

Clearing the Plains Study Guide

Introduction:

Before reading this book, consider:

1. What do you know about the current conditions and health of Canada's First Nations communities?
2. What do you know about the settling of the Canadian West?
3. How do you think the Canadian government at the time of confederation viewed the First Nations people of Canada?
4. Do you feel Canada has an upstanding reputation in regards to its Indigenous population?
5. Do you feel Canada has upheld its promises in the Treaties with First Nations people?
6. What do you envision the fur trade brought to First Nations people?
7. How do you think disease was spread among the First Nations people?
8. What effects do you think new illness had on the existing populations of Indigenous people?
9. What role do you believe the government played in helping the plight of the First Nations people in Canada?
10. How much do you think the population of First Nations people in Canada decreased after the arrival of the Europeans?
11. What factors do you think contributed to the devastation of entire populations of Indigenous peoples?
12. To what degree do you think the Canadian government was involved in wiping out populations of First Nations people?
13. What do you know about the reserve system in Canada?
14. We have always heard about Canada being connected and built by the railroad from East to West coast. How do you think this railroad was built when there were already populations of people in its path?

15. What do you know about the building of the CPR rail and Sir John A. Macdonald's National Policy?

Chapter 1. Indigenous Health, Environment, and Disease before Europeans

1. What inferences can you make about the health of the Indigenous peoples of North America prior to the arrival of the Europeans?
2. The Great Plains served as a refuge from the Eastern Woodlands for many Indigenous peoples. What impact on those already occupying this space can you envision?
3. What types of health concerns were there among the Indigenous people prior to the arrival of the Europeans?
4. What was the impact of tuberculosis on the people of the Great Plains prior to the European arrival?
5. Why were people on the plains not as prone to tuberculosis as their Eastern Woodland neighbours?

Chapter 2. The Early Fur Trade: Territorial Dislocation and Disease

1. What is "virgin soil epidemic"?
2. What was the impact of the virgin soil epidemic on the Indigenous peoples of the Great Plains?
3. How did the virgin soil epidemic affect the communities of the Great Plains?
4. What was the significance of losing young warriors and hunters?
5. What impacts do you think occurred as a result of the spread of measles, influenza and smallpox by trade?
6. What effect do you think the increase of trade spreading west had on the health of Indigenous peoples?
7. How did Territorial dislocation influence the lives of various Nations of Indigenous peoples?
8. How were the battles between warring Nations of Indigenous people impacted by the spread of smallpox?

9. Were there particular Nations more affected than others by the spread of disease?
10. How did following food sources contribute to the spread of smallpox?
11. How did horse trade influence the spread of smallpox?
12. How did smallpox contribute to fundamental changes in the demographics of the First Nations people across Western Canada?
13. Even though European settlers had yet to settle in the West, how were the First Nations peoples of these geographic locations impacted by the spread of disease?

Chapter 3. Early Competition and the Extension of Trade and Disease, 1740-82

1. How did the physical presence of newcomers and the spread of equestrian hunting affect the health of the Indigenous people of the Plains?
2. Discuss the spread of smallpox to the boreal forest.
3. Discuss the dire consequences of the spread of disease among the Indigenous peoples of Western Canada.
4. What groups of First Nations peoples were impacted the most during the expansion of the fur trade to the West?
5. What role did the Cree and Assiniboine middlemen play in the expansion of the fur trade?
6. Discuss the influence of liquor and venereal diseases on the Indigenous peoples near Cumberland House.
7. What role did the bison play in the expansion of the fur trade to the West?
8. Discuss the role of liquor and trade on First Nations.
9. What tensions between the French and English resulted in the spread of trade in the West?
10. What tensions arose between traders and the First Nations in the West?
11. What contributed to the starvation of First Nations peoples near Cumberland House?
12. How did cutting out the middlemen in trade impact First Nations communities?

13. Equestrian hunting for furs increased the spread of smallpox among the Indigenous peoples of the West. What dire results were recorded?
14. What behaviours were interpreted as a lack of compassion of First Nations people in regards to their dying relatives? What reasons could be given for this behaviour?
15. What supports or medical assistance did the traders offer to the Indigenous people who took ill?
16. Why did it seem the traders were immune to disease, while the Indigenous people perished?
17. Resources from the West were so highly valued in Europe that traders often went to great extents to recover furs. Discuss the impact this had on First Nations communities of the area.
18. The Indigenous populations of Western Canada suffered profound changes as a result of equestrian hunting and the spread of smallpox. Discuss.
19. Undermining the role of the middleman in the trading industry led to mass starvation and spreading of disease among the Indigenous peoples. Discuss.

Chapter 4. Despair and Death during the Fur Trade Wars, 1783-1821

1. How did competition during the fur trade era impact the health and populations of Indigenous peoples of the West?
2. Why did First Nations communities join together for survival? (ethnogenesis)
3. What impacts do you think alcohol, violence and the trafficking of women had on the Indigenous communities during the fur trade? What legacy could you envision being left behind centuries later?
4. The depletion of game threatened the livelihood of regional groups of Indigenous people. Discuss.
5. What impact on the fur trade and the lives of Indigenous people did the “Little Ice Age” have?
6. The fur trade competition became unrestrained and resulted in devastating impacts on the lives of Indigenous people. Discuss.

7. Several social issues began to arise among the communities of traders and Indigenous groups, such as alcohol and violence. What ongoing consequences did this have on the lives of Indigenous peoples?
8. The depletion of game, along with abnormal climate cycles, resulted in famine and starvation. What impact did this have on Indigenous groups of people? What impact did it have on trade?
9. Cut-throat competition and complete lack of consideration of the harvest led to the demise of the relationship between hunters and the environment. What devastating effects did this mentality have on Indigenous peoples?
10. How did plummeting temperatures impact the fur trade, First Nations, horses and hunting?
11. Raiding became essential to survival. Discuss.
12. Alcohol became an increasing problem within First Nations communities, leading to addiction and violence. What direct and indirect impacts did this have? Are there any lasting impacts that exist today?
13. What kind of violence erupted between First Nations communities as a result of the expansion of hunting and trading? What Nations were directly impacted?
14. Discuss the use of women as payment for debt within the trading community. Do you think this treatment of First Nations women still has a legacy today?
15. By removing women from First Nations communities and displaying mistreatment of women, what impacts and issues did European traders cause within the communities of First Nations peoples.
16. War, disease, scarcity of resources, and starvation led to confrontation and drastic measures to survive. Discuss.
17. Another virgin soil epidemic occurred, this time with whooping cough and measles. What harsh impacts on the lives of Indigenous people did this have?
18. The idea of cannibalism appears several times during this time period. What would drive people to such necessity?
19. During this time period of devastation, can you make any observations about the drastic difference between the lives and health of the traders and the lives and health of Indigenous peoples?
20. Did any of this devastation put a halt on the fur trade? Discuss.

Chapter 5. Expansion of Settlement and Erosion of Health during the HBC Monopoly, 1821-1869

1. What were some of the health outcomes among First Nations peoples after five decades of the Hudson Bay Company?
2. “During the HBC monopoly, differential outcomes of disease episodes among plains groups shaped the pattern of territorial occupancy that largely remains today.” Discuss.
3. Some First Nations people became “quite dependent, their country being stripped of its most valuable furs.” Discuss this quote.
4. What do you believe the impact of the settlers, shortage of bison meat, prairie fires, poor crops, floods and epidemic had on the First Nations peoples?
5. The tuberculosis epidemic that came with the extermination of the buffalo was easily spread along the Red River settlement. Discuss.
6. How did the prohibition of alcohol by the HBC impact communities? How did it impact the fur trade?
7. The imposition of game conservation caused fur trade post closures. How did this impact First Nations peoples?
8. What impact did the spread of smallpox from the steamboat, the *St. Peters*, have?
9. What impact did the vaccination policy have on the expansion of First Nations territory?
10. In what ways did the HBC work to create disease prevention techniques? Do you think their policies were effective?
11. What purpose did the spread of missionary work serve in helping with disease?
12. In his critique of the HBC monopoly, Alexander Kennedy Isbister asserts that the HBC contributed “to the utter impoverishment, if not ruin, of the natives”. Do you agree or disagree with his critique?
13. What impact did scarlet fever have on the Indigenous peoples of southern Saskatchewan?
14. How did the transition from trade to agriculture impact the spread of disease and disease control?

Chapter 6. Canada, the Northwest, and the Treaty period, 1869-76

1. “Acquisition of the West by the Dominion of Canada in December 1869 brought unprecedented changes to the inhabitants of the plains.” Discuss.
2. The Plains became a vortex attracting lawless bison and wolf hide traders. What impacts did this have on the First Nations of the plains?
3. Discuss the mistrust that developed between traders, settlers and First Nations.
4. Recount some of the stories of the intentional spread of smallpox. Discuss the consequences of these events.
5. There were many deaths that resulted not from disease but from the liquor trade and the violence that ensued. Discuss the report of missionary John McDougall.
6. “Along the North Saskatchewan, famine, disease, and inter-ethnic violence contributed to an ever-deepening crisis.” Discuss.
7. Hostility towards the traders grew as it appeared they were immune to the deadly spread of illness. What were some of the responses of the Cree at Fort Pitt?
8. Compare and contrast how Protestant missionaries and Catholic missionaries dealt with the suffering of those who had contracted illness.
9. How did the government respond to the need for intervention in the spread of disease? How did this compare to what the HBC had done a generation earlier?
10. The flow of food to the West was halted, which increased the intensity of the spread of epidemic and coupled it with starvation. Discuss the impacts.
11. At one point, the flow of furs from the West was halted because of fear of infected pelts. What devastating impacts could this have had on the economy and survival of the First Nations involved in the fur trade?
12. “Deep resentment remained among the plains communities toward Europeans for the introduction of disease and the general turmoil....” Discuss.
13. What impact do you believe starvation and disease, along with the influx of immigrants in the West, had on the creation of the Treaties?
14. Threat of European immigration to the West spurred the need for treaties. Discuss.

15. How did starvation impact the development of treaties?
16. "In a national famine or general sickness, not what happens in everyday life, but if a great blow comes on the Indians, they would not be allowed to die like dogs." Discuss the unfortunate untruth you can infer in this statement by Alexander Morris.
17. Discuss the significance of the medicine chest requested in Treaty 6.

Chapter 7. Treaties, Famine, and Epidemic Transition on the Plains, 1877-82

1. The disappearance of the bison in the wild was the single greatest environmental catastrophe to strike human populations on the plains. Discuss.
2. Region-wide famine and the inability of authorities to provide adequate food relief sparked the widespread emergence of tuberculosis. Discuss.
3. The government used the sickness and starvation of the Indian population to advance their own agenda. Discuss.
4. By the early 1880s, tuberculosis was reported to be the main killer of reserve populations despite not being prevalent prior to this time. Discuss.
5. Tuberculosis had always been present among the populations of First Nations, however, the lack of nutrition as a result of reserve life caused an enormous spike in the death toll. Can you explain the correlation between malnutrition on reserves and tuberculosis?
6. Overcrowding and malnutrition are primary environmental factors in the development of tuberculosis, however, it was not a major cause of death until after First Nations started to settle on reserves. Discuss.
7. "Years of hunger and despair that coincided with extermination of the bison and relocation of groups to reserves, exacerbated by inadequate food aid from the dominion government, created ecological conditions in which the disease exploded." Find supports for this quote.
8. Discuss the moral and legal failures of the Crown's commitment to provide assistance in the case of widespread famine.
9. To what dire behaviours were people on reserve reduced in order to survive?
10. "To the Indians extermination of the buffalo means starvation and death." Who said this and how true is this statement?

11. How did the introduction of cattle ranching impact the First Nations and the bison?
12. How was tuberculosis spread by the introduction of cattle ranching?
13. Discuss the outbreak of smallpox brought on by the Icelandic immigrants along Lake Winnipeg. What efforts did the government offer for relief? How is the example indicative of what was happening at the time between the government and First Nations people?
14. Discuss the abandonment of successful medical policy just when the Indians in the West needed it most.
15. Discuss the cynicism of the Canadian government in regards to providing relief for the Indians.
16. What tensions influenced the signing of Treaty 7. Did the government have the best interests of the First Nations in mind?
17. How did Sir John A Macdonald's National Policy impact the Indian policy?
18. First Nations people began to converge near the Battleford area. Why? What was the ration situation like for them?
19. "The poor people were naked, and the cold was intense, and remained so during the whole winter; under these circumstances they behaved well, and no raids were made on anything here. They ate many of their horses, and all the dogs were destroyed for food..." Discuss this quote with regard to the position the government held on the plight of the First Nations people.
20. Dewdney is quoted as saying that he "found about 1,300 Indians...on the verge of starvation...strong young men...now so weak that some of them could hardly walk." What picture can you envision in your mind? What was being done to help the Indian people? Why do you believe there was not more assistance?
21. What were the positive and negative impacts of the government response to the ongoing starvation of First Nations people?
22. How did some First Nations people try to survive? What and how did they eat?
23. Why was tuberculosis becoming so prevalent among the starving populations on reserve?
24. "Starvation is the characteristic of some people not *having* enough food to eat. It is not the characteristic of there *being* not enough food to eat. While the latter can

- be the cause of the former, it is but one of many causes. ” Do you agree with this quote? How does it apply to the First Nations people at this time?
25. How did the increase in arrests during this time correlate to the starvation of Indigenous people?
 26. What tensions arose between the establishing cattle industry and starving First Nations people?
 27. Were the treaty rights of First Nations being upheld during this time period?
 28. Instead of supplying rations to famine-stricken populations as Alexander Morris had promised, the government was using rations as a means to coerce First Nations into signing treaties. What proof is there of this?
 29. What proof is there that the Canadian government did not have the Treaty interests of the First Nations people in mind during this time period?
 30. How did the government respond to the starvation of Indigenous people and the threat of a First Nations uprising? Why do you believe they responded like this? Did the government response serve the best interests of the country?
 31. What drawbacks were there with reserve agriculture?
 32. “Strict instructions have been given to the agents to require labour from able-bodied Indians for supplies given to them.” How was this contradicting what had been promised through treaty?
 33. Do you believe forcing the Indigenous people to work for their rations was fair?
 34. “Both *musty* and *rusty* and totally unfit for use—although we are giving it out to the Indians, in the absence of anything better, but *we cannot use it ourselves.*” How does this quote exemplify what was happening with rations and the attitude of those in authority toward First Nations people?
 35. Do you believe that Dewdney and Macdonald were aware of the plight of First Nations people? Support your response.
 36. As hunger spread across the plains, so did disease. Discuss.
 37. Is there any proof that the government was intentionally starving the Indigenous populations of the West?
 38. “There is a strong scrofulous taint amongst many bands of Plains Indians, and where the disease broke out in this case, the afflicted ones had been eating the flesh of horses that had died of the scab or mange, and it is almost impossible that

- they could do so without taking into their systems the germs of the disease.” Describe the emotion you felt after reading this quote. What visions does it bring forth about the true severity of the situation that was occurring?
39. Discuss the examples of rations that were given. Was this enough to survive?
 40. The government responded with cuts to their famine relief program and considered the aid to First Nations a waste. What other agenda did the government have which would result in such a lack of compassion? What legal and moral obligation did the government have to First Nations people after signing treaty?
 41. Food was to be provided only to people on reserve. How did this undermine those Indians still trying to resist Treaty?
 42. Chief Poundmaker said, “Next summer, or latest next fall, the railway will be close to us, the whites will fill our country and they will dictate to us as they please.” What truth is there in these words?
 43. Officials were merciless in their use of food to control First Nations populations after the decision was made to use the southern route for the CPR. Discuss the devastating effects of these actions.
 44. Indigenous populations were removed from areas to make room for the CPR. How was this accomplished?
 45. How did the Dakota people avoid the same fate as other First Nations populations around the same area?
 46. Because the Dakota people did not depend on the government for assistance and rations like other Nations, they did not suffer the same devastating mortality rates. What inferences can you make about the government relief efforts at this time? Do you think the government intentionally starved First Nations people?

Chapter 8. Dominion Administration of Relief, 1883-85

1. The government was unapologetic for its use of starvation to complete the occupation of the reserve system. Discuss the proof that backs up this claim.
2. The North West Mounted Police were once held in high regard by the Indigenous population; however, they, too, became ambivalent agents of First Nations subjugation. Discuss.

3. Macdonald's plan to starve uncooperative Indians onto the reserve and into submission might have been cruel, but it certainly was effective. Discuss this statement.
4. Immigrant populations began to settle in the West. Discuss the impacts of this.
5. What role did the Baker Co. play in supplying food to the West?
6. Food was rotting in ration houses, which caused frustrations for both the government and First Nations on reserve. Compare and contrast these frustrations.
7. Reserve farming began to see success. As a result the government reduced assistance on reserve with regards to farming. These bands were not yet self-sufficient. What do you suppose was the government's purpose in doing this?
8. What stipulations and drawbacks were there with reserve farming?
9. Occupation of reserves allowed the government to control treaty populations. Discuss the impact of this.
10. Why were there continual cuts to expenditures regarding First Nations people?
11. How did environmental catastrophe contribute to the already depleted food sources of First Nations people?
12. "In the interest of humanity, I think that we should take every precaution to prevent any disastrous consequences from want of sufficient shelter for those poor creatures and if we do not, we will certainly incur a great deal of opprobrium at the hands of the public". Discuss the attitudes of the government at this time. Refer to the views of Dewdney, Vankoughnet, and Macdonald.
13. How did Dewdney's role as both lieutenant governor and Indian commissioner influence policy?
14. What shady dealings and relationships existed between the Baker Co. and Macdonald? What were the impacts on the reserve populations of First Nations?
15. Is there any proof of deliberate poisoning of food to reserve populations?
16. Discuss the mismanagement of the billings and doling out of rations.
17. "If the Indians are getting inferior supplies, a poorer quality flour or bacon than the contract requires, that is a fraud on the Indians as well as on the Government; and the middle men who furnish the government with supplies must have been guilty of the very grossest misconduct during the last three or four years." What

- proof is there of fraudulent behavior at this time? What was Macdonald's response to this fraud?
18. What view was the general population receiving thru their newspapers at this time? Discuss.
 19. "The Government is bound to feed the Indians, so as they are fed, the poor creatures are no more likely to give trouble than a kennel of dogs fed at regular intervals..." Discuss how this quote may have influenced the attitudes of non-Aboriginal people toward First Nations people at this time. Do these ideas still exist today?
 20. "The Indians should eat the bacon or die, and be d_____d to them." How does this statement from Dewdney reflect the general attitude of the government towards First Nations people?
 21. How did Chief Piapot try to secure food for his people? Was he successful?
 22. "The prime minister dismissed charges that there was a connection between Dewdney, the consumption of spoiled bacon, and the sudden spike in deaths on the Indian Head reserves." What does this demonstrate about the attitude of Macdonald's government?
 23. Discuss the editorial cartoon found on page 144.
 24. Discuss the movement of Piapot and his people from the Cypress Hills to the Qu'Appelle Valley.
 25. Discuss the events that occurred on Sakimay and how it was an indication of the mounting tensions between the reserve populations and the Indian Agents.
 26. How did Dewdney try to repair the damage done by Vankoughnet's policies?
 27. Discuss the photo on page 148.
 28. Discuss the results of the cuts on rations, as described in the following statement:
"The result of this action was that the winter of 1885 saw droves of starving Stonies wandering through the hills, from below Pincher Creek to the main line of the CPR, begging food from the ranchers, picking the flesh from the bones of dead horses and cattle, even eating coyotes when they could get them."
 29. "I am certain our Indians would have been better off to-day if the government had not taken them under their charge." Discuss this powerful observation by John Hines in 1884.

30. What were some of the obstacles faced by First Nation reserves that took up farming?
31. By the summer of 1884, the treaty population was in crisis. Explain.
32. In 1885 the *Saskatchewan Herald* castigated the government for its misguided ration policy and its role in making the Indigenous population sick. Discuss the changing attitudes of the general population.
33. Discuss the events at Frog Lake. Were these events justified?
34. What spurred the violence against people like Thomas Quinn?
35. Could the violent events of 1885 been avoided?
36. Explain how the treatment of Indian girls and the ration policy led to the violence that ensued during 1885.
37. Do you suppose the mistreatment of Indian women by white men during the time of the ration policy still has a legacy today?
38. “Their young women were now reduced by starvation and prostitution, a thing unheard of among their people before.” Discuss the short-term and long-term implications of this.
39. In 1886, the Indian Act was changed such that First Nations women could be prosecuted for prostitution. What cycle in society did this contribute to? How did it increase the burdens of First Nations women?
40. Discuss how personal revenge figured into the killings and violence of 1885. How would these events impact the portrayal of First Nations people to the general public?
41. Can you see any connections between these historical events and the stereotypes about First Nations people that exist today?
42. The murders of Europeans during this time received much press coverage, while the murders of Indigenous men, women and children at the same time received very little attention. Discuss the implications of this.
43. Discuss whether the First Nations people who were put on trial for their participation in the 1885 resistance were treated justly. Does this legacy still exist in our justice system today?
44. “The prime minister acknowledged the political importance of the executions, which ‘ought to convince the Red Man that the White Man governs’.” How were

Macdonald's intentions in this statement supported and carried out by the actual trials and executions of the participants in the 1885 resistance.

45. The execution of chiefs such as Poundmaker and many others marked the end of the Cree resistance. Discuss.
46. DIA officials controlled almost every aspect of the lives of Indigenous people by this time. Discuss.
47. Discuss your overall views of the fairness and injustices of the government's dealings with the First Nations people of this time.

Chapter 9. The Nadir of Indigenous Health, 1886-91

1. Discuss Edgar Dewdney's "Policy of Reward and Punishment."
2. Reserves became places of incarceration for First Nations people. Explain.
3. After 1885, the government initiated a serious bureaucratic assault on First Nations communities. Discuss these policies and effects.
4. Discuss the policy of "severality."
5. How did bureaucratic policy marginalize reserve populations?
6. Many significant chiefs died during the mid-1880s. Discuss the impact of this loss of leadership.
7. How did the pass system undermine reserve communities?
8. What was the impact of tuberculosis on First Nations communities at this time?
9. According to government's official records, the Indigenous population was declining? Discuss the factors that contributed to these changing population numbers.
10. What impact did the "Half Breed" Scrip have on Indigenous populations?
11. Why were Indian people giving up their Treaty status? What were the deemed benefits? What were the consequences?
12. Besides tuberculosis, what other infectious diseases had a significant impact on Indigenous populations? Discuss the spread and impacts of these illnesses.

13. Populations were hit harder by illness because of malnutrition. Discuss the correlation.
14. Discuss the photo of Crowfoot and his family on page 165.
15. What was the government response and relief offered to these communities?
16. How did crop failure contribute to further depletion of the population?
17. “The convergence of harsh weather, tuberculosis, and influenza deprived a number of reserves of their leaders.” Discuss the impact of this.
18. How did some communities cope with the onslaught of disease and death?
19. How did the white community perceive ceremonies? What fears did they have about these ceremonies?
20. Discuss the devastating consequences of the Ghost Dance.
21. How did the events south of the border influence the Canadian government’s policies regarding Indigenous religious practices?
22. Section 14 of the Indian Act prohibited most religious ceremonies of the First Nations. Discuss the impact this had on communities.
23. Discuss both the implications of and rationale behind the pass system.
24. “Because official records are clouded by abandonment, exile, and the relinquishment of Indian Status, we will never know the precise number of indigenous plains people who died of disease in the years after 1885.” Discuss the truth in this statement.
25. “It is a shameful episode of Canadian History that such a devastating destruction of the population—a third disappearing over six years—should have been justified as a necessary cost of civilizing influence.” Support this statement with evidence from your readings of the book.
26. As a result of immigration to the West, health on reserves became a marginal issue. How did this result in higher mortality rates? How did this allow governments to justify inaction?
27. “Newcomers rarely understood the nature of the problem, and their governments, both local and federal, tended to react slowly or not at all to the crisis on reserve.” Is it possible that settlers were not even aware of the plight of the First Nations people of the West? Explain.

28. How did the homes on reserve contribute to the spread of tuberculosis?
29. What medical advances helped to increase survival rates?
30. How did milk contribute to the spread of tuberculosis?
31. What conditions in residential schools contributed to the spread of tuberculosis?
32. Discuss the death rates at residential schools. How were these rates explained away by officials?
33. Discuss the theory that heredity was a significant factor in the spread of tuberculosis.
34. Early theories about how tuberculosis is spread have been shown to be wrong by more recent studies. Discuss the differences between early and current medical theories.
35. How does the story of the Kainai man Charcoal illustrate the plight of the Plains Indians?
36. "With the execution of a man so sick that he had to be carried to the gallows, Canadian justice was done." Does this statement aptly represent the larger story of Canadian history encompassed in *Clearing the Plains*?

Conclusion:

1. Discuss the health inequity between Indigenous and mainstream Canadians in Western Canada that still persists today.
2. "This study has shown that the decline of First Nations health was the direct result of economic and cultural suppression." Support this statement.
3. "The gap between the health, living conditions, and other social determinants of health of First Nations people and mainstream Canada continues as it has since the end of the nineteenth century." Support this statement.
4. Discuss how Canada continues to fail to live up to the treaty rights promised to the First Nations people in regards to health.
5. Most reserves in Canada currently have more in common with third world living conditions than the rest of Canada. Do you support this statement?

6. After reading this book, can you draw any conclusions about the impact this history has had on our current relationships and attitudes with First Nations people in Canadian society?

7. What legacies has this dark history left behind in regards to:
 - Health
 - Living conditions: housing, access to clean drinking water, etc.
 - Access to medical attention
 - Incarceration rates
 - Treatment of Aboriginal women
 - Access to education
 - Employment
 - First Nations relationships to one another
 - Treaty and Status Indian population
 - Identity loss
 - Poverty
 - Self governance
 - Self declaration
 - Treaty relationships
 - Traditional ways
 - Sovereignty
 - Stereotypes