lingineq
Iingineq

Snowblindness

Arnam Igaulllla
Written by Marie Blanchett

Sak'am Pilinguari
Illustrated by Zacharias Slim
A production of the Yup'ik Language Workshop
Kuskokwim Community College, Bethel, Alaska 99559

for the Bilingual Education Program of the Bureau of
Indian Affairs and the Alaska State Operated School System

Printed at the Yup'ik Language Workshop
June 1975 400 copies
Central Yup'ik
Lingineq
Erenret-am tua-i ataam nunaniriut. Cam ima nalliini ella assirilalria nunaniriluni-Ilu?
Ii-i, up'nerkaraqan. Up'nerkami nenglairutaqan yuut pek'ngelartut mikelnguut-Ilu ellami aquingluteng.
Caqerluni-am ernekegaaraat iliitni
Cupell'aq aquimaug ellami allaneq
mikelngurneq ilaluni. Atakutarnarian
uertuq taqsuq luni. Tuani atakumi
iigminek arenqiayugtuq. Iik qatliirr-
uarlutek maqerrluarturlutek-llu.

Tangik-llu cali arenqiakqapiarluku.
Tua-i makluni aanani pia,
"Aan, iigka qaill' piak? Akngirnarquq cakneq!"
Aaniin kiugaa, "Akleng Cupell', iingilliniuten."
Aaniin nalqigutaa caucianek iinginrem. Qan-rutaa akervagyaurtaqan up'nerkami yuut ilait ellamecimaaqta tungulrianek ackiirunaki iingi-larniluki. Qanikcaq akertem tanqian tut'aqatgu qitngirnaqpiialarniluku. Cali amirlirrlungraan yuk iingiryugngauq.
Ak'a tamaani imkut yullret ackiili'allruut muragnek tulunek-llu. Wani-wa tarenrait ayuqenrilinguut ak'allaat ackiit. Apa'urluun wall'u maurluun apeskiu atulallrucianek tamakucignek.
Ererni pingayuni Cupell'am
iik assitellruuk, qatliurlutek,
kavirpaglutek, maq'urlutek-llu
Cetamiitni-llu erenret assiri-
kanirpaglutek uicunarilutek-llu.
Qaillun cali piyarcit iingiquvet
tanqigmun iigken akngircetenriceteng-
naqkuvek? Enecuarmi uitakuvei ilavet
avirakciqsugnarqaat egalret patumallrat.
Ackiirtuumauryugngauten tungulriiignek
wall'u ackiirilkuvei iigken patulukek
patukamek wall'u camek piciatun iqail-
ngurmek.
Cali-Ilu-gguq iingillrem assiirus-ngaitak iigken. Iinging'erpert takvia-rusngaituten wall'u quartengluten.

Yuut piciatun iingiryugngaut, taqneret mikelinguut-llu. Taumek uumiku qitngirnami ellamecimaqata-quvet nalluyagucaqunakek tungulriik ackiigken.
Once again the days have become beautiful. When do days become nice and beautiful? Yes, in the springtime. In the spring, when it gets warm, people start to roam around outside and children begin to play outside more.

One beautiful day Cupell'aq played outside a long time with other children. At suppertime he went home exhausted. That evening his eyes gave him discomfort. His eyes were burning slightly and running.

The next morning he awakened with aching eyes. They were burning and he had difficulty keeping them open. He tried to open his eyes but they were runny (sticky). The light was very bothersome also.

So he got up and said to his mother, "Mother, what's wrong with my eyes? They're hurting very much!"

His mother answered,"Poor Cupell'aq! You're suffering from snowblindness." Cupell'aq asked,"What's snowblindness?"

His mother explained what snowblindness is. She told him that when it starts to shine a lot in the springtime, some people get snowblindness when they stay outside a long time without dark glasses. When the sun's rays hit the snow, they produce a very bright reflection. A person can get snowblindness even on a cloudy day.

In the old days, people used to make snow goggles out of wood and ivory. Here are some pictures of various old time snow goggles. Ask your grandfather or grandmother if they ever used to use that kind.

His mother kept the windows covered because Cupell'aq couldn't stay in a bright room. Cupell'aq stayed indoors all day. Because medicine is not usually given for snowblindness, she did not give him any.

For three days Cupell'aq's eyes were uncomfortable, burning, red and runny. On the fourth day they improved and he was able to keep them open.

What else can one do to prevent the light from hurting one's eyes? If you live in a small house, your family could be annoyed by the drawn curtains. You can keep dark glasses on or cover your eyes with gauze or anything that's clean.

Snowblindness will not harm your eyes in the long run. Even if you have snowblindness, it will not result in poor vision or give you diseases of the eye (cataracts, etc.).

Anybody can become snowblind, adults or children. Therefore, the next time you go to spend a long time outside on a bright day, don't forget your sunglasses.

* * *
In the morning the Weakness with sleeping eyes. They were burning and red.

The next morning the weakness with sleeping eyes. The children were still very weak and tired. The light was very hazy and annoying.

At the door was a sign to his mother: "Mother, what's wrong with my eyes?"

"I'm not sure, but maybe it's something to do with the surgery."

His mother explained that snow blindness is a type of eye that is caused when the eyes are exposed to bright sunlight and do not have enough protection from the sun's rays. A person can get snow blindness even on a cloudy day.

In the old days, people used to make snow goggles out of wood and cotton.

They ate some picture of various old-time snow goggles. Ask your grandpa.

She told him that when in a dark room, the windows covered with coverings (curtains, curtains) to keep them dark.

But it was better to keep the windows covered because snow blindness can lead to permanent blindness.

On the contrary, get fresh air by opening the windows instead.

"But what else can one do to prevent the light from hurting one's eyes?"

You must change your diet so that your family can be protected by the green vegetables.

You can eat dark green vegetables, eat your green salad, drink green tea and many more.

For these gays this week, let's try to make some nutritious and healthy meals.

"Snow blindness will not harm your eyes in the long run. Even if you have snow blindness, it will not result in poor vision or give you blindness of the eye (cataracts, etc.)."

Therefore, the next time anybody can become snowblind, consult a doctor or a pharmacist. Therefore, the next time you do to spend a long time outside on a bright day, you'll remember your sunglasses. * * *