

Family allowances are paid to Eskimos in kind and may only be used for powdered milk, pabulum, clothing, and other items which will directly benefit the children. To a certain extent, use of family allowances is allowed to secure equipment which will enable the parents to provide a steady living for themselves and their families.

### Food Resources

From the little that is known of the life of the Eskimos before the influence of the white man made itself felt, it is apparent that cases of destitution and starvation were by no means rare. Food resources were subject to much the same fluctuations as they are now, and they faced death with a resignation so profound that it still influences the thinking of the modern Eskimo. He apparently cannot see the need of saving anything. When there is plenty of food he is inclined to eat it all at once. Saving for a day of scarcity is a concept quite outside the experience of most of them. The constant dread of death by starvation, which was the common lot of their ancestors, still leaves its imprint on a generation from whom the cause of fear has been removed.

With the exception of the caribou hunters in the interior of Keewatin and Mackenzie Districts, seals have always been the mainstay of the Eskimo economy, supplying food, clothing, fuel, light, shelter, and a considerable part of their equipment. Other animals, birds, white whales, walrus, sometimes narwhal, and fish all play a part, but it is on seals that these people most depend.

Of the non-migratory seals in Arctic waters, the jar or ringed seal is by far the most numerous and most widely distributed. It is found nearly everywhere and its flesh is the most prized by the Eskimos for food.

Walrus and white whales rank next in importance to seals as food resources for the Eskimos. Walrus are fairly well distributed in the Eastern Arctic. They are migratory and appear at certain places regularly, although individuals are found throughout the year anywhere in the Eastern Arctic and very occasionally in the West.

White whales are common throughout the Eastern Arctic during the season of open water. They migrate from the south early in the spring and spread throughout Eastern Arctic waters, returning south again in the late autumn. In the Western Arctic they are numerous during the season of open water and migrate eastward as far as Cape Bathurst.

The inland Eskimos west of Hudson's Bay, and these small groups south of Coronation Gulf, depend almost entirely on caribou which is their source of food, fuel, and clothing.

Apart from marine life and the caribou, the food resources of the Arctic are limited. Polar bears and Arctic hares are found occasionally in some regions but they do not contribute greatly. Small herds of muskox are found at various places in the Arctic, but they are fully protected under the game laws and few, if any, are killed by Eskimos. Migratory birds, and their eggs, and ptarmigans are also used during the seasons when they are available, but they are not major food items.