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The Yakan people living in Basilan island in the Philippines consider coconut as a very useful item in their life from birth to death.

When a Yakan woman finds that she is in a family way, she goes to the midwife on the 13th day of the 3rd month of pregnancy. Then she later makes three offerings at prayer: the first of which is using a coconut, symbolizing the tree of life. The coconut is passed over the abdomen and between the woman's legs while invoking the spirits for a safe and fast delivery of the child. On the other hand if the mother does not want the child, a violent massage of the abdomen is done with a coconut shell followed by other practices which leads to an abortion.

When the baby is born, its umbilical cord is immediately detached and the baby is given

its first bath using coconut milk for immunity against affliction of scabies. The cord is sprinkled with ashes, wrapped in cotton wool, and is placed in a coconut shell. Then the shell is buried under a coconut palm. The palm will be the property of the child.

There is a ceremony for filing teeth when the child is 12 years old. It is conducted for a number of days and at the end a black paint made from coconut shell charcoal is used to blacken the sharpened teeth. The black colour is said to remain for his whole life protecting the teeth.

When the Yakans are sick various coconut products are used as medicine. Eventually in death, the corpse is bathed with a mixture of coconut milk, lemon juice and water. The Yakan is now ready for the journey to eternity.