

Ha'wahlxwshl Gitxsan

1. Don't allow a young child to stand by the coffin or over a deceased person because the spirit of the deceased person can take over their body.

Needii sgidim hetxwhl hl'ki'n sto'ix hlbiiist dim balgii atiks ootsxan ii dim gooth tk'am'u'n.

2. Don't put any garbage in a sacred fire (ie. The fire that heats the sweat lodge rocks) or that garbage will come back to you.

Needii sgidim mihlt'n ligii agwi gohl sim lakw dim balgii alix li gii agwi lun.

3. Don't let a young girl who is just starting her cycle touch anything such as fish, meat or medicine.

Needii sgidim dusihl hlguulxw'm hanak hon, smax, haldowks wil siipxw'm hloxst.

4. Don't share your towels when you have your cycle.

Needii sgidim basgant hagingasxw wil siipxwn hloxst.

5. Don't lay on your dad's bed when you have your cycle.

Needii sgidim wogan gohl yaxyak's nigwood'n wil siipxwm hloxs'n.

6. Don't look into a mirror when anyone dies.

Sgidim dup skahaphahl ankuu'aagaltxw ji nii lo'oh 'nu'ut. Dim balgii gya'anhl ts'aahl luu lak loot.

7. Don't let children chew gum outside late at night or the ghosts will grab it out of their mouths and the mouth will stay permanently deformed.

Needim dii uuhl yeehl ligi tk'ihlxw ahl axxw ii dim uuhl xsgan yukw ja 'nii hlo'ohl 'nu'ut. Dim tak'whl aak't.

8. Don't make fun or fish or animals or bad luck will come to you.

Needii sgidim anhalagyax'n ahl hun ii ligii yajasxw dim la satxw nisim.

9. Don't kill wild animals for fun; You must eat whatever you kill.

Needii sgidim jakw yajasxw ja needim dii hox't. Sgidim guuphl gwi jakw sim.

10. Don't make fun of fish or bears or you might meet up with them and they will take you.

Hawitsa halagyaxin ahl hon ji ligii yajasxw, dim balgii daltxwin nidiit ii dim guutdiit niin.

11. Don't let men eat bears feet or they will run as slow as a bear.

Hawitsa ginhl gyat ahl sise'e'hl smax, dim gal apxin dim bax't.

12. If parents want their children to be fast runners they tie a squirrel around their waist.

Ji hasaks ansgyats't dim hlaxoohlxhl t'ihlxwdiit ii dim dakhldiit ts'inhlik gotsunhl silkwdiit.

13. When a young girl begins her cycle they put a rock in her mouth so she won't talk too much.

Tsilim makdiit lo'op gohl tsimakhl sii hanak wil needii hasakdiit dim gal wii 'tis dim algyax't.

14. A young girl uses a straw to drink water when she has her cycle so she won't eat too much.

Hoyihl sii hanak straw dim akst ii neemdim gal wii 'tis dim guubit.

15. You put a rock in a male's mouth so they won't fall.

Luu makdiit lo'op gohl tsim makhl gyat ii neem dim dagwantxw't.

16. A young child shouldn't look into another child's eyes or they might think that it is time to go back.

*Needii sgidim luu gya'ahl t'ihlcw hla tsa'ahl ki'yhl t'ihlcw, d
im balgii haniigoo't diit ji sgidim guus yaltcwdiit dowil sibakcwdiit.*

17. A baby should not cry at night or the owl will hear it and thinking it is a rabbit, they will take it.

*Needii sgidim watcwhl sii t'ihlcw ahl axcw uubja haniigoots
guutgwinnuuxs ja gax't ii dim guudit nit.*

18. Don't speak harshly to babies or small children or they will go back.

*Needii sgidim dalhl algyax dim hoyin ahl guba t'ihlcw...ja win, dim
guus dowihldiit dowil sawitcwdiit.*

19. Don't let a young child cry at night when there is a coffin around in the village or back luck will happen because the spirit cannot rest.

*Hawitsa anookhl guba t'ihlcw dim watcw't ahl axcw yuk skihl xbiist
wil neem dim da'awkwahl hla'ootsin't dim sgwa'atcw't.*

20. Young girls don't look at mountain tops or else their hair will turn white early.

*Needii sgidim gya'ahl gay masim hanak hla maaxsxwhl sganist dim
tee'elt dim masaxw't.*

21. Young men shouldn't wear torn or tattered clothing or else they will be poor when they grow up.

*Needii sgidim hoxhl gay masim gyat haxhoyasxw ja bissit wil neem
dim amma wilt ja wii gyatst.*

22. Pregnant women shouldn't stand in a doorway because it will mix up the baby and she will have a difficult pregnancy.

*Needii sgidim hetxwhl hanak yuk dim hlguuhlxcw't go'ohl spayt
aatsip wil yuk dim luu bayt heehl galho'ohl sii t'ihlcw ii nakcxw dim
haaxcw't.*

23. Don't allow young adults to pick up rats by the tail or their children will grow up to be thieves.

*Needii sgidim haldim guuhl gay masit gaak ahl kuuk't dim balgii
libcws nidiit hla dii wii gyats't diit.*

24. Don't make fun of others less fortunate than you because it will come back to you through your children.

*Needii sgidim halagyaxan ahl ligit nah dim guus witcxw gwihl heen
ahl t'ihlcwin.*

25. The harm that you put on an animal will come back to you.

Ji dim haxwin ahl yejascxw mii dim guus witxhl win lun.

26. Whatever you are afraid of will happen to you.

Ligii gwihl bitsawin ii nit dim guus witcxw't lun

27. Don't do anything while your husband is out hunting or they might get hurt.

*Hawitsa jabin ligii agwi yuklhl silinasxwhl naksin dim balgii
sgeeksxw nit.*

28. Don't make fun of plant medicine while you are harvesting or your medicine will not work or it will work in negative ways.

*Needii sgidim anhalagaxim ahl gwihl hoxdiit ahl haldawaks wil
neem dim amhl haldowks hlis hlisindiit.*

29. Don't send children out at night to get anything because they might fall in a hole and disappear.

Hawitsim hetshl t'ihlxw dim guuhl ligii agwi yukhl skeexw dim balgii luu dagwantxw't gohl ts'im nano'o .

30. A wife is supposed to stay at home while their husband is out hunting or he might have an accident and get hurt or killed.

Sgidim xhla taahl hanak' yukw ji git guuwasxwhl naks't ii needim dii sgeeksxw't, ii needim dii nu'uw't.

31. Don't lay around when you are pregnant or your child will have a big head and will be difficult to deliver.

Neem di ganla uuhl hasba gyoo'hl hanak'hl bisxwit ubja gal wila'yihl t'im geshl glguuhlxw't dim ii haakw't.

32. Pregnant women aren't allowed to eat berries or their babies will be all bruised.

Needii sgidim't guphl hanak'hl bisxwit ligii maa'y, dim mukwhl ts'a'ahl hlguuhlxw't.

33. Young women don't eat wild meat because it can make you barren.

Needii sgidim't guuphl gi'ymasin hanak'hl sxwi sasmas, needim diit da'akhlxw dim hlgit.

34. Pregnant women don't eat crab or their baby will be born with crab feet.

Needii sgidim't guuphl hanak'hl bisxwit ligii kal'moos, dim skadaxdoxhl sise'e hlguuhlxw't.

35. Pregnant women aren't allowed to carry a gun or else something might happen to their baby.

Needi hanokxw dimt uuhl yukwihl ubin't ligii k'abaluu, dim balgii 'nda dim wihl hlguuhlxw't.

36. Don't let a child pretend to catch the sun's rays or they will be a thief.

Ts'iit uuhl histokahl ligii tk'ihlxw hla sise'ehl hloxs, dim guu lixws nit.

37. Don't allow children to look into each other's face because they might make plans to go away or something might happen to them both.

Needii sgidim nadilduulpxwhl sii tk'ihlxw, dim na seelix nidiit.

38. Don't sit a baby on the table or they will beg with their eyes.

Needii sgidim 'niidit'aatxwhl sii tk'ihlxw lax han'niitxookxw, dim ganla uuhl mit't.

39. Don't let children look out the windows at night because they will see ghosts.

Needim dii xsigyalasxwhl tk'ihlxw ha'niigoy'pax ahl axxw, dim balgii gya'a t luulak'.

40. You can paint children's noses black so that the spirits won't take them.

Hla gok gim dixsakxwhlxw tk'ihlxw ahl axxwm dim maantxwhl ts'ak t ahl t'uuts'.

41. Don't let children look into the fire or play with fire or they will have nightmares and might not wake up.

Hawitsim hanookhldim an ma'os tk'ihlxw mihla lakw, dim xbaaluulak nit.

42. Pregnant women are not allowed to go near a deceased person or coffin because the spirit of the deceased may jump into the fetus.

Needii sgidim dim t luugya'ahl nahl bisxwit ts'a'ahl luulak dim luu dawihlihl hla oots'in hawen di sgyadit.

43. Don't make noise when there is a dead body in the village or the spirit will not rest and will come and take you.

Needii sgidim uuhl sa'amgogitxwhl gyat ja nii hlo'o dix, dim gedinshl n'u'u' t , dim iit guuhl ligii k'aphl gyat.

44. Don't forget to give thanks to the creator and animal for providing food for you by saying a prayer or leaving a gift.

Dim ganl guxws yaldinhl t'oyaxs as Miin ts'im lax ha ganhl yajasxw' dim ii gintxw diit 'nda wil da'akhlxw.

45. Don't turn your back on the wadimsxw or she will rip out your heart from the back.

Needii sgidim xsgagy'o'oxs'nhl wadimsx... ja win dim sidamgit good'n ii dim nu'un.

46. Don't make fun of animals or it will bring you bad luck.

Hawitsa ansgwaatsxw'n ahl yejasxw dim la satxw niin.

47. Don't prepare medicine when you are feeling negative because the bad energy will go into the medicine that you are making.

Needii sgidim jabin haldowks ja luu gwee'yhl good'n wil dim minguuhls haldowks gwihl aatxit ii neem dim amhl haldowksin.

48. Don't make fun of anyone or anything because if you do it will come back to you or your children.

Needii sgidim ansgwaatsxw'n ahl ligitna will dim guus luu yaltxw gwihl hen ii gwihl win as niin ganhl t'ihlxw'n.

49. Don't wish bad to anyone or anything because if you do it will come back to you and your children many times over.

Needii sgidim hatagwim good'n ahl ligitnah dim guus witxw hatakxw ahl niin ganhl t'ihlwin.

50. Don't let women eat bear meat during her child bearing years because if she does her children could have epileptic seizures.

Needii sgidim guuphl hanak smax yuk da'akcw't dim hlguuhlxcw't uubja siipxwhl hlguuhlxcw't.

51. Don't give away the meat where the bullet has gone because people will think that you don't like them.

Hawitsa suu wii ginamhl smax dowil siyuuxhl lo'op uubja angoodihl gyat an guuhl smax ja uumxwin nit.

52. Don't let dogs eat the meat or bones of any kill or you won't get any more food.

Needii sgidim ginamhl ligitnah smax ahl os't ganhl hla sibihl smax ja needii hasagin dim akxwhl wineex .

53. Don't feed the meat or bones of wild meat to dogs or the wild animals might get sick and die.

Needii sgidim ginamhl hla smax ganhl hla siphil smax ahl os'n ja needii hasagan dim siipxwhl yajasxw uubja nu'u diit.

54. Don't travel with just anyone when you are hunting because you don't know what kind of luck they have when you go out hunting.

Sgidim hoygaxim sigya'adin nah dim stilin yuk silinasxw'n wil needii hasagin dim la satxwin.

55. You only go out with certain people to pick up the meat that you have killed and you only go out with the ones that know our laws.

Sax wiiho'osxw't sgidim stilin yuk dim suuhl yajasxw'n.

56. Don't wear jeans when going out hunting because it makes too much noise against the bushes.

Needii sgidim hoyin maaxs yuk silinasxw'n wil gal tseekxw wil geexdiit ahl gan.

57. Don't sell our traditional medicine because it lessens its powers.

*Needii sgidim wootcxw'm haldowks wil neem dim daxgyathl
haldowks ja wilim.*

58. Don't play around with our medicine because it can backfire on you.

*Needii sgidim halbaxhootcxw'm haldowks uubja luu yaltcxwhl
hatakcxw lo'om.*

59. Don't think of anyone when you are lost in the bush, just sit and wait to be found, or else the wolverine will take you and you will never be found.

*Ji sgeemax'n dim giibayan dim waadiit niin neem dii am goohl ligit
na. Dim gwahl nagaets niin ii needii dim gwahl ant gige'en niin.*

60. Don't shoot a bear with cubs or you will die when she dies.

*Neemdii kuuxchl sim smax ganl hli kuuhl't dim nuu niin hla sa
baxhl smax.*

61. Don't shoot a bear unless you know its songs or else you will die.

*Neem di kuuxchl smax way't wilim wilax hli lim't gan neem dii la
satcxw'n.*

62. Women don't go hunting because they feel sorry for the animals and will bring you bad luck.

*Neem di wihl stilhl hanak ji hli silinaxw'n wil dim kee'm goots ahl
yajaxw.*

63. Don't cry too much or too long when a person dies or they will not be able to pass over to the spirit world.

*Hawii ja gal dis ji waatcxw'n gan naakcxw ji hen, neen di giisax diit
goohl wil dim sax diit.*

64. Always share with others and it will come back to you when you need it.

Dim hla wila yeekhl gwihl gwayin dim goos aatix lun.

65. Don't have celebrations when there is a death in your village.

Hawi ji wihl galaak sim ji sgiuhl nuut.

66. Totem poles should face the river when they are raised or things won't work out for you.

Hawi ji goos lidinhl hooxtsan dim la satx niin.

67. People don't work on their own poles because it is bad luck.

Neem dii 't luup japhl hooxtsan wil sii yan'txw.

68. People don't carry their own relatives' casket because if you do then you will follow your grandmother.

Hawahlxw dim luup an'on dihl nuumx't xbiist wil dim skalandiit.

69. Wait for a whole year before you use anything that belonged to a deceased person.

Hlisxw ki'y kuuhl di mi gaasdi hooxhl anooyahl nu'uw't.

70. When your spouse dies, you wear black for a whole year.

Dinx xtuitsxw niin ji nuuhl nax'n.

71. Don't leave dirty diapers lying around in the house.

Haw'm ji wihl dooxhl lip guu wasxw wil sii yan't.

72. When a baby coos they are calling their teeth.

Yukhl uuxhl wints.

73. Clean up your house before you go and play sports so no one will get hurt.

Dim saxinhl tsim wilbin ji hla yukcw dim hli din.

74. Return all the fish guts to the river so that the fish will continue to be plentiful.

Dim ganla guxws lagintxwshl hla kitshl hun tsim aks ii nit tun gan wil dim ganla guxws bakwhl hon mahla ki'yihl k'uuhl.

75. Always burn the hair you cut off or whatever you get on your comb or brush so that the haldowgit won't take it.

Dim mihlxwhl ges sagaskotx'wit ganhl ligii ges nii hiithitdid ahl hapt's'a'y ii needim diit 'wahl haldowgit.

76. Don't cut your toenails and fingernails in the evening. You do it in the morning so haldowgit won't get them.

Hiihluxw dim wil gaskots'xwhl hla hlaks dix, ligii hla halksim se'e dix, ii neet ahl axxw, dim balgii wayihl haldowgit.

77. Pregnant women don't eat any parts of animals or their child will be born like that animal.

Hinda wil bisxwhl ligii hanak', needii sgidimt guuphl ligii hlsmaxhl yagwasxw, dim nitxwihl hlguuhlxw't.

78. Pregnant women don't look at anyone funny looking or doing something funny or their child will be born looking like them or doing what you saw.

Jiit gya'ahl hanak' bisxwit asgit dim nitxwhl hlguuhlxw't gwihl gya'at.

79. A caterpillar tied to your hand will make you very energetic and hardworking.

Dim gwilokhl gyat jiit niits'uihl noosik ahl lax ont.

80. Put hands in grub worms (maggots) to keep your hands warm and to be hardworking.

Jiit luu lidinhl gyat an'ont tsim smaa'win, dim gwilok nit.

81. Tie an otter around a child and they will be able to swim underwater.

Jiit niits'iiphl gyat hla t'ahl 'watsx silxcwhl tk'ihlcw, dim t'aakhlxwit dim gyoo ts'im aks.

82. Leave your lunch where you enter the bush and you will always come back to it so that you will never get lost.

Dim niits'iiphl ts'ilim dix lax gan glagok dim sayee dix spayt gan hli galoosihl gyat dim ant guxws diwitxw't gohl ts'ilimt.

83. If your spouse dies then you don't enter into any relationship for a full year or else your new partner will die on you too.

K'iyhl k'uuhl dim xt'uushl ts'imsjakwit hlagok dim hatsimo naks, ji nee ja wilt, dim nu'uwhl sii nakst.

84. Don't frighten a pregnant woman or else her child will look like you.

Jiit ts'agukwsinhl ligit nahl hanak'bisxwit, dim nitcwhl hlguuhlxt nit.

85. Women cut their hair when they lose a family member.

Sagaskots dihl hanak' hlagages diit hinda wil nu'wumhlxw diit.

86. You have to be quiet all the time when there is a casket in the village.

Dim ga'wxuswhl lax ts'ap hinda wil 'niho'ohl gyat.

87. If you see smoke coming out of the ground then it is time to go home.

Hla gal nakwhl axcw ganwil sxi guuwasxwhl miin ts'im yip. Luu gwantxw dip ha'whl gyat.

88. If you see smoke coming out of the ground you have to be quiet or you will die or else people will get sick and die.

Jiit gya'ahl ligit na wil sxi guuwasxwhl m'in ts'im yip, needim dii xstaltxwt dim balgii nuu'w oo dim ligii sipsiipxwhl laga ts'uut dim ii didakw diit.

89. If you have huckleberries and bear fat put in your hair, you will have black hair forever.

K'yax dim maninhl ges'n ahl sim maa'y ganhl dimii nemdii t'e'lt dim masaxw'n.

90. For the first year of puberty the girls are not to look into the light and they must use a kerchief to shade their eyes or else they will go blind.

Dim gelkwatxwhl sii hanak'at ji neeji wil dimii sinst.

91. Only an aunt or uncle can cut a baby's hair after they are a year old or else they won't listen to you. You have to burn their hair.

Sax nixda ganhl nibip dim ant k'otshl geshl t'ihlxw hlisji k'i'yhl xk'uuhlxw't, neeji win nemdi lax 'bisxw't lun. Dimii mihlxw't.

92. Don't have cats around babies because they will lay on them and suffocate them.

Neemi hagwin anookhl duus ahl sii t'ihlxw dim xsi t'oogathl hli naahlx't.

93. Don't let little babies look into mirrors because they can lose their soul.

Nemdiit luu gya'ahl sii t'ihlxw ganxsulaak'altxw dim kw'oodinthl oots'int.

94. Don't allow young girls of child bearing age to watch when any animal is being skinned because their children will look like skinned animals.

Nemdiit gya'ahl k'ay'masim hanak' wil yukjit ts'o'o'tdiithl yajasxw, dim mooyithl yajasxw.

95. When a pregnant woman gets really big she ties up her stomach so that her baby will not drop.

Dim dakhlihl hanak' bant yuk ji dim hluuhlxcw't ji neeji wilt dim dikw'antxwhl hlguuhlxcw't.

96. No one is allowed to put personal items into a casket because they will die.

Nemdi sgidim luu makwhl ligi agwi ts'im xbiist, dim 'nu'u niin.

97. If you cry before a person dies and are not willing to let them go then their road is wet and their spirit can't travel on it's journey.

Nemdi t'is dim waatxwdix ji hlaa 'nu'u dix dim aksthl genaxdiit.

98. Young hunters are not allowed to eat fish skin while growing up.

Nemdiit guuphl sii linaasxwithl hlitk'ahl hon dim hlik'st gan dim ligi dikw'atxw 'nit.

99. Don't cry over a dying person or they will suffer for a long time.

Nemdi waatxwdix yukji nu'u hl ligitnaa 'nakw dim haaxxw't.

100. If children are noisy and disrespectful then the luulak will take them.

Nemdi gats'eekwhl t'ihlxw, dim guudihl luulak'.

101. When anyone puts you down or calls you down, you don't retaliate because it will always go back to them several times over.

Nemdi dilamxxw'n yuk jit haksdiit niin dim guxws luu yaltxw lun.

102. If you go onto another Chief's territory then you must stop and eat with him.

Dim xwda yinhl simoogit ji 'nii yin lax yip't.

103. The drums and songs are silent when there is a death in the territories.

Nemdi gats'eekwdix ji 'nu'u dix.

104. You never use the drums or regalia when you are drinking. If you do then you must burn them because you have shamed their spirit.

Nemdi ansgw'atxwdix ahl anuuhl ganhl ayuks yuk ji sil'n. Dim mihl din ji win.

105. Never wash your mulgwasxw in a creek or else it will rain.

Nemdi sgidim saksintxwhl malgwasxw ts'im baam aks dim wis.

106. Females wear strings around their waist, wrists and ankles so that they won't be obese.

Nii dakh^l diit hagwiluux gohl hla silkxwhl ganhl hamhomhl hanak ii needii gal wii 'tixwdiit.

107. When an owl talks to you someone in your family will die.

Ja algyaxhl guutgwinuuxs lun ii dim nu'uhl hla ki'yhl gwis lis'n.