

John Maressa

MAQIUQ
THE ESKIMO SWEAT BATH

1986

Published by Klaus Renner
Hohenschäftlarn

CONTENTS

PAGE

Acknowledgements

i-vi

I	Introduction	3
	1. Consideration of the time period	6
	2. The spread of the sweat bath in the new world and the literature used	7
	3. The meaning of "Maqiuq"	19
	4. Footnotes	29
II	The Physiological and Psychological Aspects of Cold Climate Adaptation	31
	1. The biological and cultural adaptations necessary for an Arctic environment	31
	2. The climatic factors of the Alaskan Eskimo	32
	3. Metabolic adjustment to a high protein diet	35
	4. The biological problem of heating in the Arctic	37
	5. Human heating classification	39
	6. Body temperatures	39
	7. Body heat production	39
	8. Regulation of body temperature	41
	9. The process of sweating	43
	10. Sweating in the Arctic	47
	11. Body Structure	52
	12. Heat production and its relation to the sweat bath	54
	13. Environmental conditions during ceremonial periods	60
	14. Other modifications necessary for adaptation in a cold climate	62
	15. The structure of the nose	63
	16. Body hair	64

CONTENTSPAGE

17. Physiological and psychological effects of sweat bathing	64
18. Positive effects of extreme heat and sweating	66
19. Psychological effects of the sweat bath	68
20. Negative ions	69
21. Summary of the physiological and psychological aspects of cold climate adaptation	71
22. Footnotes	73
 III Definition and Description of a Sweat Bath	 77
1. Introduction	77
2. Problems to be dealt with	78
3. Classifications of bathing	80
4. The sweat bath	82
5. The conjunctive, or environmentally-produced sweat bath	87
6. The dry-heat sweat bath	88
7. Indirect-heating system	89
8. Discussion of the dry-heat sweat bath	91
9. The problems encountered in a dry-heat sweat bath and the paraphernalia used	92
10. Hot-rock method	99
11. The vapor bath	104
12. Continuous-burning, or oven-heated vapor bath	106
13. Footnotes	109
 IV Eskimo Architecture and the Sweat Bath	 111
1. The kashim as a ceremonial structure for dance festivals and the dry-heat sweat bath	112

CONTENTS

PAGE

2. The social significance of the kashim	114
3. Archaeological distribution and evidence of the dry-heat sweat bath	116
4. Archaeological dating in Alaska	118
5. Specific aspects of the Eskimo kashim	122
6. Ceremonial houses on Kodiak Island and Southwest Alaska	137
7. The dome-shaped sweat house	152
8. Communal vapor bath house	155
9. Other structures used as a bath house	157
10. The bath room	164
11. Summary	170
12. Footnotes	171

V The Social and Ceremonial Function of the Sweat Bath	176
1. Introduction	176
2. The economic aspect	177
3. Alaskan ceremonials	178
4. The great hunting feasts - the Bladder Festival	182
5. The significance of urine in the Bladder Feast	200
6. Animal bladders and human urine	203
7. Urine and the sweat bath	208
8. An analysis of the symbol	214
9. Testing the hypothesis	217
10. The First Catch Feast	224
11. Summary of the symbolism of the Bladder Feast	230
12. Footnotes	233

<u>CONTENTS</u>	<u>PAGE</u>
VI Memorial Celebrations	237
1. The sweat bath and the Great Feast for the Dead	243
2. The Woman with the Five Husbands and the Feast for the Dead	249
3. The Tanaina Indians of Cook Inlet	257
4. The sweat bath at the Big Potlatch Kachemak Bay and Tyonek	259
5. The sweat bath as a symbol of wealth	264
6. The sweat bath at the Big Potlatch (Kenai)	266
6a. The Woman and the Ducks	268
7. The origin of the "hot dance" and the Great Feast for the Dead	276
8. Summary	282
9. Footnotes	283
VII The Messenger Feast	286
1. Footnotes	294
VIII Minor Celebrations and the Social Use of the Sweat Bath	296
1. Birth	298
2. From Childhood to Puberty	302
3. Comparison with northern California	310
4. The sweat bath as an aspect of economic stability	312
5. Marriage ceremonies	317
6. The sweat bath outside the ceremonial sphere	325
7. Footnotes	331
IX Summary and Conclusion	334
X Selected Literature	350