



Our ancestors never smoked...

Elders' reflections about how tobacco has affected inuit communities





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Respectfully dedicated to the memory of

Lucy Amarualik

(an Elder participant from Puvirnituq who passed away on 12th May 2005)

and

Emma Edwards

(an Elder participant from Aklavik who passed away on 30th December 2005).

Thanks

Pauktuutit Inuit Women of Canada thanks all the participants who collaborated on this project: the Elders who are featured in this book; the youth interviewers Maggie Aupalu, Malaiya Tukalak, Patsy Tulugak, and Sarah Uitangak from Puvirnituq; Dorothy Ross, Delores Ross and Savannah Greenland from Aklavik; and the Local Facilitators – Leah Angiyou and Mary Iqiquq Tukalak in Puvirnituq, and Jerome Gordon in Aklavik. Please see Appendix 1 for further details about the project as a whole.

Thanks also to our staff co-ordinator, Martin Geraghty and our Steering Committee: Looee Okalik, Heather Angnatok, Alfred Moses, Catherine Carry, and Tunu Napartuk. (Looee, Catherine and Alfred also reviewed an early draft of this book.) Thank you Merryl Hammond and Rob Collins from the Consultancy for Alternative Education (CAE) in Montreal who co-ordinated the project and produced the materials, and Karrie Hammond-Collins who helped code the interviews for Part 1.

Thanks also to Cindy Rennie of Iqaluit who evaluated the project, and to the staff of the First Nations and Inuit Health Branch of Health Canada for supporting the project.

How is this book organized?

Part 1 of this book contains short quotations from Elders' interviews divided into key themes that emerged from the interviews.

In Part 2, we present each Elder's complete interview.

The interviews from Puvirnituq were conducted in Inuktitut and appear here in both Inuktitut (Nunavik dialect) and English. Those from Aklavik, on the other hand, were conducted in English and appear here in English only. We hope that a full translation will be possible with further funding in the near future.

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Part 1:

Themes that emerged from interviews with Elders

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Themes that emerged from interviews with Elders









They used to travel far to get tobacco

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People never knew tobacco was dangerous
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People didn't get sick so much from tobacco
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People got really addicted Δ_ΔΔ^c DΔ_α^c - α₋ D^c τ L t^c



12. Today we know how dangerous tobacco is!

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13. Smoking burns our money! ว<ir>วเรื่องร่งบเรื่องร่งเรื่องร่งเรื่องร่วง



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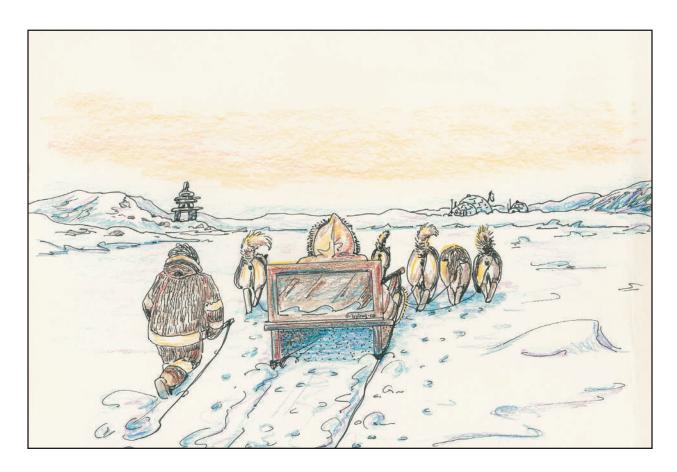
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1. Our ancestors never smoked...

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From Aklavik

"Our ancestors just kept busy. They had a lot of chores to do. They had no need for smoking back then!"

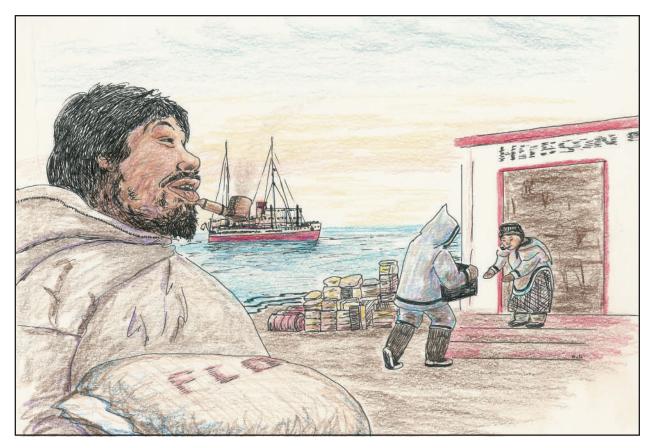
John Storr

From Puvirnituq > & ¹ & ⊃ 5 b

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"My ancestors never smoked because there was no colonization at that time."

Putugu Qumaluk



From Aklavik:

"Tobacco was first introduced here by the white people: traders and missionaries." Nellie Arey

"Traders, missionaries and whalers brought tobacco here." John Storr

"The fur traders and the store-owners were the ones who brought tobacco to the region." Annie B. Gordon

"Tobacco was first introduced to this region by fur traders, store merchants, and anyone who came to visit, whether it be for business or pleasure. They seemed to always have tobacco." *Emma Edwards*

"I remember that when traders came by boats, they always brought tobacco or cigarettes. They would not hesitate to hand them out." *Moses Kayotuk*

"Tobacco came in with the boats and barges." Persis Dick

"Back then there was already a lot of tobacco. Everyone smoked. My grandfather used a pipe, and he smoked a lot. From my memory, I can recall local stores always had tobacco: Hudson Bay Company, Stan Peffer's Store, and other traders." **Arnold Archie**

From Puvirnitug > & '& > 3 '6

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"When the colonization came in, the tobacco came in with them."

Putugu Qumaluk

- کمدزدکور منفر مراکی، ۱۹۵۹ میکادر -4 227 E%

"When colonization came in, things started to change - everything, food and the way we eat, that was when there were no more animals."

Leah Surusila

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"The tobacco came to the north when the boats started to come here."

Rebecca Ivilla

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"My first memory of tobacco is when my parents smoked rolling tobacco.... The colonies were already here."

Sarah Qumaluk

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"People used to get sick only many years later. Some, they used to get sick from the products that the ship brought up here. The sickness came up north from the products."

"Before, when there was no tobacco and store food, people

were strong and less tired; less and less tired, and they

Lucy Amarualik

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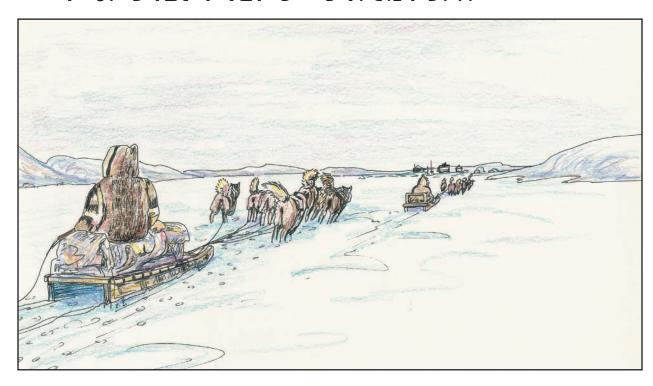
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were very strong."

They used to travel far to get tobacco [%] ⁶ ⁶



From Aklavik

"If we had to travel to get tobacco, it was by dog team, or by boat." Arnold Archie

"To get tobacco, we used to travel from our whaling camps at the coast to Aklavik. We used to use dog teams in the winter, and boats in the summer months." **Nellie Arey**

"I grew up in Alaska, so we used to travel by dog sled to get supplies. Between the villages, there was a store. So people used to have to go there to get supplies. Sometimes, people would walk about 30 miles, just for a cigarette, or tobacco." *Danny A. Gordon*

"When we traveled, we'd have to come back to town to get supplies of tobacco for my dad." Donald Aviugana

"On special occasions, people would come in from bush camps and stock up on food and tobacco from the trading posts." *John Storr*

"To get tobacco, we traveled about 16 miles to Aklavik. We traveled by dog teams, or we would travel by schooners (boats). People never really ran out of tobacco or cigarettes; there was always a supply in the community.... Places that sold tobacco were Semmler's store, Stan Mackie's General Store, also the hotels in Aklavik at that time."

Moses Kayotuk

"The supply was always there, as Aklavik was the regional centre for all services. We never had to travel to get tobacco. I grew up right in Aklavik, and the supply was always there." *Annie B. Gordon*

(Note: This last point about "the supply was always there" was mentioned by almost all the Aklavik Elders.)

From Puvirnituq > & '& '> > > \cdot \cdot

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"We had to work hard in order to get tobacco. For example, we had to go hunting first so the dogs can eat. When the dogs have eaten, then we would travel by dogsled to go get some tobacco."

Markoosie Nunga Kuananack

"I used to travel for tobacco to Moose Factory, just a little bit further than Kuujjuaraapik. Many of us used to leave but come back right away. We would leave by boat and by dog team and we would come back by float plane. We used to over-night in Inukjuak and Kuujjuaraapik and come back the third day depending on the weather ..."

Mattiusi Amarualik

"The people would go to Kangirsuruak by foot just to have some smokes from others because they can't get tobacco just like that, so they just bum from others. They wouldn't come back the same day."

Addamie Putugu

"We had to travel to get tobacco. We didn't bring our whole family, we would bring only one person or go by ourselves. The family that had been left behind wouldn't know when that person would come back."

Daniel Aupalu

"People had to travel in order to get some tobacco even when the ice was dangerous, cracking or opening up."

Juanasi Tulugak

"Those who used tobacco would go buy it in Shallow Bay (Kangirsuruak), south of Puvirnituq. I remember they wanted it so much, they had to travel there to buy tobacco, tea, Tenderflake, baking powder, salt and flour."

Leah Surusila

"They traveled to Kuujjuaraapik for church and tobacco too." **Niagu Irqu**

"People traveled for tobacco. They would go to small villages by dog team and come back the same day. Some men used to save a fox fur to trade for tobacco."

Leela Angutigirk



From Aklavik

"The Old Timers would smoke pipes and cigars. In those days, Elders would rub the tobacco with their hands to make it the right softness for smoking." *Annie B. Gordon*

"Women used pipes back then. They would also use chewing tobacco or snort snuff." **John Storr**

"Most of the ladies smoked pipes, and used chewing tobacco." **Nellie Arey**

"There were no cigarettes back then. My dad smoked a pipe with square blocked tobacco." *Ida Inglangasuk*

"There was tobacco, cigars, and pipes. Supplies were brought in every spring." *Jane Tyrell*

"If you smoked, it was always roll-your-own tobacco. Also, if people chewed tobacco, they would always spit anywhere."

Danny A. Gordon

"I can remember the Elders always had tobacco, chewing tobacco, and snuff. I can remember at the Hudson Bay Company, the main brand was Export A, and Player's Plain – the cigarettes had no filters on them." **Emma Edwards**

"My Mom and Dad smoked. They used to roll their own with the tobacco that you have to cut up.... People chewed tobacco, used pipes, and cigars." *Mabel Firth*

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"My first memory of tobacco was when I was still on the back of my mother, in an amautik [woman's parka]. She was smoking a long twist of chewing tobacco."

Markoosie Nunga Kuananack

"When I was a child, I never saw a cigarette before. But I saw my grandfather's bag that had 3 kinds of tobacco in it: chewing tobacco, a yellow that was called white, and the straight one.... I didn't know what a cigarette looks like. They used to use rolling papers. There were different kinds of rolling papers: there were the thin papers and the thick papers. If the papers were thick, elders would say it tastes like paper. These are the stories I know about tobacco.... Women had small pipes with a cover, and men had the big ones without a cover. They were called the big ones and the small ones."

Mattiusi Amarualik

"Puvirnituq was already settled and my parents used pipes and chewing tobacco."

Putugu Qumaluk

"The first time I saw a cigarette was in between 1950s and 1960s. I was about 12 or 13 years old."

Lizzie Sivuarapik

"I saw a cigarette for the first time around 1956, when they didn't have any filters yet."

Daniel Aupalu

People got really addicted Δ_Δ^C Δ_Δ^C



From Aklavik: "Everyone smoked"

"Everyone smoked. If you were an adult, then you smoked... Tobacco was really important to people. Yes, it was like their food. Everyone who smoked, always had a smoke. Even when people were diagnosed with TB, they would still struggle to have a smoke... The store merchant always had a cigarette in his mouth when serving customers. Café waitresses also had a smoke in their mouth when working. That's how bad people were addicted. They smoked whenever and wherever." *Annie B. Gordon*

"Back then, everyone around me smoked. As we grew older, we just thought that it was the normal thing for adults. Everyone in the family – that was old enough, around 12 years or so – smoked. Tobacco was important to the people back then. Everyone smoked, and was really addicted. It was like their food, they had to have it daily. I can remember though, the ministers used to say that smoking was a sin." *Danny A. Gordon*

"Everyone smoked... Tobacco was really important to us back then. Yes, we couldn't go without it. Once you started, you couldn't go without it. Just like craving for something sweet." **Nellie Arey**

"My mother, father, aunts and uncles all smoked." Moses Kayotuk

"In the 1930s, people smoked a lot, probably about a pack a day." *Emma Edwards*

"People really craved for it when there was no tobacco. People did have bad cravings then, especially when we were in the bush-camps." **Arnold Archie**

"All I can remember is that everyone smoked around me when I was growing up. Tobacco was always there." **Donald Aviugana**

"Everyone in my family smoked: my parents, sisters, brothers, grandparents. They smoked heavy. Long ago, there was a lot of drinking, so smoking often came with it." **Hugh Papik**

"Everybody used to smoke in those days. People smoked a lot then. They craved for it." John Storr

From Puvirnituq > & ¹ = 2 1 1

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"I remember that people came in from other villages because of craving for tobacco.... My friends couldn't finish their sewing because they go for smoking!"

Sarah Qumaluk

"I remember that they really needed to smoke so bad and I remember a man saying: Can anybody get some tobacco for me – I'm dying for it!"

Mary Sallualuk Sivuarapik

"Long time ago when I didn't have a lighter, I used to start my skidoo and when it's running I would put a piece of cloth in the sparking spot and then light a cigarette from that. That's how I wanted to smoke desperately!... Also, long time ago when I had cigarettes and others didn't, they would fight against me because of cigarettes. That's how they were desperate for smokes."

Putugu Qumaluk

"When someone was rolling tobacco and dropped a few flakes, they would pick up the flakes with a needle. That's how important it was."

Daniel Aupalu

People got desperate when tobacco ran out Δ Δ Δ ΄ ປ L ζ ΄ Δ) ΄ (Δ) ΄) ΄) ΄) ΄) ΄) ΄) ()



From Aklavik

"So while in the bush, I ran out of cigarettes and tobacco. I had bad cravings. That is when I started pulling out the planks from the house floor. I would then pick all of the cigarette butts. After I picked enough that would hold me up for the day, then I would have that for the day. The next day it was the same thing: pull the planks, pick the butts. This would carry on until we were able to travel by boat on the river. Once we got to town, it was first priority to get some tobacco. Usually you would see someone, and the first thing you would ask for is a cigarette. You don't even say hello!"

Danny A. Gordon

(Smoking butts was also mentioned by **Moses Kayotuk** and **Nellie Arey**.)

"People would have long pipes made from willows. When there was no tobacco, after several times of using that pipe, they would cut the tip (the end that you puff from) and cut that up, as the nicotine would be at that end. After cutting that end off, they would cut it up and mix it with a little tobacco and then smoke it. This was very common in those days." *Annie B. Gordon*

"If they couldn't get tobacco, people would try to smoke tea leaves, plants – anything they could get!" John Storr

"Sometimes kids wouldn't have tobacco, so they would get dried leaves and roll it up fine and smoke it."

Renie Stewart

"When people had no tobacco, they would be angry and miserable. They would even smoke grass [regular grass; not marijuana!]." *Emma Edwards*

"I don't remember ever running out of tobacco." Jane Tyrell

From Puvirnituq > & '& > 3"

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"When our elders had no tobacco, they would cut out their pockets that had been touching the tobacco and they would put the cut up piece of pocket in their mouth to taste the tobacco."

Markoosie Nunga Kuananack

(Note: chewing pockets was also mentioned by **Juanasi Tulugak**, **Mattiusi Amarualik**, **Mary Sallualuk Sivuarapik**, **Addamie Putugu** and **Niaqu Irqu**.)

"The people used to search for tobacco crumbs everywhere they could. I've seen them that they wanted tobacco so badly and when they're out of tobacco they would search for tobacco crumbs on the mat of twigs, and they even used a needle to pick up tobacco crumbs. People really wanted to smoke so bad..."

Lucy Amarualik

(Note: also mentioned by **Leah Surusila**.)

"My grandfather and my grandmother would even start scraping their pipes, then chew the scrapings [to extract the nicotine]."

Mattiusi Amarualik

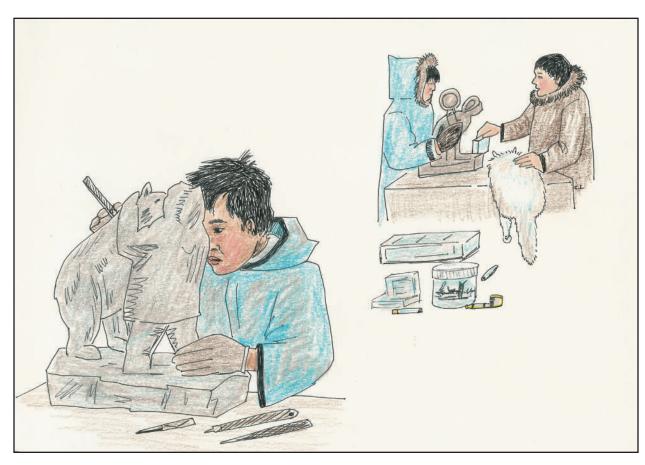
(Note: also mentioned by **Qumaaluk Tukalak**.)

"I remember that people were so desperate to smoke cigarettes, they even used to look for the spot where someone was smoking to pick up some cigarette butts and when there were some butts they would smoke them again." **Leah Surusila**

"They always seemed to be tired all the time, like yawning, when they had no tobacco. They got lazy, until they got some more tobacco."

Juanasi Tulugak.

(Tiredness/sleepiness was also mentioned by **Rebecca Ivilla**, **Niaqu Irqu**, **Addamie Putugu** and **Mattiusi Amarualik**.)



From Aklavik

"I started smoking lightly in about 1953, at about 22 years old." Jane Tyrell

"I started smoking at 20 years old." Renie Stewart

"Hardly any young people were smoking back then. People never gave their children smokes. I became a regular smoker at the age of 19..." *Mabel Firth*

"I started smoking at 18 years of age... Back then, we never really saw kids smoking. Not in my family, there were no young people that smoked." *Nellie Arey* (*Note: Ida Inglangasuk also started at age 18.*)

"I started smoking at 17, off and on..." Persis Dick

"I was about 16 when I became a regular smoker." Donald Aviugana

"We were always told as children that we were too young to smoke.... I began smoking at 14 years old."

Annie B. Gordon

"My first experience with tobacco was when a guy offered me a smoke in Inuvik under the utilidor. That is my first memory. I became a regular smoker at the age of 12." *Hugh Papik*

(Note: **Emma Edwards** and **Danny A. Gordon** also started at age 12.)

When I was young, my father always handed out smokes to people. At the age of 10, my father was passing out cigarettes and he gave me one, since by then I had started smoking. I became a regular smoker at a very young age."

Moses Kayotuk

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"I started hiding [to smoke] when I was 10–11 years old and when I was 17, I was told I could only start smoking when I can buy my own. So I started carving or selling sealskin and fox furs in order to buy cigarettes."

Juanasi Tulugak

"I started to smoke when I was 22 years old, when I started to earn money from carving."

Putugu Qumaluk

(Note: **Minnie Assappa** was also 22 when she started.)

"I smoked behind my mother's back. Maybe I was 20 years old and we had moved here to Puvirnituq."

Peter Assappaq

"My uncle didn't want me to smoke behind their back, so I was given tobacco before I started... I was fifteen at the time."

Daniel Aupalu

An exception from those days:

"I started smoking between the ages of 4 and 6." Markoosie Nunga Kuananack



From Aklavik

"Today, you see a lot of kids smoking, and too much." Nellie Arey

"It is bad to see little kids smoking now." Mabel Firth

From Puvirnituq > & ¹ + D 16

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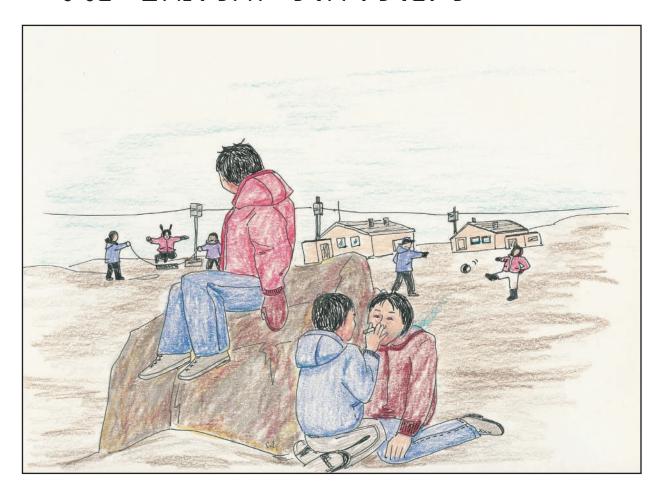
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"I don't know how to give advice on how to reduce cigarette use because everyone is smoking, even little kids."

Markoosie Nunga Kuananack

"And for kids who smoke behind their parents, cigarettes are very dangerous for their health because their bodies are still growing."

Qumaaluk Tukalak



From Aklavik

"Back then, if young people did smoke, it was always in hiding." Arnold Archie

"I can remember seeing lots of kids sneaking in hiding places." *Emma Edwards*

"Young people would sneak to smoke; oh yeah! I started sneaking when I was 11 years old." Donald Aviugana

"Young people would often sneak, and younger kids often chewed snuff. When I first started smoking, we used to sneak smokes before going back to the hostel, and we used to wash our hands and face so the supervisor won't catch us. But we didn't know that the smoke stays in your clothes. That is how we got caught. So you can't sneak to smoke; you will always get caught!" *Hugh Papik*

"Children used to hide to smoke, or their parents would catch them. It was a secret. They wanted to try smoking for themselves. Their parents would just tell them not to smoke." **Renie Stewart**

Our ancestors never smoked...

"Children used to go for a walk and smoke. But then when they came home, the parents would smell it!"

Ida Inglangasuk

"Young people would roll smokes and sneak, smoking in hiding, in trails, shacks, etc." Moses Kayotuk

"Children used to hide to smoke. They wanted to try it for themselves. But if they didn't hide, they would get a spanking!" **Persis Dick**

"Even young people smoked. They would sneak [cigarettes or tobacco] if they didn't get permission to smoke. If you as a young child approached a parent or elder to smoke, then you would be given permission to smoke, because you were brave enough to ask." **Annie B. Gordon**

"Younger people waited until they were old enough to ask for permission. Young people who did not have permission to smoke, they sneaked [cigarettes] until they were brave enough to get permission.... For me, if I was caught smoking as a child, I would always get yelled at, or get a spanking. This was just for not listening." *Danny A. Gordon*

Different views:

"A lot of children smoked back then. Some families would let them smoke. They could just help themselves; the parents gave them cigarettes. Or children could buy smokes because there was no age restriction back then. That was in the late 1970s they put an age restriction." *John Storr*

"Some children used to smoke right out in the open." Jane Tyrell

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"Me and my friends used to pretend fighting, on the ground, so we can pick up cigarette butts. When we had enough, we went outside behind a big rock to go smoke. Another time, me and a friend took a butt and we were caught. We were told that they would tell the police on us, so we got very scared. I was 16 at the time."

Juanasi Tulugak

"They didn't want kids to smoke and kids didn't smoke even until they were teenagers. They had fear and no choice; they had to obey their elders. But they used to smoke behind their backs. When they got caught, they were being disciplined physically so hard and they used to make the children eat cigarette butts. The way they disciplined was very dangerous."

Leah Surusila

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"[In the old days,] there were no cigarette butts so kids couldn't hide and steal. Later, when they stole and their parents found out, the kids almost got killed and the kids were so scared of their parents and others. They should do that today."

Mary Sallualuk Sivuarapik

"When their parents found out [they they had stolen cigarettes] they would put tobacco in their mouths to make them stop smoking."

Lucy Amarualik

"When the parents found out about their kids stealing smokes they would spank their butts and if the kids were older, they would talk to them. And the parents didn't want their kids stealing smokes, so they would let them start smoking."

Addamie Putugu

"While my father was hunting, I remember stealing a tobacco in the can and rolled it thickly."

Lizzie Sivuarapik

"I was not hiding and stealing tobacco – that was the rule when the cigarettes came in and the kids started stealing at that time."

Mary Sallualuk Sivuarapik

(Also mentioned by Lucy Amarualik, Leah Surusila, and Putugu Qumaluk.)

Different views:

"As a child, I wasn't hiding from my parents [to smoke] because I was respecting them."

Qumaaluk Tukalak

"I never did hiding [to smoke] and stealing [cigarettes from parents, etc.] before."

Minnie Assappa

"Some parents were even proud when their children started to smoke, telling their friends and family about it."

Juanasi Tulugak



From Aklavik

"People didn't know how dangerous it was in those days." *Nellie Arey* (Also mentioned by *Moses Kayotuk, Annie B. Gordon, Hugh Papik, Jane Tyrell, Emma Edwards,* and *Arnold Archie.*)

"There was really no education about the harms of smoking.... People never really related sickness/illnesses with smoking or tobacco." *Danny A. Gordon*

"People really didn't know about tobacco, other than smoking it. We never really knew about sicknesses." Mabel Firth

"People didn't really know what cancer was..." Arnold Archie

"There was really no education about smoking, how it affects your lungs, etc. Even the hospital rooms were full of smokers who still smoked in their rooms. It always smelled of smoke! People didn't realize how bad it affects the body, also that second-hand smoke is very harmful." *Annie B. Gordon*

"There were no warnings printed on any tobacco products back then.... People thought smoking was just a harmless habit. No-one spoke to them in schools about smoking." **John Storr**

"People didn't know how dangerous it was back then. There were no indications about dangers on the labels. Why didn't they do that long ago? Maybe there would have been less people smoking..." **Persis Dick**

A different view:

"I sort of knew that tobacco was dangerous for your health as I grew up. I always encourage my friends not to smoke." **Donald Aviugana**

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"My ancestors didn't know that tobacco was dangerous. They were just proud to have tobacco. They only found out it was dangerous when nurses/doctors were there many, many years."

Juanasi Tulugak

"My parents didn't know that tobacco is dangerous. They both died from lung cancer. I learned only when the nurses were here in north that tobacco is dangerous."

Rebecca Ivilla

"The people didn't know that tobacco was dangerous. They thought it was good for the health – for example, like food is good for the health. I never heard that someone died from tobacco. The world was fine and the tobacco was fine, too, at that time."

Minnie Assappa

"Long ago, my mother and grandparents didn't know that tobacco was dangerous for the body. I never heard if the cigarette was causing sickness or was dangerous, and I can't remember."

Sarah Qumaluk

"I don't remember if they knew tobacco was dangerous but my grandmother died in 1973 when she was 67 years old because of tobacco. The nurse told us that her health condition got worse when new cigarettes arrived."

Leah Surusila

"My parents didn't know that tobacco is dangerous but as they say now that tobacco back then didn't have too many chemicals like it has now. So maybe it was less dangerous than it is now."

Qumaaluk Tukalak

"People never knew that tobacco was dangerous, so they just smoked." *Mattiusi Amarualik* (Also mentioned by *Addamie Putugu, Markoosie Nunga Kuananack, Putugu Qumaluk, Daniel Aupalu, and Peter Assappaq.*)

A different view:

"People knew tobacco was dangerous for them but they were addicted to tobacco and cannot quit."

Leela Angutigirk

11. People didn't get sick so much from tobacco Δ Δ Δ ΄ 'b σ ' L ʔ Λ ΄ b Δ ′ < Δ δ δ δ Γ Ͻ ΄ Ο ζ Ρ Γ '



Aklavik

Note: Interestingly, not one comment about this theme appeared in the Aklavik interviews. This was a very clear regional difference that emerged from the interviews.

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"Nobody got sick from tobacco, that time."

Minnie Assappa

(Also mentioned by Putugu Qumaluk.)

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"People back then didn't get sick because of tobacco. I think tobacco was less dangerous then because maybe they didn't add different chemicals."

Peter Assappaq

"People used to get sick only many years later."

Lucy Amarualik

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"I don't really know if the smokers then were more sick than non-smokers."

Qumaaluk Tukalak

"People were less sick back then than now."

Rebecca Ivilla

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"Tobacco didn't cause a sickness at all; it made people awake."

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"The tobacco users were not sick; they were just sleepy, wanting to smoke badly."

Mattiusi Amarualik

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"We never had sickness. The sickness came from Qallunaat [white people]. I'm telling the truth that the flu came in with Qallunaat and with teachers."

Mary Sallualuk Sivuarapik



From Aklavik

"Younger people should be able to make a wiser choice now. So much awareness is out there now. Even today, there needs to be more awareness, especially in relation to cancer.... Now I know tobacco is dangerous, but back then, no information was given to people to warn them of the health hazards of smoking. There was NO law against buying tobacco, you could buy it at any age, it was totally up to the store owner." *Annie B. Gordon*

"The people only started finding out about smoking-related sicknesses in the 1950s." Mabel Firth

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"Cigarettes are ruining the whole body, and cause a lot of sickness, like shortness of breath."

Rebecca Ivilla

(Also mentioned by Leela Angutigirk.)

"In these days, we now know how the cigarette is dangerous, how it affects the whole body. I first understood that cigarettes were dangerous when the nurse told us that my mother's health condition got worse because of tobacco. That's how she died.... We know that cigarettes are dangerous to our health and they are getting more and more chemicals that want to make the body to smoke more. Me, I know that it affects the body."

Leah Surusila

"Nowadays, cigarettes have too many chemicals. That's why people get sick from cigarettes."

Minnie Assappa

"I would want cigarettes to stop. It makes you short of breath. Breath is important. I remember when my parents were dying and looking at them was hard for me, they were so uncomfortable."

Leela Angutigirk

13. Smoking burns our money! Σζρ ἐͼντ∿νιτν∩ጋΔ·ͼ∿!



From Aklavik These days...

"I would tell others not to start smoking, because it is too expensive, and also what it can do to your health. Why do people still smoke, when the prices are so high?" *Moses Kayotuk*

"If you decide to start smoking, be sure that you have the dollars to smoke as tobacco nowadays is very expensive."

Annie B. Gordon

"Today I don't care to smoke. I don't care for it no more. It's too expensive today." **Arnold Archie** (Note: "Too expensive" was also mentioned by **Mabel Firth**, **Jane Tyrell** and **Hugh Papik**.)

"Smokes were only about 55 cents then, now they are \$15 a pack." **Nellie Arey**

Back then...

"Tobacco was really cheap them days. That's when a dollar was a real dollar!" **Donald Aviugana**

"Tobacco was very cheap back then. A tin of tobacco was \$2, and for a pack it was about 25 cents." Arnold Archie

"For a pack of smokes back then it was 50 cents, and for a tin of tobacco was \$2. Those days, tobacco was so cheap, people bought lots and lots." *Annie B. Gordon*

(Similar or even cheaper prices were mentioned by most other Elders.)

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These days...

"I have an opinion that a pack of cigarettes is very expensive. The price is bad..."

Lizzie Sivuarapik

(Note: also mentioned by **Addamie Putugu** and **Qumaaluk Tukalak**.)

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Back then...

"A pack of cigarettes (10 in a pack) cost 25 cents." **Qumaaluk Tukalak**

"A pack of 20 cigarettes was 45 cents."

Daniel Aupalu

(Note: similar prices [43 cents, 44 cents, 49 cents] were mentioned by **Leela Angutigirk**, **Juanasi Tulugak**, **Addamie Putugu**, and **Putugu Qumaluk**.)

"Tobacco that had to be rolled was probably less than \$1." **Markoosie Nunga Kuananack**

"When I was still a child I remember a pack of tobacco used to cost \$2 or \$3 and the smaller pack cost less than \$1." **Rebecca Ivilla**

"The regular tobacco in the big can cost about 3 dollars." *Lizzie Sivuarapik*

14. Elders' advice about how to quit smoking Δωρίης Δἰληρηνης τους ρίζης σίτορος συγκατικός



From Aklavik

Make up your mind to do it

"I quit 20 years ago. I didn't miss it. It wasn't that hard for me to quit." John Storr

"I quit smoking at the age of 55 years. I quit just cold turkey on my own. Nobody told me to quit; I just quit. Tobacco now costs too much." *Hugh Papik*

"I quit because I didn't feel like it, and I didn't afford it. I never smoked that often." Renie Stewart

"I was a heavy smoker then, but I learned to cut down to about 1 smoke a day." Arnold Archie

Ask for help

"I am a strong believer in God, so one day I asked: God, if you're really true, then help me to quit. So ever since then I quit, knowing that God is true." **Danny A. Gordon**

Use quitting tips

"I started [to quit] by slacking down... I eat a lot of candy and sweets now, especially when I am hunting on the land."

Danny A. Gordon

"I used patches until my heart rate beats fast." Ida Inglangasuk

Relapse is a normal part of recovery

"I finally quit in 1984, (21 years ago now). Well, it took me about 3 times to finally quit smoking, I decided to quit after being told by family members several times that I smoke too much. That is when I finally quit." *Annie B. Gordon*

"I wish to quit. I tried a couple of years ago. I tried with the patch for about a month, but then I started smoking again a few days after using the patch. It's hard to quit. I tried and I'm still smoking." **Persis Dick**

"I have tried to quit a lot of times.... I have only quit smoking for 2–3 days at a time. I wouldn't mind going to a non-smoking place where people would help each other to quit or cut down." *Ida Inglangasuk*

"I did try about 3 times now to quit. But I can't." Mabel Firth

"I did try to quit, but it was too hard, especially when you have a bad smoking habit.... I tried to quit a lot of times, but it is too hard. I never tell anyone that I quit, I just try it cold turkey. Again, it's too hard." *Moses Kayotuk*

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Make up your mind to do it

"It wasn't hard for me to quit smoking; I just threw away the ashtray and stopped."

Qumaaluk Tukalak

"I stopped smoking last year. The nurses had to force me for a long period of time, and when I decided to quit I stopped it quickly.... If you want to quit smoking you have to stop thinking of it. Stop it quickly instead of quitting it slowly."

Rebecca Ivilla

"I quit as soon as I thought about quitting it, because if I only thought about it, it wouldn't happen."

Juanasi Tulugak

"A person has to want to quit in order to quit."

Daniel Aupalu

"A person could stop on their own if their mind is willing to do it. If the person does not have the will to stop, he/she won't stop."

Addamie Putugu

Ask for help

"Another thing I want to say is there should be a Tobacco/ Cigarette Anonymous, like there is Alcoholics Anonymous."

Daniel Aupalu

"I asked God to help me quit."

Markoosie Nunga Kuananack

"I prayed to God to help me quitting it and I said: 'God, You see me but I can't see You. I want to quit; please help me.' If a person is serious, he/she can quit the same way I did. I succeeded; anybody can succeed."

Mary Sallualuk Sivuarapik

"Or you could go to the hospital and ask for nicotine patches and buy some gum."

Peter Assappaq

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اد کالا ۱۵۲۲

Use quitting tips

"I can see if someone is quitting he/she should carry a pack of gum. It's like you are carrying a cigarette. And when you are trying to quit, avoid people who smoke."

Addamie Putugu

"Candies helped me quit."

Markoosie Nunga Kuananack

"My advice to reduce smoking cigarettes is to drink lots of water especially when a person is tempted to smoke a cigarette."

Leah Surusila

"My advice on how to reduce cigarette use is to drink water then work outside, like shoveling or cleaning around the house. Keep your mind busy on other things. Another advice is to go walking and leave your cigarettes behind."

Juanasi Tulugak

"If someone asks me how to quit smoking, I would say: Have a partner [friend/buddy] who doesn't smoke or use chewing gum often and drink lots of cold water. Also, go outside for fresh air."

Sarah Oumaluk

Relapse is a normal part of recovery

"I did quit smoking several times and then went back again. When I stop smoking, I mostly sleep all day. The doctors ask me to stop smoking but I can't stop smoking..."

Putugu Qumaluk

"When I got a severe cold and severe coughing I stopped smoking for a while then started again."

Niagu Irqu

"I stopped smoking twice, but when I started again I smoked more than usual. I don't want to be a smoker even though I smoke."

Lucy Amarualik

From Aklavik

"To reduce tobacco use today, we should use the Elders to talk to kids. Also, involve people who have smoked and have quit; use them to talk to others. Help the ones that want to quit, start a support group, and do healthy activities."

Annie B. Gordon

"It is no good to smoke. If parents can start now and educate the kids, then there can be a difference. Education begins in the home; start there. If you can start saying, 'I don't smoke' then others can see that you are strong about this, and they would start asking you, 'How did you do it?' Keep trying to quit until you believe you can do it." **Danny A. Gordon**

"When you quit, you quit for your health. My only advice is that people should not start to smoke. People really need to quit." **Arnold Archie**

"My advice for anyone who wants to quit smoking is 'Just do it; quit smoking!' Learn from the doctors and nurses."

Emma Edwards

"Back then when I was young, I should have never started to smoke.... My last comment: I don't like to smoke around kids." *Moses Kayotuk*

"I smoked up until the 70s. My chest used to always get sore, and my breathing was not normal. It didn't take me long to quit smoking then.... Smoking is harmful to you, and you don't know it. Quit smoking and you would be more healthy." *Nellie Arey*

"To reduce tobacco use today, they should put the tobacco prices up sky-high; then nobody would be smoking today." *Mabel Firth*

"I would like to really encourage the youth to not smoke. Try not to smoke around the kids, especially while they are still growing up... I myself am a smoker. So it is hard to say something to others. All I can say is people should try and not start, especially the young ones." **Donald Aviugana**

"For people who want to quit smoking, I think they should read up on the dangers of smoking. And watch a documentary about it. Look at pictures of a non-smoker's and smoker's lungs. Also, do sports. You will be no good if you can't keep up with everyone!" **John Storr**

"I wish my boys were here to learn about tobacco. We need to bring more education and awareness to help people quit smoking. We should go to the school and show them the movie about tobacco." **Renie Stewart**

"I sure need help to quit. I'm a heavy smoker. I need support." Ida Inglangasuk

"I just wonder why people still smoke today: it costs so much." Jane Tyrell

"I really can't give advice to others! I can't quit smoking myself!" Persis Dick

"My opinion today is that a smoke is a cancer stick. That's all. We could reduce tobacco use by getting rid of the whole tobacco industry. If you want to quit, just try and quit on your own. Don't do it for anyone else; just do it for yourself."

Hugh Papik

From Puvirnituq > \delta 5 \sigma 5 \delta 5

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"I quit smoking about 12 years ago because I felt sorry for my father when he was still alive. My father was having difficulty breathing and I couldn't do anything about it. I knew it was from cigarettes even though I wasn't told that. I felt sorry for my father, because Tamusi (my father) had his two ribs and part of his lung removed and had difficulty breathing. The second reason is I wanted to teach my grandchildren how to hunt and survive in the tundra without being sick from cigarettes.... Every human being is very precious so I would like everyone to quit smoking.... When you're a non-smoker it's very easy to climb mountains and you enjoy food better. It tastes better. I thought it tasted good before, but it's even better now."

Juanasi Tulugak

"The young people don't have such a hard time to quit smoking as the old ones. The more you are getting old the more you are hooked on it. Please quit before you are getting old."

Mary Sallualuk Sivuarapik

"I used to smoke and then there was a video show at the theatre. It was about tobacco affecting the body. When the show was over, I threw a pack of cigarettes away. I didn't want to die because of it. I would want people to do like me – how I quit smoking."

Mattiusi Amarualik

"I don't want anybody to smoke because it's not good for the health.... If you want to quit you can do it because I did it. I stopped it at 71 years old!"

Rebecca Ivilla

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"Don't smoke too much. Or you could go to the hospital and ask for nicotine patches and buy some gum. This would be my advice to reduce smoking."

Peter Assappag

"Another thing I want to say is there should be a Tobacco/ Cigarette Anonymous, like there is Alcoholics Anonymous. That would probably help a lot of people put an action to quitting, not just saying it."

Daniel Aupalu

"People regret that they started smoking cigarettes. I would tell them to quit."

Leela Angutigirk

"I believe that tobacco is dangerous as everybody says. Cigarettes are also very expensive now. And for kids who smoke behind their parents, cigarettes are very dangerous for their health because their bodies are still growing."

Qumaaluk Tukalak

"I have an opinion that a pack of cigarettes is very expensive. The price is bad, so I think at least if anybody else could be able to quit smoking..."

Lizzie Sivuarapik

"People have to learn more about cigarettes and how it can affect the body. They could even make a schedule to teach how it affects us, because the human body is valuable."

Leah Surusila

"If there is a tobacco project like making a video, or posters, etc., some people would smoke less cigarettes. At least once in a while it would be good to tell people that smoking cigarettes is dangerous so they would smoke less..."

Lucy Amarualik

"I quit smoking and I thought if I quit I would live longer. When I smell it, it tastes awful. I didn't believe people saying that – that smoke smells awful. But I'm a quitter and I believe them now! I was hooked on smoking but now that I don't smoke anymore it smells awful."

Addamie Putugu

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"I have words about smoking. If a person can quit smoking, he/she can quit. I don't mind if I'm smoker or non-smoker. People are equal. If a person can stop, stop if he/she wants to. I don't know how to talk about a person who wants to cut down smoking or stop smoking, because they just continue smoking even if they are asked to stop smoking."

Minnie Assappa

"I sometimes advise some people who can't stop smoking because some want to smoke so much and some can't quit at all."

Niaqu Irqu

"I don't know how to give advice on how to reduce cigarette use because everyone is smoking, even little kids. But I would put the cost of cigarettes very high, like \$100 a pack. People wouldn't be able to afford it if it was very expensive."

Markoosie Nunga Kuananack

"Long ago, my mother and grandparents didn't know that tobacco was dangerous for the body."

Sarah Qumaluk

"People never knew that tobacco was dangerous."
Nowadays they know it, that tobacco is dangerous."

Putugu Qumaluk

Part 2: Elders' memories

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Elders from Puvirnituq 〉&・。)





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Lucy Amarualik

Born on October 16, 1934, in Tasialuk (Puvirnitug Lake)

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 he people were already smoking tobacco, even before I was born. I remember people wanting to smoke so badly.

The first time I saw a cigarette was in Moose Factory. Someone used to bring us a cigarette every week. I was not a smoker that time. When I was still in Moose Factory I started to smoke. The tobacco was expensive.

When I came back home from Moose Factory I started stealing and hiding and I used to steal my mother's cigarette butts. My parents never knew about it.... I haven't stopped smoking since.

My mother was not a smoker before, but she started smoking when she had her children. My mother smoked more than my father did, and my father used to chew tobacco. He used to get a 4x4 yellow box, same as the black one. I don't know what the price was.

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The people used to search for tobacco crumbs everywhere they could. I've seen them that they wanted tobacco so badly and when they're out of tobacco they would search for tobacco crumbs on the mat of twigs, and they even used a needle to pick up tobacco crumbs. People really wanted to smoke so bad...

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People used to get sick only many years later. Some, they used to get sick from the products that the ship brought up here. The sickness came up north from the products.

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I remember kids hiding and stealing cigarettes. When their parents found out they would put tobacco in their mouths to make them stop smoking. I don't remember if they did quit.

I stopped smoking twice, but when I started again I smoked more than usual. I don't want to be a smoker even though I smoke. My heart is too weak to use a [nicotine] patch: that's what the nurse told me and they refused to give me some patches.

If there is a tobacco project like making a video, or posters, etc., some people would smoke less cigarettes. At least once in a while it would be good to tell people that smoking cigarettes is dangerous so they would smoke less...



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Mattiusi Amarualik

Born on October 10, 1933 in Puvirnituq

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When I was a child, I never saw a cigarette before. But I saw my grandfather's bag that had three kinds of tobacco in it: chewing tobacco, a yellow that was called white, and the straight one. I'd never seen or heard of tobacco, but they were big squares that had to be ground. I didn't know what a cigarette looks like.

They used to use rolling papers. There were different kinds of rolling papers: there were the thin papers and the thick papers. If the papers were thick, elders would say it tastes like paper. These are the stories I know about tobacco.

People never knew that tobacco was dangerous, so they just smoked.

My grandfather and my grandmother would even start scraping their pipes, then chew the scrapings [to extract the nicotine].

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Women had small pipes with a cover, and men had the big ones without a cover. They were called the big ones and the small ones.

Of course, I used to travel for tobacco to Moose Factory, just a little bit further than Kuujjuaraapik. Many of us used to leave but come back right away. We would leave by boat and by dog team and we would come back by float plane. We used to overnight in Inukjuak and Kuujjuaraapik and come back the third day depending on the weather because of the float plane. The float plane had to have a good runway in the ground. Didn't seem like we smoked in the plane. I don't think we had to pay our plane ticket.

I don't remember that tobacco was important for me, but I remember it was important for others. The old women and the old men used to sleep a lot when they didn't have any more tobacco. They would lie down... When they had tobacco, they would be wide awake and happy.

People used to run out of tobacco. My father used to cut his pants pocket, then chew it. And they even carved the luggage where there was a smear of tobacco so they could chew that part.

People never thought that tobacco was dangerous. The tobacco users were not sick; they were just sleepy, wanting to smoke badly. Even during the day they were sleepy, and when there was some tobacco they were wide awake.

I used to smoke behind my parents. I used to smoke and then there was a video show at the theatre. It was about tobacco affecting the body. When the show was over, I threw a pack of cigarettes away. I didn't want to die because of it. I would want people to do like me – how I quit smoking.



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Mary Sallualuk Sivuarapik

Born on January 1, 1926, in Saputiligait, south of Puvirnituq.

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δ'εδ'ο'. Ο΄ρ'δρο το Δε'τλο'δ'ς τη (Ο΄ριο

Δ'Λαριτολσονηη) Ο 14υ'ς Γσο (Γ'σατ'τη δρατια') Ο'διο (Ε'σατ'τη δρατια') Ο'διο (Ε'σ

I didn't pay attention about tobacco users – I was a young kid that time. If I was a smoker that time of course I would remember about it...

I remember my mother smoked a pipe instead of smoking cigarettes. I've seen her but didn't pay attention. I was not hiding and stealing tobacco – that was the rule when the cigarettes came in and the kids started stealing at that time.

I was born when tobacco already existed. I remember seeing a yellow square tobacco. They used to grind it. They used to chew a pipe when there is no more tobacco, and they used to cut their pants [where they had carried tobacco in the pockets] and make a small piece to chew on, then put it in their mouths [to suck out all the nicotine]. I remember that they really needed to smoke so bad and I remember a man saying, "Can anybody get some tobacco for me — I'm dying for it!"

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When to bacco users smoked and drank tea they couldn't sleep. $% \label{eq:couldn} %

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The price was so cheap and the cigarettes got there after tobacco.

ω⁶J⁶σd⁶6⁵(∠ρ⁶⁶ΓL⁶ b⁶6² Δρ⁵τL⁶Cρ⁶⁶ΓD⁶

16 Cl²Jl C C A⁶L A⁶¹6 Γρ⁶

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There were no cigarette butts so kids couldn't hide and steal. When they stole and their parents found out, the kids almost got killed and the kids were so scared of their parents and others. They should do that today.

 $^{\circ}$ bol%c $^{\circ}$ C)J $^{\circ}$. $[^{\circ}$ b^a $^{\circ}$ $^{\circ}$ bol $^{\circ}$ $^{\circ}$ CAC $^{\circ}$. $^{\circ}$ C' $^{\circ}$ AC $^{\circ}$ A

We never had sickness. The sickness came from Qallunaat [white people]. I'm telling the truth that the flu came in with Qallunaat and with teachers.

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I quit smoking because it's not important to me. I thought I was going to die because of it. I was getting old and I tried so hard to try to quit it. I prayed to God to help me quitting it and I said: "God, You see me but I can't see You. I want to quit; please help me."

If a person is serious he/she can quit the same way I did.

I succeeded; anybody can succeed.

The young people don't have such a hard time to quit smoking as the old ones. The more you are getting old the more you are hooked on it. Please quit before you are getting old.



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40¹JrΩ 9. 1934-Γ.

Addamie Putugu

Born on August 9, 1934 in Kuugaaluk, south of Puvirnituq.

I've seen different kinds of tobaccos: the long ones, the curved chewing tobacco, and the tobacco that had to be ground. I've seen them in the store.

Before 1949 [age 15] I was thinking to start smoking. I was a non-smoker. Sometimes I would steal, sometimes I didn't.

When the parents found out about their kids stealing smokes they would spank their butts and if the kids were older, they would talk to them. And the parents didn't want their kids stealing smokes, so they would let them start smoking.

The people would go to Kangirsuruak by foot just to have some smokes from others because they can't get tobacco just like that, so they just bum from others. They wouldn't come back the same day.

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The tobacco was so important to old people. They used to keep the tobacco in their pockets and when they're out of tobacco, they would cut the part of their pocket then they put it in their mouths. And when they don't have anything to smoke they would sleep all day long.

6644-75/C 30464 Jight Dic 6476 16797900 44¢-9542050%. CLCLC 16797900% 1P)65750JC5056

I don't really know exactly what the price was but a pack of cigarettes cost 44 cents that time. The pack of cigarettes is very expensive right now.

Nobody knew that tobacco was dangerous.

عزه ۲۰ اماز - ۱۲۵ نهم اله در کار ۲۰ کر ۱۲۵ کر ۱۲۸ کر ۱۲۶ \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° \mathcal{S}° When they smoke for a period of time, they get sick. Some used to get TB and they would cough and spit the black stuff out of their mouths.

766695 76772 P.L. 76795C $\Delta \dot{\omega} \dot{C}^{\dagger} \sigma \Delta \sigma \Delta^{\dagger} \Delta c C^{\dagger} U$. L7') $\Delta \dot{C}^{\dagger} \sigma \Delta c C^{\dagger} U$. $\delta^{\prime} \Lambda^{\prime} \delta^{\prime} C \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \Gamma^{\prime} \delta^{\prime} \Gamma^{\prime} \Gamma^$ LTC-5CS.

I quit smoking and I thought if I quit I would live longer. When I smell it, it tastes awful. I didn't believe people saying that – that smoke smells awful. But I'm a quitter and I believe them now! I was hooked on smoking but now that I don't smoke anymore it smells awful.

JLG6666736 25626CC)6.

Padda by Differ and it. A person could stop on their own if their mind is willing to do it. If the person does not have the will to stop, he/she won't stop.

6~07,644.00 4,654.44.00 4,04.44.0

wouldn't have money to buy expensive cigarettes.

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A person cannot stop just like that. And if you are a hunter and hunting with someone else who smokes it doesn't help. You have to be alone when you are trying to quit. I can see if someone is quitting he/she should carry a pack of gum. It's like you are carrying a cigarette. And when you are trying to quit, avoid people who smoke.



こく イアイこ⁵⁶ >かっつて ムシc⁵ンみσ⁵⁶ ハイヘ₆ 7, 1944-Γ.

Leah Surusila

Born on December 7, 1944 in Puvirnitug.

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I don't remember how cigarettes started, but there were different kinds of tobacco. I'm able to remember tobacco and chewing tobacco that has to be ground. The names of tobacco weren't many, but I remember the chewing tobacco because my mother used to chew a tobacco. There was also a container of tobacco named Export A.

Those who used tobacco would go buy it in Kangirsuruak (Shallow Bay), south of Puvirnituq. I remember they wanted it so much, they had to travel there to buy tobacco, tea, Tenderflake, baking powder, salt and flour.

Me, I didn't pay attention to tobacco but I remember my mother and my father used to smoke tobacco, especially my mother. I remember that people really wanted tobacco. They even used to pick up tobacco crumbs with a needle. Even though my mother wanted to have tobacco so much she didn't want me to take cigarettes and I don't smoke up to today. She didn't explain to me why she didn't want me to take it. I feared my mother because she is my mother.

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I don't remember my grandparents because they died before I was born. A person smoking tobacco was so weird to me, because I thought when they inhale it they inhaled the ember.

Even if I don't use tobacco, it is very, very important to me. I understand that it is dangerous to humans. That is why it is so important.

I never smoked tobacco, never in my life. But I like the smell of smoke only when it's far; when it's near I don't like the smell.

I don't remember if they knew tobacco was dangerous but my grandmother died in 1973 when she was 67 years old because of tobacco. The nurse told us that her health condition got worse when new cigarettes arrived.

When I heard about the "Stay Quit to Win Challenge" I was thinking that people who never smoked in their lives would do some challenges too.

When people smoke in their furnace room, the people receive second hand smoke even though he/she's not taking a cigarette.

My mother didn't used to hang with the gamblers because the smell of cigarettes was awful.

The people wanted to smoke cigarettes a lot and they didn't used to say quit smoking. They didn't want kids to smoke and kids didn't smoke even until they were teenagers. They had fear and no choice; they had to obey their elders. But they used to smoke behind their backs. When they got caught, they were being disciplined physically so hard and they used to make the children eat cigarette butts. The way they disciplined was very dangerous.

Our ancestors never smoked...

6699 - 1970-P- 1990δω 44°σ%Γ°σ. Φς°σς 4%L4ςΥΡL4ς n'-lilrare p'rle. Deble. 14-6 Prag DPD 6-9L 4-117-D97L48.

Children started to steal cigarettes in between 1970 and 1990. Those who are a bit older than me started this situation. Me, I didn't used to go out anywhere until I was 14 years old.

Δρισαίς ΔωΔι σίριθος σα σλοκισώς عزوده، ۲۲۵ میم، ۱۲۵۵ فرد ۱۲۵۵ کی ۱۲۵۹ کی ۱۲۵۹ کی $Cd^2 = \Omega^2 = \Gamma^2 = \Delta^2 + 3^2 + 3^2 + 3^2 = 1$

People who don't smoke know it is dangerous. There are very few people who don't smoke, or never smoked in their lives. I wish they could get a certificate and the kids would see that handed out so they could have a good role model.

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In these days, we now know how cigarette is dangerous, how it affects the whole body.

∆ خا ۳ - ۱۲۲ کا که .

I first understood that cigarettes were dangerous when the nurse told us that my mother's health condition got worse because of tobacco. That's how she died.

 ℓ^{1} r'b r'd
Me, I usually think if a person smokes cigarettes 2 or 3 times a day then they are smoking too much. I also think that if people's clothes smell of cigarettes so much, he or she shouldn't be smoking anymore.

۵۵۵ کو ۵۵۰ د خاب۲۱۵. "۱۳۵۵-۱۳۵۵) کم 10446 - 1066 1046 - 104 $\nabla \Gamma D \nabla_{\sigma} \nabla D C O + A P C O + A$

cigarettes, because some people say "I gain weight when I'm not smoking cigarettes." My advice to reduce smoking cigarettes is to drink lots of water especially when a person is tempted to smoke a cigarette.

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Maybe most people know that cigarettes are dangerous, but why the nurses and doctors aren't doing anything like reducing chemicals in cigarettes? People also have to learn more about cigarettes and how it can affect the body. They could even make a schedule to teach how it affects us, because the human body is valuable.

4ρς+3°υ Δρο το 1964-15. 356.8049 6.505 6.505 6.505「σ⁶.)<\'P'\\Aσ\'P'\\F'\\ σ⁶\'\\F'\\ Δ⁶\'\Δ\'\-L'\\ / o < < < 0 % % C) < \ _ 0 % o i < / \.

I remember that people were so desperate to smoke cigarettes, they even used to look for the spot where someone was smoking to pick up some cigarette butts and when there were some butts they would smoke them again. When they had bought tobacco and flour they would never sleep throughout the night when they had too much to take.

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These days we know that alcohol or drugs that are not food are not to be taken; they are dangerous. When colonization came in, things started to change –everything, food and the way we eat, that was when there were no more animals. Those country foods are good for the body and in these days now we feed our children store food because we didn't know it was bad and their teeth are getting more cavities. There are also people still smoking cigarettes in their furnace room and that could affect the baby's body.

Our ancestors were so strong; they used to use their muscles a lot, even those pregnant women. Cigarettes is an addiction. And we know that cigarettes are dangerous to our health and they are getting more and more chemicals that want to make the body to smoke more. But me, I know that it affects the body.



To 4555

Δός λλοι σοιίσιιτ, Δοίταί \σ4σ, ታው4_ಒ 2, 1930-Г.

Minnie Assappa

Born on January 2, 1930 in Nunagirnigaq, near Inukjuak.

「もりとしゃってつっし いもっし つくり ハトハこ トイルっしょ I don't know how tobacco came in because it already existed VC_iP^{-} VC_i 40_7%CJ%Cjc CqLd%%LY%C JCbL. 40c74% 75745796, <math>96174757965. ۵۱۹۲۵۲۶ و ۱۹۲۲ کا ۱۹۲۶ کا ۱۹۲۶ کا ۱۹۶۲ از ۲۰۱۶ می (۱۶۰ عز ۱۹۶۸) کز ۹ حرا عرد ۲۰۱۵ کرد ۱۹۶۵ کرد ای کرد ای کرد او ای کرد ۵۵۵°ف۵°ل UL، ۵٬۵۵۸۶۵۵۵۵۲۵۰۱.

405420 JED 16630 JG P400 Lijo DPD61036.

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۲۰۶۱ ک^۱۹۲۵ ک^۱۲۲۵ کا 22-۵۰ کا ۱۹۵۹ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹ کا ۱۹ کا ᡩ᠐᠘ᡶᢀ᠙᠘ᢖᡲᡩ᠂᠘᠙᠙᠘ᠳ᠈᠘᠙᠙᠘᠙ ۵۵۰٬۲۲۰ ماینه.

when I was little. I don't even remember seeing it the very first time. I remember seeing the people smoking with pipes, and chewing tobacco. They were always chewing tobacco that they got from Kuujjuaraapik. In Kuujjuaraapik the Cree people used to have lots of tobacco. That's what my mother used to tell me about it.

I remember that my mother smoked a lot but I don't remember my father; he died when I was 2 years old.

I never did hiding [to smoke] and stealing [cigarettes from parents, etc.] before.

I started smoking when I was 22 years old. I don't even remember if I wanted to smoke so bad. I didn't even know what the price was, nobody told me about it.

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I remember when people ran out of tobacco and they were so unhappy.

 $\Delta \triangle \Delta^c$ %b\L\C\range\colon \colon
The people didn't know that tobacco was dangerous. They thought it was good for the health – for example, like food is good for the health. I never heard that someone died from tobacco. The world was fine and the tobacco was fine, too, at that time. Nobody got sick from tobacco, that time.

 P^{-} DF-, P^{-} OF-, P^{-

Nowadays, cigarettes have too many chemicals. That's why people get sick from cigarettes.

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I have words about smoking. If a person can quit smoking, he/she can quit. I don't mind if I'm smoker or non-smoker. People are equal. If a person can stop, stop if he/she wants to. I don't know how to talk about a person who wants to cut down smoking or stop smoking, because they just continue smoking even if they are asked to stop smoking.

 Δ° Δ°

I can't quit because I want it [tobacco] too much. I did quit before, but started again, and I don't want anybody to control me. When I don't want to smoke I don't smoke. For example, I don't smoke during the weekend and smoke during the week.



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Putugu Qumaluk

Born on January 20, 1938 in Kuugaaluk, south of Puvirnitug.

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My ancestors never smoked because there was no colonization at that time. When the colonization came in, the tobacco came in with them.

I remember the first time I saw a cigarette and they were long and straight. Puvirnituq was already settled and my parents used pipes and chewing tobacco. I don't remember how tobacco came in but I know that rolling tobacco had two names: "Spertzimen" and "Martin A".

My parents never used to travel to get some tobacco because it was already here.

I started to smoke when I was 22 years old, when I started to earn money from carving.

In 1950, I used to buy tobacco for my parents. When people had no more tobacco, they wouldn't smoke for long time. They didn't even crave for it. When they are resting, like when they aren't working, they would smoke and when they are working hard or doing their hobbies, they wouldn't smoke.

Tobacco cost 49 cents and the big one cost 2 dollars.

People never knew that tobacco was dangerous. Nowadays they know it, that tobacco is dangerous. And also people never used to get sick from it.

 $\Delta \lambda_{\alpha}^{5} + \lambda_$

I was hiding [to smoke in secret] and stealing [cigarettes] just for short period of time.

 I did quit smoking several times and then went back again. When I stop smoking, I mostly sleep all day. The doctors ask me to stop smoking but I can't stop smoking, and when I try to stop it I stop doing my hobbies. When I try to cut down smoking and when I haven't smoked for long time, I get dizzy.

Long time ago when I didn't have a lighter, I used to start my ski-doo and when it's running I would put a piece of cloth in the sparking spot and then light a cigarette from that. That's how I wanted to smoke desperately!

Also, long time ago when I had cigarettes and others didn't, they would fight against me because of cigarettes. That's how they were desperate for smokes.

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I don't have any opinions for other people who are trying to quit smoking because every time I try to quit I always fail. I tried everything to stop smoking, but it cannot be achieved; I never accomplished it.



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Δၨ϶ϲʹϽϭϭʹϧ ΔͽʹϞϤΓ Ι 13, 1933

Rebecca Ivilla

Born on May 13, 1933 in Inukjuak.

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My first memory of tobacco is when I was 5–10 years old. I saw someone smoking a real tobacco.

The tobacco came to the north when the boats started to come here. People had to grind it. My parents and grandparents (Eva and Iqaluk) used to smoke a lot. They used to put tobacco in between papers, and I remember a lot.

Women smoked a lot more than men, because men moved more than women – men had more things to do than women – so they smoked less.

People used to walk to Kujjuaraapik which is over 600 kilometers away from Puvirnituq. They used to go there for praying, and thinking that they might get a little bit of groceries because the white people were there.

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For me, tobacco was very important. I always had to smoke after each meal. When there were no cigarettes, we (me and my parents) were always asleep.

When I was still a child I remember a pack of tobacco used to cost \$2 or \$3 and the smaller pack cost less than \$1.

My parents didn't know that tobacco is dangerous. They both died from lung cancer. I learned only when the nurses were here in north that tobacco is dangerous. People were less sick back then than now.

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I used to hide from my parents [to smoke] but my mother used to tell me that stealing is not good.

 4^5 6^5

I stopped smoking last year. The nurses had to force me for a long period of time, and when I decided to quit I stopped it quickly.

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Cigarettes are ruining the whole body, and cause a lot of sickness, like shortness of breath.

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I don't want anybody to smoke because it's not good for the health. If you want to quit smoking you have to stop thinking of it. Stop it quickly instead of quitting it slowly. If you want to quit you can do it because I did it. I stopped it at 71 years old!



~ 1948 D 489 98

Δၨͼ-ˤϽδͼ^ͼ Ϸ^ͼϽΛ_Λ 24, 1930-Γ, ἰ^ϲĊΓ, ૮^ͼΡͼ^ͼͰͼ >δ^ͼͼϽ^ͼ

Niaqu Irqu

Born on October 24, 1930 in Kuuttaaq, south of Puvirnituq.

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ΦουρουνΦουρο

 ΦΕΡΥΝΕ ΔΑΣΙΚΑ
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 ΦΕΡΥΝΕ

ፅ'‹ጳጳጳለራጳ'‹‹ሬፆነን፡ ጋ'‹የላሊላነ‹/በ፦ ጋ‹የየቦላነ‹/በጐ. ዀ፟ጏ፟፟፟፟፟ዀ፞ነ‹‹ሬፆነር ር፟ኛው. ዜጐቦነ‹የላΓ, >ልነውጋ‹ ተነየውጐኒው, ዀ፟ጏ፟፟፟ዀ፞ነ፟፟፟፟፟፟ነ I don't really remember when tobacco came in, because it was already here when I was born.

I remember that people were getting into tobacco. My father used to smoke but I don't remember if my mother used to smoke.

I remember that our elders, our parents, our grandparents were craving for smoke. And when they hadn't smoked for a long time, they would cut a piece of wood that was smeared from tobacco and smoke it or put it in their mouths, and also they cut their pocket where they had carried tobacco and they chewed it.

There were white and black squares [of tobacco] that had to be ground and there was chewing tobacco and the long ones that were curved. People used to get tobacco that had to be ground, then roll it.

They traveled to Kuujjuaraapik for church and for tobacco too. There was a colonization over there. In Kangirsuruak (Shallow Bay, south of Puvirnituq), they had white people there, too. レペ%ししょ, ィーチュットィくこりょう%し、 コベトルラー つくばしっ, I couldn't sleep too. And when there was no tobacco, they were PPPF U7º5FLNº.

When people smoked tobacco they couldn't sleep. Even myself, sleepy. I remember in the springtime people were so awake because of tobacco. In the wintertime, they weren't like that.

ΔΔΔς ΔΡΕςΫζή ΙΕΣΟΛΙΓΑ ΕΣΟΙΌΝΤΟ $3\dot{c}^{P'}$

When people charged tobacco from the store they were heavy smokers and heavy tea drinkers.

اله عدد الما ΔαΔ مددار عدد الما المنادع الما الماد ال ۵٫۵۲۶ مرح ۱۲۲۸ که ۱۶۰۱ کی که ۱۵۸ می اسکان می کام

Tobacco didn't cause a sickness at all; it made people awake. When the [people from the] colonization and Inuit gathered together in the village, people used to get colds and sickness. Our people never got sick, because they rarely gathered.

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Before I started to smoke, Isa Papialuk (passed away now) was my friend and he was a smoker. When we went hunting, I started to smoke that time. I used to smoke for many years and used to smoke the kind that had to be ground.

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When people came back from traveling with tobacco, and people smoked for the first time since a while, they used to get dizzy and drunk. I was like that too. Even the people at my age.

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Before, when there was no tobacco and store food, people were strong and less tired; less and less tired, and they were very strong. We never had weak muscles, when we don't eat store food.

When I got a severe cold and severe coughing I stopped smoking for a while then started again.

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I have guit smoking for more that 20 years. I guit it when Akulivik was settled. Freely I guit smoking cigarettes when I started to cough.

 $\Lambda + \Lambda = \Lambda^{1} + \Lambda^{1$ $D\dot{C}^{\dagger}$ $D\dot{C$

When I hear anybody that can't quit smoking, I don't believe it, because it was not hard for me to quit it. I think it's because I didn't want it so much. I did not get hooked on it.

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I sometimes advise some people who can't stop smoking because some want to smoke so much and some can't quit at all.

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I don't have any other opinion about tobacco.



لامام سهماره ۱۹ موده

>ል¹๑ጋΓ Δ϶ϲ¹ጋልσ∿ ተበለ_ಒ 16, 1932-Γ.

Markoosie Nunga Kuananack

Born on September 16, 1932 in Puvirnituq

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I don't know how tobacco came here because only my ancestors knew and never told me about the arrival of tobacco.

My first memory of tobacco was when I was still on the back of my mother, in an amautik [woman's parka]. She was smoking a long twist of chewing tobacco. My father never smoked or drank tea.

We had to work hard in order to get tobacco. For example, we had to go hunting first so the dogs can eat. When the dogs have eaten, then we would travel by dogsled to go get some tobacco. When the stores had no tobacco, we would switch to chewing tobacco. We would even go visit neighbours to see if they had any.

When our Elders had no tobacco, they would cut out their pockets that had been touching the tobacco and they would put the cut up piece of pocket in their mouth to taste the tobacco.

Tobacco was thought to be important then, but today I really dislike anything that has to do with tobacco or cigarettes.

I don't know how much the tobacco was, but it was not expensive. Tobacco that had to be rolled was probably less than \$1.

We didn't know tobacco was dangerous; everyone just really wanted it. I remember people being sick from TB but I don't know if it was from tobacco. I can also remember one person dying from cigarettes or tobacco.

I never got the chance to hide [to smoke in secret]. I started smoking between the ages of 4 and 6. I was a smoker for about 55 years. I quit about 10 years ago, but I still buy a lot of cigarettes because my two daughters smoke. I tried very hard to quit smoking because I wasn't moving (physically) as well as I wanted to. I was losing my strength, which I didn't like. Candies helped me quit. I also asked God to help me quit.

My opinion of cigarettes today is that I don't like it because I'm tired of buying cigarettes and the smell is worse today. The smoke of the cigarette is not too bad but the worst thing for me is the smell of a person that smokes – that really stinks! When I pass someone who smokes, that person stinks.

I don't know how to give advice on how to reduce cigarette use because everyone is smoking, even little kids. But I would put the cost of cigarettes very high, like \$100 a pack. People wouldn't be able to afford it if it was very expensive.



اد ۱۵۲ م C C

Daniel Aupalu

Born on December 6, 1943 in Siakkakallak camp in the Akulivik area

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I don't know how tobacco came here because I was born when it was already here.

My first memory of tobacco was when the tobacco had to be rolled – that was when I was 5 or 6 years old. My father used to smoke but I don't know if my mother ever smoked because she died when I was eleven years old.

I saw a cigarette for the first time around 1956, when they didn't have any filters yet. We had to travel to get tobacco. We didn't bring our whole family, we would bring only one person or go by ourselves. The family that had been left behind wouldn't know when that person would come back.

Tobacco was thought to be very important. When someone was rolling tobacco and dropped a few flakes, they would pick up the flakes with a needle. That's how important it was.

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When we had no more tobacco, we didn't mind because there was nothing to be done; that's just the way it was.

We didn't know tobacco was dangerous because we were never told about it. I don't know if tobacco caused sickness but I remember people having TB and don't know if it was from tobacco.

A pack of 20 cigarettes was 45 cents. For me, a pack would last a week, because I wasn't a heavy smoker. When I finally smoked, I would feel drunk – dizzy.

I never got the chance to hide [to smoke in secret] because before I even became a smoker, I was given a bag of tobacco by my uncle. My uncle didn't want me to smoke behind their back, so I was given tobacco before I started. When I started smoking, my first tobacco lasted me a month. I was fifteen at the time.

town, I don't think about it.

I cannot say I have quit even if I only smoke once in a while. I can't tell anyone to quit smoking because when one wants to quit, he'll quit but when one is told to quit, that person will want to smoke more. A person has to want to guit in order to guit.

Another thing I want to say is there should be a Tobacco/ Cigarette Anonymous, like there is Alcoholics Anonymous. That would probably help a lot of people put an action to quitting, not just saying it.



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Qumaaluk Tukalak

Born on May 18, 1936 in Puvirnituq

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1674600° (C'-L04') 25¢-9'n J.

I don't know how the tobacco came to the north because when I was born the tobacco was already here.

I remember seeing the tobacco and it was black and had to be ground. I don't remember anything else than that when I was young.

My parents used to smoke a lot.

Tobacco was very important to the people. When they ran out of it they used to try to really finish it until it's totally gone. I even remember seeing some people grinding their pipes to make sure that the tobacco is all gone.

A pack of cigarettes (10 cigarettes in a pack) cost 25 cents.

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My parents didn't know that tobacco is dangerous but as they say now that tobacco back then didn't have too many chemicals like it has now. So maybe it was less dangerous than it is now. I don't really know if the smokers then were more sick than non-smokers.

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As a child, I wasn't hiding from my parents [to smoke] because I was respecting them.

Later, I was a smoker when I used to go out watching videos at the municipal centre. Then I quit smoking for a long time. It wasn't hard for me to quit smoking; I just threw the ashtray and stopped. But today, I smoke at least every 3-4 days.

I believe that tobacco is dangerous as everybody says. Cigarettes are also very expensive now. And for kids who smoke behind their parents, cigarettes are very dangerous for their health because their bodies are still growing.



in July

6°Γ'٢Ρ٩Γ Δၨσ-')λσ', >λ'σ΄) ''' ''' ''' '' ἐσ 21, 1947-Γ.

Leela Angutigirk

Born on June 21, 1947 in Kangirsuruaq, south of Puvirnituq

607156776 626 75664767616 CLG.

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I don't know how tobacco came here. The tobacco was already here when I remember.

My first time memory of tobacco is when they used to roll tobacco. In the beginning of the 1960s, tobacco changed to cigarettes.

People traveled for tobacco. They would go to small villages by dog team and come back the same day. Some men used to save a fox fur to trade for tobacco.

Back then, it used to cost 43 cents a pack of cigarettes.

People knew tobacco was dangerous for them but they were addicted to tobacco and cannot quit.

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ibha nru
 I used to smoke behind my parents' back, but at that time we were still not in Puvirnituq. One very young kid was a tobacco user and his parents knew he was using tobacco, and he was the one sharing his tobacco with me.

I did not try to quit tobacco, but I just didn't want to use tobacco. I quit about 30 years ago.

Cigarettes are not good for the body and smoking ruins your lungs; it makes you short of breath. People regret that they started smoking cigarettes. I would tell them to quit. If someone says "I'll quit soon but I'll just smoke cigarettes for now," he or she will not quit. If you quit now it's good but then don't say, "I'll quit one day."

I would want cigarettes to stop. It makes you short of breath. Breath is important. I remember when my parents were dying and looking at them was hard for me, they were so uncomfortable.



ÀC 45556

40¹Jr∩ 19, 1935-Γ.

Peter Assappaq

Born on August 19, 1935 in Kugaaluk, south of Puvirnituq

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عنا ۱۶۹ مادر ۱۶۹ می ۱۶۸ کا ۱۶۸ کا ۱۶۸ ۸۵۲، در د ۱۵، ۲۰

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I don't remember the first time I saw tobacco. My mother was a tobacco user. The cigarettes started around 1958, and they had it at the Company (Hudson's Bay Company).

Tobacco was important because many people were craving.

I don't remember how much a pack used to cost.

ンく P Γ ° 4 ° C ~ 「 ン マ C ~ 「 ン マ P J L ン Δ ° ~ イ ∩ °. They didn't know that tobacco was dangerous; they just wanted to smoke tobacco.

> People back then didn't get sick because of tobacco. I think tobacco was less dangerous then because maybe they didn't add different chemicals.

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منه۱۶۲-دد۲۵۰۲۷م۱۶۵۰ منه۱۶۲-د۲۵۰۵۲۵۰۵۰ منهد. ۱۹۵۲-۱۹۵۲ که ۱۹۷-۱۹۵۲ که ۱۹۷۲-۱۹۵۲ که ۱۹۷۲-۱۹۵۲ که ۱۹۵۲ که ۱۹

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I smoked behind my mother's back. Maybe I was 20 years old and we had moved here to Puvirnituq. The Company gave me a pack of tobacco which I had to roll. People were here for X-ray and I used to share my pack with them and we used to trade.

I wanted to quit but I didn't yet. If I get sick or short of breath I will quit.

People quit when they decide to quit. If you tell someone to quit, that person gets worse.

I am worried about kids because they have to grow up, but smoking is stopping them from growing.

Don't smoke too much. Or you could go to the hospital and ask for nicotine patches and buy some gum. This would be my advice to reduce smoking.



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\σΡ⊇4Γ Δൎ϶ϲ٬Ͻልσኈ ἰ⁽۲ 27, 1942-Γ

Sarah Qumaluk

Born on March 27, 1942 in Sanikiluaq

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I didn't know how exactly the tobacco first came in because I only remember when the colonies were already in town.

My first memory of tobacco is when my parents smoked rolling tobacco. I remember that people came in from other villages because of craving for tobacco. The colonies were already here.

I don't recall a time when people didn't have tobacco. I remember when they used to have a pipe all the time in their mouth because the Hudson Bay Company was there already.

When they were many people gathered, they used to smoke. Also I remember making chewing tobacco dried and then smoked.

They used to smoke everywhere: inside the house, the community hall.

I didn't even know how much the cigarettes cost because I never smoked in my life. One time I smoked but I stopped because my mother (I call her "big mother") used to tell me, "If you smoke, you're not going to be saved." Because of that, I stopped right away and I believed that. Even today I haven't even started. But I smoked behind their back one time and stopped right away.

My friends couldn't finish their sewing because they go for smoking!

U'rladab, deala doldiória 6021-0521600 D'Caideb NCLIC. D'SCAITEORDE d'624 6616 66165 d'Caidloiraec, dochabla. Long ago, my mother and grandparents didn't know that tobacco was dangerous for the body. I never heard if the cigarette was causing sickness or dangerous, and I can't remember.

Right now, I'm buying lots of packs of cigarettes for my whole family.

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If someone asks me how to quit smoking, I would say: Have a partner [friend/buddy] who doesn't smoke, or use chewing gum often and drink lots of cold water. Also, go outside for fresh air. I think she or he would stop smoking.



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ἐ‹ĊΓ ΔΔ‹ᢣϤՙ Cՙና∿Ⴑσ Δൎ迪፫·Ͻልσ[%] በለ∧~ 15, 1943-Γ.

Lizzie Sivuarapik

Born on December 15, 1943 in Kuuttaak, north of Inukjuak

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When I was born the tobacco came in.

I remember that people used to smoke a rolling tobacco that has to be ground and they used it with a pipe. Mostly old men used to smoke a pipe, long time ago.

I remember that my parents smoked a regular tobacco with rolling papers.

The regular tobacco in the big can cost about 3 dollars.

While my father was hunting, I remember stealing a tobacco in the can and rolled it thickly.

766476 Cdr057L466 1950-- 1960-- 4d°666. PPD66786 C°6LD450- L57-66 D°656 C°6LD450- Λ°666-66.

The first time I saw a cigarette was in between 1950s and 1960s. I was about 12 or 13 years old.

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I started to smoke in 1960s. I'm a smoker. I've tried to quit smoking cigarettes many times. When I tried to quit it made me feel like to eat all the time and also made me feel like to sleep.

When the kids start to smoke early I believe that they are in the risk and also when anybody smokes cigarettes too much, it's dangerous.

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I have an opinion that a pack of cigarettes is very expensive. The price is bad, so I think at least if anybody else could be able to quit smoking...



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Juanasi Tulugak

Born on August 13, 1948 in Kuugaaluk camp

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I don't remember how tobacco came here because it was already here.

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My first memory of cigarettes was when people started to gather into a bigger town, around the end of 1950s, maybe 1958. Puvirnituq started to be a bigger town when planes started landing here. Many people started having tuberculosis so a lot of them left by plane for lung X-ray.

People had to travel in order to get some tobacco even when the ice was dangerous, cracking or opening up. They got to be very nervous when they ran out of tobacco. They even cut out their pockets that had been touching the tobacco, so they can smell the scent of tobacco or chew on it. Some adults started being cranky or fussy towards their children. They always seemed to be tired all the time, like yawning, when they had no tobacco. They got lazy, until they got some more tobacco.

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Tobacco was important to me because everyone else treated it like it was important. Some parents were even proud when their children started to smoke, telling their friends and family about it.

Φολγς Φ΄ςςι (ĊΙΥ) Δριτ
 Φολβιςης Ο Δρικος Αρικος Αρ

A pack of 20 cigarettes was 43 cents. Some were in little boxes; some were white and some black. There were different kinds of tobacco.

My ancestors didn't know that tobacco was dangerous. They were just proud to have tobacco. They only found out it was dangerous when nurses/doctors were there many, many years. I knew tobacco caused sickness because some people used to cough out blood, but they were never told that it's from tobacco. They still smoked even if they coughed out blood.

I remember my father (Tamusi Tulugak) coughing out blood so he was brought to Inukjuak by dogsled, then they transported him to Hamilton by airplane. He was gone for three years and we only heard from him three times. First time was when he had an operation, then when he was in recovery (healing), and finally when he was back in Inukjuak when he was ready to be picked up by his family. That was all for three years. The doctors or nurses never told us that our father was sick from tobacco but I assume it was from that.

When I first started to smoke, I hid at first. Me and my friends used to pretend fighting, on the ground, so we can pick up cigarette butts. When we had enough, we went outside behind a big rock to go smoke. Another time, me and a friend took a butt and we were caught. We were told that they would tell the police on us, so we got very scared. I was 16 at the time.

I started hiding (to smoke) when I was 10–11 years old and when I was 17, I was told I could only start smoking when I can buy my own. So I started carving or selling sealskin and fox furs in order to buy cigarettes.

Our ancestors never smoked...

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 I quit smoking about 12 years ago because I felt sorry for my father when he was still alive. My father was having difficulty breathing and I couldn't do anything about it. I knew it was from cigarettes even though I wasn't told that. I felt sorry for my father, because Tamusi (my father) had his two ribs and part of his lung removed and had difficulty breathing. The second reason is I wanted to teach my grandchildren how to hunt and survive in the tundra without being sick from cigarettes. I quit as soon as I thought about quitting it, because if I only thought about it, it wouldn't happen.

My opinion of tobacco now is bad because people who are told to stop, they always say: "Don't tell me to quit, you never buy cigarettes." So when they get lung infection or cancer then they try to quit, but it's too late. It's as if they try to kill themselves faster. And some who are told not to smoke anymore, tend to smoke more. I don't understand that.

My advice on how to reduce cigarette use is to drink water then work outside, like shoveling or cleaning around the house.

Keep your mind busy on other things. Another advice is to go walking and leave your cigarettes behind.

Another thing I want to say: Every human being is very precious so I would like everyone to quit smoking. I know it's not easy, but at least cut down. Nurses/doctors hold public meetings on how it affects the body, and ex-smokers should tell stories on how they quit because when someone is sick from cigarettes they are very *nallinartuq* (we feel sorry for them). When people know it causes sickness some just say, "We'll see if it causes sickness." Then, when they're sick we feel sorry for them.

When you're a non-smoker it's very easy to climb mountains and you enjoy food better. It tastes better. I thought it tasted good before, but they're even better now.

Elders from Aklavik





Annie B. Gordon

Born on April 4, 1935 in Aklavik, Northwest Territories

The fur traders and the store-owners were the ones who brought tobacco to the region. The supply was always there, as Aklavik was the regional centre for all services. We never had to travel to get tobacco. I grew up right in Aklavik, and the supply was always there.

Everyone smoked. If you were an adult, then you smoked. Children were always told that they were too young.

The Old Timers would smoke pipes and cigars. In those days, elders would rub the tobacco with their hands to make it the right softness for smoking.

Tobacco was really important to people. Yes, it was like their food. Everyone who smoked, always had a smoke. Even when people were diagnosed with TB, they would still struggle to have a smoke. There was really no education about smoking, how it affects your lungs, etc. Even the hospital rooms were full of smokers who still smoked in their rooms. It always smelled of smoke!

Back in those days, people who smoked were heavily addicted. It was hard to quit, even for short periods.

People would have long pipes made from willows. When there was no tobacco, after several times of using that pipe, they would cut off the tip (the end that you puff from) and cut that up, as the nicotine would be at that end. After cutting that end off, they would cut it up and mix it with a little tobacco and then smoke it. This was very common in those days.

For a pack of smokes back then it was 50 cents, and for a tin of tobacco was \$2. Those days, tobacco was so cheap, people bought lots and lots. It was hard to quit smoking in those days.

If you decide to start smoking, be sure that you have the dollars to smoke as tobacco nowadays is very expensive. Younger people should be able to make a wiser choice now. So much awareness is out there now. People didn't realize how bad it affects the body; also that second-hand smoke is very harmful.

Even today, there needs to be more awareness, especially in relation to cancer. From my memory, my grandmother was a very big woman, she was a strong worker all of her life. She was a pipe smoker. She began getting very sick suddenly, and then she became very frail looking. Now, no one ever thought or heard of cancer then, so they don't know if she died of cancer or not. So, people never knew if tobacco was causing all of the sicknesses or not.

Back then, people never really related sicknesses with smoking. There was really no expression of how harmful it was for your health. Now I know tobacco is dangerous, but back then, no information was given to people to warn them of the health hazards of smoking. There was NO law against buying tobacco, you could buy it at any age, it was totally up to the store-owner. Even the store merchant always had a cigarette in his mouth when serving customers. Café waitresses also had a smoke in their mouth when working. That's how bad people were addicted. They smoked whenever and wherever.

You think differently, now that you see more and more awareness about smoking and its dangers.

We were always told as children that we were too young to smoke. (We were told that until we were old enough to ask to smoke.) Even young people smoked. They would sneak [cigarettes or tobacco] if they didn't get permission to smoke. If you as a young child approached a parent or elder to smoke, then you would be given permission to smoke, because you were brave enough to ask.

I began smoking at 14 years old, and smoked up to about 2 packs a day. I continued for a while, stopped, or cut down when my children were growing up. I finally quit in 1984, (21 years ago now). Well, it took me about 3 times to finally quit smoking, I decided to quit after being told by my family several times that I smoke too much. That is when I finally quit.

My craving is gone completely. I don't have to have a cigarette as a dessert anymore. I have changed my way of dealing with my cravings.

To reduce tobacco use today, we should use the elders to talk to kids. Also, involve people who have smoked and have quit; use them to talk to others. Help the ones that want to quit, start a support group, and do healthy activities.



Danny A. Gordon

Born on July 16, 1935 on Barter Island, Alaska

Tobacco was first introduced to this region by fur traders, store merchants, and anyone who came to visit, whether it be for business or pleasure. They seemed to always have tobacco.

Back then, everyone around me smoked. As we grew older, we just thought that it was the normal thing for adults. Everyone in the family – that was old enough (about 12 years old) – smoked. Younger people waited until they were old enough to ask for permission. Young people who did not have permission to smoke, they sneaked [cigarettes] until they were brave enough to get permission.

I started sneaking at the age of 12, and became a regular smoker by the time I was 15 years old.

I grew up in Alaska, so we used to travel by dog sled to get supplies. Between the villages, there was a store. So people used to have to go there to get supplies. Sometimes, people would walk about 30 miles, just for a cigarette, or tobacco.

Tobacco was important to the people back then. Everyone smoked, and was really addicted. It was like their food, they had to have it daily. I can remember though, the ministers used to say that smoking was a sin.

When there was no tobacco, people would use their old pipes, and cut the ends that had the nicotine. They would cut it up and mix it with a little tobacco, then they would smoke it.

Cigarettes were about 50 cents a pack, and \$2 for a tin of tobacco.

If you smoked, it was always roll-your-own tobacco. Also, if people chewed tobacco, they would always spit anywhere. Now, if people chew, you see them using a can or something to spit in. When the older people told the kids that they can't smoke, they never really said why, in terms of health. Their response was just that they weren't old enough. For me, if I was caught smoking as a child, I would always get yelled at, or get a spanking. This was just for not listening.

There was really no education about the harms of smoking. It was an accepted behavior. People never really related sickness/illnesses with smoking or tobacco.

I can remember when I was out on the land; it was break up time. This is the time of year when the river ice begins to melt. You can't go on the ice until it moves. So while in the bush, I ran out of cigarettes and tobacco. I had bad cravings. That is when I started pulling out the planks from the house floor. I would then pick all of the cigarette butts. After I picked enough that would hold me up for the day, then I would have that for the day. The next day it was the same thing: pull the planks, pick the butts. This would carry on until we were able to travel by boat on the river. Once we got to town, it was first priority to get some tobacco. Usually you would see someone, and the first thing you would ask for is a cigarette. You don't even say "Hello".

I was a heavy smoker, I started at a young age, and smoked regularly until 1996. I stopped at the age of 61 years. Now I don't smoke.

I started [to quit] by slacking down. I am a strong believer in God, so one day I asked, "God, if you're really true, then help me to quit."

So ever since then I quit, knowing that God is true. I eat a lot of candy and sweets now, especially when I am hunting on the land.

To reduce tobacco use today, we should use more and more education posters; push, and push it more on the youth.

It is no good to smoke. If parents can start now and educate the kids, then there can be a difference. Education begins in the home; start there. If you can start saying, "I don't smoke" then others can see that you are strong about this, and they would start asking you, "How did you do it?"

Keep trying to quit until you believe you can do it.



Arnold Archie

Born on December 10, 1940 in the Yukon

My first memory of tobacco is when I was about 15 years old. Back then there was a lot of tobacco. Everyone smoked. My grandfather used a pipe, and he smoked a lot.

From my memory, I can recall local stores always had tobacco: Hudson Bay Company, Stan Peffer's Store, and other traders.

If we had to travel to get tobacco, it was by dog team, or by boat.

People really craved for it when there was no tobacco. People did have bad cravings then, especially when we were in the bush-camps. It's different when you live on the land.

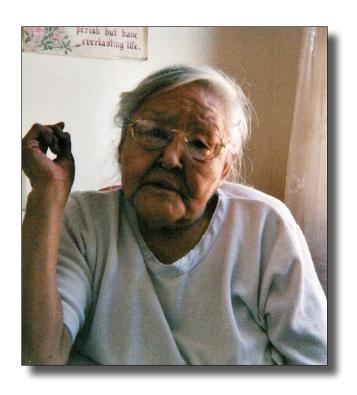
Tobacco was very cheap back then. A tin of tobacco was \$2, and for a pack it was about 25 cents.

We didn't know that tobacco was dangerous for our health. But now I guess it was dangerous. People didn't really know what cancer was...

Back then, if young people did smoke, it was always in hiding.

I was a heavy smoker then, but I learned to cut down to about 1 smoke a day. Today I don't care to smoke. I don't care for it no more. It's too expensive today.

When you quit, you quit for your health. My only advice is that people should not start to smoke. People really need to quit.



Emma Edwards

Born on October 4, 1936 in Aklavik

My first memory of tobacco was when I was about 12 years of age. My dad smoked lots, and my mother used a pipe. In the 1930s, people smoked a lot, probably about a pack a day. I can remember the Elders always had tobacco, chewing tobacco, and snuff.

Everyone smoked, people tried to be cool by giving out smokes. I can remember seeing lots of kids sneaking in hiding places.

When people had no tobacco, they would be angry and miserable. They would even smoke grass (regular grass; not marijuana!).

Back then, tobacco was about 50 cents for a regular pack, about 30 - 40 cents for a small pack, and 2 - 2.50 for a tin of tobacco.

I can remember at the Hudson Bay Company, the main brand was Export A, and Player's Plain – the cigarettes had no filters on them.

People didn't know anything of sicknesses caused by tobacco. Only the cold, if people got the common flu, they thought it was from smoking.

I smoke. I started at the age of 12, and smoke about 10–15 smokes a day. I have smoked now for 56 years. If I wanted to quit, I would quit anytime.

My advice for anyone who wants to quit smoking is "Just do it; quit smoking! Learn from the doctors and nurses."



Mabel Firth

Born on August 1, 1938 in Aklavik

My first memory of tobacco would be around the year 1940.

My Mom and Dad smoked. They used to roll their own with the tobacco that you have to cut up. Back then, a tin of tobacco would last about 1 week.

I can remember Hudson Bay Company, they had all kinds of smokes – Odgen's, Player's, Rothman's, Export A. Most of the cigarettes had no filters. Tobacco then cost 50 cents, a tin of tobacco was about \$1.75.

We used to travel from the camps and come to town (Aklavik) to get tobacco. People chewed tobacco, used pipes, and cigars. I recall watching people back then, in about the 1960s. If there was no tobacco, they got frustrated. As soon as there was tobacco, they would start smoking again. But people never really ran out of tobacco for long – there was always a supply in Aklavik.

People really didn't know about tobacco, other than smoking it. We never really knew about sicknesses. The people only started finding out about smoking-related sicknesses in the 1950s.

Hardly any young people were smoking back then. People never gave their children smokes; it was too expensive in those days, for smokes.

I smoke. I became a regular smoker at the age of 19, and I smoked about 20 cigarettes a day. Eventually I smoked about a pack a day.

I did try about 3 times now to quit. But I can't.

Tobacco now is too expensive, and it is bad to see little kids smoking now. Young children should not start smoking, and people should try to quit.

To reduce tobacco use today, they should put the tobacco prices up sky-high; then nobody would be smoking today.



Moses Kayotuk

Born on April 11, 1939 in Aklavik

My first memory of tobacco is when I was about 8 years old. When I was young, my father always handed out smokes to people. At the age of 10, my father was passing out cigarettes and he gave me one, since by then I had started smoking. I became a regular smoker at a very young age. My mother, father, aunts and uncles all smoked. Yes, women did smoke a lot, even pipes when tobacco ran low. People smoked during the daytime, as I can recall.

To get tobacco, we traveled about 16 miles to Aklavik. We traveled by dog teams, or we would travel by schooners [boats]. People never really ran out of tobacco or cigarettes; there was always a supply in the community.

I remember that when traders came by boats, they always brought tobacco or cigarettes. They would not hesitate to hand them out.

Everyone just liked to smoke, and because I started at a young age, I just liked to smoke. I did try to quit, but it was too hard, especially when you have a bad smoking habit. If and when there was no cigarettes or tobacco, people would look for cigarette butts, even take the plywood apart from the floors and sidewalks just to look for butts. Some people would quit for a while, then when tobacco came in, everyone starts smoking again. People would have their usual cravings, then they would try and keep busy until there was tobacco available.

Back then, cigarettes cost about 35 cents a pack. Places that sold tobacco were Semmler's store, Stan Mackie's General Store, also the hotels in Aklavik at that time.

Nobody really knew then that tobacco was harmful for your health.

Young people would roll smokes and sneak, smoking in hiding, in trails, shacks, etc.

I smoked a lot, when I worked and when at home. When I became a regular smoker, I smoked up to about 3 packs a day. I'm 66 years old now, and I still smoke.

I tried to quit a lot of times, but it is too hard. I never tell anyone that I quit, I just try it cold turkey. Again, it's too hard. I would tell others not to start smoking, because it is too expensive, and also what it can do to your health. Why do people still smoke, when the prices are so high?

Back then when I was young, I should have never started to smoke. Back then prices weren't so bad, but today the prices are so high, it costs too much for smokes.

When I am in the bush, I would try and keep busy and try not to think of smoking. But when I return to Aklavik, I find that I smoke too much.

My last comment: I don't like to smoke around kids. I know it is very bad for health, especially for young kids.



Nellie Arey

Born on November 1, 1942 in Aklavik

I started smoking at 18 years of age, and smoked Export A. I smoked about a pack a day. I would get sore lungs (pains) from smoking.

Some people would smoke more than a pack a day. Everyone smoked... Most of the ladies smoked pipes, and used chewing tobacco. They would mostly smoke in the evenings.

Tobacco was first introduced here by the white people: traders, missionaries. It was always around for a long time.

To get tobacco, we used to travel from our whaling camps at the coast to Aklavik. We used to use dog teams in the winter, and boats in the summer months.

Tobacco was really important to us back then. Yes, we couldn't go without it. Once you started, you couldn't go without it. Just like craving for something sweet.

When there was no tobacco, people would just try to keep busy. But people never really ran out – there was always a supply. Smokes were only about 55 cents then, now they are \$15 a pack. If there was no tobacco, people would look for butts.

People didn't know how dangerous it was in those days.

Back then, we never really saw kids smoking. Not in my family, there were no young people that smoked. But today, you see a lot of kids smoking, and too much.

I smoked up until the 70s. My chest used to always get sore, and my breathing was not normal. It didn't take me long to quit smoking then.

Smoking is harmful to you, and you don't know it. Quit smoking and you would be more healthy.



Persis Dick

Born on February 9, 1937 in Aklavik

I started smoking at 17, off and on. I smoke about 6–8 smokes a day. I smoke more at nights.

My parents smoked back then.

Tobacco came in with the boats and barges. I remember back then in about 1951 a pack cost 45 cents, and for \$5 to \$6 you could buy a tin of tobacco.

When there was no tobacco, you would try to keep yourself busy.

Tobacco was important to make you look cool.

People didn't know how dangerous it was back then. There were no indications about dangers on the labels. Why didn't they do that long ago? Maybe there would have been less people smoking...

Children used to hide to smoke. They wanted to try it for themselves. But if they didn't hide, they would get a spanking!

I wish to quit. I tried a couple of years ago. I tried with the patch for about a month, but then I started smoking again a few days after using the patch. It's hard to quit. I tried and I'm still smoking.

I really can't give advice to others! I can't quit smoking myself!



Jane Tyrell

Born on August 5, 1931 in Aklavik

I started smoking lightly in about 1953, at about 22 years old. Everybody else was smoking, too. I wasn't a heavy smoker.

Tobacco was available right here in town at the stores. There was tobacco, cigars, and pipes. Supplies were brought in every spring. I don't remember ever running out of tobacco.

We never how dangerous smoking was back then. We only really learned that a few years ago.

Some children used to smoke right out in the open.

I never smoked that often. I stopped smoking. I just wonder why people still smoke today: it costs so much.



Ida Inglangasuk

Born on March 17, 1933 in Alaska

I started smoking at age 18. In my early twenties I became a regular smoker. You learn; you just watch other people smoke.

There were no cigarettes back then. My dad smoked a pipe with square blocked tobacco.

Tobacco was sold in the stores. You could get it right here in town.

Smoking was really important to me to relieve my stress. I worried too much and couldn't think right.

Children used to go for a walk and smoke. But then when they came home, the parents would smell it!

I have tried to quit a lot of times. I used patches until my heart rate beats fast. I have only quit smoking for 2–3 days at a time. I wouldn't mind going to a non-smoking place where people would help each other to quit or cut down. I sure need help to quit. I'm a heavy smoker. I need support.



Renie Stewart

Born on October 16, 1928 in Fort McPherson

I started smoking at 20 years old. I just wanted to be a copy cat and see what I would get out of it. It wasn't cool back then. But then I quit and I still don't smoke now. I couldn't really afford it back then.

I don't remember about who in my family used to smoke back then...

Tobacco was sold in the Hudson Bay store.

Children used to hide to smoke, or their parents would catch them. It was a secret. They wanted to try smoking for themselves. Their parents would just tell them not to smoke. But sometimes kids wouldn't have tobacco, so they would get dried leaves and roll it up fine and smoke it.

I quit because I didn't feel like it, and I didn't afford it. I never smoked that often. I wish my boys were here to learn about tobacco. We need to bring more education and awareness to help people quit smoking. We should go to the school and show them the movie about tobacco.



John Storr

Born on November 24, 1946 in Aklavik

My parents used to smoke when I was young. Everybody used to smoke in those days. People smoked a lot then. They craved for it.

Women used pipes back then. They would also use chewing tobacco or snort snuff.

Traders, missionaries and whalers brought tobacco here. On special occasions, people would come in from bush camps and stack up on food and tobacco from the trading posts.

If they couldn't get tobacco, people would try to smoke tea leaves, plants – anything they could get! People would walk in circles.

I remember when it cost 37 cents for a pack of cigarettes at Hudson Bay in about 1957.

There were no warnings printed on any tobacco products back then. A heavy smoker could have emphysema and not know it was from smoking. There was no TV, no entertainment back then. People thought smoking was just a harmless habit. No-one spoke to them in schools about smoking. In Yellowknife at Sir John Franklin School the students aged 16 and over had a common room to smoke in, but not in the hallways.

A lot of children smoked back then. Some families would let them smoke. They could just help themselves; the parents gave them cigarettes. Or children could buy smokes because there was no age restriction back then. That was in the late 1970s they put an age restriction.

Our ancestors just kept busy. They had a lot of chores to do. They had no need for smoking back then!

I smoked now and then. I remember I started to choke when I first started. I didn't enjoy it. I quit 20 years ago. I didn't miss it. It wasn't that hard for me to quit.

For people who want to quit smoking, I think they should read up on the dangers of smoking. And watch a documentary about it. Look at pictures of a non-smoker's and smoker's lungs. Also, do sports. You will be no good if you can't keep up with everyone!



Hugh Papik

Born on September 8, 1949 in Aklavik

Everyone in my family smoked: my parents, sisters, brothers, grandparents. They smoked heavy. Long ago, there was a lot of drinking, so smoking often came with it.

They got tobacco from the local stores. The only time we had to stock up on tobacco was when we went to the bush. If we ran out, people would get nervous, and tense. They would argue; their temper would get very short.

I remember in about 1961–62, the price for a tin was about \$8.

My first experience with tobacco was when a guy offered me a smoke in Inuvik under the utilidor. That is my first memory. I became a regular smoker at the age of 12.

I did not know anything back then about the harm to one's health. No-one knew anything.

Young people would often sneak, and younger kids often chewed snuff. When I first started smoking, we used to sneak smokes before going back to the hostel, and we used to wash our hands and face so the supervisor won't catch us. But we didn't know that the smoke stays in your clothes. That is how we got caught. So you can't sneak to smoke; you will always get caught!

I quit smoking at the age of 55 years. I quit just cold turkey on my own. Nobody told me to quit; I just quit. Tobacco now costs too much.

My opinion today is that a smoke is a cancer stick. That's all.

We could reduce tobacco use by getting rid of the whole tobacco industry.

If you want to quit, just try and quit on your own. Don't do it for anyone else; just do it for yourself.



Donald Aviugana

Born on December 19, 1934 in Aklavik

All I can remember is that everyone smoked around me when I was growing up. Tobacco was always there. My dad was a heavy smoker; my mother didn't smoke that much. My brothers and sisters smoked too, when they got a little older.

Tobacco was just there in the stores. It was there to purchase at the Hudson Bay Company, Peffer's Store, and other little stores around.

When we traveled, we'd have to come back to town to get supplies of tobacco for my dad.

When there was no tobacco, people had very bad cravings. They would get miserable and grumpy.

Tobacco was really cheap them days. That's when a dollar was a real dollar.

I sort of knew that tobacco was dangerous for your health as I grew up. I always encourage my friends not to smoke. People would lose their weight, due to loss of appetite.

Young people would sneak to smoke; oh yeah! I started sneaking when I was 11 years old. I was about 16 when I became a regular smoker.

I still smoke. The only time I quit smoking was when I was sent on a medivac. That is when I tried to quit smoking.

I still smoke, but I don't know about others. You have to have a strong willpower to quit.

I would like to really encourage the youth to not smoke. Try not to smoke around the kids, especially while they are still growing up.

To reduce tobacco use, continue this kind of work to produce material for the community.

I myself am a smoker. So it is hard to say something to others. All I can say is people should try and not start, especially the young ones.

Appendix 1: Background about this project

Pauktuutit Inuit Women of Canada received funding from Health Canada to undertake pilot projects in community-based research into the problems of tobacco in Puvirnituq (Nunavik) and Aklavik (NWT). Local Facilitators for each community were selected and trained: Leah Angiyou and Mary Iqiquq Tukalak in Puvirnituq, and Jerome Gordon in Aklavik. The Local Facilitators then selected youth to be trained as participatory researchers: Malaiya Tukalak, Maggie Aupalu, Sarah Uitangak and Patsy Tulugak in Puvirnituq and Dorothy Ross, Delores Ross and Savannah Greenland in Aklavik.



Puvirnituq participatory research group (above):

Leah Angiyou, Mary Iqiquq Tukalak, Sarah Uitangak, Patsy Tulugak, Malaiya Tukalak, Maggie Aupalu.



Aklavik participatory researchers in a group discussion with elders.

Savannah Greenland, Delores Ross, Jerome Gordon, Dorothy Ross. The Elders (facing away) are Renie Stewart, Ida Inglangasuk, Persis Dick and Jane Tyrrell.



At the end of their training session, the Puvirnituq group hosted an evening open to all in the community to explain the purpose of their project and some of the issues they had been discussing.

Following a week-long training in each community, the teams informed community members about the project via local radio and in a community meeting. The youth then interviewed local Elders about their memories of how tobacco was introduced to the North, and how their parents and grandparents had used tobacco in the old days. (See Appendix 2 for interview form.) It is these interviews that we share in this book. A companion poster is also being produced. The book and poster are intended to be resources for the participatory research groups to use in the projects that they undertake in their communities. We hope that they will also spark the imagination and interest of people in other regions to reflect critically on how tobacco was first introduced, and the impact it is having on Inuit to this day. We hope that people will then be motivated to take action, together with other community members, to bring positive change. Eventually, we can take back the control that tobacco has taken from us!



The Aklavik group hosted a lunch and discussion session for Elders, students and others in the community to introduce their project and discuss some of the problems of tobacco.

Appendix 2: Interview Form

Elders' Experiences with Tobacco

This is the interview schedule the youth in Puvirnituq brainstormed and agreed on. Feel free to use anything you like. Add or subtract questions to suit your purposes.

- 1. What is your full name?
- 2. Where were you born, and when?
- 3. What is your first memory of tobacco/smoking?
- **4. What is your family history with tobacco?** (e.g. did your parents/aunts and uncles etc. smoke? If so, did the women in your family smoke as much as the men, or not? Did they used to smoke cigarettes or pipes, or use tobacco in other forms probe for details.)
- **5. How did tobacco first get introduced in this region?** (Probe: who brought it; what form; what brand names, etc.)
- **6.** When did you first see a cigarette? (Probe: who was smoking it, etc?)
- 7. **Did you used to have to travel far to get tobacco?** (Probe for details.)
- **8. Was tobacco important to you/people back then?** (If so, why? What was so special about tobacco?)
- 9. How did you/people react when there was no tobacco? What else did you/people try to smoke?
- 10. What did tobacco cost back then?
- 11. Did you know that tobacco was dangerous for health? Did your parents/grandparents know or suspect this?
- 12. What sicknesses did you/people think were caused by tobacco?
- **13. Did young people smoke long ago?** (If so, did they used to smoke in secret, hiding from parents? Probe for examples.)
- 14. How did our ancestors cope without tobacco? Do you have any memories from when you were young of what your elders told you about the days when people did not have tobacco? How did they relieve stress and boredom?
- **15. Did you ever smoke? Do you still smoke?** (Probe: What age did you start? How many cigarettes per day? For how long did you smoke?)
- 16. If you have quit smoking or tried to quit, how, why, when?
- 17. What is your opinion of tobacco today? Why?
- 18. Do you have any advice for Inuit who want to guit smoking?
- 19. How can we reduce tobacco use today?
- 20. Do you have any other information, stories or memories about tobacco that you'd like to add?

Appendix 3: Suggested activities for community education and action

This appendix is intended for health or community workers, or teachers, adult educators or literacy trainers, etc. In it, we offer some suggestions for how you could use this book to stimulate thinking, as a discussion starter with your clients/students, and even as an inspiration for community action: people working together to tackle tobacco addiction in the North.

- Interview elders in your community (or assist youth to do so) to see if their experiences are similar to or different from those reported here. See Appendix 2 for the interview schedule used in this project; adapt it!
- Go on local radio and read individual stories from Part 2 of this book. Invite elders to phone in with their own memories. Invite younger listeners to call in with their comments about what they hear.
- Do role plays with children or youth to dramatise situations that these Elders describe.
- Show some of the illustrations in Part 1 to a group of community members, and for each
 one, ask them: "What do you see in this drawing?" Then take turns with each person
 reading one of the Elders' comments from that section, and debrief with the group. (Ask:
 Do you agree with these statements? Is your experience/understanding/opinion similar or
 different? [Explain.])
- Ask people to do an informal survey among their relatives who smoke: "How old were you when you first tried tobacco or started sneaking? When you started smoking regularly?"
- Share stories about how we started smoking: what age were we; who gave us our first puff/butt/cigarette, etc? How did our parents react when they found out? etc. Ask: What can we as community members do to better protect young children from tobacco?
- Make posters (or invite youth or others to do so) about some of the themes in this book, to raise awareness about how tobacco has affected our communities.
- Get prices of cigarettes in your community, and help each smoker to complete this exercise:
 A pack of cigarettes costs \$_____. I smoke about _____ packs per month. There are 12 months
 in a year, so every year I smoke I will burn (cost of one pack multiplied by number of packs per
 month multiplied by 12 months = \$____.
- Brainstorm: What could I have done with all the money I have already spent on tobacco? What could I do with all the money I could save if I quit NOW?
- Share quitting stories.

- Share stories about relapse. (Encourage those who have relapsed to keep trying!)
- Ask community members of all ages with a good quitting story to go on local radio to inspire others to quit.
- Organise a smoke-free fun event (dance, movie night, sleepover, camping trip, etc.) to encourage people who are trying to quit.
- Encourage youth to use some of the websites in the list of resources at the back of this book to do their own research about tobacco.
- Contact your regional health board or Health Department to borrow resources (e.g. videos, models) to use in community education sessions.
- If you have a trained smoking counsellor in your community, ask her/him to offer individual and/or group counselling to people who want to quit smoking.

| Add | your own | ideas h | ere: | | | | |
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Resources

Books

- Hammond, Merryl. 2002. **Helping Smokers Heal: A Guide for Counsellors**. Nunavik Regional Board of Health and Social Services, Kuujjuaq. 1*
- Hammond, Merryl. 2003. **Helping Your Patients Heal from Smoking: A Guide for Health Professionals**.

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- Hammond, Merryl. 2005. **Healing from Smoking**. Consultancy for Alternative Education with Nunavik Regional Board of Health and Social Services, Kuujjuaq.³ (This version is available in Inuktitut (Nunavik dialect) and English or Inuktituut and French versions. Also available from Pauktuutit Inuit Women of Canada in Siglit, Nunavut and Labrador dialects.)
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- Kelly, Murray & Smith, Kendra. 1995. **New Tools for Survival: Recovery Manual for Smokers**. Our Glass Publications, Ottawa.
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- National Indian & Inuit Community Health Representatives Organization. 2005. **Taking the Lead for Change: Tobacco Cessation Strategies for Aboriginal Communities Training Manual**. Kahnawake.
- National Indian & Inuit Community Health Representatives Organization. 2005. **Taking the Lead for Change:**Empowering Aboriginal communities to control tobacco. Kahnawake.⁵
- Pauktuutit Inuit Women's Association. 1997. Aniqsaattiarniq-Breathing Easy School Kit. Ottawa.
- Pauktuutit Inuit Women's Association. 1997. Anigsaattiarnig–Breathing Easy Community Resource Kit. Ottawa.
- Pauktuutit Inuit Women's Association. 2000. **Aniqsaattiarniq–Breathing Easy Tobacco Recovery Resource**Materials. Ottawa.
- Stringam, Jean. 1996. **Tobacco: addiction and recovery a spiritual journey**. Nechi Institute, Edmonton.

^{1, 2, 3, 4, 5 *}All these books are available from Consultancy for Alternative Education (CAE) at 514-457-4347 or info.cae@mac.com

Websites

For sites that have search engines, type "smoking" and "tobacco" and other key words you are interested in (e.g. "children and tobacco" or "Aboriginal smoking" etc.)

Pauktuutit Inuit Women of Canada: www.pauktuutit.ca

Pauktuutit is the national non-profit association representing all Inuit women in Canada. Its mandate is to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to social, cultural and economic development. The website lists other publications available on tobacco, as well as FASD, abuse, HIV/AIDS, women's health and childcare. info@pauktuutit.ca

Information Centre on Aboriginal Health: www.icah.ca

Go to "Topics", click on "Search" and type "Tobacco".

National Aboriginal Health Organisation: www.naho.ca

Search for "Tobacco".

Assembly of First Nations: www.afn.ca

The national organisation representing First Nations citizens in Canada. Search for "Tobacco".

Inuit Tapiriit Kanatami: www.itk.ca

The national organisation representing Inuit in Canada. Search for "Tobacco".

Aboriginal Youth Network: www.ayn.ca/health/en/addictions/addiction_smoking.asp

Quick facts, links to other topics of interest to youth, link to "A Tribe called Quit" site (an on-line sharing circle), etc.

British Columbia Ministry of Health: www.tobaccofacts.org

Excellent youth-friendly site with games, second-hand smoke, quitting tips, "cool links", resources, and see especially: "Tobacco Industry's Poster Child". The site has a special section (www.tobaccofacts.org/tob_control/strategy.html) about B.C.'s Aboriginal Tobacco Strategy, which in turn has links to the strategy, their "Honour Your Health Challenge" and an Aboriginal Tobacco Resource List.

Government of Ontario: www.stupid.ca

Interactive, in-your-face, "cool site" targeting youth in Ontario. Sections re tobacco advertising, chemicals, take action, etc.

National Center for Chronic Disease Prevention and Health Promotion (in Centre for Disease Control):

www.cdc.gov/tobacco/tips4youth.htm Quizzes, quick facts, celebrities against tobacco, second-hand smoke, etc.

Campaign for Tobacco Free Kids: www.tobaccofreekids.org

National Kick Butts Day, candy-flavoured cigarettes, tobacco ad gallery, get help to quit.

Teen Health Organization: www.kidshealth.org/teen

Search engine, quick facts, quitting tips, etc.

Center for Young Women's Health: www.youngwomenshealth.org

Factual info re effects of smoking and quitting tips.

Mobilize Against Tobacco for Children's Health (MATCH): www.matchcoalition.com

US-based group lobbies for legislation, organises youth rallies, info re quitting, etc.

Quebec Council on Tobacco and Health: www.cqts.qc.ca

Most of the site is only in French, but there is an English section about the innovative new project called "Oxygen Commando" which involves youth in doing dramatic and emotional "street theatre" skits to highlight to impact of second-hand smoke and tobacco use. This strategy is proving very popular with youth in Quebec.

For teachers and health professionals doing research:

Health Canada: www.hc-sc.gc.ca

Search for Smoking/Tobacco; sections re health effects, second-hand smoke, quitting, the tobacco industry, etc.

Health Canada, First Nations and Inuit Health Branch:

www.hc-sc.gc.ca/fnih-spni/pubs/tobac-tabac/2002 pra comm/index e.html

There are sections re Building Partnerships, How to Decrease Tobacco Use, and Working with Communities. In this last section, there is a useful 21-page report titled "Building Best Practices with Community" that should be of interest to many health workers in Aboriginal communities. Also has links to other relevant sites.

Government of Canada: Aboriginal Canada Portal: www.aboriginalcanada.gc.ca

Has information (under Health and Social Services section) re addictions, mental health, etc.

National Clearing House on Tobacco and Health: www.ncth.ca

Cessation, prevention, tobacco industry, legislation, environmental tobacco smoke, resources, etc.

Canadian Paediatric Society: www.cps.ca

Has separate sections for parents and professionals, both with a search engine that accesses many tobacco-related articles.

US Lung Association: www.lungusa.org/school/not teens.html

You can do a search by disease or topic.

Action on Smoking and Health (ASH): www.ash.org/kids.html

Search engine and summaries of hundreds of articles related to children and tobacco.

The National Women's Health Information Centre: www.4woman.gov/quitsmoking/

Fast facts, news reports, 2001 Surgeon General's Report on Women and Smoking, etc.

Cancer Care Ontario: www.cancercare.on.ca/index AboriginalCancerStrategy.htm

Physicians for a Smoke-free Canada: www.smoke-free.ca/Health/pscissues health.htm

Videos/DVDs

Healing from Smoking. 24 mins. Pauktuutit Inuit Women of Canada/Nunavik Regional Board of Health and Social Services. Filmed in Kuujjuaq in Inuktitut (Nunavik dialect) and dubbed into English, this video follows the book of the same title and shows a step-by-step approach to tobacco recovery for individual smokers. Available from Consultancy for Alternative Education, 514-457-4347 (tel.), 514-457-4840 (fax), or email info.cae@mac.com.

Smoking Sucks: Kick Butt! 24 mins. Consultancy for Alternative Education with Nunavik Regional Board of Health and Social Services. Filmed in Kuujjuaq in Inuktitut (Nunavik dialect) and dubbed into English, this video follows the book of the same title and shows a step-by-step approach to tobacco recovery for youth smokers. Available from Consultancy for Alternative Education, 514-457-4347 (tel.), 514-457-4840 (fax), or email info.cae@mac.com.

One Breath At A Time. 28 mins. Gryphon Productions Ltd., PO Box 93009, West Vancouver, BC V7W 3CO

(Tel: 604-921-7627.) Features Aboriginal communities in BC taking action and working together to tackle tobacco addiction. Many excellent ideas for community work. Produced for the BC

Aboriginal Tobacco Working Group in association with the Penticton Indian Band.

- **Circle of Smoke**. 17 mins. Available from Laichwiltach Family Life Society, 441–4th Avenue, Campbell River, B.C. V9W 3W7, 250-286-3430. A First Nations teenager is tempted to smoke several times throughout the day. She manages to avoid giving in to peer pressure by thinking about the sacred nature of tobacco in her culture, her ancestors, Elders, and various positive role models in her life.
- **Second-hand Smoke** (Revised). 20 mins. Available from Canadian Learning Company, 1-888-600-4055. Uses dramatic and humourous scenes, skits and images to explain how and why second-hand smoke affects non-smokers, including unborn babies, children, asthmatics, family members, colleagues in the workplace, etc.
- **Smoking: The Toxic Truth**. 26 mins. Available from Canadian Learning Company, 1-888-600-4055. Hard-hitting, powerful images, enjoyed by youth. Filmed in America.
- **Smoking: Truth or Dare?** The Teen Files series. 29 mins. Available from Canadian Learning Company, 1-888-600-4055. American TV show. Excellent, very powerful, effective for youth, adults and elders. Features many youth. A must-see.
- **The Mushuau Innu: Surviving Canada A Documentary**. 47 mins. Bestboy Productions, 74 O'Leary Avenue, St. John's, Newfoundland A1B 2C7. (Tel: 709-722-0140.) Very powerful documentary about the Innu Nation which made world-headlines when the community was moved from Davis Inlet in Labrador. Painful to watch, but essential viewing to understand why addictions are so common and so hard to tackle in Aboriginal communities.

Posters, Models, Visual Aids, Videos, Displays, T-shirts, etc.

See Directional Learning Canada catalogue, available from 519-846-5397 or e-mail dirlearn@albedo.net.

See Spectrum Nasco's "Hands on Health" catalogue, from 800-668-0600 or www.spectrumed.com.

Of special interest is the BioQuest inflatable smoker's lungs kit.

There are also many websites that sell anti-tobacco products, e.g. www.buttout.com. Just do a search for "anti-tobacco products".

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Themes that emerged from interviews with Elders

 Our ancestors never smoked... י>רארארבי...





 When colonization came in, tobacco came in... いっというがして、 つくらいというできる。





They used to travel far to get tobacco

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People got really addicted
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 People got desperate when tobacco ran out Δ Δ Δ ' d L L ' - J ' (L) ') ' J (P) 4 ' L '



13. Smoking burns our money! ว<ir>วเรื่องราง







