

BODY RITUAL AMONG THE NACIREMA

Revised from "Body Ritual Among the Nacirema" by Horace Miner, *American Anthropologist Magazine* 58(3), 1956, pp. 503-7

① The ritual of the Nacirema was first brought to the attention of anthropologists twenty years ago, but the culture of this people is still very poorly understood. They are a North American group living in the territory between the Canadian Cree, the Yaqui and Tarahumara of Mexico, and the Carib and Arawak of the Antilles. Little is known of their origin, although tradition states that they came from the east.

② Nacirema culture is characterized by a highly developed market economy, which has evolved in a rich natural habitat. While much of the people's time is devoted to economic pursuits, a considerable portion of their day is spent in ritual activity. The focus of this activity is the human body, the appearance and health of which appear as a major concern in the people's belief. While such a concern is certainly not unusual, its ceremonial aspects and associated philosophy are unique.

③ The main belief underlying this ritual activity appears to be that the human body is ugly and that its natural tendency is to weakness and disease. Captive in such a body, man's only hope to avert these characteristics is through the use of ritual and ceremony. Every household has one or more shrines devoted to this purpose. The more powerful individuals in the society have several shrines in their houses and, in fact, the grandeur of a house is often referred to in terms of the number of such ritual centers it possesses.

④ The focal point of the shrine is a box or chest, which is built into the wall. In this chest are kept the many charms and magical potions without which no native believes he or she could live. These preparations are obtained from a variety of specialized practitioners. The most powerful of these are the medicine men, whose help must be rewarded with large gifts. However, the medicine men do not provide the potions for their clients, but decide what the ingredients should be and then write them down in an ancient and secret language. This writing is understood only by the medicine men and by the herbalists who, for another gift, provide the required charm.

⑤ Beneath the charm-box is a small font. Each day every member of the family enters the shrine room, bows his or her head before the charm-box, mingles different sorts of holy water in the font, and proceeds with a brief rite of cleansing. The holy waters are secured from the Water Temple of the community, where the priests conduct elaborate ceremonies to make the liquid ritually pure.

The medicine men have an imposing temple, or *latipso*, in every community of any size. The more elaborate ceremonies required to treat very sick patients can only be performed at this temple. These ceremonies involve not only the miracle-worker, but also a group of assistants who move quietly about the temple chambers in distinctive costume and headdress. The *latipso* ceremonies are so harsh that a fair proportion of the really sick natives who enter the temple never recover. Despite this fact, sick adults are not only willing, but eager to undergo the long and drawn-out ritual purification, if they can afford to do so. No matter how ill or how grave the emergency, the guardians of many temples will not admit a client if he or she cannot offer a rich gift.

⑥ The Nacirema have an unrealistic horror of and fascination with the mouth, the condition of which is believed to have a supernatural influence on all social relationships. Were it not for the rituals of the mouth, they believe that their teeth would fall out, their gums bleed, their jaws shrink, and their friends desert them. They also believe that there is a strong relationship between oral and moral characteristics. For example, there is a ritual cleansing of the mouth for children, which is supposed to improve their moral character.

⑦ The daily body ritual includes a mouth-rite. This rite involves a practice which strikes the unfamiliar stranger as revolting. It was reported to me that the ritual consists of inserting a small bundle of hog hairs into the mouth, along with certain magical pastes, and then moving the bundle in a highly formalized series of gestures.

⑧ In addition to the private mouth-rite, the people seek out a *holy-mouth-man* once or twice a year. These practitioners have an impressive set of tools, consisting of a variety of augers, awls, probes, and prods. The use of these items in removing the evils of the mouth involves almost unbelievable ritual torture of the client. The *holy-mouth-man* opens the client's mouth and, using the above-mentioned tools, enlarges any holes which decay may have created in the teeth. Magical materials are put into these holes. If there are no naturally occurring holes in the teeth, large sections of one or more teeth are gouged out so that the supernatural substance can be applied. In the Nacirema's view, the purpose of these religious functions is to arrest decay and to draw friends.

⑨ Our review of the ritual life of the Nacirema has certainly shown them to be a magic-ridden people. It is hard to understand how they have managed to exist so long under the burdens which they have imposed upon themselves.



WHO ARE THE NACIREMA?

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The Cultural Iceberg

Surface Culture

Food
Flags Festivals
Fashion Holidays Music
Performances Dances Games
Arts & Crafts Literature Language

Deep Culture

Communication Styles and Rules
facial expressions gestures eye contact
personal space touching
body language tone of voice
handling and displaying of emotion
conversational patterns in different social situations

Notions of:
courtesy and manners
friendship leadership
cleanliness modesty beauty

Concepts of:
self time past and future
fairness and justice
roles related to age, sex, class, family, etc.

Attitudes toward:
elders adolescents dependents
rule expectations work authority
cooperation vs. competition
relationships with animals age sin death

Approaches to:
religion courtship marriage raising children
decision-making problem-solving