everything has changed, everything seems to be difficult compared to the life before, when women give birth, they are badly affected by the labour pains, but if they do follow what the mid-wife tells them to do, then everything is all right.

No, now all our women are making use of this medicine which I am telling you about. As I've said, it has reached my children also, they do like it because it works on them also. But one thing for all my children, they do not give birth to any girls, all boys. There are a lot of boys in the family, those who have got four to five or six boys in the family, they do not have any girl or female in the family, as for these brothers, they do not have any sister at all.

- When a couple have a baby, what is the most happiest child to them, is it when a baby boy is born or a baby girl is born?

Most of the time, when the baby is a baby boy. A lot of times, is when a baby boy is born, the father is happy and the whole family also. For me, I am not happy when my eldest son or child is a boy, as for me myself, I am only happy or the happiest time of my life is when I give birth to a baby girl, I want my eldest child to be a girl. This is the main reason why I want a baby girl born to be my eldest child. As for the girl when she is the

eldest in the family, she helps in the life of the family. Like for yourself, since you are a girl, you will grow up to help your own mother, as for me my eldest daughter is also going to do the same thing, she helps me in the doing of all the work for the family. You help me in making clothes for the family, do the laundry work, and on top of that cooking the family meals. As for the boys and man, once they grow up, they do not remain in the house any longer, a lot of them take to the towns where they do all sorts of things, looking for fun, but for girls, they remain near their mother, majority of them do. Also for our boys, when they grow up they tend to make their own decisions and say all the work in the house should be done by women, this is one reason why I prefer to have a baby girl to be my eldest child. As for all the people, they differ in the kind of ideas they have, for some people they might want to have a boy as the eldest in the family, for others, they prefer girls. As for me, I was really happy when I give birth to a baby girl and she is the eldest in the family. I would say that a woman who gives birth to an eldest child being a girl, she is a very lucky woman, because she will grow up to help her with all the work she needs to do for the family. And also for those who will follow, the girl can be a helping hand to the mother, washing and all that. But for our Fijian way, when they want to have children, most of the people say it is good to have a lot of boys so that they can live there and occupy the family land. But to tell the truth, boys are the most people who give their mother or parents headaches. It is true that they come to live and occupy the family land, but you do not know whether she brings a good woman to you or not. You do not know whether this woman she or he picks is going to help you when she

moves in to stay with the husband. This is very important today, if you give birth to a boy and he is the eldest in the family, he goes out to bring a girl from the streets or from the city to live with all of you, I don't think anything is going to work, because she is going to try to be the boss of everything going on in this family. As for the mother of the boy, she is the one who suffer all this, and this is one good reason why I say it is always nice to have a girl being the eldest in the family. All young girls, should try to bear this on their minds, it is always good to wish for a bsby girl to be their eldest child, because she grows up to help the mother in anything, also they are very close to their children. As having a lot of boys, theonly thing it brings you is sorrow and unhappiness. For boys, they do not even want to help you when they are still growing up, they spendh their time with their friends, and only turn up home to eat and sleep. If you ask him to wash the dishes, he answers saying that this is a girl's work. If you might ask him to do something inside the house, he refuses, because he knows that the mother cannot do anything about it, so the mother ends up doing all these things which she asks him to do. I am telling you now, giving birth to a child and she is the eldest in the family you will find peace and contentment in the end, she is going to help you and do all the work for you. You as a mother, send her to do these errands, ask her to do this work, and she is not going to answer you back, since she will love you and wish to do everyything for you. For all the things which you do in the house, both you and your daughter holds hands together to do the work, you do not mind whether it be hard work or light work, both hold hands together in the doing of the work.

This is when you have a baby girl to be the eldest in the family, as for the girls, they also know that their mother goes through a lot of hard times, so they understand their mothers better than boys. But for our boys, they do not care of anything, all they know is that when they arrive home, everything is cooked and they are served like a master of a house. But the only time when it is going to end, is when the girl falls in love with someone, and then she goes away from the house because she has to stay with the husband. But when a girl gets married, for a mother she remembers her daughter all the time, also the daughter remembers and has that love for her mother all the time until she die. She won't show it but it is there in her inside, she can even move her mother to stay with her. So, I am telling you now, if you give to a baby girl and she is the eldest child in the family, be happy that you have her, because later you won't have any regrets over it.

- For how many nights long are they going to have all this entertainment to show they are happy of this child's birth?

It is up to the family, they can move this on for a total of ten nights. And also this can be moved on to 15 nights, this is decided upon the power which they people can manage, if they know they can feed these people all that nights, then they move it on and have it on more than four nights, as long as 15 nights or 20. As for the family, they should all these things do it with their hearts and mind on it. But majority of the people end all these expectations and happiness on the fourth night. Also they carry it on for a total of ten nights not more. It is always the average days of ten days and nights, when it comes to the tenth night, they make all those other things left to be done and this is the end of it. They might

have other ceremonies and celebrations after that, but to show that they are really happy for the birth of this baby, they have this celebration going on for a total of ten nights. But a lot of people cut it short to four days and nights.

- For how many nights passed after the born of the bab or after the birth of the baby, then comes the naming ceremony of the baby.....

No, for us here in this village, as soon as the child is born, they straightaway give him a name, or they have the naming ceremony. It is a very sad thing for us, when one day is gone, or more than a day there is no name for the child yet. This is something which looks sad to us and for the child also. If they do not name the child quickly it is like they reject him or her from the family, they do not wish to include him or her in the family, so when she or he is born, a name is given to him on the same day. As soon as the mother gives birth, the message is taken up to those people whose got the right to be informed, and then they come down to do their part, gifts and the name. On the same day they call the baby with his name.

- When this pregnant women, during all those nine months of pregnancy she is not allowed to eat these foods which we talked of, then what other types of food are she going to eat.....

If they are not allowed to eat this fish which they call OGO, then she might be allowed to eat some other fish. It does not mean that if she is not allowed to eat this particular kind of fish she won't touch the other fish also, no, she can have those other fish. Say for an example, this woman who is pregnant is told not to eat turtle, she won't eat turtle but she can eat some other food or sea foods. Also if she wish to eat turtles, she should other parts of the turtles, but the neck part of the turtle, should be avoided by

the pregnant women. As we know right there on the turtle's neck, we can see all these spots, you can eat any other part of the turtle but do not eat the flesh or the neck of the turtle. Also for some old women in the family when they see this woman who is pregnant eating the limbs or the turtle's flippers, they say, 'Carry on eating those limbs, your child is going to be someone who loves slapping people.' This is some of the ways in which they say these things, and when these women hear them, quickly they avoid these foods because they believe that it can happen.

- Does that mean that for a woman to eat this kind of food which is a taboo, the behaviour of that fish or some of the things which the fish have got, or do is going to be seen by the way the child acts also or.....

Yes, these things which a particular fish does is seen by the way this child grows up.

- Does that mean that for these fish like the.....

Like the OGO fish, it is known that this fish loves to run forward and bump into anything in front of him. So for this child when it is born, the child loves to knock his head on something, to bump something using his head. And this is one reason why many children gets all these large spots on their head, like boils. And when our old women in the village see this child with all these spots then they say, 'you must have eaten the OGO fish while you were carrying your child.' They say this because the child's head is like the head of the OGO fish, with all these large spots. This is some explanation which our ancestors gave when asked why these foods should be ~~avoided~~ avoided.

Today, a lot of people go to these special places where they can

have their daily exercise preparing themselves for the day of delivery what are some of the things our ancestors believe if these women do is going to make delivery for them really easy..... In those days, and also I met this when I was carrying my own child and also some other women in this village, it is always good to go out walking. You should spend some time just walking. Also you must work at home, do not let yourself laze around not doing any work, the more work you do, the better it is going for you. You work hard like sunning out mats in the sun, and all different kinds of work should you try to tackle. All these work you are doing, is going to help you on the day you get delivered.

- Now, they are not allowed to eat these kinds of food so they are going to be given some kinds of foods which is Then they are going to eat foods like pawpaw, other fruits, BELE(a green leafy vegetable), and some other sea foods like sea shells found on our reefs, they eat all these. But for these foods which is told to them they should not eat, they are not going to eat these foods until they give birth, and then on to a certain amount of time before they are told they are free to eat anything. After they know that this is not going to be a danger for the child, then they are allowed to eat these kinds of food they have been told to avoid. All these things which they tell the pregnant woman not to do, they believe if she eats these forbidden foods and do other things she is told not to do, the only thing that can happen is that the child is going to suffer, all those spots and other things which they say that can happen to the child will occur sometime or another. This is one reason why pregnant women are told to observe all these taboo.

I had a daughter-in-law and she gave birth to a baby girl she keeps there in her own village. When she was pregnant, I told her not to eat these foods and she should try to avoid doing these things. As for her, she did not listen to what I advised her to do, she wanted to do her own things her own way. The child suffered from all these spots on the head, after she saw this happening, then she told me that I am right, and she should not have used these firewood I told her to avoid and also she should not have eaten these foods which is giving all these troubles to the child. For these people they should try and obey what their elders tell them to do, if they are told to do this then they should do it, if they are told to avoid these foods then they should avoid, if they are told not to do this kind of work, then they should also obey. If you obey all these things which our ancestors have been doing right from their time in the past, then you have nothing to worry about, your child is going to be a healthy child and also the child won't suffer from anything that can give the mother a hard time.

- When these children whose mother did not keep the rules during pregnancy get all these stuff on their body, do you have these medicine or local medicine which they can use on the child's body to remove all these spot, to remove all these boils and to remove all these rahses.....

No, it does not take long for these spots to disappear, as for the boils they grow ripe and then burst, this is the end of it, you do not find them again. When they come, you only need to keep it clean all the time, but after it has taken life there for a few days, they burst and then die. But the only thing is that the child is going to really suffer from the pain and all that.

As for these boils it is really hot and you can feel it there on the child's body. He gets a fever, and for these boils which bursts, the pus or the liquid discharged from there is hot when touched. This shows that people who do not heed old people's warnings are the people who suffer. And so be careful if you are told to avoid something, stick to the rule and use some other things. This is not very difficult. For all these things which our ancestors said would happen, they do happen. This is no joke, because it is something which they have been living with, believe in from a very long time.

- Is there anything else you would like to say about our topic birth and pregnancy.....

For pregnancy and delivering a child, this is a very dangerous thing for women. The life of two people hang on the line when delivery is going on. As for the time when a woman is pregnant, her life is at stake, but after she gives birth, we know we are alive. This is the most difficult part of a woman's life, since for all women they are not the same. Some might have an easy delivery for others, they have a hard time with their mid-wives in their trying to get the child out. As I've said, a lot of people have easy delivery and some don't. As for those women who give birth and they have a hard time, this is the woman whose got the danger lying there in front of her, she might not survive the next day. So the only thing I am advising now, for pregnant woman is it is always better to try and see that you keep to all the things which the doctors and nurses advise you to do and also you must try and keep to all the rules which the people at home tells you to do. There is a lady in this village who give birth to three of her children, and three times for each delivery they had

to operate on the child to get him out. All ~~that~~ three children, they had to be delivered after their mother got the operation. This is not really good because it is not their fault, it only shows that she cannot give birth to her children, she is too weak. So the only thing to do is to operate on her, and this is what they did. But the doctors told her that this can kill her after sometimes, it is not good to deliver your child this way. A lot of people today rush to hospitals to have medical check-up as for our people in the olden days, they do not have to do anything at all, all they need to do is to listen to what their old people in the family tells them to do and also to the advice given by the mid-wife or those women who are called 'Intelligent woman' and in these they are the mid-wives like the doctors and nurses in hospitals. The life of a woman can end during their pregnancy period and delivery time. As for you, you must know whether it is good or bad.

- So we can say for pregnancy and delivery this is a very delicate thing and dangerous also if people do not take care.....

Yes, very hard and difficult. For you, you do not know if there is anyone available to share the pain which you go through during the time of delivery. No one is going to help you when you are lying there ready to give birth, only you yourself who is going to be there with the mid-wife and you suffer the pain alone. And if the kind progress is slow in their trying to get the child out, then the mother can be killed or the child. On most occasions, a lot of women give birth to their child, either the mother dies, the child dies, or both die. Well, for the people watching or doing all the work for her, they cannot do anything because the woman herself cannot do anything to

make everything work.

You are the person who had been carrying this child for the past nine months and you think that everything is going to be alright, but when it comes to delivery time and you cannot deliver your baby, then this is the end of all your high hopes, because you can either get killed or the baby dies. We have doctors and nurses today and everything is easy but it takes a great deal of time and patience when delivery is hard. So for pregnant women they should take care of themselves during their nine months. For some children when they are delivered their legs come out first instead of the head, and this is the result of your not taking care of yourself. So when a person is pregnant the best thing to do is to get someone to come in and look after them, they might need to do some work a little time later, but there should be someone there to help her with some hard work which can be too much for this pregnant woman.

Also for mothers, when they have daughters, the only thing they need to do now is to advise them, talk to them about all these things related to pregnancy and delivery, they inform their daughters at a particular age they know is going to be absorbed by their children, the girl knows and understand what she is talking about. The girls are informed that there would be a time when she gets her menstruation cycle, and then one time when she does not get her period it means that she is pregnant. This should be the very first thing the mother does when she knows that her daughter is coming of age and reaching maturity fast. And also this is the time when they start to take care of this girl, that nothing happens to her that might cause her death during pregnancy and during delivery. Nothing should be hidden from our children, like in the olden days, this is something which they are ashamed to talk about.

Like in the past, they do not let their children know of such things these are kept as secrets from them. All of us Fijians, this is something which we do not want to tell our children about thinking that for them, they are too small to know of such things, but they do not know they are heading this child's life into danger because she does not know what is in front of her and what is going to happen to her, all these things should be brought out into the open today.

It is no use to hide such things. As for some girls today when they get their menstruation cycle, they cry because they do not know what is this blood coming out from their womb. They are lost. As for the girl when she gets her menstruation cycle, she won't cry because you have already discussed this with her. And for this girl growing up, she knows and looks forward to the time when she will get her period. A sign of entering puberty.

For all mothers today, they should make it their duty to inform their girls and their daughters that there would be a time for this, and also a time for that, if she is ready to get married, to tell her that if she does not get her period after a month then it is a sign of pregnancy. One of the most important part of cycle of life children should be taught of are pregnancy and delivery. They should not be afraid of it, but as I've said, this is one part of life which is really difficult both the mother and for the child coming out of the world. It is not an easy thing if we think of it. Your family might be happy to know that you are pregnant but they do not know how difficult all these are for the mother-to-be. She is the one who suffers both during pregnancy and also during delivery. As for the mother-to-be herself she should think of her life.

But the most difficult time is when she is ready to give birth, this is the only time when everything seems to have coming to an end, the pains and all that, but this is something which a woman should learn to accept the first time it happens to her. It does not matter if you and your husband love each other dearly, at that moment, he is not going to be there beside you, and help you with what you are suffering, you are all alone and the test is on you now, the pain and all is yours alone. Today, a lot of people say it is better to have our wives and to have our husbands there on our bedside to help us during delivery, what is the use? the husband is not going to feel the pain the wife is going through during delivery. It does not matter how many people are there watching her, they won't put her at ease when she gives birth. All these pain and everything is yours alone, since this is something which God gave women alone, and not anyone else. Women are made to suffer during delivery. But the only thing you should do is to save your life by working with your sense controlling you and also do not overdo anything while in your pregnancy time. A lot of people turn to pills and tablets, none of these helps at all, it is you yourself who should know the better things for your own self, so make use of them. A lot of things are given by our local doctor for our sickness but when it comes to delivery, they cannot do anything about the pain you suffer from. Also for most young people, once they find out they are pregnant, they think of abortion, but they do not know that this can later affect their lives, they can get killed also or they won't be able to have any children for their own. This is something which most people should consider before they plan to get married and also for those who wish to have children.

As for our God, he does not want people or young women killing their babies, but what can be done? These young people, maybe, their mothers did not tell them anything about pregnancy and delivery. So the best thing to do is to see that all pregnant women do their best to save their life and the life of the unborn both during pregnancy and delivery.

THANK YOU VERY MUCH.

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FINISHED.