Age cat

child,adolescent,adult,elderly

note: elderly and adolescent may be undercoded because adult may include both

adult = adult, adults, adulthood, all except children and ill

adolescent = adolescence adolescents puberty

child = children preadolescence childhood pre-pubertal children/pre-adolescence

elderly = elderly

all ages = child,adolescent,adult,elderly

Cognitive

**altered state of consciousness (asc)** = trance, ecstatic, meditation, contemplative, peaceful\*, hypnotism, lose consciousness, concentration\*

**spirit beings (sb)** = spirits, ghosts, etc.

**visions and knowledge (vk)** = dreams, prophecy, hallucinations, perceptions, insights, learn things, creativity, clarity[sk(2]

**motivational states (ms)**: mental efforts, self-control, plan, restraint, endurance

Costs

*directly from fasting*

**discomfort, exhaustion, illness (dei)**: arduous, difficult to work, weary, thirst, hunger, suffering, self-mortification, self-torture, early visions causes illness, driven to madness, mental unbalance, risk of seizures, angry

**death**: risk of death

**punishments for not fasting (punish)**: disgrace, expulsions, failure [sk(3]

**harmful spirit encounters (hse)**: responsibility to spirits, risk of harm blessing from snake

**low milk supply (lms) [**sk(4]

**social & economic costs (se)** : vulnerable to attack, loss of business, fasting too much is selfish, blamed if hunt is unsuccessful, not fasting creates conflict

**mythical**: turned into partridge or robin for fasting too long (the robin was because he was being selfish by fasting too long to gain power)

*other costs associated with ritual:*

**sacrifice/charity/alms (sca)**: horse or slave, pays fee

**risky behavior (rb)**: leap from high place,

**social withdrawal (sw)**: lost in wilderness, isolation/seclusion, inactivity

**harm (self or other inflicted (harm) (harm)**: bleeding, swallow stick, poison, whipped with switches, induced vomiting, vomiting, taking an emetic

**sex/mating cost (mat)**: sex, structures timing of marriage

**appearance (app)**: unbraided hair, can’t cut or comb hair

are digestive issues like vomiting, emesis, and digestive discomfort from fasting or from medicine associated with the ritual?

Food avoidances—should we do nested variables?

ap animal products     : meat, dairy, fish, etc.

seaf seafood

slty salt/salted food

uf usual food/all         : breakfast, all foods, certain meals

veg vegetables

swt sweets: honey, sugar cane

alc alcohol       : beer, wine, intoxicating drink

liq drink/water

oil oils/fats—sometimes unspecified if from plant, animal, or both

Foods

animal products

heavy starches: bread, porridge, wild rice

spicy vegetables

vegetables

soup/stew/broth

oils/fats

water

tea

ritual/ceremonial food

fruits <- including nuts

unspecified

Health

promote health/long life

strength/growth <- combine with above?

cure sickness <- keep separate from above since theoretically significant difference

purification

cure plague ← if there’s an epidemic (even among cattle) and fasting is done

healthy baby (breastfeeding or pregnancy)

lose weight

Length[sk(6]

several hours

1 meal

1 day

2-5 days

1-several weeks

1 month (30-40 days)

2 months

years

unspecified/other

length varies

Nonfoods

emetic

alcohol

tobacco

betel nut

coca leaf

unspecified medicine/drugs

roots/plants

seawater

minerals      : baking soda, rocky earth

ink/resin/hemp

turtle’s pulsing heart

human bodies

Other abstentions

drugs/alcohol

sexual activities

avoid women    <- including wife

avoid socializing : including talk

daily activities

labor

cult activities  : possession dance <- this would be associated with major religions eg islam

bathing/grooming

going out/to certain places

taboo/nonreligious behaviors

sleep

sleep outside/on floor

other

Protection

meat avoidance

tobacco/smoking

harmful foods

treat tapeworm <- cure sickness

\*the other few codes are already under another category

ritual[sk(7]

luck : amulet prosperity, gambling

agricultural <- harvesting, planting

body modification

ceremonial (general)

religious/spiritual <- includes spiritual practices

labor : canoe building, house building, mining, occupational

mourning

puberty

warfare

hunting

shamanic activity

initiation

migration

child training

naming ceremony

women’s reproduction <- pregnancy, postpartum, miscarriage, infertility

peace ceremony

tattooing

potlatch

performance            : musical, puppets

love magic

Religion

islam

christianity

buddhism

confucianism

local <- indigenous

Signal type

sick/weak

bravery  <- courage

self-discipline

strength   <- endurance/power

supernatural powers

religiosity              : piety

group membership <- solidarity

goodness                <- distinct from religiousity or more specific types of behavior

loyalty\_devotion          <- fidelity to a specific person

love\_grief

apology <- penance

maturity  <- adult status

protest <- appeal

pitiable

specialness\*

Skill type

hunting <- trapping

supernatural powers

warfare

self-discipline

strength <- endurance/power <- live without food

leadership/parenting

art <- including music

labor