

VO DAM: KHAO: NGO^{^^} MAE^{^^}

YHAM THAU: BYU YAUG, NGE, BA CA^{^^} RA^{^^}

DAU-NA NAE^{^^} AKAO
AKHYAG JHAM



Facts for Life



UNICEF
Yangon, Myanmar
Printed in January 1997

Dao: Au: Qhu^{^^} (Index)

	sug'myo,
Dao: Phung ^{^^} (Introduction)	i
A Kao Mo ^{^^} Daxe Ja:	iv
Zo: Myhung Nae ^{^^} Au: Dau: yo,	1
Gug ^{^^} Loe; Ra ^{^^} Zo: Myhung Myhi ^{^^}	9
Qao Bam Nug' Qang: Jhaug'	19
Zo: Shao Gaung Khyao Qi ^{^^} Li ^{^^}	31
Gug' Gam Mong Cid' Thug'	41
Vac: Sheim No	49
Gaung Laung Gaung Cae: No.	59
San Seng ^{^^} Khyo	67
No Qam ^{^^}	75
Zo: Shao Kung Zeg: Li ^{^^}	83
Qam: Khyoe' No Aqam ^{^^} Mo ^{^^}	97

DAO: PHUNG^^ (Introduction)

Myid gye, dao mae myaung sho" ra" mang: khan" dabad: agyo: mae zo: shao qe datid yaug ko shid pye' ako". Aimung: myo: sho' tid yaug re: no qeim: gae: we' mung: angaung: akhyoe" na: bam: ako".

Pe" mung: ceru: boe" ga" ra" akao wa mang: byu qe wa myaung ko" yang: we' zo: shao qe qao" zin" nae" we' qi" hhang: li" ko" nae" akhyo jham re sh-va byu qe ba: gyo: yang: cao" ko" nae" khyo: m' kad' m' qhu" yang: ngad: a".

Dau: na nae" akao akhyag a paug' wa co akhyo re volo vo mang: jham sho' gai: qo" ba: se" cao" ye" lo" nae" akhyo re qhu" shid' to" a".

1990 zin mae apaug' nau" ce re sao hhid' lhang be; pyo: ru mae" sam zin: agyo: mae mang: 100 jhan" mae" myan" 170 ja: jhan" qo" pyo: ci: lo" va". Lhao myan" bo: bo: ngaid: ri 177 myan" ngad va".

Pe" mung: ce ru: boe" ga" ri akao wa laui za: angaid: ai kam" wa: zo: shao qe nho: qao" zin" akhyo we' myhi" ma: ho' qe we' seng yang: yham thau: khao: ngo" ba se" ca" ko" ra" akhyo jham bo: ra" ga" akhyo re mong cid' sa: mo" qe alhab' mo; geim" wa myid hhan: taung" tug tau: yu: ako". Aimung: mong cid' sa: we' seng ra" akao" nho: pha, ji" mo" re aphug' akho" nang: nang: za: zo: shao qe nho: qao" zin" akhyo re lo, laui lo, xae" qo" gai: kaid' cao" ru mung: ngaid: a".

Dau: na nae" akao akhyag paug' ce re

1. UNICEF (Zo: shao qe nho: pha, ji" we' qi" hhang khyo we' seng: ra" Mang: Hham Qe, Do, Mo" Sh-va Ngau dab)
2. WHO (Myid gaung Gye, geim" mae" Qao" Zin Khyo we' Seng: ra" Qe, Do, Mo")
3. UNESCO (Myid gaung Gye, geim" mae" Pha, Ji" we' Sam" ve; we' Seng: ra" Mang: Hham Qe, Do, Mo")
4. UNFPA (Myid Gye, geim" mae" Mang: Da: Dae we' Seng: ra" Mang: Hham Qe, Do, Mo" Ngau Zam: Dab) We' mung:
5. Zo: shao qe nho: qao" zin" khyo we' seng: ra" mau" zai" mo, 160 boe: je bao: we' lo, xo' yang: ceim" zai" na: ru ngad:

Airu ngad yang: ri: zin lag myo: sho' lo, lam: pyam" zai" lo" ru mae. Myao: ru wa qo" gai: lam: ra" mo, khyo" mung: zin ve; myo: sho' gyo: mae dam pyin dam phaug' dazab: m-doe, cao" mho" shid' ta" peim", lao" she, byu na azhao" khao: ngo" we' byu gaung yang nge, gai: qo" ba: se" lo" ru ngad: a".

Airu: mung: zin ve; myo: sho' mang: byu qe tau: mau" zai: mo, ngaid ko" ra" -

1. Jhaung zug: mo" qe we' zug: bug aja: ja: re au: she mo,
2. Pha, ji" we' zai" mai" zo" khyao jham re ceim" qhu" mo,
3. Qao" zin" khyo we' seng yang: ba jhao mo, we' mau" zai" mo,
4. Shi sug' khye' we' apaug' radio we' myo, myao-no: gyo" khyao: dao: pyo mo,
5. Phung: ub qe we' phung: mau" zai: mo, ade, suyin" qe
6. Zai" mau" mo" sang qe we' ph-ga: yum ga: mo,
7. Myid phom ph-ga: yum ga: phung: jham mae" au: she mo,
8. Vo dam: khan" mae qao" zin" akhyo mae mau" zai" na ko" ra" mo, no caung mo, (nurses) zo: khau bao" myhi" qe (midwives)
9. Byu na azhao" tau: to" mau" zai" mo, we' kao bau nug yang: mau" bo: zai" mo,
10. Myi qe: qe phung: aja: ja: jham
11. Ve, qae" qe nho: zai" mau" mung mo, aja: ja: jham
12. Thung" khin sam" ve, mau" aja: ja: re jhau" au: she: na ko" mo,
13. Mang: geim" din" geim" mae we' mug: vo dae we' dam: khao: nog" mae mau" zai" na ko" ra" zug mo" zug: zang zug: ngai athaung: adau aqe, khao: ngo" mae" mo,
14. Su lho soe" mo, sug' tung" pyo mo, sh nghau: sh pyo: mo, we' sab' keim" lhau: keim" mo, myi qe: yang gai qe alhab' mo, we' g-gu: gu: qe re adau lag mai qhi" khyeng nhao: na a".

Airu: mung: Apaug' nau" ce ru wa mau" mung mo, we' pha, ji" cao" byid' qin" ko" mo, aboe: boe: wa jho" phye" nyho' nae" byin phyo: vhang" mae" u yaung hhid byid' ru ngad: a". Byu gaung yang nge, we' mau" zo" aja ja: re ceim" vin vo, ko" ra" aboe: boe: jham khao: ngo" re g-lin: g-go" aqi" ahhang mae jho" phyo: nae" gin jang re phung" byid' ru ri: ngad: a". Ailao" she, yao: nhaung" mae jo; ra" ngau hhang we' yao: nhaung" qo" ko" ra" pha, ji" aja: ja: jham re g-lho: za: akyu" bo taung" qo" ba: gai: yhung: ko" nae" ngad: ako".

Lang" za: ta" nug: ru wa adau: agaung mae lo, lam: pyam: zai" nae" mo, dao: tau" Sh-va lau pyomau" vin: ra" mo, wa sh-va mang: byu qe re zo: shao qe nho: qao" zin" khyo jham re akao" vao" ba: gyo: ko" nae" khyo: myao" sho' lhang daja" lhao mae daja: yang: phung" qhu" shid' nae". - aimung: dam: -

Pha, ji" dab mae" khaung mao: qe Jaung zug: mo" qe daggasu khan mae" mho" myhi" mho" pho" qe yao: nhaung" dab we' seng: ra" zo: shao qe re qao: tae khyao qao" zin akhyo yao: nhaung" yao" qi: hhang khyo we' yao: nhaung" yao" gug' gam khyo jham re m' ba m' se" ru jaung mae" m' thug' lo" ko" nae" khyo: mho" shid' kyang" kyo: nae" khyo: qam: o" mho' nae" khyo: mho" shid' kyang" kyo: nae" khyo: qam: o" mho' nae" akhyo jo, nae" ngad: a".

Apaug' nau" ce re MANG: HHAM QE, DO, MO" zo: shao qe we' seng" ra" Ngau Dab mae" mo, we' Lhao Tung" Sam" ve; mau" au: she mo, byin hhan: lo, xo' mung: Lhao myan" khyo" be; pyo: ru ngad: a".

Ce mae alho bo: ke' byid' ko" ra" mo, re Myid Gyae: Gye, Geim" mae" Zo: Shao Qe we' seng: ra" Sh-va Ngau Dab mae" mo, we' Lhao Tung" Sam" ve, mau" vin mo, wa je ju gyai beim: so" ke' a" wo".

U.N.

Translated by Mr. Luka Hhao" Leim"
Photoes by Mrs. Hhung: Leim" & Hhang" Gau" Zaung"



MYIQE: QE: MAU" (Women's Work)

Dau: na nae" Ca" ra" Akao Jham ga: ta" lao" myo: lo bug qu" ke' ri myi qe: qe mau" ngad: a" ga: myao: ako". Dang yao: ngad: a". Ai wa myi qe: qe mau" ngad: a".

Gai gai: ga" ri myi qe: qe wa mau" zo" aja: ja: re myi" ne, zai" na ava" ko" ru ngad: a". Yao: nhaung" wa myid gaung gye, geim" mae" ceim" zo" na: ra" zo" nam shaug' pho: re hho" na va" ko"; ai mae" hho" vo: hho" shi: jham re gai mae aung" na va" ko"; ai mae ceim" shaug' na: ra" qid re ri: myo: lo bug khae: na va" ko"; ngha" na: ra" thao: re ri: myo: lo bug hho: na va" ko"; gug' nyhug' gug' du: jham re ri myo: lo bu khau: na va" ko"; ai mung: yo dae yo myi: mae ri: hho" vo: gae re caung: kung: na va" ko";.

Aimung: yao: nhaung" wa yham khug yo, vao" mae" mau" zo" jham re bin zai" ko" lao" taung gaung mae" mau" zo" aja: ja: re zai" ashi" ko". Yao: nhaung" wa myi: mad zo jho' ako"; ve, mai ve, bau: re cid' shaung: ako"; yham khug yo, vao" sham" shaung: ako"; zo" pho: shaug' nam re cao" hho cao" vai: qin" ako"; phug' mao: phyid' mao: qe re we' no phyo: mo, re qu" caung: ako".

Aimung: g-kai: lai yao: nhaung" wa myid gaung gye, geim" mae" sosu byu zo: yaug khao: yaug ngo" re myhung: ke' mung: khau: qhi" ke' na: ako:. Aga" ai hhi" ai nho" ra" mau" zo" jham wa myi qe: qe tau: saung" laug va" wo".

Airu: mung: ainho" myo" ra" aihhi" qi" ra" mau" zo" jham mae yao: nhaung" wa yao: zo: myid: qe re qao" qao" zin" zin" na nhao nae", qi" li" nhao nae" we' ai bao" nho: kao re ceim" bo: qu" gam nae" loe; beim nhao nae" ai hhi" airu: qug: khai: mung: akao mo" ngad: ra" mau" zo" jham re mang: khao; mang: ngo" mae na: bam ko" ra" pho" mo ho' - yaug gai qe re je: akao" vao" sho' lam: leim" taung" ba: bo: vao: zai" ko" nae" myid ba jhao khyo re mho" kyang" shid' kyo: nae" ayo, joe" va" ga" aug' lhab' ra" deim" jhan: qam: byid' ra" akhyo ngad: a". Airu: mung: **"Dau: na nae" akao akhyag jham"** wa myi qe: qe re za: mho: ru m'ngad: yaug gai qe re re: bo: mho" shid' ru ngad: a".

KAO GAG: DAXE JA:

(The Top Ten)

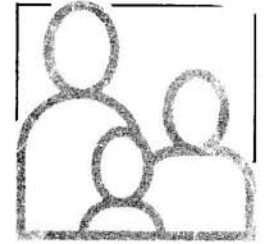
O mae bo: ra" kao gag: daxe ja: wa "Dau: na nae" aka akhyag" mae" kyang" shao: yu: ra" khyao: dao: jham ngad: a".

- 1 Yham khaung myhi" dayaug wa co' dalhang we' dalhang phyid' ra" agyo: mae shid' zin ko kyo mung: zo: byid yang ko za: myhung: ngad: ri ai mung: asag 18 zin m' joe" shi" gyo: mae ve, m' vin ri g-kai: lai je: qao" zin" a".
- 2 Zo: khau dau yug: ra" ne, mae no mo" m' phau: nae" khyo: gaung la"ra" myhi" mo: ho' yang khao: ngo" wa zo: m' myhung shi: mae qao" zin" dab mae gaung qhu" mung: zo: myhung: ba mae ba: ra" yang mae" abao" athaug' yu ca" a".
- 3 Co' phyid' thao zo: shao dayaug wa lho" khye' zhom: ra myao" sho' yao: myhi" nho: qao bam nug' qang: wa gai: thao" ra" zo" shaug' pho: ngad: a". Zo: nau" dayaug wa asag lho" khyaug' khye' ko lao" she, g-ja: zo" pho: shaug' nam re bo: o: laung" ru ngad: a".
- 4 Zo: shao qe sam zin joe" sho' agyo: mae g-kai: lai zo" ve shaug' pho: qo: a". Yao: nhaung: zo" nam jham wa g-tau ao: pho' myi qui we' xau re je: lhag' yang: dane, mac ngo" khyaug' myo: ko zo" byid: ca" a".
- 5 Vae: sheim: no wa zo: shao qe gaung dau: mac" qid qang: re yug: sheim shao" nhao: pye' byid' ru mung: kao ba: je: a". Vae: sheim naung mae bo: sheim: thug' pye' ra" aqang: jham re g-tau nug' qang:; lho: pho'; we' g-tau: ra" zo" pho: shaug' nam dadxo: ru" jham re zho" jhaug' ca" a". Vae: sheim: ra" zo: shao wa dam: gai: qao" li" nae" tau: gai: ra" zo" nam shaug' pho: g-kai: lai qo: a".
- 6 Hhid' gau lheim" yang: ya: to" ra" ru (Immunization) wa byu dayaug re shid' nhao nae" airu: m' ngad: lao" apyad mac dac no nhao nae" ra" no bug: re qo" khye" kham"

pye' a". Hid' gau: lheim" yang: ya: ra" nam alhab' geim" re zo: nau" dayaug nho: asag dazin: gyo: mae ya: pin" pye' ca" a". Zo: gai: myhung: ra" myhi" mo: ho' yang khao: yang ngo" wa sho kab kyaung no bug: (tetenus) we' seng: ra" mong cid re hhid' gau: lheim" thug' xao" ci ca" a".

- 7 X-myid: au: gyao nga" ru myo: lo bug wa yao: za: jo: gai: li" a". Ai ru ngad yang: ri: zo: shao dayaug wa khyaug: zhug' zhug' lao" la, gaung laung lao" la, ri so' mo" hhin hhin she lao" yao: wa gyai no va" ru ngad: Ailao" mye, mye, yao: zo: shao ai: yang re qao" zin" dab khyo jhui" ye" ca" va". Khyaug: zhug' za: zhug'; nhe' za: abyug' ra" zo: shao wa zo" pho: re myo: myo: zo" shaug' ca" a". Airu gaung saung" laung: ra" lao" gaung za: m' cae: ri zo" pho: aqao re m' gai: zo"; aqang: za: agai: shaug' ru mung: qid qang: re myo: myo: shaug' ca" a".
- 8 No vo; myo: lo bug wa nhad' khyo" no bug: vao yang: boe" ru ngd: a". Ce no phyo: re ngha byin zao kad' yang: qo" jao" pye' a"; aimung: ngha bin: byin yang: airu: m' ngad: lao" zo" nam shaug' pho: re m' zai: shi: mae lo, re g-lho: za: cid'; aimung: zo" shaug' we' qid re shao gyang" taung" to: yang: nghoe' to" ru we' qid re xaug' nyho' shaug' yang: gai: jao" pye' a".
- 9 No phyo: wa zo: shao dayaug nho: qi" hhang: li" khyo mae dam: pye' nhao: a". No vo; phau" thao mae zo: shao dayaug wa yao" dam: lo" pye' ra" qi" hhang: li" khyo re dam: pyang" yu nae" tau: yao: wa zo" vae g-tau jhan" yang: dabad: gyo: mae zo" byid' ca" a". Zo: nau" dayaug wa na: li" mae" sam zin joe" sho' lho" khye' khao: ngo" mae lag: qu" ca" a". La, ma: yao: wa lho" shid' khye' gyo: mae m' je: mo li" ngad: ri qao" zin" khyo daja: ja: qo va" ngad: a".
- 10 Lham: thaug' qhao" ra" qam: khyug' no: bug: wa xan" xo' tau" ru mae" jho" de: ra" m' qo" ya: gai: yu: ra" no shid no vo; daja: ngad: a". La, ma: shid' yang: geim" no bug: m' bo ngad: ri xan" xo' tau" ngad: yang: ri: pe" ji no m'bo. La, ma: aug' o: aug' taung" ngad lao" wa zhaung" nghoe' zang" (condome) re yhung" ri re: gug' a".

I. ZO: MYHUNG NAE" AU: DAU: RA" AYO, (Timing Births)

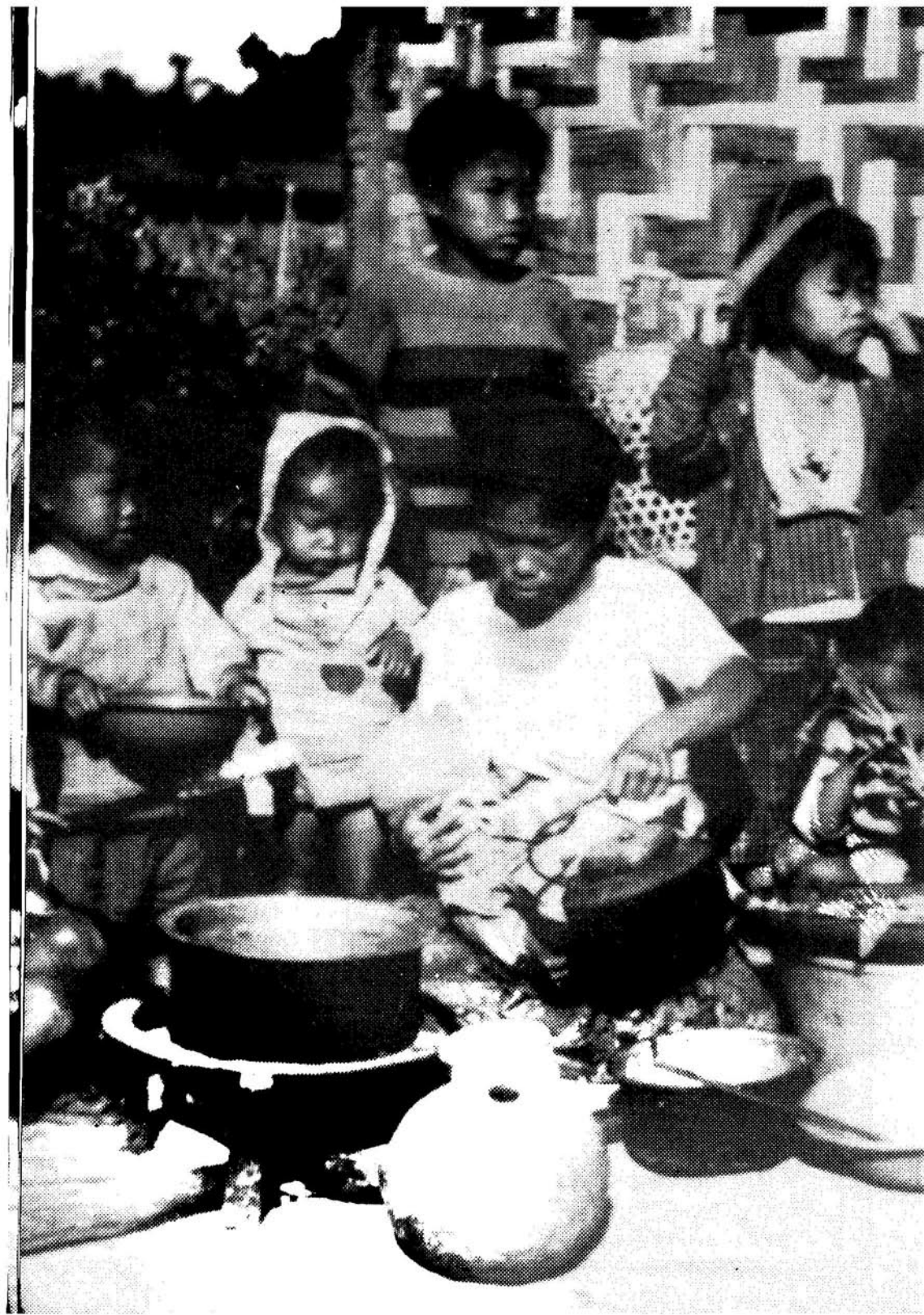


A. Ta" Qang

Zo: myhung myhi" we' zo: nau" ma" nho: qao" zin" akhyo re je: gai zhao: yao nae" ja" gu: gu: mae" qam: mo" bo: thao" ra" nam daja: wa zo: myhung nae" tau: adau lag: qu" ru ngad: a". Zo: myhung: ru saung" myo: lao" la; airu: m' ngad: lao" saung" jho" jhao" nae" la;! airu: m' ngad: lao" myi qe: qe wa saung" ngai shi" la;! saung" mao: va" la;! ngad lao" myid gaung gye, geim" mae qu" ke' lao" sam yang mae" dayaug gu: wa shid: lo" pye' a".

Airu: mung: ce abang: mae" ta" kyo: nug: ra" akao byid ja: re kad' cao" lao" dazin akhug mae atid yang shid: lo" ra" zo: myhung myhi" qe we' atug atid shid: lo" ko" ra" zo: shao qe nho: kao re qo" khye" lhoe' yu nae" ngad: a".

La, ma: ana" ba zo: myhung au: dau ayo, re ba mung: thao phyao: mae" qao" zin" akhyo re azhao" myhao nae" khyo: qo" vo; to' lao" myo: sho' mo; kao re ri: qo" lhoe' yu nae" khyo: zo: myhung adau lag khyo re yham thau: khao: ngo" ba ca" va".

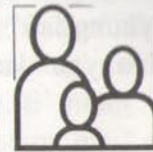


Zo: myhung adau lag khyo akao jham wa

- 1 Zo: khau myhi" dayaug wa asag 18 zin o ngai mung: asag 35 zin tho' je: qi: lao" y-myhi" we' y-zo: ma: shid' yaug: geim" nho: dae no khyo wa je: jhao" a".
- 2 Zo: myhung myhi" dayaug wa co'phyid' ru dalhang we' dalhang agyo: mae shid' zin za: lhao" m' kyo ngad: ri dayo yaug mae" ngo" xe yaug wa shid nae" akhyo je: bo: ako".
- 3 Zo: myhung myhi" dayaug wa zo: nau" byid yaug mae" jhan" yang: co' phyid' lao" gaung la: khyo mae we' zo: myhung khyo mae no dae no vo; je: myo" jhao" a".
- 4 Ve, vin shi: m' zai: nae" khyo: jao" pye' nae" akhyo: myo: sho' ja: jo; bam: a". Yham thau: adau lag pha, ji" wa yham khaung myhi" we' yham khaung pho" tao re kho: yo, mae zo: qo" hhid nae"; kho: yo, mae zo: qo" thao" nae:, zo: nau" dayaug we' dayaug: agyo: mae kho myhao" jho" kyo nhao nae" ga" akhyo jham re ba se" nhao nae".



B. Kyo' Sho'



1

Zo: Mhyung myhi" wa asag 18 zin ngai airu: m' ngad: lao" asag 35 zin thao mae ve, vin shi: zai" ngad: ri y-myhi" we' y-zo: tau: dae no nae" akhyo: je: jo; a".

● Zin khao: zin ngo" myid gaung gye, geim" mae zo: myhung myhi" qe da tid jhan" wazo: myung khyo we' seng yang: daja: m' ngad: ri daja: ja: khyo" shid: lo" byaug: ako". Yao: nhaung" wa myhi" m' qo" ra" nug' nau" jham atug atid qe re nha: khyo" to: co' ako". No shid ce gu: mae" myo: sho' yaug re ana" ban: mae" yham thau: adau lag pha, ji" re ba ko" ngad: ri qo" lhoe' yu nae" za: ngad: ako".

● Myi qe: nau" qe yaug khao: yaug ngo" wa zo: myhung myhi" m' boe" shi: mae lam: lang" ra" myi qe: boe" nae" khyo: ayo, re yu ca" ako". Byu myu" daboe: boe: mae asag ngai shi" mae" myi: yu yo byin ko" ra" thung" jo; ako". Airu" mo, mae ai myi: we' lao tao wa sao hhid' re" ve, vin shi: zai" ru wa nang" thao" myi qe: asag daxe: she' zin ngad ca" a".

● Qao" zin" akhyo we' seng yang: myi qe: nau" dayaug wa asag 18 zin za: m' ngad: ri ve, vin shi: m' gai: zai: nhao. Myiqe: dayaug wa asag 18 zin za: m' ngad: ri yao" gaung khyao wa zo: myhung dau yug nae" jin" jin" m'boe" shi:; Y-myhi" wa asag 18 zin m' joe" shi: mae myhung: li" ko" ra" zo: nau" qe wa na: li" ko" ba na m' nge, shi: ko" nae" la, airu: m' ngad: lao" co' jao: mae jao m' loe" ko" nae" la; boe" ko" nae". Na: li" ko" ra" au: mae ri: qug' thao" ru ngad: ako". Asag saung" ngai shi" ko" ra" y-myhi" qe mae" na: li" ko" ra" zo: nau" qe wa sao hhid' dazin: agyo: mae myo: lo bug shid: pye' ko" nae". Y-myhi" yao" kao je, nae" ri: je: gyaug jao: jo, a".

● Asag 35 ngo" zin mae" jhan" lo" lao" ve, vin shi: yu mung: zo: myhung lao" qao" zin" akhyo mae no dae dam: je: laung" li" a". Yao: yao" kao ri: y zo" kao ri: je, nae" je: jhao" ru ngad: a".

2

Zo: nau" co' phyd' ru dayaug we' dayaug: agyo: mae shid' zin za: lao" m'kyo ri zo: nau" nho: kao je, nae" wa 50 tham je: laung" li" a".

● Y-myhi" qe we' y-zo: qe nho: qao" zin" khyo m-thao mae zo: shao qe mae" ngai: thao" yaug wa asag shid' zin za: m'byang" ri myhi" pho" tao wa zo: g-yaug dam: myhung nae" ru re lao" ca" ako".

● Co' phyd' ru dayaug we' dayaug saung" jho" jhao" ko" lao" gaung khyao ri: myid nhag' khyao ri: g-lho: za: m' qi" hhang: li"; Shid' zin kyo mung: na: li" ko" zo: shao qe wa aja: ja: mae kung zeg: ako".

● Asag shid' zin m'byang" shi" zo: nau" dayaug tau: kao je, nae" laui: thao" ru wa shid' zin m'byang" shi" agyo: mae zo: nau" asag' dayaug dam: qo" ru ngad: a". Qaobam nug' qang: jhaug' ru re nyag tin" l-baug no" pye' ca" a". Y-myhi" ri: zo: nau" asag' dayaug tau: qo: ra" zao: kho re lam: lhang" taung" m' qo" jhab' nyhang" to: shi" ru ngad: a". Aiva" tho' mae no phyo: hhug' ra" au: y-myhi" wa y-zo: je: qi: yaug re g-lho: za: m' qo" qu" caung nae". Airu: aikhyo: mung: ra" m-thao mae zo: nau" wa g-lho: za: m' qo" qi" kung: li".

● Y-myhi" gaung dau: wa ve, vin mung: zo: myhung: ru mae" g-lho: za: dam: gai: qao" lo nae" tau: shid' zin ko ayo, yu ca" a". Y-myhi" wa zo: nau" da yaug qo" thao mae dam: dayaug qo" nae" tau: yao" qam: re phao" phao" za: dam: khin" yu ca" a". Ailao" she, zo: nau" we' y-myhi" shid' yaug geim" qao" phao" than" ngad ko" nae".

● La, ma: myi qe: dayaug wa hhid' mae zo: dayaug myhung thao mae yao" gaung dau: lam: lang" taung" m' gai: qao" shi: mae zo: nau" asag' g-yaug dam: ve, vin: li" ga" ru wa asag' na: li" ra" zo: nau" wa ba na lho" khye' m' nge, shi; mae na: li" mung: gaung dau: ala: ri: jao m' nao" nae". Gaung dau: ala: jao m' nao" ra" zo: nau" wa g-lho: za: na: kung: qi" li" nae" m' ngad:; aimung: no vo; ri: je: myo: nae". Airu" zo: nau" qe wa dang: byang" taung" na: li" ko" ra" zo: nau" qe we' tau" qu" ri daxe yaug mae" byid yaug: gu: wa asag dazin: gyo: mae shid nae" je: jhao" ako".

3

Zo: myhung myhi" dayaug wa zo: nau" byid yaug mae" jhan" yang: co' phyd' lao" ve, vin shi: zai: khyo mae we' zo: myhung akhyo mae no vo; je: jhao" a".

● Myhi" zang dayaug wa zo: byid yaug myhung thao mae ve, vin shi: dam: yu: laung" shi: nae" ga" ri yao" tao dama: geim" nho: kao re no vo; je: jhao" nhao: a". Je yang: hhid' phyao: mae" zo: myhung khyo mae shid' zin ko ko kyo yang: la, ma: zo: m' myhung ngad: ri myi qe: myhi" ai yaug nho: gaung dau: wa dam pyin dam phaug' gaung la" yang: co' phyd' mung: nug' jhaug' yang: zo: shao ajham ataung re qu" caung: ru: yang yao: wa qam: gan mung: ngaung" khyoe" shid: lo" nae". Airu" ru mae yao: wa gaung dam: la" nae" ga" ru wa yao: yao" qao" zin" akhyo wa dae no nae" wa dang dang ngad: a".

● Zo: nau" byid yaug re gaung la" thao mae xo' yang: gaung: dam: la" ra" ga" myi qe: myhi" wa no vo; mo" aja: ja: phau: nae" jhao" a". Dao: tau" sa: po" no vo; (anaemia); sa: sheim no vo; (Haemorrhage) m' aung m'myi: lo: zo: myhung: ru we' zo: nau" ri: jao m' nao" lo: na: li" nae". Ce ru wa Myi qe dayaug asag 35 zin byang" lai thao mae dam: boe" nae" ngad: a".

4

Ve, vin shi: m' yu nae" khyo: gai: qo" jao" pye' nae" qo"
gai: boe" gai: ge; yu: ra" akhyo jham myo: sho' ja: jo;
bam: a". Aigu: mae" yham thau: adau lag pha, ji" (Family
Planning) wa Yham khaung myhi" we' yham khaung
pho" nhag' tao re kho: yo, mae zo: qo" hhid nae" kho: yo,
mae zo: qo" thao" nae", zo: nau" dayaug we' dayaug:
agyo: mae kho myhao" jho" kyo nhao nae" ga" akhyo
jham re ba se" nhao: a".

● Yham khaung myhi" we' yham khaung pho" nhag' tao re
gug' gam taung" yham thau: adau lag cao" nae" zai: mae" khyao
aja: re qao" zin" dab mae" mo, myo: lo bug wa qo" ba: ta" kyo"
akhyo re qo" shid' kyo" ko" nae". Yham Khaung myhi" we'
yham khaung pho" nhag' tao wa yham thau: adau lag: ra" akhyo
we' seng yang: jhao" thao" ra" qao" zin" dab mae mau" vin mo,
mae" gai thao" yin yo: thao" ra" mau" zo" akhyao jham re myid'
pang" yu ca", pha, ji" re hho: yu ca" ako".

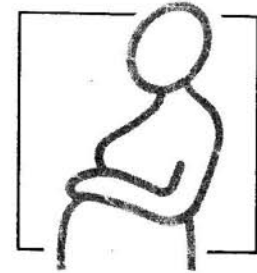
● Yham thau: adau lag ra" mau" mae yhung: nae" dao: tau"
zhaung" nghoe' (Condom) nae", we' ve, vin shi: m' yu nae" cid'
khai" jham aja: ja: re cid' kad' jao: mae we' cid' aung: jao: khan
mae" qo: gai: yu nae".

● Yham thau: adau lag ra" ru wa myi: we' lao shid' yang
geim" ceim" kad' cao" ca" ra" mau" ngad: a". Yaug gai yang
khao: ngo" wa yham thau: adau lag yang: qao" zin" yang: akyu"
bo: ra" akhyo re we' kad' cao" khyao aja: ja: jo; bam va" ga"
akhyo re ba beim: so: ca" va" ko".



II. GUG' LOE; RA" ZO: MYHUNG MYHI"

(Safe Motherhood)



A. Ta" Qang

Ceru re Yham thau: khao: ngo" wa ba ca" ra" akho akhang"
qo" ra" ja: ngad: a". Ne, khao: qug: myi: qe: qe 1,000 yang
wa zo: khau dau yug khyo we' seng yang: shid: lo" pye' ako".
Ce abang: mae qhu" to" ra" akao nhad' ja: wa kao aigu: myo:
lo bug re qo" gai: lhoe' yu nae" we' g-tau: no vo; mo" jham
re ri: qo" gai: jao" pye' nae" ngad: a".

Airu ngad yang: ri: ba jhao khyo ce gu: gu: re qo" gai: kad'
cao" nae" tau: y-lao qe we' bo: ceim" na ko" mo, we' mung:
asuya jham ri: bo: bao" bo: thaug' yu ca" ako".

Zo: myhung co' phyid' jao: mae ba: bo: bao" thaug' ba: zai"
byid' nae" byu myo: sho' yang re mho" shid' byid' nae" pha,
ji" byid' nae" zo: myhung nae" hhid' gau: lheim" yang: cao"
qu" caung byid' nae"; aimung: zo: myhung dau yug ra" au:
we' gaung la" yo la" ra" au: qug: khai: phau" ra" mo, myhi"
ma: ho' qe re bao" thaug' nae" mo, re myhung: thug' nae"
mho" shid' byid' nae" mau" zo" qo la: asuya kad' mo, vin
vo, ca" ako".

Zo: Myhung Myhi" GUG' LOE, AKAO

1 La, ma: yham khaung myhi" qe wa gaung la: yo la: ko" au: jhao" thao" ra" qao" zin" dab mae yao: nhaung" yao" gaung dau: re man man ye" qhu" na ko" ngad: ri zo: myhung no vo; dae jham re lam: leim" qo" zai" yheim" pye' mae".

2 Mho" ba ci: ra" yang wa co' phyid' jao: khao: ngo" mae bo: bao" ca" a".

3 Gaung la" yo la" we' zo: myhung dau yug akhyo we' seng yang: qug: khai: jham no vo; jham re qo" khyang" khyo" pye' nae" tau: no vo: nho: ave, jham re yham thau: khao: ngo" wa ba se" ca" ako".

4 Gaung la" ko" ra" myhi" ma: ho' alhab' mo; geim" wa zo" pho: shaug' nam je: qo mung: je: no" na qo: ako".

5 Gaung la" ra" agyo: nang" lhao" shid' zin kyo ca"; ai mung: asag 18 zin o mae we' asag 35 zin tho' mae ve, vin shi: m' zai" nae". Ailao" yang wa zo: myhung dau yug akhyo mae no vo; nang" lo" nae".

6 Myi qe: nau" qe wa yao: nhaung" yao: ngai shi" au: we' zo: qae: au: mae gyi: gyi: leim: leim: za: hhug' zo" shaug' ra" mo, wa zo: myhung dau yug akhyo mae qug: khai: khyo je: nang" ako".

7 La, ma: myi qe: myhi" dayaung wa gaung la" ra" au: cid' myi: shaug' yhid hhid' shaug' aimung: qu: cid' jham re zo" shaug' ngad: ri yao" aung mae" zo: nau" wa no dae je: phau" nae".

B. Kyo' Sho'



1

La, ma: yham khaung myhi" qe wa gaung la: ko" au: mae jhao" ra" qao" zin" dab mae yao: nhaung" gaung re man man ye" qhu" ko" ngad: ri no vo; re lam: leim" qo" zai" yeim" pye' nae" ngad: a".

● La, ma: zo: nau" y-myhi" boe" nae" myi qe: dayaung wa gaung la" va" ga: yao" gaung dau: re beim: we' ri yao: jhao" qao" zin" dab dajao: jao: mae yao" gaung re ye" qhu" ngad: ri gaung la" yo la" mung: zo: myhung dau yug ra" akhyo mae mau" zai" yang wa o mae qhu" to" ra" akhyag jham re kad' byid' yang: no vo; m' phau: lo: zo: myhung mung: qao" zin" ra" zo: nau" re dang dang qo" nhao nae" akhyo jham wa :

- Gaung la" yo la" akhyo re azo" yid jeb: xam" ra" ru: yang la, ma: myi qe: aiaug re qug: khai: phau: nho dau qo myao we' qao" qao" zin" zin" za: zo: re qo" myhung: yu nae" khyo: cid' yung" khyo gau lheim" yang: nhao: ke' byid' nae".
- Y-myhi" we' y-zo: ma: shid' yang: geim" re dae ba: no nhao: ra" sa: ma to" ana re tam" kham" pye' nae".
- Sa: po" ra" no vo; re cid' jha" byid' yang: gai nhao nae".
- Shokab kyaung ana mae" y-myhi" we' zo: nau" ma: shid' yang: geim" gug' gam ko nae" tau" cid' re thug' byid' nae".
- Aung mae" zo: nau" wa adau lag taung" qi" li" nae" khyo: jeb: qu" byid' nae".
- Qo: li" ngad: ri Noqam" cid' re byid' zho" jhaug' nae".
- Asag' na: li" ra" zo: nau" re nug' jhaug' ra" akhyo qu" caung" ra" akhyo jham re g-lho: jeb: qu" nae".

- Zo: myhung: ra" au: mae lo, lam: pyam: kad' nae" akhyo jham re pha, ji" byid' zai" qhu" nae".
- Zo: re myhung: ra" au: la, ma: qug: khai: phau" ngad: ri khai: mae kho: yang re bao" thaug' mho' nae" akhyo re ta" kyo" nae".
- Thao: mae ve, vin shi" zai" nae" ayo, akhyo: re myao" nhao khyo re ta" kyo" nae".

2

Akhyo re mho" ba: ci va" yang wa zo: myhung jao: khao: ngo" mae bao" ca".

- Mho" kyang" hhug' va" yang wa o mae" gu: re ba nae".
 - Zo: myhung no saung" myao" no: na lao" (yo, qug 12 jhan" lao") cid' rung" khyo jhui" ye: nae" akhyo re ba beim: nae".
 - Zo: myhung: ru re kho: ru: kad' shao kyang" nae" we' no dae m' man" je" li" nae" khyo: kad' nae".
 - Co' re g-lho: za: san seng" taung" phyid' byid' nae".
 - La, ma: zo: nau" wa m' yo" khyo: the' gyo" li" ang: ri kho ru: kad' nae".
 - La, ma: sa: saung" myo" sheim: pye' ngad: ri khoru: kad' nae".
 - La, ma: zo: nau" wa na: li" we' ri yao: jao" so' m' she ngad: ri khoru: kad' nae".
 - Na: li" we' ri yao: jao" zo: nau" re nug' jhaug' nae" khyo: y-myhi" re mho" shid' byid: nae".
 - Na: li" we' zo: nau" re fai" fai" lamlam za: khoru: kad' nha nae".
 - Thao mae dam: ve, vin shi: zai" nae" akhyo re kho ru: kad' yang: hhui" pye' nae" airu: m' ngad: lao" myao" nhao nae".
- La, ma: zo: myhung ra" au: mae no vo; mo" joe" li" ngad: ri khai: khyi" mae" khoru: kho yang jhao" mae" bao" thaug' qo" nae" mho' nae" akhyo re ba nae".

3

Gaung la" yo la" we' zo: myhung dau yug khyo we' seng ra" no vo; qug' khai: jham re jao" pye' nae" akhyo jham re yham thau: khao: ngo" wa ba se" ca" a" we' ba se" nae" akho akhang" qo" a".

● Gaung la" hhid we' ri yao: jao" zo: myhung myhi" dayaug wa khai: mae bao" thaug' pha, ji" mho' nae", khai: mae co' phyid' nae" ai mung: kho: yang wa yao" co' phyid' jao: mae li" bao" nae" ga" akhyo jham re cao" hho; myid' ba nae" akhyag mo" ngad: a". Cao" hho: myid' nae" akho akhang" ri: yao: qo" a". La, ma: yham thau: damo' mo' wa zo: myhung: ru qug: khai: hhug' nho l-hab ngad lao" cid' rung" mae m' ngad: lao" myhi" ma: ho' re qu" gon: ra" cid' dab mae co' ye: gai: phyid' a". Airu: m' ngad: lao" y-myhi" re abao" athaug' gai: qo" nae" cid' rung" dajao: jao: we' jhao" ru khyo gai: thoed: ye" a".

● Airu: mung: gaung la" ra" myhi" zang qe yao:, y-lao qe we' yham byu g-je qe ri: zo: myhung: ri ai ru: qug' khai: nae" g-kai: lai bao" thaug' nae" qu" caung nae" ave, akhyo: jhamre bo: ba se" beim" ca" ako".

S-di, byid" ra" ave, jham re gaung m' la: shi: mae" qhu" hid: ru:

- Lo: thao" zo: myhung ru mae" ayo: mae shid' zin tho' nang: lao"
- Y-myhi" wa asag 18 zin o ngai mung: 35 zin tho' qi: lao"
- Y-myhi" wa hhid' phyao: zo: byid yang airu: m' ngad: lao" aitho' myo: sho' yang co' phyid' qu" yang ngad lao"
- Myi qe: myhi" aiyaug wa hhid' phyao: zo: myhung: ri y-zo: wa co' jao: mae gaung geim" ala: jao 2 kilograms (dajoe: mae 20 kye' sho: o mae nang: yang: myhung: qo" qu" yang
- Zo: nau" y-myhi" boe" nae" yang wa hhid' phyao: zo: myhung qug' qu" yang airu: m' ngad: lao" vae dug: kho' yang: zo: myhung: qu" yang

- Myi qe: myhi" wa hhid' phyao: lho" khye' ba na m' nge, shi; mae zo: re myhung: qu" yaug
- Zo: nau" y-myhi" boe" nae" yaug wa hhid' phyao: zo: re bya" pye' qu" yaug zo: nau" re khyo" pye' qu" yaug airu: m' ngad: lao" ashid gau myhung qu" yaug
- Zo: myhung myhi" boe" nae" yaug wa gaung geim" ala: 38 kilograms (22 joe:) o mae gyo" yang: ala: seim: yaug
- Zo: myhung myhi" boe" nae" yaug wa myhao khyo 145 centemeter (4 pe: lo, mo" 10 cae:) m' myhao lao"

Gaung la" ra" au: boe" li" ra" au: qu" ra" ave, jham wa:

- Gaung geim" jao ala: m' jhan" li" ra" yaug nang" thao" kilos 3 (2 joe:) ko gaung la" au: je: mo; li" ca" ru ngad: a".
- Myo, qid akhug mae mai: sham mung: ru (ane m' ngad: lao" ne byao: ngad ca")
- Gaung khyid we' lo, khan: mae m' lhaung" qae" ra" khyo: qae".

Aiyao: jao" abao" athaug' re mho' ca" ra" ave, byid ja:

- Gaung la" ra" au: jaug khyauung akhug mae" sa: yug: thug' ru
 - Au: lhang" m-geim: lam" no: ru (sa: zhau: ma: ru ngad: a".)
 - M-nu, m-na, lam" daug: a".
 - Gaung lam" laung li".
- Co' phyid' no no: na: au: aqug: akhai: gai: boe" doe; li" a". Aigu: mae" dano" no" wa gaung la" na: ra" au: mae" pe" ave, m' qhu" ru: ngad: a". Airu: mung: myi: we' lao nhag' tao wa bao" thaug' gai: yu: ra" jhao" thao" ra" cid' rung" airu: m' ngad: lao" myhi" ma: ho' re qu" shaung: ra" jao: khyo khai: khyo khoru: qo" ye" nae" ga" akhyo re ba ca" ako". La, ma: myhi" zang wa zo: myhung qam: phin" lo" ra" au: aqug: akhai: the' bo: li" ngad: ri y-lao wa hhin hhin za: zo: myhung myhi" re jhao" thao" ra" cid' rung" khyo jhau" ye" ca" a". La, ma: qo: li" ngad: ri yao: re jhui" su" nae" ru we' seng yang: g-kai: lai seim" nyhang" ca" nae" ga" ra" akhyo jham re hhid' gau: lheim" yang: ba: to: ca" a".

4

Myhi" ma: ho' alhab' mo; geim" wa gaung la" ra" au: zo" shaug' je; myo: sho' ra: ako". Gaung la: ko" myhi" ma: ho' alhab' mo; geim" wa je: no: ca" ako".

● Y-lao we' yham thau: byu qe wa yao: wa gaung la: ru dang dang ngad va" eing: ba: hhid we' ri yao: re ne, khao: ne, ngo" zo" ve shaug' pho: 6-tau jhan" yang: vai" to: byid' ca" ako". Yao: wa g-au: tho' mae gaung la" ra" au: mae na" gaung mae je: no" yu ca" a": je yang: zo: myhung nae" hhid' lho" sam khye' gu: mae no" yu ca" a".

● Gaung la" ra" myhi" zang wa yao: mo: ho' yham thau: mae gai: qo" ra" nam nam nug' qang:: shi:: ao: pho' myi qui:: sho:: ngo:: qo, au"; shi: gyao:: aimung: g-tau: hho: vo: aja: ja: jham re zo" nhao ca" a". Ce gu: gu: re khyin jao" pye' nhao nae" pe" akhyo m'jo,.

● Gai: boe" ngad: ri myi qe: dayaug wa ve, vin shi: yu: hhid mae" yao" gaung dau: geim" re jao lag: hhid: qu" ca" va". Gaung la" na: ra" au: mae lho" khye' khao: ngo" mae gaung dau: ala: jao je: nao" li" ca" a". Aimung: yao: wa zo: m' myhung shi: mae 8-10 kilos (5-6 joe:) ko je: mo: li" ca"

5

Dalhang we' dalhang gaung la" ra" agyo: mae nang" thao" shid' zin ko kyo nhao nae"; aimung: asag 18 o ngai yaug we' asag 35 zin tho' je: qi" yaug qe wa ve, vin shi: m' zau" nhao lao" yang wa co' phyid' ra" ne, mae leim" leim" yao: no vo; jham re qo" hhao" pye' nae".

● Zo: khau dau yug: ra" ba mae y-myhi" we' y-zo: shid' yaug: geim" nho: no vo; re laui laui za: qo" jao" lhai: pye' nae" ja: jham mae" lo" je: aung zao" thao" ru wa zo: khau ayo, re adau lag: qu" ru ngad: a". Zo: myhung ra" au: mae" no vo; myo" thao" ru wa y-myhi" boe" nae" yaug wa asag 18 zin o ngai mung: 35 tho' mae je: qi: lao"; ai ru: m' ngad; lao" lo: thao" ra" yaug re co' phyid' ru mae" shid' zin m' kyo lo: zo: dam: khau: ra" mo, ngad: ako"

● Zo: m' nug: myhung yang: m' gug' ra" khyo: zo: nau" re phyo' khyo" pye' ru wa gyai gyaug vae qo: ra" no vo; bo: ru ngad: a", Akhyo m' ba m' se" ra" mo; yang zo: nau" re phyo'khyo" pye' ra" mo, dazin mae byu dau: 100,000 yaug mae" 200,000 yaug ko shid: lo" pye' ako".

6

Myi qe: nau" qe ngai shi" yo, we' zo: qae: au: mae g-lho: ze: hhug' zo: shaug' ko" ra" mo, wa zo: khau dau yaug khyo mae no vo; m' saung" myo: ko".

● Zo: myhung dau yaug khyo mae gug' ru we' aung myaug qao" zin" ra" akhyo myo: lo bug wa y-myhi" boe" nae" yaug nho: qao" zin" khyo we' jin" jin" za: ngad: ra" akhyo mae dang: kai" jo; a". Airu: mung: myi qe: zo: qe zo: qae: au: mae g-lho: za: zo" nae" shaug' nae" akhyo jham re s-di, s-kha, taung" qu" caung ca" a". Aimung: asag 18 zin m' joe" gyo: mae zo: m'myhung nae" khyo: kad' ca" a".

7

La, ma: myi qe: myhi" dayaug wa gaung la" ra" au: cid' myi: shaug', yhid hhid' shaug': aimung: qu: eid' aja: ja: re zo" ngad: ri yao" aung mae" zo: nau" re dae no nhao" ru ngad: a".

● Zo: nau" vin: ra" au: myi qe: dayaug wa cid' myi: re shaug' yhid shaug' fo: zo" lai: ra" khin cid' boe" ra" nam daja: ja: re zo" shaug' lao" yao" aung mae" zo: nau" re dae no nhao: ru mung: zo: nau" re vin: ci: ra" au: mae khoru: m' kad' akhyag mo" za: m' ngad: ri mong cid' jham re m' zo" ri gai: a". Mong cid' ai re mho" ba jhao: ra" mo; yang za: m' byid: ri m' gai: zo" ru ngad: a".

III. QAO BAM NUG' QANG: JHAUG'

(Breast Feeding)



A. Ta" Qang

Qaobam nug' qang: re shaug' ra zo: nau" qe wa nug' tau: mae we' g ja: zo" shaug' re zo" ra" mo, tho' mae je: qao" zin" ako". La, ma: zo: nau" qe wa na: li" ra" au: mae" lho" khyaug' khye' ko yao: myhi" nho: nug' qang: re za: shaug' yang: na ko" ngad: ri dazin: agyo: mae zo: nau" qe kyid jhan" yang ko asag seim" lo" ko" ra" ru re qo" tam" to: nae" ngad: a".

Myaung sho" ra" vo dam: mae tau: mae" nug' jhaug' ra" ru pyaug gye mo" daja: ngad: a". Pe" mung: ga" ri myhi" pho" qe wa nug' phau: re laug laug za: m' qo" nae" ru lhau: lhag' nae" qid san gyang" m' qo" nae" ru ai mung: nug' tau: akhug atho' re g-lho: za: m' qo" cid' shao nae" ru mung: no bug: aja: ja: wa zo: nau" qe wa the' bo: zo" zao" ke' lao" novo; aja: ja: man" no: li" nae" ngad: ako". Zo: nau" y-mhyi" qe myo: sho' yang qe wa yao: nhaung" yao" nug' qang" yang za: zo: nau" re qo" jhaug' nae" dao" m' myid: lam m' nghae" ko".

Yao: nhaung" wa y-lao kad' mo; yang we' qao" zin" dab mae mau" vin mo; yang bag zo: mao: nhaung: qe: yang ri:; myhi" ma" ho' yao: cao: ri:; sh-va lau pyo dab khyo" ri:; phaga: veim ga: dab mae" khyo" ri:, mau" sang qe khyo" ri: asuya qe khyo" ri: qam: vhin" o: vhin" ru ca" ako". Ce abang: mae nuho" shid' ra" akao khyaug ja: aigu" no vo; gye jham mae" lhoc' yu yang: zo: shao qe nho: qao" zin" taung" qi" hhang: li" ko" nae" a khyo jham re qam: jhan: to' byid' nae" ru ngad: a"

Qaobam nug' qang: re Jhaug' ra" kao gag jham

- 1 Zo: nau" dayaug: tau: qao bam nug: yang: yao: gai: thao" ra" zo" nam shaug' pho: ngad va". Zo: nau" wa na: li" mae" lho" khyaug' khye' ko g-nam: zo" nam shaug' pho: pe" m' ra lo:.
- 2 Zo: nau" re co' phyid' khyo" ke' we' ri qo" mye; tho' mae mye, sho' nug' jhaug' hhid ca" a". Myo: lo bug wa y-myhi" khao: ngo" wa y-zo: re yao" nug' qang" yang za: qo" khau" yu: a".
- 3 Qao bam nug' am yang nug' jhaug' lao" nug' qang: je: thug' nhao: a". Zo: Nau" dayaug wa dazab: m-doe, qaobam nug' am re jhab' shaug' ca" a".
- 4 Zo: nau" qe re qaobam nug' qang: re za: jhaug' ru: yang: gyaug vae geing" ra" no bug: myhi" jham mae" qo" gug' gam: yu: a".
- 5 G- tau: zo: nam shaug' pho: jham re laung: yang: zho" jhaug' nae" kam" zo: nau" asag lho" khyaug' khye' mae" ce gu: mae zho" laung: qo: a". Airu qao bam nug' qang: re xo jhaug' ca" ashi".
- 6 Qao bam nug' qang: re jhaug' na lao" y-myhi" re lho" khyaug' khye' gu: ve, vin shi: m' zau: nae" khyo: 98% gug' gam: to: byid' a".

13. Kyo' Sho'



1

Zo: nau" dayaug" tau" qaobam nug' qang: wa gai: thao" ra zo: nam shaug' pho: ngad: a". Zo: nau" dayaug wa na: li" ra" mae" lho" khyaug' khye' agyo: mae g-nam: zo: nam shaug' pho: pe" m' ra lo:

● Zo: nau" dayaug wa na: li" ru mae" lho" khyaug' khye' gyo: mae y-myhi" nho: qao bam nug' qang: re shaug' ra: ru ngad: a". Zo: nau" dayaug zo" shaug" ra" gu: gu: mae" gai: thao" ra" zo" nam shaug' pho: ngad: a". Yao" atha" g-ja" zo" nam jham: nung: nug' lhau: lhag' to" ra" g-ja" zo" nam; nug' phau: lhau: nhan: ru; hho" vo: hho" shi: lho pho' qang: jham wa qao bam nug' qang: o mae qam: azhao" nyham: gyo" ru shao shao angad:.

● Laung yang: kyaug' fai" ra" ayo, mae lho" qao bam nug' qang akhug mae nug' nau" dayaug mae qo" ra" ra: ra" aqang: ga" laug sho' bo: to: va". G-tau qid we' acug qang: jham wa zo: nau" nho: qid shab' bau: nae" shaug' m' ra lo:. Aiva" tho' mae ai gu: wa gyaug vae ja: lhao" boe" ashi" ko". Pe" mung: ga" ri zo: nau" wa g-ja" no: phyo: jham re ri: je" myo" li" nhao: ashi".

● G-ja" zo" nam shaug' pho: jham o: laung" ru wa asag lho" khyaug' khye' ko bo: lo lao" ngad: a". La, ma lho" khyaug' khye' qao: mae" zo: nau" wa gaung dau: geim" jao mae je: m' mo: li" lao" nug' nau" ai yaug wa dazab: m-doe, nug' je: shaug' ca" a". Zo: nau" aiwa dazab: m-doe, nug' shaug' ngad yang: ri: yao" gaung dau: wa je: m' mo: li" ngad: ri zo: nau" wa novo; bo: ru la, auu: m' ngad: lao" g-ja: zo" nam shaug' pho: re zho" jhaug' laung" ca" shi" ga" ru ngad: a".

● Zo: nau" wa asag lho" gug we' daxe khye' bo sho' g-ja" zo" nam shaug' pho: re m' zho" jhaug' shi: mae qao bam nug' qang: re shi" jhaug' ca" zo: nau" wa asag shid' zin khug gu: we' gat: boe" ri je: jhan" sho' qao bam nug' qang: re shaug' na shao:

2

Zo: nau" wa na: li" we' ri yao: jao" gai: qo" hhin: ra" hhi" mye, mye, yao: qao bam nug' re shaug' hhid ca". Myo: lo bug mae zo: nau" y-myhi" yaug khao:ngo" wa y-zo: re nug' qo" jhaug' qhi" ke' a".

● Co' phyd' nau" we' y-yhi" wa g-ge, g-jao: mae g-tau tau myao" sho' m' gai: na ko" nae". Zo: nau" wa yao: nug: ra" we' ri yao: jao" nug' shaug' jhab' hhid shao: ga, aimung: nug: ra" myhao" o: ra" nho" shaug' na shao:.

● La, ma: myhi" zang dayaug wa myi qe: qe re qu" caung: ra" jao: mae co' ye" phyd' ngad: ri yao: wa y-zo: we' daga" ai jo, qo mae yo, qug 24 dane, loe" sho' na nae akho akhang" qo" a".

● Na: li" we' riyao: jao" qaobam nug' shi: re jhab' shaug' lao" nug' qang: re je: thug' nhao: a". Co' phyd' we' ri dayo, qug m' myao" gyo: mae zo: nau" wa qao bam nug: shi: re shaug' hhid ca" va".

● Zo: nau" y-myhi" wa co' phyd' thao dayo; gyo: mae thug' ra" bo" bo" pe' pe' mung: ra" nug' qang: wa nau" nin" tau: gai: thao" ru ngad: a". Nug' qang: ai ru wa qam: pyang" ru we' dae re m' man" je" nhao nae" tau: ngad: a". Y-myhi" nug' qang: wa yao" vae: dug: khug khyo yug: vao: li" ra" ayo, joe" sho' agyo: mae zo: nau" wa g-nam pe" zo" pho: shaug' nam re ri: m' o: laung" shi:. Byu myu" daboe: boe: mae sao hhid' re" nug' qang: ce re zo: nau" re m' jhaug' nae" khyo: zo: nau" y-myhi" re ta" to" ako". Ce ru wa shad' thao" ru ngad: a".

● Zo: nau" y-myhi" qe wa, je yang: zo: hhid' ngad lao", qao bam nug' jhaug' hhid: au: abao" athaug' re ra: ako". Yao: yao: nug' jhaug' qu" va" nhag' bo: ra" myiqe: dayaug wa zo: nau" myhi" asag' re pha, ji" gai: byid' yang: dajhid' dathao za" qug: khai: khyo re qo" gai: lhoe' pye' ru ngad: a".

● Tao: kheim" khug mae laung" jo, yang: nug' shaug' na: ra" zo: nau" nho: na jao: wa yo" yo" za: ngad ca" a". Na jo, qo m' yo" m'gag lo: nug' shaug' lao" o mae qhu" to" ru: jham jau hhug' li" a".

○ Nug' shi: mae go; li" mung: dae jad: li" a".

○ Nug' qang: myo: myo: laug laug za: m' thug' li".

○ Zo: nau" wa nug' m' shaug' lo: ha: pye' a".

● Zo: nau" wa yo" yo" za: na mung: nug' shaug' ra" ga" ave, jham wa:

○ Zo: nau" nho: gaung dau: geim" wa y-myhi" jhao" kae" to" a".

○ Zo: nau" wa gyan gyan yao yao za: nug' jhab; shaug' a".

○ Zo: nau' wa yo yin taung" na mung: ngau: pyo" a".

○ Y-myhi" ri: nug' shi: no thoe m' gyo.

● La, ma: zo: nau" wa myi" mae ne, mae yao: nug: ra" khyo: o: ra" nho" yao: ngau: ra" lhang nho" we' ngau: ra" myhao" we' zo: nau" wa nug' am re yao: o: nug: ngau: ra" khyo: qo" ngam: vhao" yu hhug' jhab' shaug' ngad: ri zo: nau" y-myhi" qe alaung yaug jab: wa zo: nau" qe tau: ga" laug sho' nug' qang: re qo" vthug' thug' byid' a".

● Zo: nau" ngug: ru wa g-tau zho" jhaug' ca" ga" ra" ave, m' ngad:. Airu zo: nau" damyo" wa co' dae m' ngad: lao" dakhyi" khyi" mae dae no yang: ngug: ru ngad nae". Airu: m' ngad: lao" zo: nau" wa vo, caung nae" ru re o nug yang: ri: ngad nae".

● Y-zo: re yao" nug' qang: re ga" laug sho' m' qo" jhaug' ga: myid: nghae" ra" zo: khau myhi" qe wa co' phyd' we' lho" shid' sam khye' mae zo: nau" re g-ja" zo" nam shaug' pho: re byid' zho" jhaug' ako". Ceru wa zo: nau" wa qao bam nug' am re je: nang: lhang za: shaug' ru ngad: a". Ailao" she, nug' qang: je: nang: nang: za: thug' ru ngad: a". Ce re ta" kham" pye' nae" tau: zo: nau" y-myhi" qe re yao: nhaung" yao" qao bam nug' qang wa yao: nhaung" nho: zo: qe re gyi: gyi: laug laug za: qo" jhaug' a" ga" akhyo re zang: zaug myid: lam nae" khyo: ta" peim: qam: zaug zhaug' byid' ca" a". Yao: nhaung" wa gai gai: yao: yao: nhaung" nho: yham byu qe mae" qam: vhin" mung: bao" thaug' ru vham kyo: cao: qe mao: nhaung: qe byin zam" cao: qe qao" zin" khyo mau" zaut: mo, myhi" ma: ho' phaung yao: cao: je yang: zo: nau" y-pho" yang qam: pyang" o: vhin" ru qo" ca" ako".

● Zo: nau" y-myhi" qe yao" na yham mae" taung gaung mae mau" cao" zai" qin" ko" mo, wa zo: khau myhi" qe we' adau lag: ra"no" yu nae" tau: lhau" no" yu nae" ayo, we' jo, qo qo" ca" ako". Ailao" she, mau" zai" na: au: dazab daso' zo: nau" re qo" qu" caung nae" ngad: a". Airu: mung: zo: nau" re qao bam nug' am mae nug: qang: re zo: nau" qe re jhaug' nae" mau" zo" mae mau" sang qe we' ph-ga: yum ga: boe: mae" mo, ri: qam: o: bo: bao" thaug' byid: ca" ako".

● Y-lao we' yao" yham thau: byu qe wa nug' shaug' myhi" nho: myo" ra" mau" zo" jham mae bo: bao" zai" byid' ra" ru: yang zo: khau myhi" re we' zo: nau" ma: re ga" laug sho' zo" ve jham re khin" to" byid' yang: gai: bao" thaug' yu: a".

● Nug' jhaug' myhi" wa zo: nau" re nug' lhau" jhaug' na: ra" au: mae yao: dug no" yu qo: ra" ayo, re dazab daso' lhau" qo" no" yu: ru ngad: a". Y-lao we' yham byu qe wa zo: nau" y-myhi" re zo: nau" re nug' lhau" jhaug' na: ra" au: mae lhau" lang" jo, nae" qam: o: byid' ri je: gai: a". Airu damyo" wa nug' nau" myhi" re lhau" no: nae" qam: m' byid' tho' m' go" nug' lhau" jhaug' yang: lhau" no" na lao" ri zo: nau" wa vae: m' moe; ngad yang: ri: dazab: m' doe, thau" noe" zaung: na: a" ga: ta" ako". Ngad kam" wa zo: nau" yao: myhi" ri: adau lag yang: ba: kad' ca" a".

3

Qao bam nug' am mae nug' jhaug' ra" ru wa nug' qang: re je: thug' nho: ru ngad a". Nug' shaug' nau" wa yao: yao: ga" laug sho' hhug' shaug' nae" nug' qang: thug' li" nae" tau: qao bam nug' am re dazab: m-doe, jhab; shaug' byid' ca" a".

● Nug' shaug' nau" wa co' byid we' ri yao: nug: ra" au: nug: ra" myhao" qao bam nug' qang: jhab' shaug' ca" a". Myo: lo bug wa yao: ngug lao" lao" shaug' nug: ru ngad: a". Qaobam nug' am re dazab: m-doe, jhab' shaug' ru wa nug' qang: myo: sho' thug' nae" khyo: lhau: zhung: byid' ru ngad: a".

● Da zab: m-doe, nug' am re jhab' shaug' byid' na: ru wa nug' am qae" li" ru tang" no: ru mae" loe; beim nhao: ru ngad: a".

● Qaobam nug' qang: re lhaung lhaug' ra" khyo: nug' phau:, nung: nug'; zo: nau" qe zao: aja: ja:, we' gaja: shaug' nam jham re zho" jhaug' lao" nug' qang: myo: sho' thug' khyo re jhid' pye' byid' ru ngad: a". Airu: je: kad' lao" je: qaobam nug' qang: je: m'thug' li" lo: boe" a". Deig mae shaug' nam jham re jhaug' na lao" qao bam nug' am mae" nug' qang: re dajhid' lhao" m' thug' li" nhao lo: sho' gai: boe" nhao: a". Aiva" tho' mae qaobam nug' am re jhab' shaug' ru we' deing mae" jhab' shaug' ra" akhyo mae daja: we' daja: m' jho" dau ko". Ailao" she, nug' jhab' shaug' khyo we' seng yang: zo: nau" wa alhau: alhag' aug' o: aug' taung" boe" byaug: a". Aire" ru: nug' jhab' shaug' akhyo mae alhau: alhag' boe" byaug: ra" nug' shaug' nau" wa qao bam nug' am re m' taung" shaug' lo: za: deing mae" aqang: re za: je: shaug' li" nug: a". Ailao" je: qao bam nug' qang: wa je: m' thug' li" lo: ba: boe" byaug: a".

4

Qao bam nug' am mae" nug' qang: re za: shaug' ngad: ri nug' nau" qe re gyaug vae geing" ra" no bug: aja: ja: mae" qo" gam: lhoe' yu: a". Ai ru tau: mae" nug' qang: pe" jhaug' ngad: ri kao je, nae" ru" no vo; aja: ja: re gai: zai" vhao" yu: a".

● Qao bam nug' qang: shaug' ra" akhyo wa sao hhid' re" lhid' gau: lheim" yang: cid' ya: to" ru ngad: a". Pe" mung: ga" ru ai ru wa nug' nau" re vae: sheim: ru mae" we' x-myid: au: gyao nga" ru mae" khyaug: zhug' zhug' ru mae" we' g-nam: no phyo: aja: ja: mae" gug' gam: yu: ru ngad: a". Nug' nau" qe re lho" khyaug' khye' agyo: mae gug' gam khyo wa qi" thao" ra" mau" zo" jham ngad: a".

● G-nam: zo" nam shaug' pho: jham wa zo: nau" re gug' gam khyo g-kai: lai m' qo" byid'.

● Deing: mae" jhaug' ra" ru wa deing mae" jhaug' ra" khao: ngo" deing: re we' qid re shao gyang" taung" za: m' qo" jho' pye' cid' shaung: pye' ri vae: sheim nae" ru" no bug: aja: ja: re lho' te' yu nae" ngad: a". Nug' nau" wa dazab: m-doe, je: no lao" je mung: yao: wa zo" nam shaug' pho: gyi: dang: m' byang" zai

ngad: a". Airu" ru: mung: yang: qid san san gyang" gyang" za: m' qo"ra" vo dam: khan" mae" mo, wa zo: nau" qe re deing: mae" zho" jhaug' ko" lao"; deing: mae" shaug' ko" ra" zo: nau" qe wa qao bam nug' am mae" za: shaug' ko" ra" zo: nau" qe tho' mae lho" khyaug' khye' agyo: mae vae: sheim yang: shid nae" akhyo wa je: jhao" ako".

● La, ma: nug' nau" myhi" wa khoru: kho: qo y-zo: re yao" qao bam nug' mae" m' the' hhug' jhaug' ngad: ri zo: nau" wa no phyo" aja: ja: mae" loe; beim mae" khyo: g-je wa zo: nau" y-myhi" re bo: bao" thaug' yu ca" ako".

● Pe" khoru" ja" akhyo jham khyo" ngad ngad zo: nau" y-myhi" wa y-zo: re nug' m' hhug' jhaug' ngad: yang: ri: zo: nau" tau: gai: thao" zo" shaug' yao: ngad: a". Jhab' yu ra" nug' qang: re g-lho: za: san yaung" sho' cid' shao: to" ra" keim khug' mae ke' mung: jhaug' ca" a". Khug' we' keim wa deing we' jhaug' ra" tho' mae je: gai: a". Pe" mung: ga" ri deing we' jhab' jhaug' ra" ashi: re cid' shao nae" tho' mae keim we' khug' jham re cid' shao san nae" wa je: laui: a".

● Zo: nau" nho: gai: thao" ra" zo" shaug' ngad: ra" y-myhi" nug' qang: m' hhug' shaug' lao" wa gai: thao" ra" zo" shaug' wa myi qe: g-yaug' nho: nug' qang: ngad: a".

● Khoru: kho qo byu nug' qang: m' ngad: lo: gug' nyhug' nug' qang: zho" jhaug' ang: ngad: ri deing am mae jhaug' nae" tho' mae keim we' khug' mae" jhaug' ri je: gai: a". Nug' phau: re lhau: nhan: ra" qid wa jho' nyho' mung: san san za: to" cae" to" ra" qid ngad ca" a".

● G-ja" nug' jham we' nug' phau: jham we' g-nam: shaug' pho: jham re je: laug: li" nae" khyo: qid re lam" fe' laung: lao" zo: nau" qi" li" akhyo re nhai: nhao: a".

● Qid we' lhau: lhag' to" va" nug' qang: we' g-nam: aqang: jham wa shid' sam yo, qug to" myao" to" lao" gai: sug' bab qeim: li" pye' a". Qao bam nug' qang: wa m' sug' m' qeim: lo" lo: nang" thao" yo, qug she' ko taung gaung mae qo" to" to" a".

● Ngauai hhang myo: sho' m-vaw ra" mo; tau: gug' nyhug' nug' qang: vai phug' nug' phau: we' deing am zai jham vai: zhag' phug' we' qid laung: xaug' nae" thao: phug' za: liao" ai yham

bao" nho: vao ngauai byid gae bam mae" da gae bam ko jai: lo" mae" ngad: ako". Zo: nau" y-myhi" yao" nug' qang: re jhaug' ri wa ainho" gan: lo" nae" m' ngad: . Ainho" m' gan ri y-myhi" we' y zo: ma: shid' yaug: geim" qao" qao" gyi: gyi: za: qo" zo: shaug' ko" mae".

5

Zo: nau" wa asag lho" khyaug' khye' ko ngad: lo lao" zo" nam shaug' pho: aja: ja: re zho" jhaug' laung: byid: ca" ashi". Airu zo: nau" re shid' zin khug: gu: we' gai: boe" ri je: myao" sho' qao bam nug' qang" re xo' jhaug' ri je: gai: u".

● Zo: nau" qe wa nang" thao" lho" khyaug' khye' thao mae g nam: zo" pho: shaug' nam jham re zho" jhaug' laung: ngad yang: ri gaung dau: qi" hhang: li" nae" tau: ra: ra" dad' aja: ja: jham re we' qam: pyang" byid: ra" sho: dad' (protein we' Vitamin A) jham re pyang" byid' ra" jhaung hham akao mo" daja: ngad: a". Aimung: zo: shao: nho: qao" zin" khyo we' seng yang: no bug: aja ja: m' vao nae" tau: xo' qu" gam caung: na ca" ashi".

● Zo: nau" y-myhi" dayaug wa yao: nug: ra" qo" jhaug' ra" myhao" y-zo: re xo' yang: nug' gai: jhaug' a". Airu ngad yang: ri: yao: yao" qao" zin" khyo we' zo: nau" nho: qao" zin" khyo m- thao mae zo: nau" asag shid' zin za: m' byang" ri gaung m' dam: la shi: nae" khyo: jao" pye' ca" a". Gaung m' dam: la: shi: nae" khyo: jao" pye' ra" namjham mae" zhaung" nghoe' ra" ru, x-kham nge, ayo, re lhoe" lai ja: (Rytheme) we' gaung tam" re zhe' phyid' tu jham wa qaobam nug' am mae" nug' jhaug' ra" akhyo mae pe" anhaung" akhoe' m' boe" nhao. Airu ve, vin shi: m' zau" nae" khyo: zo" ra" cid' khai" jham we' thug' ra" cid' jham mae x-kham re dam: nge, nhao: ra" dad' (Oestrogen) m' bo ri kam" wa anhaung" akhoe' byid' nae". Aimung: gaung m' la: nae" khyo: tam" pye' ra" byu kad' yu: ra" cid' khai" jham wa qao bam nug' qang: re nang" thug' nhao: a".

● Zo: shao qe wa ba: du" lo su" lo ba: sab' keim" qin" ko" lao" daau: dazab: m-doe, ba: no: phyo" li" ako". M' qao" m' qo, mung: ra" zo: nau" qe wa qao bam nug' qang: re shaug' ca" ako". Zo: nau" wa gaung dau: m' byan" yang: nhad' m' nug' lao" mye,

mye, vae: yeim yang: qam: byid' ra" zo" nam shaug' pho: jham re zho" jhaug' ca" a".

● Zo: nau" dayaug wa asag dazin we' shid' zin: agyo: mae y-myhi" nug' qang: mae jhan" yang: qi: mo, zo" ra" zo" pho: jham re zo" pyang" lhaug' ca" ashi". Zo" shaug' re qi: mo, we' daga" zo" ra" agyo: mae ai ru: m' ngad: lao" yao: wa vae: moe; khao: ngo" nug' re gai: shaug' nhao: a". Airu ceau: mae y-myhi" nug' qang: wa zo" shaug' akao m' ngad: lo: za: ne, xe: na" zao: myi" xeim zo" ru mae agyo: mae shaug' lhaug' ru za: angad:

● Zo: nau" dayaug wa ngug: na: au:, the' din: au:, dae the' no: au: nhag' zai" yo" au: mae qao bam nug' re jhaug' ke' ri nhag' am: myid: dag mung: yin yo lo" ru ngad: a".

6

Zo: nau" re g-ja" zo" nam shaug' pho: re m' zho" jhaug' lo: za: y-myhi" wa yao" qao bam nug' qang: re za: jhaug' na lao", la, ma: zo: nau" wa myi" mae ne, mae y-myhi" nho: qao bam nug' qang: re za: shaug' na lao", y-myhi" wa lho" mye, mye, m' dam: ga" li" lo: mung: zo: nau" na thao lho" khyaug' khye' agyo: mae y-myhi" wa ve, vin shi: m' zai: nae" khyo: 98% tham ko gug' gam: to: byid' a".

● Zo: nau" wa y-myhi" nho: qao bam nug' re shaug' na: ru wa y-myhi" nho: ave, vin ashi: dam: zai: nae" ayo, akhin: dam: joe" nae" ru re thao gyo" nhao: a". Myhi" zang damyo" wa yao" qao bam nug' re jhaug' na lao" lho" daxe: shid' khye' mae jhan" yang: lhao" lho" m' dam: ga" lo: nae" khyo: thao gyo" na: ako". Airu myhi" ma: ho' dahhae: wa zo: nau" re co' phyd' thao lho" sam we' byid khye' mae lho" dam: ga" ako".

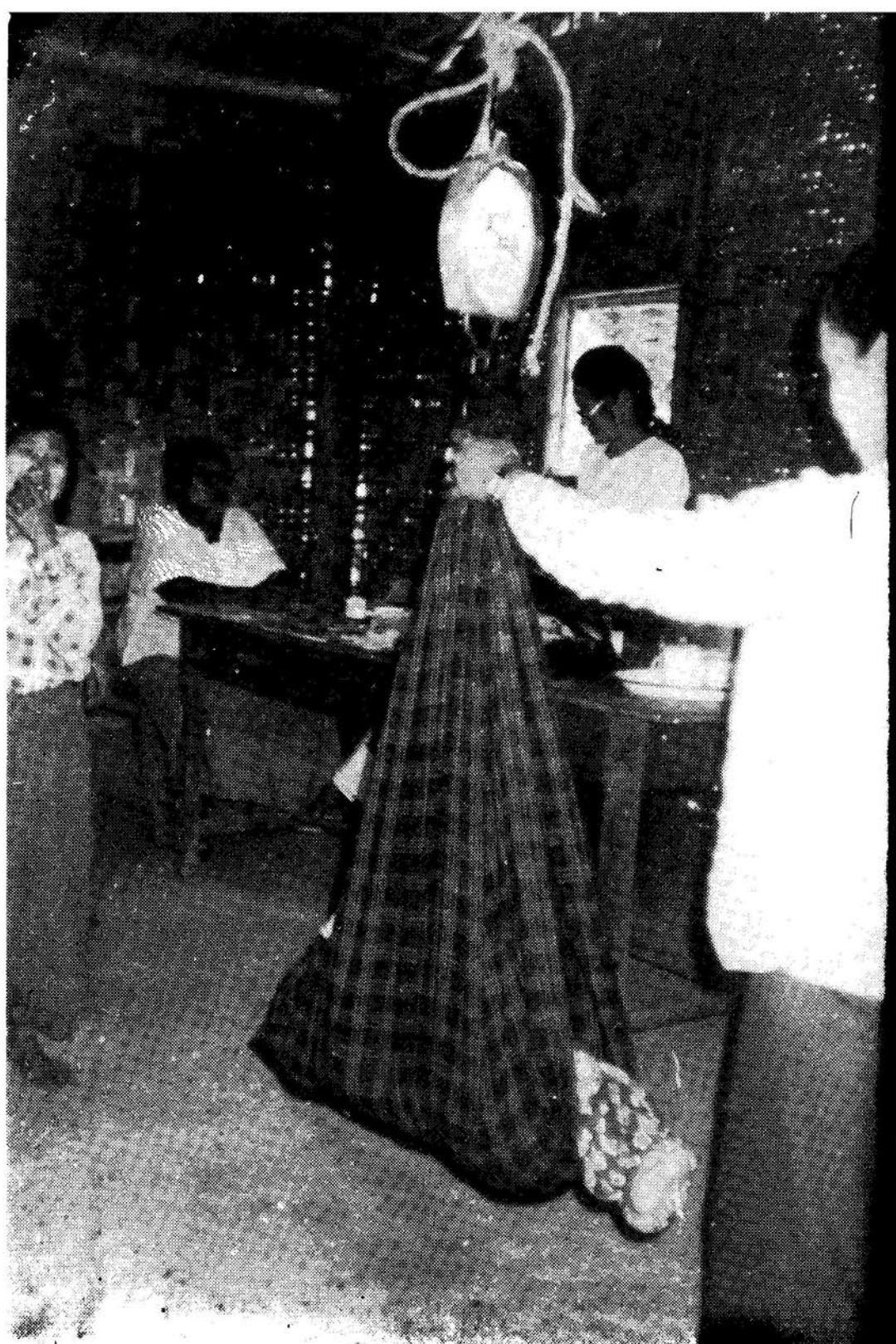
● Zo: nau" wa y-myhi" nug' am re kho myho" lhang dazab: m-doe, shaug' a" ga" ru yang she, y-myhi" wa kho myhao" lao" lho" dam: ga" a" ga" akhyo re ta" qhu" shid' ru ngad: a". La, ma: zo: nau" wa myi" mae na" mae ngad yang: ri: yao: nug: ra" au: o: ra" au: khao: ngo" mae dazab: m-doe, shaug' byid' na lao" y-

myhi" nho: lho" ga" ayo, re thao gyo" nhao: a". La, ma: zo: nau" re qao bam nug' re ayo, cao" yang: za: jhaug' lao" y-myhi" nho: lho" ga" ave, wa mye, za: dam: li" lo nae" ngad: a". Aimung: y-myhi" wa zo: nau" re lho" khyaug' khye' m' joe" shi" agyo: mae zo" shaug' g-nam zho" jhaug' yang: zo: nau" wa dalhang daqo: za: nug' shaug' na lao" je: mye, mye, yao" y-myhi" nho: lho" ga" ayo, je: no' no' mae" dam: joe" li" lo nae".

● Y-myhi" wa lho" ga" dam: ayo, joe" li" va" ru re se" lao" yao: wa gaung dam: gai: la: nae" ayo, wa dam: joe" va" ga" akhyo re beim: gai va".

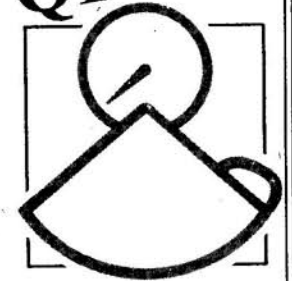
● Zo: nau" y-myhi" dayaug yang wa lho" m' ga" shi: mae" gaung dam: gai: la" li" ako". Ceru je yang: zo: nau" re co' phyd' thao lho" khyaug' khye' ko lai: thao mae je: boe" laui: ako" Yham khaung myhi" dayaug wa mye, mye, za: gaung m' dam: la" li" mae" khyo: yao" gaung re gug' gam lha" na nug: ngad: ri zo: nau" lho" khyaug' khye' loe" we' yao" lho" dam: ga" lao" we' ri, y-zo: wa nug' shaug' na: ru mae gaja" zo" nam shaug' pho: bo: zo" va" ga: lao" yao" gaung dau: re gug' gam nae" ru mae yhung: ca" ra" mau" zo" daja: ja: re ci qo kad' ca" va".

● Zo: nau" re y-myhi" wa qao bam nug' qang: re jhaug' nae" m' jhaug' nae" ga" akhyo we' seng yang: ba se" ra" mo cid' rung" mae" mo:, myhi" ma: ho' re qu" caung: ra" mo, wa yham thau: re khore" ru: adau lag nae" ga" akhyo re yao: re pha, ji" byid: akhyo re gai: mho" shid' a".



IV. ZO: SHAO GAUNGKHYAO QI" LI"

(Child Growth)



A. Ta" Qang

Myaung sho" ra" zo" nam shaug' pho: we' dazab: m-doe, no vo; phau" ra" akhyo jham wa zo" vae m'gyung: yang: zo: shao qe atug atid qe nho: gaung khyao we' ba jhao khyo jham re nhaung nhai: nhao: a". Ce abang: mae" akao nhad' ja: wa myaung sho" ko" ra" mo: ho' bao: mae lhao" zo: shao qe myo: lo bug qe re zo" nam shaug' pho: m' gyung" ru mae" qo" gug' gam loe, nhao: a".

Myhi" pho" da myo" wa gye byo; lao baii yang:, moe, mo" gyo" yang: mug' qu la hug' we' qid gye myi: gye phau: yang: myaung mung: y-zo: qe re vae: gyi: gaung gam sho' m' qo" zho" jhaug' vhe' ko". Ce ru" ru" nho: qug' khai" jam jau khyo jham mae" loe; beim nae" tau: myo: lo bug wa hho" vo: hho" shi: hho" ra" myid gaung jham re nyhang" byao yang: we' mang: khyo din" khyo re we' zaii: zo" mung ve, khyo jham re we' zo" pho: shaug' nam jham re aqao: vai" ra" akhyao jham re dam: byao lao" za: she, qo" qo" gai: pheim nae" ru ngad: bam: a".

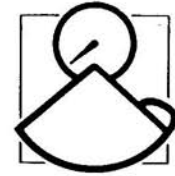
Airu ngad yang: ri: myaung: ra" mang: mae" yham thau: myo: lo bug mae" myhi" pho" qe wa yao: nhaung" nho:zo: qe tau: ga" laug sho' zo" pho: shaug' pho: jham re ri: m' qo" taui ko" ai mung: ngaii hhang re ri: ga" laug sho' m' qo" hho ko". Airu: mung: ce ru re yao: nhaung" wa ba ko" ngad yang: ri: asuya kad' mo, lau: de; qe we' sh-va byu qe yang: lo, lam: pyam: za: m' zaii" ko" ngad: ri airu" qug' khai: khyo re qo" byao: yu ko" nae" m' ngad:.

Abang: ce mae bo: ra" akao jham nhad' ja: ngad: a".

- 1 Zo: nau" yaug thao: yaug ngo" wa na: li" mae" asag sam zin joe" sho'gyo: mae lho" khye' khao: ngo" jao mae lag: qu" ca" ako".
- 2 Zo: nau" na: li" we' lho" khyaug' khye' agyo: mae qao bam nug' hhug' shaug' ru wa gai: thao" ru ngad: a".
- 3 Zo: nau" wa lho" khyaug' khye' ko mae" thao phyao: lao" kam" wa g-ja" zo" shaug' ri: ra va".
- 4 Zo: shao qe wa sam zin m' joe" shi" agyo: mae zo" nam shaug' pho: re dane, mae ngo" we' khyaug' lhang ko zo" shaug' byid: ca" ako".
- 5 Asag sam zin m' byang" shi" ra" zo: shao wa yham thao: byu qe ne, khao: qug zo" shaug' na ko" tho' mae xau nam dajhid' je: myo" o: a".
- 6 Zo: shao qe alhab' mo; geim" wa Vitamin A myo: myo: bo: ra" zo" pho: qao bam nug' qang:, ao: pho' myi qui aja: ja: we' ao: nyug' pho' nyug shi: lhug' cug we' aja: ja: re zo" byid' ca" ako".
- 7 Zo: shao dayaug wa no byan" li" thao nang" thao" dabad ko zo" nam shaug' pho: g-tau jhan" yang: zo" ca" a".

3. Kyo' Sho'

1



Zo: nau" yaug khao: yaug ngo" wa na: li" mae" asag sam zin joe" sho'gyo: mae lho" khye' khao: ngo" lag: qu" ca" a". La, ma: zo: nau" ai yaug wa lho" shid' khye' ko gyo: mae gaung dau: da jhid' lhao" m' je: mo: li" ngad: ri yao: mae daja: ja: qo va" ru ngad: a".

● Lho" khye' khao: ngo" mae zo: shao wa gaung dau: je: mo: li" ra" ru wa zo: shao ai yaug nho: qao" zin" khyo we' qi" hhang: li" khyo mae akhyag thao" ru ngad: a". Zo: nau" dayaug we' dayaug nho: mo: ra" akhyo re jho" lag: dau tau" qu" ru m' ngad zo" nau" ai yaug yao" nho: man man qi" li" mo: li" ra" ru she, akhyag mo" angad:.

● Airu: mung: zo: nau" qe re lho" khye' khao: ngo" man man lag qu" nae" wa akhyag mo" ngad: a". La, ma: khoru: kho qo zo: nau" ai yaug wa lho" shid' khye: dalo: agyo: mae yao" gaung dau: wa m' je: mo: li" ngad: ri myhi" we' pho" tao wa zo: nau" ai yaug we' seng yang: qao" zin" khyo we' seng yang: mau" zai" mo, we' lho" xo' bao" thaug' mye, ye: mho' ca" va". Zo: nau" ai yaug ai re" ru: khang: jo; ru wa no vo; daja" ja" yang ngad ngad zo" shaug' m' gai yang: ngad ngad ai: ru: m' ngad: lao" yao: re g-lho: za m' qu" caung yang: ngad nae". Airu: mung: o mae bo: ra" khyo jham wa zo: nau" dayaug re khang nhao: to" ra" nam gai: boe" ra" ja: jham we' zo: nau" re man man qi" hhang: li" nae" tau: mylu" pho" qe gai: qo" cao" ra" akhyo jham ngad: a".

● Za: zo: nau" dayaug re na: li" mae" lho" myo: sho' khye' agyo mae qao bam nug' qang: re jhaug' ra" ru wa zo: nau" re no phyo mae " loe; beim nhao mung: yao: re man man qi" hhang: li" nhao ru ngad: a". No bug: re gug' gam nhao: ra" mong cid' thug' ru re dang: byang" sho' zo: nau" dayaug nho: asag dazin: agyo: mae qo" thug' yu: ru wa akao" mo" daja: ngad: a". Airu wa zo: nau" re no vo; mo" dahhae: we' khang: na: to" ru re gug' gam byid' ru ngad: a".

● Zo: nau" re zo" ve g-ja: zho" jhaug' laung: lao" no vo; de; li" nae" je: laui: ru ngad: a". Ana" mae" thao phyao: zo: nau" dayaug wa lho" dakhye' thao dakhye' zo: nau" nho: gaung dau: wa je: mo: li" m' mo: li" ru re qu" xam: nae" wa akhyag mo" daja: ngad: a". La, ma: zo: nau" dayaug wa asag sam zin m' byang" shi" gyo: lo: mae zo" ve agai re zo" na: to: gau mae gaung dau: jao m' je: mo: li" ngad: ri myid' qu" nae" akhyag daxe ja: jo; a".

- Zo: nau" ai yaug wa ga" gyi: sho' da zab: m-doe, zo" ve re zo" na: a" i". (zo: nau" dayaug wa zo" ve re dane, mae ngo" we' khyaug' lhang ko zo" byid' ca" a".)
- Zo: nau" ai yaug zo" ra" zo" nam wa qam: pyang" nam laug laug m'bo: nam ngad: i"? (xau dajahid' zo: bo: ke' laung: byid' ca" a".)
- Zo: nau" ai yaug wa dazab: m-doe, no: phyo: hhug' a" i"? (ailao" yao" qao" zin" khyo re qu" byid' ca" a".)
- Zo: nau" ai wa x-myid: au: gyao nga" lao" zo" nam shaug' pho: re m' zo" lo: kad' a" i? (gaung dau: m' byan: lao" mye mye, qao" li" nae" khyo: jhan" yang: je: zo" byid' qo ra" akhyo re qam: byid' ca" a".)
- Zo: nau" ai yaug wa vitamin A re laug sho'hhug' zo" a" i"? (yao: wa nyug no, ao: pho' re ne, khao: ngo" zo" ca" a".)
- Zo: nau" wa tau: mae" jhaug' hhug' yaug ngad: i"? (tau: we' qid wa m' san: yaung" ru ngad nae", ai mung: yao: wa nug' m' bo lo: za: xo: cug cin za: jhaug' hhug' na yaug ngad nae")
- Zo" nam shaug' pho: san san za: to: byid' ru hhug' ngad: i"? (m' to: byid' ngad: ri zo: nau" ai wa dazab: m-doe, no nae").
- Khyid' we' yhid' jham re dung: khung: khan: mae m' ke' ko" i"? (La, ma m' ke' ko" ngad: ri dazab: m-doe, zo: nau" ai wa no nae").
- Zo: nau" ai wa zin bo: ai" i"? (zin khyo" cid' qo: a")
- Zo: nau" ai yaug wa yao: dayaug yao: za: saung" na: a" i? (Yao: wa je yang: qu" gon ru qo: a")

Zo: nau" nho: lho" khye' khao: ngo" gaung mo: li" ra" tung" so: khye' mae so" to" mung: aso: ai gu: re lho" khye' khao: ngo" jao lag: qu" ra" ru re akhyo: yang xo' ke' ngad: ri zo: nau" ai yaug nho: qi" hhang: li" akhyo re myhi" pho" wa ba: qu" nae". Zung" do, li" lao" zo: nau" ai wa g-lho: za: ngad va"; akhyo: wa apye: khyo ngad lao" zo: nau" ai yaug we' seng yang: s-di, ca" va". Akhyo: wa o khyo nyham: gyo" li" lao" zo: nau" ai yaug wa dang dang yao: m' qao" zin" lo: ga" ave, ngad va". Qao bam nug' qang: re za: shaug' na: ra" zo: nau" wa sao hhid' re" lho" sam byid: khye' gu: gu: mae alaung yaug nge, wa man man qi" li" mae". Airu: zo: nau" nho: qi" hhang: li" ra" tung" so: khye' mae myao lao" y-myhi" re nhag' dag nhao: a".

2

Zo: nau" wa na: li" mae lho" khyaug' khye' agyo: mae qao bam nug' qang: wa zo: nau" nho: asag apyad: tau: gai: thao" ra" zo" nam shaug' pho: ngad va".

● Zo: nau: dayaug wa co' phyid' ra" mae" lho" khyaug' khye' joe" sho' agyo: mae qao bam nug' qang: wa zo: nau" za: azo" ra" zo" nam shaug' pho" gu: alhab' geim" mae gai: thao" ra" zo" ve ngad: a". Zo: shao wa g-lho: za: qi" hhang: li" nae" tau: ce sao hhid' re" lho" khye' gu: mae zo: nau" wa je yang: no vo; myo" ra" au ngad: a". Ngad yang: ri: qao bam nug' qang: wa zo: nau" re vac' shem: ru we' g-ja" dae te' ra" nam jham mae" gug' gam byid' "

● Qao bam nug' qang: wa, zo: nau" za: agai: qo" ra" zo" nam mae" jab mae" gai: thao" va" zo" ve ngad: a". La, ma: gai: boe" ngad: ri qao bam nug' qang: re shid' zin khug geim" we' thao xo' yang qo" jhaug' ri je: gai: a".

3

Zo: nau" wa asag lho" khyaug' khye' ko ngad: lo lao" g-ja" zo" nam shaug' pho: re ri laung: zho" jhaug' ca" ashi". Lho" khyaug' khye' agyo: mae zo: nau" dayaug wa jao m' je: mo: li" ngad: ri akhying anum: qao bam nug' qang: re jhaug' byid' ca" a".

● Zo: nau" wa akhying: anum: qao bam nug' qang: re shaug' na ngad yang: ri: gaung dau: m' je: mo: li" ngad: ri ailao" yang wa qao bam nug' qang: jhaug' ra" adao mae g-ja" zo" nam shaug' pho: ri: zho" lhaug' byid' nae" qo va" ga" ru ngad: a".

● La, ma: zo: nau" dayaug wa khyao za: qi" hhang: li" ngad: ri asag lho" nhad' we' she' khye' joe" sho' g-nam: zo" ve re alhaung lhaug' yang: m' zho" jhaug' qo. Gai gai: ga" ri ce yo, mae zo: nau" yang khao: ngo" wa g-jung: zo" ve re lhaung lhaug' yang: zo" byid' qo: ru ngad: a".

● G-jung: zo" ve re zo: nau" re m'zho" jhaug' shi: mae y-myhi" wa qao bam nug' qang: re shi" jhaug' byid' ri gai: a". Pe" mung: ga" ri airu: jhaug' na lao" she, y-myhi" wa qao bam nug' qang: je: myao" sho' bo nae".

● Jho' nyho' yang: byi: pye' ra" ao: pho' myi qu aja: aja: re zo: nau" wa ne, khao: ngo" zo" na: ra" zo" nam shaug' pho: mae nang" thao" dane, mae da myo: ke' laung: byid' ca" a".

● Zo: nau" wa zo" ve re da ja: mae" daja: je: qo" tha" zo" ri je: gai: a".

4

Asag sam zin m'joe" shi" agyo: mae zo: shao dayaug wa dane, mae zo" ve ngo" we' khyaug' myo: ko zo" byid' ca" a".

○ Zo: nau" dayaug nho: vae: dug: wa byu qi: dayug nho: vae: dug o mae je: ngai: a". Airu: mung: zo: shao dayaug wa zo dada zo" ra" au: mae za: qi" yang zo" ra" nho" m' qo" zo" zai: yu. Ai ngad yang: ri: zo: nau" mae bo qo: ra" qam: o: wa yao: qo" zo"

ra" tho' mae je: qo: a". Ailao" she, zo: nau" dayaug qo: ra" qam: o: zo" ve jham re ga" sho' kho ru: zo" yu nae" dao: myid: re

○ zo: nau" re akhying anum: zho" jhaug' ge, dane, zo" ve re ngo" da khyaug' da ko zho" ge,.

○ zo: nau" nho: lho, pho' we' xeim: qang: mae jho' phyi: ra" ao: pho' myi qui re ke' lhaug' byid' qo: a".

● Zo: shao dayaug nho: zo" ve re yo, qug myao" sho' m' gai: to" to byid'. Zo" ve wa sug' bab: li: mung: no vo; bug: aja: ja: gai vao gai: bo: li" a". Dane, za" agyo: mae zo: shao da yang: tau zo" nam shaug' pho: re ngo" khyaug' lhang m' qo" tho' jho' na. Ai ru: mung zo: shao: nho: zo" ve jham re agyo: mae zo" ve akhyug' daja: we' mung: nhad' cad' byid' zho" na ca" a". Ai mung: shu apa: ja: zo sho' ru" nam pe" gai: qo" ru re pe" gai: byid' zho" a". Gai thao" ra" nhad' cad' daja: wa qao bam nug' qang: yao: ngad a".

5

Asag sam zin m' byang" shi" ra" zo: shao qe wa yham thau: byu qe ne, khao: ne, qug zo" shaug' na ko" ra" zo" ve jham: adao mae jhan" yang: xau m' ngad:lao" xau: ra" nam daja: ja: re dajhid' zo: ke' byid' laung: ca" a".

● Myi" ne, yham thau: byu qe ceim" zo" shaug' na ko" ra" zo" ve mae qo: ra" qam: o: bo: ra" zo: shao: tau g-kai: lai laung: byid' ca" a". Ce ru re ta" nug: ru wa nyo, nyo, nam: nam: za: jho' to" ra" ao pho' myi qui we' xau nam daja: ja: we' xau: yao: re ai au m' ngad: lao" nung: nug' mae" hhid' yu: xau, ao: pho" myi qui xau shugyao: xau, ung: shi: xau, bau shi: ru" ru" nam jham re ke' laung byid' ca" a".

● Cia boe" ra" qhi" zo: shao re qao bam nug' qang: re myao" myao" jhaug' na: ru wa qo: ra" xau re ke' pyang" laung: byid' ru ngad a".

6

Zo: shao qe alhab' mo; geim" wa Vitamin - A, qao bam nug' qang:, ao: pho' myi qui anyug jham aja: ja: shi: lhug cug we' g-nam: shi: jham re ri: zo" pyang" lhaug' byid' ca" ako".

● Zin khao: zin ngo" myid gaung gye, geim" mae" zo: shao qe shid' tid (200,000) yang ko myo, jid: pye' ako". Pe" ru mung: ga" ri yao: nhaung" wa vitamin A re ga" laug sho' m' hhug' yu zo" ko". Vitamin A wa zo: shao qe re g-ja" no vo; -vae: sheim: ru" ru re dam: pye' nhao: a". Ai ru: mung: vitamin A wa zo: shao qe nho: myi" mae ne, mae zo" na: ra" zo" ve daja: ngad: a".

● Vitamin A wa qao bam nug' qang: mae" we' no, nyug mung: ra" ao: pho' myi qui mae" we' bo" ra" shi: aja: ja: -shi: lhug cug we' sang" pho" shi:, ao: vao bo", shi: gyo:, shi lhao: ru" ru" jung jham mae" boe" thug' li" ru ngad: a".

● La, ma: zo: shao dayaug wa vae: sheim: ru ai: ru: m' ngad: lao" dae jad jad: li" ru sh-mho: phau: ru" ru no phyo: hhug' ngad: ri yao: mae bo: ra" vitamin A wa baui" lo" pye' byaug nae". Ailao" qao bam nug' qang re jhaug' yang:, airu: m' ngad: lao" shi: we' ao: fo' aja: ja: re zo" yang: zo: shao: gaung dau: mae qo: ra" Vitamin A re qo" dam: pyang: yu: a".

7

No phyo: hhug' thao zo: shao dayaug wa lhaung" zo" na: ra" tho' mae zo" ve dane, mae damyo: ko je: zo" laung: byid: ca" a".

● Myhi" pho" qe nho: zai: mau" pha, ji" aja: ja: mae" ba: jhao zai" ra" pha, ji" mo" wa zo: shao qe re qi: hhang: li" nhao: ra" ru re dam: pye' nhao: ra" no bug: jham re qo" ba: tam" pye' ru ngad: a". M' qao" m' qo, mung: na: ra" ayo, gyo: mae ai ru: mung: vae: no au khao: boe" ru we' nho: phau: ru" no phyo: phau" na: ra" au: nhad' m' nug lo: boe" li" yang: zo" ve re je" nang: za: zo" nug: a". Airu: dajhid' dathao za: zo" ra" zo" pho: qam: re gaung dau: akhug khyo: je: jhab' vhao" yu: pye' a". Cere"

ru zo shao dayaug wa dazin: akhug mae shid' sam lhang phau: lao" zo shao ai yang nho: gaung dau" qi" hhang: li" khyo re dam: pye' nhao: a".

● Airu: mung: zo: shao dayaug wa m' qao" m' qo, the' mung: lao" zo" ve re je: zo" byid' nae" khyo: qam zhaug' byid' ca" a". Zo shao wa nhad' m' nug yang: m' nug: zo" m' nug: shaug' lao" ce ru wa gyai qug khai: nae". Ai ru: mung: ce ru" au: mae zo: shao re yao: o: ra" zo" nam shaug' pho: re akhying anam: byid' ca" a". Lhaung" gai: boe" ru wa nhae" nhae" nam: nam: cug cug jham re dalhang mae dajhid' jhid' m' myao" mae dalhang: lhang byid' zho" na ca" a". Qao bam nug: qang: jhaug' ra" akhyo wa ceru" au: mae je' akhyap mo" ngad: a".

● Zo: nau" wa gai: zin" lo lao" dam: lo" pye' ra" qi" hhang" li" ra" ru" re dam: qo" myhi nae" khyo: zo: shao ai re g-tau: jhan" ru" zo" nam shaug' pho: re byid' ca" a". Zo: shao: ai yang wa yao" gaung dau: mo: ru azhao yao: m' no shi: mae bo: ra" jao myho" za: m' la" joe" joe" wa g-lho: za: m' gai: qao" zin" li" shi" ru ngad: a".

● La, ma: nhad' m' nug: lo: ai ru: m' ngad: lao" dayo, zo: m' byan lo: na: na: ngad: ri zo: nau" re qao" zin" dab khyo jhui" ye" qhu" ca" a".

● No: phyo: mae" zo: shao re qo" gug' gam: yu: ra" ru wa zo shao nho: qi" hhang: li" ra" ru" re gug' gam byid' ra" akao mo" daja: ngad: a".

o Zo: nau" nho: sao hhid' re" asag lho" khyaug' khye' agyo: mae qao bam nug' qang: re za: jhaug' ru ngad:. Aithao mae she g-nam: zo" nam shaug' pho: re zho" laung: byid' ru ngad: a".

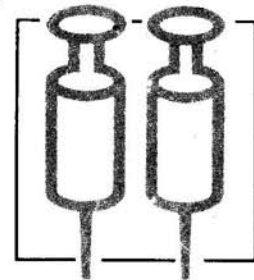
o Ni" zo: nau" wa da zin m' byang" shi" agyo: mae no bug: re gug' gam mong cid' re thug' byid' nae" ru re dang dang kad' cao" wa,.

o Ngha byin zao , lo, we' zo" ve jham re we' zo yhaung" qe, jham re sisi shao gyang" nhao wa,.



V. NO BUG: MAE" GUG" GAM MONG CID' THUG'

(Immunization)



A. Ta" Qang

Na: li" ko" ra" zo: nau" qe dayo yang mae" sam yang gu wa la, ma: no bug: mae" Gug' gam mong cid' m' thug' ngad ri nh phau: aja: ja: mae dang dang shid: pye' ako". Ava" tho' mae damyo" wa zan no bug: (tetanus) mae shid mung dam: damyo" wa so' tam" khyang: zhug' ana mae shid pye' ako". shid yo yang mae" dayaug: gu: wa sho: qug: thae" no vo; bo: ako".

Ce abang: mae" akao mo" byid ja: wa ce ru" qug' phyang' khyo mae" loe; beim nhao: nae".

No bug: jham re se' ra" no bug: jham wa no vo; ai gu: mae" zo: nau" qe re qo" gug' gam: yu: a". Ai ru zo: nau" dayaug wa leim" leim" qo" gug' loe, nae" tau: no: bug: re se' ra" bug jham re myo: sho' ja: re thug' yu qo: a".

Damyo" wa zo: nau" qe re no: bug: mae" gug' gam byid' ta mong cid' thug' byid' na ko" ngad yang: ri: zo: nau" qe re m' jhui" ye: thug' ko".

Auu: mung: myhi" pho" qe yang khao: ngo" no bug: re se' ra" mong cid' re pe" mung: thug' a" ga" ru we' kho thae" lao" kho myho" lhang thug' byid' ca" ga" akhyo re ba ko" nae" wa akhyag mo" ngad: a".

La, ma: qao" zin" dab mae" mo, wa airu: m' cao" thug' byid' ko" ngad: ri myhi" pho" qe wa sh-va mau" vin mo, khyo" mung: bao thaug' ai gu: re mho' yu ca" ako".

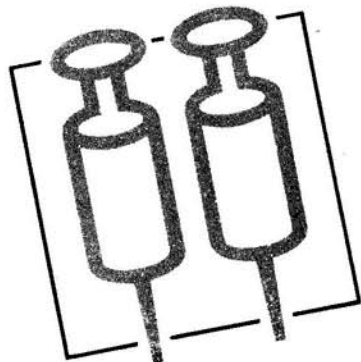
Ce abang: mae" akao byid ja:

1 No vo; aja: ja: mae" lhoe' nae" mong cid' thug' ru ngad: a". Mong cid' m' thug' ra" zo: nau" dayaug wa m' qi" hhang: ru we' gaung tam" m' phao" ru we' mung: shid hhug' nae".

2 No vo; mae" gug' gam mong cid' thug' ru wa yhau: gyin" ru ngad: a". Gug' gam mong cid' thug' ja: alhab' geim" re zo: nau" wa da zin m' byang" shi" agyo: mae thug' pyang" lhoe" byid: ca" a".

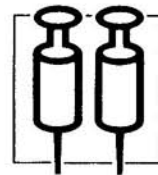
3 Gaung dau: m' byan" ra" zo: nau" dayaug re no vo; mae" gug' gam mong cid' gai: thug' byid' a".

4 Asag 15 zin mae" 44 zin: agyo: mae" myi qe: qe yang nge, wa zan no bug mae" gug' gam mong: cid' re thug' yu ca" ako".



3. Kyo' Sho'

1



No vo; aja: ja: mae" loe, nae" tau: mong cid' thug' ru wa no bug: se' cid' re thug' ru ngad: a". Gug' gam cid' m' thug' ra" zo: shao wa qi" hhang akhyo mae jao m' byang" ru" yang gaung dau: qeim yang, ai ru: m' ngad: lao" shid: pye' mae" yang ngad: a".

● Gug' gam mong cid' thug' ra" ru wa zo: shao qe: apyad mae gyat pyaug vae geing" ra" no bug: mo" jham mae" qo" loe; beim nhao" ru ngad: a". Zo: shao dayaug wa no bug: re lham: se' ra" bug: re thug' ru ai ru: m' ngad: lao" zo" ru ngad: a". Zo: nau" da yang wa no bug: re lham: se' ra" bug: re thu" ke' lao" yao" gaung khug mae no bug: g-tau: jham re lham: tam" pye' nae" qam: o: re myho" ce" yu: ru ngad: a". La, ma: zo: nau" dayaug wa no bug: re m' thug' shi: mae g-tau: taung gaung mae" no bug: li" vao: ngad: ri no bug: re lham: se' mong cid' thug' ru wa amyid afo: za: angad lo: mo"

● Zo: shao dayaug wa no bug: re gug' gam: ra" mong cid' m' thug' re ngad: ri yao: wa dang dang so' tam" khyaug: zhug' zhug' mo" we' nh phauit: aja: ja: we' byab no ru" nam jham wa no: li" gau zo: ngad: a". No vo; ce gu: wa byu re se' mo, ngad: ako". Ai ru zo: shao qe no vo; ce ru" ja: jham mae" loe; beim: lo ko" ngad yang re qam: o: nang" ra" mo, boe" byaug va" ko". Yao: nhaung" wa gaung khyao g-lho: za: m' qi" hhang: li" lo: ko". Aimung: yao: nhaung" wa thao phyao: qam: nang: ko" yang: ai ru: m' ngad: lao" yu" no phyo" yang: shid ko" nae".

● Nh phauit: mo" we' mo" byab no wa qam: o: nang" nhao: ra" au: naug: we' myid m' lam" qao" zin" lo" mo, boe" nhao: ra" ai mung: myo, jid nhao: ra" aqao: daja: ngad: a".

● No bug: re gug' gam: ra" mong cid' m' thug' ra" mo, wa sho qyg: re nhac" nhao: ra" no vo; wa dang dang li" vao nae" za: ngad: a". Pe" mung: ga" ri no: bug: ai ja: li" vao hhug' va" yang khao: yang ngo" wa apyad: geim" byu qeim boe" nae" gau ngad va"

● Zan no bug: wa apang alhag' dae jham: de; ra" yaug wa gug' gam mong cid' za: m' hhug' thug' ci: ra" yaug jhao" wa vao de; li" nae" ngad:.

● Qao bam nug' qang: shaug' ra" ru wa no bug: jham mae" gug' gam mong cid' zo" shaug' na: ru yao: ngad va". Zo: nau" qe yao: myhi" qe wa yao: nhaung" nho: gaung akhug mae bo: re" no bug: jham re tam" pye' ra" qam: re y-zo: qe khyo qao bam nug' qang: khyo" gae: vhao" ke' byid' a". Je yang: co' phyid' we' ri shid' sam ba: agyo: mae thug' ra" bo" bo" mung: yang: dung" dung" mung: ra" nug' qang: wa no vo; jham re gug' gam byid' a". No vo; mae" gug' gam mong cid' thug' ru wa yhau: gyin" mo" daja: ngad: a".

2

Gug' gam mong cid' thug' nam alhab' geim" re zo: nau" dayaug wa dazin m' byang" shi" agyo: mae thug' byang" lhoe" byid: ca" a".

● Zo: nau" qe re asag sao hhid' re" gyai ngai shi" mae" gug' gam mong cid' thug' nae" yhau: gyin" mo" ngad: a". So' dam khyang: zhug' zhug' yang: shid: ko" ra" mo, mae" agaung: dano" wa sho: qug: nhae" ra" mo, mae" sam bun mae" dabun wa ai mung: sh-mho: phau: angai we' amo" no vo; jham mae shid ko" ra" mo, alhab geim" wa asag dazin m' byang" ko" shi" ra" mo, ngad: ako".

● No bug: re lham: se' ra" no mong cid' re yao" jao azhao" byang" sho' thug' yu ca" a". Airu: m' ngad: lao" no vo; mae gug' gam mong cid' thug' ru wa akyu" m' lam" bo ngad: a". No bug: jham re lham: se' tam" ra" mong cid' damyo" re kam" wa dalhang za: a thug' qo: a". Dam: damyo" wa dalhang we' dalhang: agyo: mae nang" thao" byid bad ko kyo yang: sam lhang thug' ca" a".

● Myhi" pho" qe ba nae" gyai akhyag: ra" ru wa zo: nau" dayaug wa asag dazin m' byang" shi" agyo: mae no vo; mae" gug' gam mong cid' re ngo" lhang thug' yu ca" a" ga" akhyo ngad: a".

○ Co' phyid' jao: yao: mae m' ngad: lao" co' phyid' thao kho: myhao" m' myao" shi: mae aung khug dae jad: fag' m' bo nae" mong cid' re thug' yu ca" a".

○ Sho: qug: nhae" ra" no laug: ra" mug: mae zo: nau" na: li" we' ri no: vo; ai we' seng yang: no bug: re tam" pye' mong cid' re thug' yu ca" a".

○ Ceru wa asag khyaug' bad mae" daxe: byid bad: agyo: mae sam e'ing: lhang gug' gam mong cid' thug' ru ngad: a".

○ Asag khyaug' bad byang" we' ri myhi" pho" qe wa zo: nau" qe re mh-jhin" no , (au: lhang" gaung xae qao: khan mae fag' vin vin" jad) no we' seng: ra" mong cid', so' dam khyang: zhug' we' seng: ra" mong cid' ai mung: zan no we' seng: ra" mong cid' jham re thug' nae" jhui" ye: ca" ako". Mong cid' ce sam ja: re dalhang za: hhan: yang: DPT ga: mhang" mung: thug' byid' ru ngad: a".

○ Asag lho" daxe mae" daxe byid' had: agyo: mae DPT dam: thug' nae" tau: we' sho: qug: nhae" ana we' seng: ra" mong cid' re thug' nae" tau: zo: nau" re dalhang dam: jhui" ye" ca" ako".

○ Gai: hoe" we' ri yao: jao" zo: nau" dayaug wa asag lho" gug' khye' byang" we' ri sh-mho: phau: no vo; we' seng: ra" mong cid' re thug' nae" dam: jhui" ye" ca" ako".

● Sh mho: phau: no vo; jham wa zo: shao qe: tau: gyaug: vae peng: thao" ra" no vo; mo" gu: mae lo" je: gyaug geing" ru ngad: a".

● Khoru: mung: ga" ri yao" asag lho" shid' sam khye" agyo: mae zo: nau" dayaug wa m-ra, khyo" yao: y-myhi" mae" de; qo" li" ru ngad: a". Airu wa sh-mho: phau: we' seng: ra" mong: cid' jham wa yao: nhaung" we' seng: ra" mau" re zai" ko" nae" ru re lhao" qo" tam" pye' ra" hhi" qam: bo: ru ngad: a". Ai ngad yang: ri zo: nau" nho: asag lho" gug' khye' byang" thao mae" kam" wa at m ra, gug' gam qam: ai ru wa athao" joe" byaug va". Airu: mung yang: she, ce yo, mae sh-mho: phau: no vo; we' seng yang: gug' gam cid' re thug' ru ngad: a".

3

Kh-ru: kh-qo mung: yang: zo: nau" dayaug yang wa dazin khug: agyo: mae no vo; aja: ja: mae" gug' gam nhao: ra" mong: cid' jham re m' qo" thug' yu nhao shi" ko" ngad: ri gai: boe"ra" hhi" mae" mye, mye, gug' gam: mong cid' jham re thug' pyang" byid' ca" ru wa yhau: gyin" mo" yao: ngad: a".

● No phyo" ra" zo: nau" dayaug re gug' gam mong cid' re gai: thug' byid'. Gug' gam mong cid' re thug' byid' ra" ne, mae" la, ma: zo: nau" wa gaung laung yang:, khyaug: zhug' yang:, x-myid: myid: yang:, vae: sheim yang: ai ru: m' ngad: lao" g-nam daja: ja: mung yang: no: phyo: dajhid' dathao bo ngad: yang: ri: seng: ra" mau" zaii" mo, jhao" zo: nau" re ye: jhui" qhu" ca" ako". Ailao" she, yao: nhaung" wa zo: nau" ai yang re mong cid' gai: thug' m' gai: thug' byid' ga" ru re ta" kyo" ko" nae". Gai gai: ga" ri no vo; we' seng: ra" pha, ji" mo" ba mo, wa zo: nau" qe dajhid' dazo: za: m' qao" m' qo, the' mung: ngad yang: ri: gug' gam mong cid' re gai: thug' byid' ga" akhyo re ba: ako".

● Gug' gam mong cid' re thug' byid' we' zo: nau" qe wa gaung dau: dajhid' da thao laung nae", dae dajhid' jad: li" nae" airu: m' ngad: lao" gaung mae sang jan: jan" li". Ceru" au: mae g-ja" no phyo: hhug' ra" au: mae re" ru: zo" ve we' qid we' aqang: jham re myo: myo: jhaug' byid: ca" a". Qao bam nug' qang: re jhaug' byid' ru wa gyai abao" athaug' qo" ru ngad: a". Zo: nau" wa la, ma: shid' sam ba ko m-la: la, saung" no: li" lao" kam" wa qao" zin" dab khyo jhui" ye" qhu" ca" ako".

4

Myi qe: asag 15 zin mae" 44 joe" agyo: mae" mo, alhab' geim" wa zan no we' seng yang: dang: byang" sho' gug' gam mong cid' thug' yu ca" ako".

● Myid gaung dao mae da khyi" khyi" mae na jo, qo m' shao m' san: ra" jao: mae co' ba: phyid' ako". Ceru" ru wa co' phyid' myhi" we' y-zo: ma: re dae te' zan no wa gyai jhao" a". Zan no wa byu se' ra" no vo; mo" daja: ngad: a". La, ma: y-myhi" wa zan no

mae" gug' gam mong cid' m' thug ci ngad: ri ai ru" mo, mae" na: li" ko" ra" zo: nau" qe dayo yang mae" dayaug wa zan no mae" dang dang shid: pye' ako".

● Zan no bug: wa apang alhag' mung: ra" dae jam: khan' mae vao je" li" a". Dao: tau: ce ru wa zo: nau" nho: co' re pang lhag' ra" shae: yang phyid' nae" airu: m' ngad: lao" pang lhag' ra" nam daja: ja: re zo: nau" nho: co' mae the' zao" byid' lao" no bug: gai: vao li" ru ngad: a".

● Co' re phyid' nae" seim" lo" we' ai phyid' nae" shae shae nyhac' we' sh-vai re myi: mae mhai yang: airu: m' ngad: lao" jho' pye' yang: to" cae: mung: yhung: ca" a". La, ma: zan no bug: wa y myhi" nho: gaung khug khyo the' vao: ngad: ri yao" kao lhao" ri yvaug: vae jao: mae joe" na: ava".

● Zo: khau dau yug nae" ra" myhi" zang qe yang khao: ngo" wa zan no mae" gug' gam: ra" mong cid' re thug' ci ca" ako". Ve, vlu shi: zaii" li" ko" ra" myhi" zang qe yang khao: yang ngo" wa no bug: mae" gug' gam: ra" mong cid' re thug' ci m' thug' ci ga" ru re myid' jeb: qu" ca" a". Ailao" she, y-myhi" we' y-zo: ma: shid' yang: geim" loe; beim ko" nae".

● La' ma: myi qe: dayaug wa hhid' phyao: zan we' seng yang: gug' gam mong cid' re m' hhug' thug' ci yang wa gaung la" li" we' ri yao: jao" zan no mae" gug' gam mong cid' re thug' yu ca" a". Nao hhad' lhang zan no bug mae" gug' gam thug' ru mae" byid bad ngad thao mae shid' eing: lhang gug' gam mong cid' re dam: gai: thug' a". Ta" ra" ayo, gyo: mae khoru: kho: qo m' qo" the' thug' yu ngad: ri ai shid' eing: ra" gug' gam mong cid' re co' phyid' nae" qid hhid' shid' bad ko mae gug' gam mong cid' re thug' pin" pye' ca" a".

● Daxe shid' bad agyo: mae zan we' seng yang: ceru sam lhang gug' gam mong cid' thug' thao ngo" zin joe" sho' co' byid myhi" we' y zo: shid' ma" geim" re loe; beim nhao: a". Zo: nau" alhab' mo, geim" wa co' phyid' we' dazin: agyo: mae zan we' seng ra" mong cid' re thug' lhoe" pye' ca" ako".

● Myi qe: nau" dayaug ai: ru m' ngad: lao" zo: myhung myhi" dang dayaug wa zan no bug mae" gug' gam mong cid' re ngo" lhang thug' mae" lao" wa yao" apyad mae zo: za: amyhung: ra" ayo, athaug" gu gu: mae zan no vo; mae" loe; beim va" ru ngad: a".



VI. VAE: SHEIM

NO
(Diarrhoea)



A. Ta"Qang

Vae: sheim no wa gaung dau: mae" qid qang: re yeim" kin" lo" pye' nhao: ru we' qam: o: nang: nhao: a". Vae: sheim no wa dazin akhug mae zo: shao qe sam tid' ko re se' pye' ru ngad: a".

Ce abang: mae qao" zin" akhyo re khyo' sho' kyo" ru nhad' thaung: ngad: a". Ce nho: alhaung: jham wa myhi: pho" qe re we' vo byu dam: byu qe re vae: sheim we' seng yang: ba se" nhao mung: vae: sheim yang: shid: ra" ru we' qam: nang" ra" akhyo: mae" qo" lhoe' peim: yu ko" nae".

Vae: sheim: ra" no vo; nho: aqao: ajhaung wa qao" zin" na khyo: ye, khyo: m' gai yang: gyang" san: ra" shaug' qid m' jo, yang:, byu na saung" sab' yang:, ai mung: qao bam nug' qang: re m' jhaug' lo: za: deing mae" nug' qang: re jhaug' yang: boe" ru ngad: ako".

No vo; ce gu: re zaii" zang nae" byao nae" mau" zo" jham wa mang: din" re ub khang" ra" mo, nho: vin zaii" ca" ko" qo la: daja: ngad: a".

Vae: sheim no we' seng: ra" akao jham wa

- 1 Zo: shao qe wa akhyo aja: ja: khyo" vae: ba gai: sheim: ako". Vae: sheim no wa gaung dau: mae" qid qang: re saung" sheim: kin" nhao: pye' yang: zo: shao qe re shid, nhao: ru ngad: a".
- 2 Vae: sheim: ra" zo: shao dayaug wa zo" nam myo: myo: qo: a".
- 3 Nug' nau" dayaug wa vae: sheim: ngad: ri yao: re xo' yang: qao bam nug' qang: re myo: myo: jhaug' ca" a".
- 4 Vae sheim thao mae no gyi" dang" li" ra" zo: shao dayaug wa nang" thao" shid' bad ko zo" pho: re g-tau jhan" yang: je: zo" byid: ca".
- 5 Vae: sheim: ru daba ko ngad thao m' ngad: lao", g-lhang tho' mae je: sheim lao", airu: m' ngad: lao" vae: sheim mae sa: bo: bo lao" qao" zin" dab mae" ba jhao mo, jhao" jhui" ye: ca" a".
- 6 Vae: sheim tam" cid' re ba jhao mo, sa: qe za: m' shid' kyo" ru re m' geim: pe" wa pe" ru mong: cid' jham re m' gai: zho" jhaug'.
- 7 Zo: nau" qe re qao bam nug' qang: jhaug' yang: gug' gam mong cid' rethug' yang:, ngha byin jao: re g-lho: za: yhung: yang:, shaug' qid we' zo" nam jham re san san seng" seng" za: to" to: mung:, ai mung: zo" ve jham re m' zai" shi: mae lo, re g-lho: za cid' shao: pye' ru: yang vae: sheim no re qo" gai: jao" pye' a".

3. Kyo' Sho'



1

Zo: shao qe wa akhyo aja: ja: khyo" vae: ba gai: sheim: ako". Vae: sheim no wa gaung dau: mae" qid qang: re saung" sheim: kin" lo" pye' nhao yang: zo: shao qe re shid nhao: ru ngad: a". Airu: mung: vae: sheim: ra" byu dayaug re qid qang: re myo: sho' jhaug' ca" ru wa yhau: gyin" ru daja: ngad: a".

● Vae: sheim no wa gyaug: vae pho: daja: ngad:. Myo: lo bug mae vae: sheim no ko" ra" zo: nau" qe mae" dayo yang mae" dayaug wa shid: pye' ako" Airu wa gaung dau: akhug mae" qid qang: jham re yug thug' kin" pye' nhao yang: shid nhao: ru ngad: a".

● Ce re ta" nug: ru wa vae: saung" sheim yang nho: gaung khug mae" qid qang: jham re vae: sheim naung mae bo: sheim: thug' pye' ru ngad: a". Airu: mung: zo: shao dayaug wa vae: sheim: hhid we' yeim" lo" ra" qid qang: re mye, mye, dam: ke' pyang" byid: ca" ra" mung: g-tau qid qang: re myo: sho' dam: shaug' laung: byid: ca" a".

● Vae: saung" sheim yang: yeim" lo" pye' ra" qid qang: jham re dam: pyang" nae" khyo: gai: shaug' byid' ra" shaug' pho: jham wa

- Qao bam nug' qang:
- Lh-pho'
- Xeim: qang:
- San seng" ra" shi: qang: jham
- Fo' khye' qang:
- Nyug shi" ra" ung" shi: qang:
- Gyang" san: thao" ra" shaug' qid (gai: thao" wa jho' nyho' mung: to" cae" to" ra" qid)
- Damang: mang: mae vae: sheim mo, shaug' nae" qid re mong cid' pho" jao: mae" qao" zin" dab khan" mae seng: khan" mae jo; bam: a". Myo: lo bug wa xo: we' xo: cug re adau lag ①hag'

to" ra" aphau: re ajhaug' nau" nau" mae qid we' lhag' shaug' nae" khyo: kad' to" ru ngad: a". Xo: ce shid' ja: re adau lag lhag' to" ru re English khyo" ORS (Oral rehydration salt) nhad' khyo" zo" shaug' nae" pho" to" ra" xo: phau: ga: ru ngad: a" Xo: phau: ai re qid gyang" we' mung: adau lag lhag' shaug' ja: ngad: a".

- Xo: we' xo: cuk re adau lag lhag' to" ra" xo: phau: re g-nam nam nung: nug' qang:, xeim: qang:, shi: qang: we' g-tau: shaug' ja: jham mae d' dam: lhag' shaug' lo: ge,.

● Xo: cuk we' xo: re adau lag lhag' to: gau m' jo, dau ngad: ri xo: da bun mae xo: cukdaxe bun kad' yang: lhau: lhag' yu lao" ngad va". Xo: ai re nung: nug' shaug' yang gaung: nau" byid gaung: lao" deing qi: dace' mae qid byang" sho' ke' mung: nhan yang: shaug' ru ngad: a".

Ce khyi" mae xam: nae" wa ta" to" ra" deing qi: dace' mae za: xo: we' xo: cuk re je: myo: sho' m' gai: ke' laung: lo:. Je: gai: ru wa adau lag lhag' to: va" xo: re ta" to" ra" qid dadeing mae xo: lhag' phau: re nung: nug' lhag' shaug' yang gaung: nau" sam gaung: ko za: ke' yang: phyo: ru ngad: a". Pe" mung: ga" ri xo: we' xo: cuk saung" myo: lao" vae: sheim no re je: gai laui nhao: ru m' ngad:; vae: re je: sheim nhao: ru za: angad:;. Xo: we' xo: cuk je: myo" lao" je: gai nae" dao" khag' d' nghae" ge,.

● Zo: shao wa vae: dalhang sheim: pye' we' ri yao: jao" ai phyo" to" ra" xo: qang: re ai: zo: nau" re jhaug' ca" a".

- Jhaug' ca" ra" qid qang: wa
- Zo: nau" shid' zin m' byang" shi" zo: nau" re qag qid shaug' keim aqi: mae" ale; datam"; ai ru: m' ngad: lao" keim ai nho: byid bun mae" dabun

● Shid' zin adao mae je: qi" va" mo, re wa qag keim aqi: ale; mae" datam" airu: m' ngad: lao" dakeim byang" sho' gai: jhaug'

● Qid qang: ai re deing am khyo" m' ngad: lo: za: dalhang dae yang gaung: khyo" ai ru: m' ngad: lao" keim mae" yao: tau jhaug' ca" a". La, ma: zo: shao the' daug: ngad: ri daxe mimute ko thang nhao mung: dalhang mae da khyang: khyang: ko za: shaug' nhao ca" a".

- G-tau aqang: jham re vae: dang sho' xo' jhaug' ca" a". Ce ru wa myo: lo bug sam ba mae" ngo" ba: agyo: mae vae: dang: lo" nae".
- Ce nho: adau lag lhag' to" ra" xo: phau: re byu qi" mo, re: ta" to" ra" we' dakhyo: qid we' phyo" mung: gai: shaug' a".
- Ta" to" ra" adau lag ga" ru wa xo: cuk we' qid adau lag ca" eing ru ngad:;. Da ja: ja: saung" myo: saung" nang: lao" pe" akyu" m' bo: tho' mae vae: lao" je: sheim nhao: ashi".

2

Vae: sheim no no: ra" zo: shao dayaug wa zo" nam shaug' pho: myo: sho' qo: a".

● Zo: shao qe vae: sheim no no: na ko" au: mae yao: nhaung" re zo" nam shaug' pho: myo: sho' m' gai: byid: zho" ga: byu damyo" wa lhaung" ba: ta" ako". Ceru: ga: ta" ko" ru wa shaid' a". Pe" ru mung: ga" ri vae: no: ru wa zo" nam shaug' pho" yang m' ngad:; no bug: da ja: ja" yang aung khug mae dae no nhao yang: angad:;. Ai mung: zo" pho: shaug' nam jham wa vae: no au khao: boe" ru re lhao" gai nhao: a". Ai va" tho' mae zo: shao dayaug wa vae: sheim: na: ra" au: mae y-myhi" we' y-pho" qe wa yao: re no: na: ra" au" we' no gyi" gyi" na: ra" au: mae zo" nam shaug' pho: aja: ja: re m' zho" jhaug' na: ngad: ko" ri zo" ve qam: nang" ra" yang boe" li" nae".

● Vae: sheim: ra" zo: shao dayaug wa nhad' m' lam" nug yang sao hhid' mae zo" nam shaug' pho: re zho" jhaug' nae" dajhid' qug: nae". Airu: mung: zo: shao re dazab: m-doe, zo" shaug' na nae" khyo: qam: byid: mung: yao: ja: lhaung" zo" nug: nam re byid: zho" ca" a".

● Zo: nau" wa lho" khyaug' khye' byang" thao mae y-myhi" nug' qang: mae" jhan" yang: g-tau: zo" nam shaug' pho: ri: zo" shaug' qo: ashi". Yao: nhaung" wa g-lho: za: jho' nyho' to" ra" nhae" nhae" za: ao: pho' myhi qui we' sho: aja: ja: we' mung: ve re zo" shaug' byid' ca" a". Ai mung: gai: boe" ra" myho" ao: pho' myi qui mae xau jho dagaung: shid' gaung: ko re ke' laung: byid: qo: a". Ai mung yang: zo: shao: tau: zo" nam shaug' pho: re

san san gyang" gyang" za: shaung: to: byid: ca" a". Yao: wa dane, mae zo" nam shaug' pho: jham re dane, mae ngo" myo: mae" khyaug' myo: joe" sho' zo" qo: a". Zo: nau" wa la, ma: vae: asheim: na shi" ngad: ri ce re" ru: zo" na ca" ashi".

3

Nug' shaug' nau" dayaug wa vae: sheim: ngad: ri yao: re qao bam nug' qang: xo' jhaug' byid' ca" ashi".

● Nug' jhaug' myhi" damyo" wa vae: sheim no: na: ra" zo: nau" re nug' m' jhaug' nae" khyo: damyo" wa ba: ta" ako". Airu: ga: ta" ru wa shaid' a. Qao bam nug' qang: rexo' yang: yao: re jhaug' byid' ca" a".

● La, ma: zo: nau" wa nung: nug', airu: m' ngad: lao" nug' phau: we' g-ja: re zho" jhaug' na: ngad: ri lhaung" zho" jhaug' lo: ra" re" khyo: yao: re xo' yang: zho" jhaug' ca" ashi".

4

Zo: nau" dayaug wa vae: sheim ru mae" no gyi" dang" li" ra" au: mae vae: sheim no gai thao nang" thao" shid' bad ko zo" shaug' ajhan" re zho" jhaug' byid: ca" a".

● Vae: m' sheim lo: thao mae zo" nam shaug' pho: re jhan" yang: zho" jhaug' byid: ru wa g-lho: za: qao" zin" li" nae" tau: yhau: gyin" ru ngad: Ce au: mae zo: nau" wa nhad' je: nug yang: dane, mae zo" nam shaug' pho: je: myo: sho' qo" zo" a". Zo: nau" wa ce re" ru: zo" na lao" yao: no: ra" au: mae nhad' m' nug yang: zo" ve m' zo" yang: yeim" pye' va" qam: re mye, mye, dam: pyang" yu: ru ngad:. Zo: nau" dayaug wa yao: no thao mae yao: m' no shi" mae" gaung mo jao myho" za: m' nao" loe" loe" wa yao: yeim" pye' va" qam: m' dam: khin" shi" ru ngad: a".

● Akhying anheim zo: nau" re qao bam: nug' qang: jhaug' byid' ru wa yao: re mye, mye, za: gai: qao" qam: khein" nhao: ru ngad: a".

5

La, ma: zo: nau" wa dabad ko vae: sheim: na: ru ai ru: m' ngad lao" vae: sheim: ru mae sa: bo: ngad: ri l-ba l-jhao bo: ra" mo, mae" abao" athaug' mho' yu ca" a".

● Aimung: la, ma: zo: nau" wa o mae qhu" to" ra" nam jham mae" daja: ja: the' boe"ngad: ri y-myhi" y-pho" we' qi: mo, wa qao" zin" dab mae" bao" thaug' ru re hho: mho' ca" ako".

- Vae: sheim we' ri daug
- Gaung laung lao".
- Qid za: thau" shab' lao".
- Hhid' phyao: re" ru: m' zo" m' shaug' lao".
- Akhying anum za: adaug: na lao".
- Akhying dayo, qug mae za: alhang lhang qid qang: vae: za: asheim: na lao" Vae: sheim: ru mae sa: bo: bo lao" (Ce wa vae: ne no qam" ave, ngad:)
- La, ma: vae: sheim: ru dabad ko myao" lo lao"

● La, ma: zo: nau" dayaug yang wa ce ru" ave, daja: ja: re the' myao lao" ba jhao: ra" mong cid' sa: qe nho: bao" thaug' ru re qo" ca" va". Ailao" mong cid' sa: mo" qe ai ru: m' ngad: lao" ao" zin" dab mae" mo, wa zo: nau" ai yang re seng: ra" no gai id' re pho" zho" ko" nae". Aimung: ai agyo: mae zo: shao ai re qid we' aqang: myo: sho' ja: re jhaug' byid" ca" a".

6

Yo yo za: vae: asheim: ri phyo: to" ra xo: qang: mae" jhan" yang: g-tau mong cid' jham re m' taung" byid' zho" qo Mong cid' sa: qe ta" ko" lao" kam" wa byid' zho" gai: a".

● Vae: sheim gai cid' myo: lo bug wa akyu" m' bo: tho' m' go" byu re no dae toe' ako". Yin yo za: vae: sheim: ru wa yao: yao: za: shid sam ba ko mae gai: lo" pye' nae" ngad:. Gai gai: yao: gyaug: vae ca" ra" ru wa zo" pho: laug laug m' hhug' zo" ru we' gaung dau: khug mae" qid qang: sheim: gan: pye' ru ngad: a".

● Mong cid' sa: ba jhao mo; yang za: m' ta" ko" ri vae: sheim cid' g-tau pe" re lhao" d' byid' zho" jhaug' ge..

● Mong cid' we' seng yang: ba jhao mo, ge: pha, ji" jham re mho' thao mae she, no bug: jham we' seng ra" mong cid' jham re zho" ca" a".

7

Zo: nau" ge re qao bam nug' gang: jhaug' yang:, sh-mho: phau: no aja: ja: we' seng yang: gug' gam cid' thug' ru: yang ngha byin zao re gug' gug' za: yhung: yang:, zo" pho: we' shaug' qid jham re san seng" taung" to: yang:, ai mung: zo" shaug' pho: jham re m' zauri" shi: mae lo, re g-lho: cid' yang: vae: sheim no re go" jao" pye' a".

● Vae: sheim no wa sho: khyo" to" ra khyid" mae" no bug: jham nhad' khug khyo vao mung: boe" ru ngad: a". No bug: ai jham wa lo, sang: agyo: mae jhe' de; jo; ra" apang ahag' mae" we' lo, vo: khan mae de; bam: ra" aca' ajhad' jham mae"; ai mung: zo" nam shaug' pho: jham mae yao khaung: jham no: yang: ri: ai mung: ke' zo" ra" ug' khug' lao bin jham mae" ri: dayaug mae" dayaug khyo ba: jho" de: lo" a". Ai ru: mung: vae: no au khao: mae" loe, nae" tau: no bug: re zo: shao qe: nhad' khug khyo m' vao nhao lo: za: gug' gam nhao byid: nae" akhyag ngad: a".

● Myaung sho" ra" khyo we' zai acao m' jab qo" yang: qid gyang" san m' hbug' shaug' yang: yham thau: myo: sho' mo; qe wa vae: sheim no mae" loe: beim nae" m' laui ko". Ai ngad yang: ri: je: laui yang: zhao" ra" gug' gam loe: beim khyo jham wa:

○ Zo: nau" dayaug wa yao" asag hhid' re" lho" khyaug' khye' ko: gu: mae qao bam nug' gang: re za: jhaug' byid: a". (Yao: myhi" nho: qao bam nug' gang: wa san: gyang" thao" va". Nug' gang: mae no bug: g-tau m' geim: m' bo)

○ Zo: nau" wa asag lho" khyaug' khye' ko byang" va" mae" thoe" gu: mae qam: pyang" ra" zo" nam shaug' pho: we' g-lho: za: jho' nyho' to" ra" ao: pho' myi qui xeim: jham we' zo" pho: jham re zho" mung: qao bam nug' gang: re xo' jhaug' byid' ca" a".

○ La, ma: zo: nau" re nung: nug' ai ru: m' ngad: lao" nug' kyaug' aphaui: re nhan jhaug' ngad: ri zo: nau" re am baung: mae" m' jhaug' lo: za: khug' we' keim khan: mae" jhaug' byid' ca" a".

○ Qid thaung:, qid lhao:, qid lao bo lao: khan" mae" khac: yu: ra" qid re m' shaug' shi" mae shi" jho' nyho' mung: san san za: to" cae: shaug' ca" a".

○ Kho nhae" ri: ngha byin zao khung: re yhung: ca" a". Zo: shao qe nho: khyid' we' yhid' re ai yao: jao" shaung: pye' byid' ca" a". Zo: shao qe: khyid' we' yhid' jham wa ade, qe nho: khyid' we' yhid' tho' mae je: gyang: vae pho: doe: a".

○ Ngha byin bin we' ri yao: jao" we' zo" nam shaug' pho: re m' zauri" shi: mae lo, re shao gyang" taung" s-bya we' qid yaung" yang cid' shao: pye' ca" a".

○ No bug: jham mae" gug' gam nae" tau: zo" nam shaug' pho: we' qid re apyid' gam gam za: g-lho: nghoe' to: ca" a".

○ Gai: boe" ra" hhi" zo" ve jham re zo: nae" qid mae za: nyo, nyo, jho' ca" a". Aigu: re ashac akho m' to" lhae" to: lo: za: no bug: jham m' li" the' vao ko" nae" khyo: shaung: to: ca" a".

○ B-sad b-nao" we' pho' pyao jham re yao: khaung: we' no bug: jham m' li" qo" na: je" li" ko" nae" khyo:, ngha" pye' ca" a", shaung: pye' ca" a".

○ Sh-mho: phau: no jham wa zo: shao qe re gaung re gyai laung nhao mung: vae: re sheim nhao: ako". Airu: mung: sh-mho: phau: no mae" gug' gam cid' thug' ru wa zo: nau" qe re vae: sheim no jham mae" gug' loe: beim nhao: ru ngad: a".

● Vae: tang: vae: hug lhau" ga" li" we' ri cao: no, ai ru: m' ngad: lao" sam: bu" gyi: re lhau" vo: zo" ke' ri gai: lo" a".

ce mae bo: ra"
akhyag ngo" ja:

1 Zo: Nau" dayaug wa khyaung: zhug' zhug' yang: ai ru: m' ngad: lao" gaung laung yang: g-au: tho' mae so' je: mye, mye, za: shae lao" zo: nau" wa yao" kao re gyai ci" ca" va" ga" ru qhu" va". Airu: mung: cid' ya jao: khyo mye, mye, jhui" ye: ca" va".

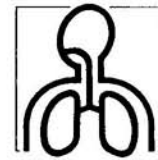
2 Gyo, nghin: vao no we' ba daug zao" gaung laung no nae" zo: nau" qe re qao bam nug' qang: re man man jhaug' na yang: qam: o: bo lao" gaung ngin" we' gaung laung no m' vao nae".

3 Khyaung: zhug' no we' gaung laung no wa gyo, nghin: vao yang: we' ba daug vao yang: boe" ru ngad:.

4 Zo: shao dayaug wa khyaung: zhug' zhug' ru we' gaung laung no: na: ra" au: qid we' g-ja" aqang: myo: myo: shaug' byid' ca" a".

5 Gyo, nghin: vao yang: khyaung: zhug' ra" zo: nau" re nga" za: m' ngad: lam lam za: nha: to ca" a". Gaung laung yang re ngin" ngin" za: m' ngad: cae: cae: za: nha: to; ca" a".

B. Kyo' Sho'



1

Zo: Nau" dayaug wa khyaung: zhug' zhug' yang: airu: m' ngad: lao" gaung laung yang: g-au: tho' mae so' mye, mye, za: je: she lao" zo: nau" nho: kao wa ci" ca" va" ga" ru ngad: a". Airu: mung: cid' ya jao: khyo mye, mye, yao: jhui" ye" ca" va".

○ Gyo, nghin: vao: ru yo yo za: khyaung: zhug' zhug' ru ai mae" nhe' byug' byug' ru wa yo yo za: jo; gai: lo" ko" nae". Airu dalhang lhang ai gu: wa sang: pau: re qae" nhao yang: zo: nau" nho: kao re ci" nhao: ru ngad: a". Zhad' pau: qae" yang: zo: nau" qe atug atid shid: lo" ra" ru re la, ma: myhi" pho" qe wa zo: nau" qe nho: khyaung: zhug' wa kho hhi" no mo" boe" li" ru we' kho: au: mae cid' ya byid: ca" ga" ru re ba ko" ngad: ri we' mong cid' re aphug' akho" nang: nang: za: qo" vai yu ko" ngad: ri aibao" kao re qo" lhoe' peim: yu ko" nae".

● La, ma: zo: nau" dayaug wa daso' (daminit) mae so' re byid xe lhang tho' je: myo: sho' she: na lao"; Airu: m' ngad: lao" zo: nau" nho: sang: kheim: o mae so' she vhao" lao" g-kai: lai jhoe' vao lo" re" ru: khaung" vao lo" lao"; ai mung: zo: nau" wa pe" qang: re ri: dajhid' lhao" m' qo" shaug' lao" zo: nau" ai yang re mong cid' ya jao: khyo mye, mye, jhui" ya byid: ca" ga" akhyo re myhi" pho" qe we' qi: mo, wa ba beim: ca" ako".

● X-myid: myid' ri gai: nam ga: gai khan" mae aung" bam: ako" ra" mong cid' jham myo: lo bug wa akyu" m' bo: tho' m' go" no vao nhao: ashi" ko". La, ma: zo: shao dayaug wa so' re man man za: she yang: x-myid: au: gyao nga", khyaung: zhug' zhug'; nhe' byug' byug' ngad: yang: ri: yham mae qu" caung: na lao" gai: qao" lo: ru ngad: a".

2

Gyo, nghin: vao no we' ba daug vao gaung laung no wa zo: nau" qe re qao bam nug' qang: re man man jhaug' na lao" qao" zin" qam: o" bo yang: gaung ngin" we' gaung laung no m' vao nae".

● Qao bam nug: qang: re za: jhaug' na: ru wa su je no bug: re m' vao nhao ru ngad:. Zhad' pau: qae" no no ko" ra" zo: nau" qe alhab' geim" re qu" ke' ri nug' re g-tau: deing am khan" mae" shaug' ra" mo, wa shid' bon ko je: myo" ako". Airu: mung: sao hhid' re" lho" khyaug' khye' ko gu: mae qao bam nug' qang: re za: jhaug' nae" akhyag mo" ngad: a".

● Zo: shao qe khag' ngad yang: ri: zo" nam shaug' pho: re gyung: gyung: hhug' zo" na: ra" mo, wa zhad' pau: ri: m' qae"; g-ja: no phyo: ri: m' bo: li" nae".

● Shi: lhug' cug jham we' g-nam bo" ra" shi: jham mae we' no, nyug mung: ra" ao: pho' myi qui jham mae bo: ra" Vitamin A, ri: no vo; re lhoe' pye' byid' ru ngad: a".

● Gug' gam mong cid' thug' ru re zo: nau" wa dazin m' byang" shi" agyo: mae agu nge, sho' thug' pyang" pye' byid: ca" a". Ailao" she, zo: nau" qe wa myo: lo bug lhaung" ba: no ko" ra" khyaug: sang: zhug' no, so' she akhyao mae qae" jad: no, byang vin" no jham we' sh-mho: phau: no aja: ja: jham mae" lhoe' peim: yu: ru hhug' nae".

● Byu na mo, paug' thau jao: mae x-myid: au: gyao nga" ru we' khyaug: zhug' zhug' ru re je: boe" nhao: ako". Myi" lao" zo: nau" wa y-myhi" we' daga" za: lam lam yab qo: a". Aimung: zo: nau" re yhab' to" au: mai cug' ru" ru: yang g-lho: za: thab' vhe' to: byid' ca" a". Qi" lo va" ko" zo: shao qe re kam" wa yao: nhaung" yao: g-tau tau yab nhao: ri je: gai: a".

3

X-myid: myid' no we' gaung laung no wa gyo, nghin: vao yang: we' ba daug vao yang: no: ru ngad: a".

● Byu qe: gaung dau: wa gyo, myo ngad ngad, laung yo, mae ngad ngad daqi" dakhyo: za: lam: na: ru ngad: a". Ai wa byu dayaug wa qao" zin" na: ngad: ri gaung lam ru Centigrade 34: za: angad: na: a".

● Airu: gaung dau: geim" re nyang za: lam: na nae" tau: kheim wa sa: re sa co jham khyo" mung: gaung dau: ngae sho' khyo: thaung" tao: pyo: na: a".

● Sa: mae sa: ane ce' we' aphyu ce' ga: shid' nam bo: a". Saung" gyo, lao" sa: ai wa gin" lo" a": saung" nga" laung lao" ri: sa: ai wa nyo; bab: lo" a".

● Airu" m'gai: sa: byi: re kheim wa m' ge: yu, M' gai: sa: re sa: co khyo" yhid' baung: am khyo" mung: ngha byin: pye' nhao: a". Airu" sa: byi: saung" myo: lao" je: qam: nao" ke' yang: thaung" tao: qo: a". Ba lhe' ri jin: gyo, ri je: jin: lao" je: sa: byi: je: laung" myo" li"; kheim wa qam: je: ke'; ai lao" gaung wa je: nga" laung: li". Airu: lao" she, gaung wa khyang" khyang" laung: li" lao" gaung laung no boe" li" va".

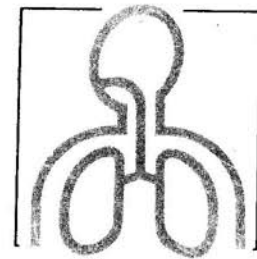
● Gaung laung no re boe" li" we' sam ba mae m' qo" ya: gai: yu lao" wa kao je, sho' gai: no: ra" no mo" boe" li" va".

● No: hhid: li" we' bau kyoe: thug' nae" khyo: aja: ja: kad' ca" a". Dao: tau" bau kyoe: thug' cid' re zo" nae". Airu: m'ngaid: lao" gaung lhau" gyid: pye' nae". Gaung laung no shid' ba ko mae m' gai lao" mong cid' sa: dab khyo ye" ya nhao ca" a".



VII. GAUNG LAUNG WE' GAUNG CAE: NO

(Coughs and Colds)



A. Ta" Qang

Gyo, nghin: vao ru we' khyang: zhug' zhug ga" ru wa zhad' pau: qae" yang: ngad: a". Zhad' pau: qae" yang: myid gaung gye, geim" mae zin khao: qug: zo: nau" qe sam tid (300,000) yang ko shid: lo" ako" Ai mung: datid yang ko wa sh-mho: phau: no ko" yang: zhad' pau: qae" mung: kao gyo" lo" ako". Ai tho' mae gaung laung gaung nga" yang: ade, zo: shao m' ga: kao je; lo" pye' ru dazin khug mae d' ta" dane, khug: gu mae za: lhao" kao seim" pye' lo" ru m' tho' mho lo: sho' myo" ako".

Gyo, nghin: vao khyang: zhug' we' gaung laung no lao" myhi" pho" qe wa zo: nau" qe re mong cid' sa: qe we' qao" zin" dab mae" bao" thaug' hhin hhin mho' yu ca" a". Qao" zin" khyo mae" zai: mo, wa aphug' akho" nang: nang: za: zhad' pau: qae" no mung: khyang: zhug' zhug' yang: we' gaung laung yang: no shid khyo mae" lhoe' peim yu ca" ako".

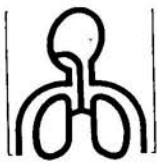
Ana" ce mae bo: ra" akhyag ngo" ja: wa zo: nau" qe khyang: zhug' zhug' we' gaung laung no ko" lao" pe" nam kad' nae" ga" akhyo re ba ko" nae".

ce mae bo: ra"
akhyag ngo" ja:

- 1 Zo: Nau" dayaug wa khyaung: zhug' zhug' yang: ai ru: m' ngad: lao" gaung laung yang: g-au: tho' mae so' je: mye, mye, za: shae lao" zo: nau" wa yao" kao re gyai ci" ca" va" ga" ru qhu" va". Airu: mung: cid' ya jao: khyo mye, mye, jhui" ye: ca" va".
- 2 Gyo, nghin: vao no we' ba daug zao" gaung laung no nae" zo: nau" qe re qao bam nug' qang: re man man jhaug' na yang: qam: o: bo lao" gaung ngin" we' gaung laung no m' vao nae".
- 3 Khyaung: zhug' no we' gaung laung no wa gyo, nghin: vao yang: we' ba daug vao yang: boe" ru ngad:.
- 4 Zo: shao dayaug wa khyaung: zhug' zhug' ru we' gaung laung no: na: ra" au: qid we' g-ja" aqang: myo: myo: shaug' byid' ca" a".
- 5 Gyo, nghin: vao yang: khyaung: zhug' ra" zo: nau" re nga" za: m' ngad: lam lam za: nha: to ca" a". Gaung laung yang re ngin" ngin" za: m' ngad: cae: cae: za: nha: to; ca" a".

B. Kyo' Sho'

1



Zo: Nau" dayaug wa khyaung: zhug' zhug' yang: airu: m' ngad: lao" gaung laung yang: g-au: tho' mae so' mye, mye, za: je: she lao" zo: nau" nho: kao wa ci" ca" va" ga" ru ngad: a". Airu: mung: cid' ya jao: khyo mye, mye, yao: jhui" ye" ca" va".

○ Gyo, nghin: vao: ru yo yo za: khyaung: zhug' zhug' ru ai mae" nhe' byug' byug' ru wa yo yo za: jo; gai: lo" ko" nae". Airu dalhang lhang ai gu: wa sang: pau: re qae" nhao yang: zo: nau" nho: kao re ci" nhao: ru ngad: a". Zhad' pau: qae" yang: zo: nau" qe atug atid shid: lo" ra" ru re la, ma: myhi" pho" qe wa zo: nau" qe nho: khyaung: zhug' wa kho hhi" no mo" boe" li" ru we' kho: au: mae cid' ya byid: ca" ga" ru re ba ko" ngad: ri we' mong cid' re aphug' akho" nang: nang: za: qo" vai yu ko" ngad: ri aibao" kao re qo" lhoe' peim: yu ko" nae".

● La, ma: zo: nau" dayaug wa daso' (daminit) mae so' re byid xe lhang tho' je: myo: sho' she: na lao"; Airu: m' ngad: lao" zo: nau" nho: sang: kheim: o mae so' she vhao" lao" g-kai: lai jhoe' vao lo" re" ru: khaung" vao lo" lao"; ai mung: zo: nau" wa pe" qang: re ri: dajhid' lhao" m' qo" shaug' lao" zo: nau" ai yang re mong cid' ya jao: khyo mye, mye, jhui" ya byid: ca" ga" akhyo re myhi" pho" qe we' qi: mo, wa ba beim: ca" ako".

● X-myid: myid' ri gai: nam ga: gai khan" mae aung" bam: ako" ra" mong cid' jham myo: lo bug wa akyu" m' bo: tho' m' go" no vao nhao: ashi" ko". La, ma: zo: shao dayaug wa so' re man man za: she yang: x-myid: au: gyao nga", khyaung: zhug' zhug'; nhe' byug' byug' ngad: yang: ri: yham mae qu" caung: na lao" gai: qao" lo: ru ngad: a".

Gyo, nghin: vao no we' ba daug vao gaung laung no wa zo: nau" qe re qao bam nug' qang: re man man jhaug' na lao" qao" zin" qam: o" bo yang: gaung ngin" we' gaung laung no m' vao nae".

● Qao bam nug: qang: re za: jhaug' na: ru wa su je no bug: re m' vao nhao ru ngad:. Zhad' pau: qae" no no ko" ra" zo: nau" qe alhab' geim" re qu" ke' ri nug' re g-tau: deing am khan" mae" shaug' ra" mo, wa shid' bon ko je: myo" ako". Airu: mung: sao hhid' re" lho" khyaug' khye' ko gu: mae qao bam nug' qang: re za: jhaug' nae" akhyag mo" ngad: a".

● Zo: shao qe khag' ngad yang: ri: zo" nam shaug' pho: re gyung: gyung: hhug' zo" na: ra" mo, wa zhad' pau: ri: m' qae"; g-ja: no phyo: ri: m' bo: li" nae".

● Shi: lhug' cug jham we' g-nam bo" ra" shi: jham mae we' no, nyug mung: ra" ao: pho' myi qui jham mae bo: ra" Vitamin A, ri: no vo; re lhoe' pye' byid' ru nagd: a".

● Gug' gam mong cid' thug' ru re zo: nau" wa dazin m' byang" shi" agyo: mae agu nge, sho' thug' pyang" pye' byid: ca" a". Ailao" she, zo: nau" qe wa myo: lo bug lhaung" ba: no ko" ra" khyaug: sang: zhug' no, so' she akhyao mae qae" jad: no, byang vin" no jham we' sh-mho: phau: no aja: ja: jham mae" lhoe' peim: yu: ru hhug' nae".

● Byu na mo, paug' thau jao: mae x-myid: au: gyao nga" ru we' khyaug: zhug' zhug' ru re je: boe" nhao: ako". Myi" lao" zo: nau" wa y-myhi" we' daga" za: lam lam yab qo: a". Aimung: zo: nau" re yhab' to" au: mai cug' ru" ru: yang g-lho: za: thab' vhe' to: byid' ca" a". Qi" lo va" ko" zo: shao qe re kam" wa yao: nhaung" yao: g-tau tau yab nhao: ri je: gai: a".

3

X-myid: myid' no we' gaung laung no wa gyo, nghin: vao yang: we' ba daug vao yang: no: ru ngad: a".

● Byu qe: gaung dau: wa gyo, myo ngad ngad, laung yo, mae ngad ngad daqi" dakhyo: za: lam: na: ru ngad: a". Ai wa byu dayaug wa qao" zin" na: ngad: ri gaung lam ru Centigrade 34 za: angad: na: a".

● Airu: gaung dau: geim" re nyang za: lam: na nae" tau: kheim wa sa: re sa co jham khyo" mung: gaung dau: ngae sho' khyo: thaung" tao: pyo: na: a".

● Sa: mae sa: ane ce' we' aphyu ce' ga: shid' nam bo: a". Saung" gyo, lao" sa: ai wa gin" lo" a": saung" nga" laung lao" ri: sa: ai wa nyo; bab: lo" a".

● Airu" m'gai: sa: byi: re kheim wa m' ge: yu, M' gai: sa: re sa: co khyo" yhid' baung: am khyo" mung: ngha byin: pye' nhao: a". Airu" sa: byi: saung" myo: lao" je: qam: mo" ke' yang: thaung" tao: qo: a". Ba lhe' ri jin: gyo, ri je: jin: lao" je: sa: byi: je: laung" myo" li"; kheim wa qam: je: ke'; ai lao" gaung wa je: nga" laung: li". Airu: lao" she, gaung wa khyang" khyang" laung: li" lao" gaung laung no boe" li" va".

● Gaung laung no re boe" li" we' sam ba mae m' qo" ya: gai: yu lao" wa kao je, sho' gai: no: ra" no mo" boe" li" va".

● No: hhid: li" we' bau kyoe: thug' nae" khyo: aja: ja: kad' ca" a". Dao: tau" bau kyoe: thug' cid' re zo" nae". Airu: m'ngaid: lao" gaung lhau" gyid: pye' nae". Gaung laung no shid' ba ko mae m' gai lao" mong cid' sa: dab khyo ye" ya nhao ca" a".

4

Zo: nau" dayaug yaug wa khyaung: zhug' zhug' ru we' gaung laung no no: ri qid we' g-ja" aqang: jham re myo: myo: shaug' byid' ca" a".

● Zo: nau" qe gaung dau: m' byan: the' mung: ri yao: nhaung" re yham mae g-lho: za: qu" caung na nae" ru wa yhau: gyin: mo" ngad: a". M' qao" m' qo: mung: ra" zo: nau" qe re zho" jhaug' nae" qug' a". Ngad yang: ri: zo" nam shaug' pho: wa zo: nau" qe re qam: pyang" byid' na: ru mung: zo" ve shaug' nam jham wa no bug: jham re tug' se' ru we' no dae jham re gai: myaug lo" nhao: a"; ai mung: zo: nau" qe: gaung khyao re qi" hhang nhao: a". La, ma: zo: nau" wa nho to' yang: so' m' qo" she mung: nug' m' qo" jhab' shaug' la,; ai ru: m' ngad: lao" g-nam daja: ja: boe" yang: qao bam nug' qang: re m' qo" jhab' shaug' ngad: ri qao bam nug' am mae" nug' qang: re jhab' yu yang: keim khan: mae ke' mung: akhying aneim zo: nau" re jhaug' byid' ca".

● No: na: au: nhad' m' nug yang: zo" vae myo: sho' m' zo" ru yang qam: o: nang" lo" ru we' qi" hhang khyo dam: lo" ru mung: nug' m' shaug' lo" mo, re dalhang mae dajhid' kad' yang: akhying aneim zo" shaug' nhao ca" a". Gai: qao" lo lao" zo: nau" re dabad gyo: ko zo" nam shaug' pho: re azhao yao: m' no shi" au: mae" gaung mo jao we' daqi" nao" sho' jhan" yang: zho" jhaug' byid' ca" a".

● Gaung Saung" laung lao" am phae: we' au zo: au zang jham qae" tang" li" ko" ru mung: akhyi" akhoe' qao ja: ape' re m' gai: zo". Zo" lao" gaung je: laung: li" ru ngad: a". Airu: mung: qid we' aqang: jham re za: gaung cae: thao sam ba byid ba joe" sho' myo: myo: shaug' byid' ca" a".

● Qae" baung" po" to" ra" au wa akyaung akhyi" ru re zo" vhao" ke' lao" ai yang ba: the' thug' phaug' ke' a". La, ma: au mae dae the' de; li" ngad: ri zo: shao ai yang nho: kao wa gyai ci" ca" va".

● No vo; ai qhi" ai ru: m' joe" shi: mae" mong cid' ba jhao mo, mae" bao" thaug' re mye, mye, mho' yu ca" ako".

5

Gyo, nghin: vao yaug; ai ru: m' ngad: lao" khyaung: zhug' zhug' yaug re nga" nga" za: m' ngad: lam lam za: nha: to: ca" a". Gaung laung yaug re wa ngin" ngin" za: m' ngad: cae: cae: za: nha: to: ca" a". Ai mung: pang lhag' ra" la re so' m' she nhao lo: san seng" ra" la re so' she nhao ca" a".

● Zo: nau" we' zo: shao qe nho: gaung lam ru mye, mye, za: ba: yeim" lo" pye' ako". Airu: mung: yao: nhaung" re m' taung" nga" gyad nhao lo: m' taung" tang: lo: za: thab' lham: mung: lam lam za: na nhao yab nhao ca" ako". Gaung laung khao: ngo" wa no vo; mo" m' ngad:. Airu ngad yang: ri: gaung cae: cid' jham re gai: byid: zho" a". Gaung saung" laung: ngad: ri: qid cae: re gaung dau khyid lo, au: lhang" nga: lao: khan mae dajhid' jhid' be, tag' byid' ri gai: a".

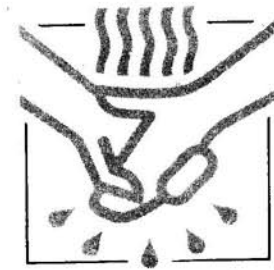
● Nho to' ru re we' so' byaug: ru re bae: bae: mung: ra" ngaui" daja: ja: re nae nhao lao" so' qo" she: a". Dao: tau" shon: ton: pho' ajam:/akyaug' re qid tag' yang: nai: nhaug' mung: nae nhao lao" nho bung" li" a".

● Myi: khug' kho nhae" ri: maid: hab' na: ra" ai ru: m' ngad: lao" cid' myi: re khonhae" ri: shaug' nhae" na: ra" mae ayan: yab: na: ra" zo: nau" qe wa zhad' pau: qae" no vao laui: a". Ai mung: zo: shao qe yab: ra" jao: mae la cae: san seng" ca" a".

● Ag' co" co" ra" mo, we' khyaung: zhug' zhug' yang: khta: phoe" ra" mo, we' tin: te' lao" zo: shao qe mae no phyo: je: de, laui: ako". Airu: mung: zo: qe wa yao: nhaung" mae" va: va: mae na ca" ako".

VIII. SAN SENG" KHYO

(Hygiene)



A. Ta" Qang

Zo: shao no: ru shid: ru gu: mae" je: myo: lo bug wa zo: shao qe: nhad' khug khyo zo" shaug' we' qid jham mae bo: ra" no bug: jham vao lo mung: boe" li" ru ngad: ako".

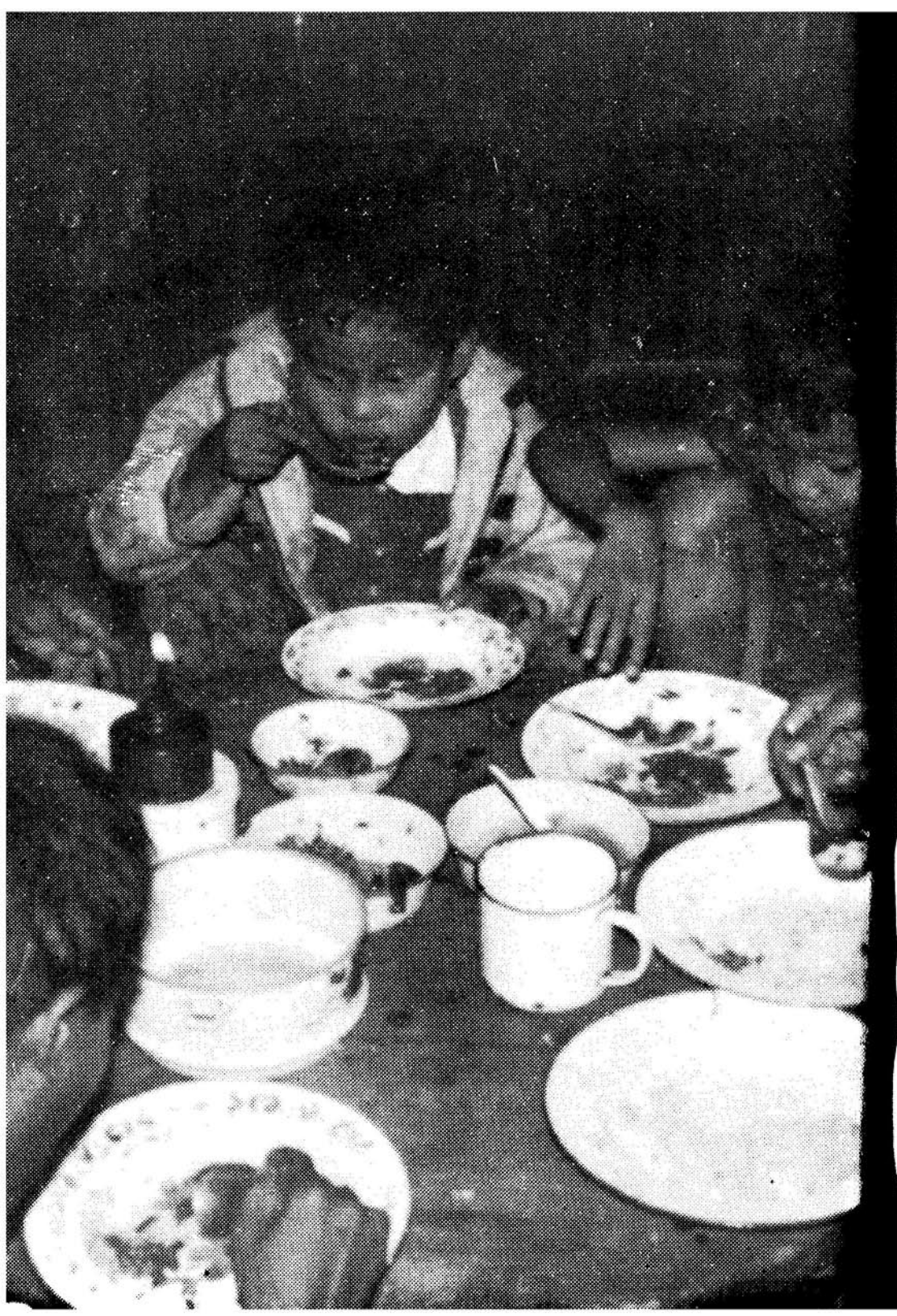
Abang: ce thaung: mae bo: ra" akhyag jham wa vo mae dam: mae na: bam ko" ra" yham thau: khao: ngo" re no bug: aja: ja: we' no qam" aja: ja: jham re m' je" li" nhao lo: gug' nhao nae" akhyo re qhu" to" a".

Ce ru" akhyo jham wa gai gai: yao: dang: byang" aung myaug nae" tau: vo dam: khao: ngo" mae na ko" ra" yaug nge, wa ba se" yang: kad' cao" ca" ru akao mo" ngad: a".

Vo dam: damyo" mae ngha byin zao m' jo, san seng" ra" shaug' qid m' jo, pho' pyao we' b-sad b-nao" re she: lhau" pye' jao: m' jo, jao: khan" mae na ko" ra" yham thau: byu qe wa no bug: jham m' myi" nae" khyo: kad' nae" gyai qug' ako".

Airu: mung: vo dam: khao: ngo" mae nang" thao" shaug' qid san we' ngha byin zao kh-lhao" qo" kad' byid' nae" zai jham hho byid' mung: pha, ji" byid' nae" vo zug: dam: zug mang: zug qe nho: mau" mo" daja: ngad: a".

No phyo: jid: phyo: jham khoru: myi" byo: je" li" ga" ru re vobyu dam: byu qe ceim" ba: bam ko" lao" she, mau" zo" ai gu: jham re zai: ca" ga" akhyo re ba so: ko" nae".



Ce mae bo: ra" akhyag jham

1 Khyid' we' yhid' re zai: thao mae ai ru: m' ngad: lao" zo" ve jham re zai: nae" ngad lao" s-bya: yang lo, re yaung" yaung" za: cid' shaung: pye' ca" a".

2 Ngha byin zao kad' yang: san seng" ra" qid yhung: yang: m' san seng" ra" qid re jho' nyho' mung: yhung: yang: zo" nam shaug pho: jham re san seng" taung" shaung: to: yang: boe, sad boe, nao" jham re sham: ngha" shaung: pye' yang:, no vo; aja: ja: re qo" jao" pye' nae".

3 Zo" pho: ajam: jham wa gyaug vae pho: ngad: a". Aigu: re nyo, nyo, za: jho' zo" ca" a". Jho' nyho' to" ra" zo" pho: re ai jao" zo" ca" a"; myao" sho' m' gai: to" lhae" to:; Lam lam mung: ra" zo" ve jham re gyan gyan za: dam: jho' lhaung ca" a".



B. Kyo' Sho'

1



Khyid' we' yhid' re zai: thao mae ai ru: m' ngad: lao" zo" ve jham re zai: nae" ngad lao" s-bya: yang lo, re yaung" yaung" za: cid' shao: pye' ca" a".

● S-bya: yang lo, re yaung" yaung" za: cid' shao: pye' ru wa lo, mae the' de: ra" no bug: jham re yu: lhau" pye' ru ngad: a". No bug: jham re ai re" ru: yu: pye' lao" no bug: jham wa nhad' khug khyo m' vao nae" khyo: vai" to" ru ngad: a". Yham thau: byu qe yaug nge, sho' khyid lo, qo" cid' nae" tau: qid we' s-bya re laui laui za: gai: hhug' ci nae" khyo: nyhang" to: ca" a".

● Khyid' bin: sho thao, zo: shao qe nho: khyid' we' yhid' re bin: shaung thao, zo" ve jham re zai: nae" hhid' mae lo, re g-lho: za: cid' shao: pye' ca" a". Aimung; gug' nyhug' gug' du: jham re soe' zai: thao mae ri: lo, re cid' shao nae" ru ri: akhyag ngad: a".

● Zo: shao qe wa yao: nhaung" yao" lo, re yao: nhaung" nhad' khug khyo akhying aneim lhaung" ba: ke' ako". Airu: mung: zo: shao: qe: lo, re pang lhag' lo, re zo" nae" qid mae cid' shao: pye' byid' ca" a".

● Zo: shao qe nho: myo, khung: re ne, khao: qug nang" thao" dalhang cid' shaung byid: ca" a". Airu: lao" she, zo: shao qe: nhad' qid mae yao khaung: m' li" no:; ai mung: myo, no qam" mae" ri: loe, nae".

2

Ngha byin zao re yhung: yang no phyo: bug: jham re jao" pye'

● No bug: aja: ja: re yham thau: damo' wa qo" jao" pye' nae" kao: gag: mo" daja: wa khyid' we' yhid' re gug' gug' za: qo" shaung: nyham" pye' ru ngad: a". No bug: myo: sho' ja: jham je yang: vae: sheim no wa byu khyid' we' yhid' mae" de; li" ru ngad:

a". No bug: ce gu: gu: wa zo" nam shaug' pho: khug mae, qid khug mae lo, dao mae li" de; jo, ug' khug' keim khan" mae li" de; jo, lao" bo: zo" vhao" ke' yang: byu aung khug khyo gai: vao li" a".

● La, ma: khyid' we' yhid' re ngha byin zao mae m' qo" shaung: pye' ngad: ri khyid' yhid' re na yham mae" va: va:, su: khyo mae", qid khae jao: khan" mae" we' zo: shao qe m' qo" gai: joe" nae" jao: mae lin: lin: za: shaung: pye' ca" a". Khyid' bin: sho we' ri nyhang" sham" shaung: nyhab' pye' ca" a".

● Myo: lo bug myid: ru' wa zo: shao qe nho: khyid' we' yhid' wa pe" m' ci" ca" ga: ta" ako". Gai gai: ga" ri yao: nhaung" nho: khyid' yhid' wa qi: mo, nho: khyid' yhid' tho' mae lhao" je: ci" ca" ru ngad: a". Pe" mung: ga" ri yao: nhaung" nho: khyid' we' yhid' mae no bug: qe: bo laui: ai mung yao: nhaung" wa khyi" khao: khyi" ngo" mae khyid" ba: sho: myhi" qin" ako".

● Airu: mung: zo: nau" qe mae" khoed byu yang jab: khyid' zao re yhung: ca" ako". Yao: nhaung" wa khyid' bin: sho we' ri yao: jao" khyid' zao khug khyo shaung: zai: pye" ca" a".

● Khyid' zao re man man cid' shao mung: sisi zang" nghoe' to: ca" a". Gug' nyhug' jham nho: khyid' we' yhid' jham re ri: na mae" we' qid khae jao: mae" lin: lin: za: shaung: pye' ca" a".

Qid san Yaung" yhung: ca".

- Qid san yaung" za: myo: myo: ci ko" ra" mo: ho' wa no phyo: m' taung" myo: ko". Qid san gyang" yaung" m' qo" ko" ra" mo: ho' wa qid khyo" no bug: jham re m' byo: myi" nhao ko" nae" khyo: qid re khonhae" ri: nghoe' to:; ai mung: khyid' yhid' we' qid bab qid byao: jham re je yang: khyid' zao mae" qid qang: re shaug' qid yhung: qid we' cid' qid jho' zo" qid jham mae" va" lin: nhao ca" a".
- Qid re khae: yu: ra", vo; ra", ke' to" ra" kang: keim ug' khug', yae: qid am jham re ashae akho m' she: pye' to: lo: mug' mae san san za: lhao" to" ri gai: ako". Gug' nyhug' jham re ri: shaug' yhung: qid khyo m' tin: te' ye: nhao: ri gai: a".

- Yham thau: khug mae shaug' yhung: qid re sansan sengseng" za: to: nae" tau: qid khau: kang: khug' we' keim jham re pang lhag' ra" lo; yang m' zai: lo:; kang: keim ug' khug yae: khug jham mae bo: ra" qid khug khyo lo, cin re m' le: zai: vhao" ko" jhao"; gug' nyhug' jham re yham khug khyo m' vhao" m' na nhao ko" nae" jhao".

Shaug' Qid re jho' Nyho'

- Qid wa gyang: ngad yang: ri: no bug: jham gai: bo: ashi"; Gug' gai: thao" ra" shaug' qid gyang" wa gyang" shao: san: ra" qid thaung:, qid lao qid bug jham mae" khae: yu: ru ngad: a". Qid lhao: qid tham: khan" mae" qid jham wa no bug: jham mae" leim" leim" loe, gug' nae" m' lam" bo.
- Qid re jho' nyho' ru wa no bug: jham re se' ru ngad:. Airu: mung: sh-va qid thaung:, qid tham:, qid lhao:, we' bo lao: khan" mae" khae: yu: qid re m' shaug' shi: mae shi" jho' nyho' to" cae: ca" a". Je yang: Zo: nau" qe we' zo: shao qe re jhaug' nae" qid re shi" jho' nyho' to" cae: ca" a". Pe" mung: ga" ri yao: nhaung" wa no bug: jham je: vao de, laui mo, ngad: ako".
- La, ma: qid re jho' cae: shaug' nae" akhyo saung" qug: khai: lao" yang qid re ba zho mae lhe' lhaung: ri gai: a". Qid re ba mae lhe' lhaung khyo wa ce ru: ngad: deing phyu, jid baung: qid am jham re yu adao mae" athab' jham re qhid' shao: pye', qo" ra" qid gyang" re ke' pyang", qid am jham re g-lho: za: xug' jhid' pye' mung: ba zho yo mae ba nyang" zao" nae" khyo: dane, gyam lhe' to" ru ngad; a". Qid am jham wa dace' we' dace' m' jho" sham nghoe' ko" nae" khyo: dace' we' dace' lin: lin: za: to: qo: a". Ba lhe' yo mae qid am jham re ba zho yo mae je: myao" sho' qo" lhe' to" ri je: gai: a". Mug' dab: ra" ne, mae ce re" ru: qid jho' lhaung: ru wa m' gai: boe".

Zo" ve re san seng" za: shaung

- Zo" ve mae li" gyo" bo: re" no bug: jham wa nhad' khug khyo vao li" mung: no phyo: re poe" nhao: ako". Zo" ve jham re shaung yhaung" ra" au: adao atho' re g-lho: za:

cid' shaung pye' ca" a". No bug: jham wa ug' khug' kang: keim jham mae we' zo: ve jham mae na: je" li" ako".

- Zo: ve jham: adao mae yao khaung:, qug no, l-kha: l-vo, qo, jham gug' nyhug' jham mae" lin: lin: mae to: ca" a". Apyid' anghoe' tang tang za" ru je: gai: a".

3

Zo" ve ajam: wa gyaug: vae nam ngad:

● Ajam: athang" ra" zo" vé re zo" shaug' ru wa gyaug: vae pho: ngad: a". Zo" ve jham re g-lho: za: cid' shao mung: jho' nyho' ca" a". Zo" ve jham re jho' nyho' we' laung laung xi xi za: zo" ca" ashae akho m' gai: to" lhae" to:. Zo" ve acae: re g-lho: za: nyhang" jho' lhaung ca" a".

● Jho' ru wa no bug: jham re se' ru ngad:. Zo" ve jham re nyo, nyo, za: jho' ca"; je yang: sho: aja: ja: re jho' nyho' ca".

● No bug: jham wa lam lam za" zo" ve jham mae je: na nug: ako". Aimung: jho' nyho' va" zo" ve jham re ai yao: jao" zo" ca"; ailao" she, yao: nhaung" wa zo" ve jham mae m' qo" zang" li" mung: m' qo" no nhao ko" nae".

● La, ma: zo" ve re ngo" yo, qug (dakhyug') ko to" to: nae" ngad: ri centigrade 60: tho' mae je: laung sho'; ai ru: m' ngad: lao" Centigrade 10: o mae cae: nae" khyo: to" to: ca" a".

● La, ma: zo" ve re tang" to: nae" ngad: ri m' dam: zo" shi: mae nyang" za: jho' lhaung ca" ashi".

● Sho: ajam: jham mae je yang: qo, sho: we' vo, sho: mae no bug: je: bo laui: ako". Nyo, va" zo" ve jham wa no bug: bo: ra" zo" ve we' dajhid" zo" the' zao" thaung tin: te' we' ri no bug: ba: gai: de; je" li" ako". Airu: mung: zo" ve anyo, we' ajam: jham re kho nhae" ri: lin: lin: za: to" to: ca" a".

● Zo" ve ajam: jham re shaung: ra" ug' khug' lao bin, gyan kyao", bo" we' pin: thau: shae yaug gaung: mhad' jham re g-lho: za: cid' yaung" pye' ca" a".

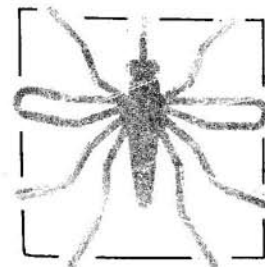
● Nung: nug' re jho' cae" to" tho' mae xi xi za: lhau" jho' yu: ru je: gai: a". Zo: shao qe nho: zo" ve jham re zo" qid mae za: lhau" jho' yu: ru je: gai: a".

● Ug khug' yaug gaung: jham re sad' ra" pin: cug' jham re ne, khao: qug tha" pye' ri gai: a". Gai: boe" ri m'ci shi: mae jho' pye' ri je: gai: a".

● Zo" hhung: shaug' hhung: agyo" athao jham abab asug' jham re shaung: pye' re ngha" pye' dung: khung: mae nyhab' pye' ca". Ai lao" she, no bug: m' myi" nae".

XI. NO QAM"

(Malaria)



A. Ta" Qang

No qam" myo" bug: ra" vo dam: khan" mae na ko" ra" yham thau: khao: ngo" wa no vo; mae" gug' loe, nhao: ra", ana" bain: mae" l-ba l-se" jham re ba: yu ca" a" ko".

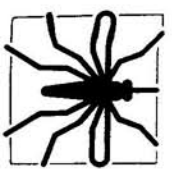
Dazin: akhug mae byu gaung dakug yaug (10,000,000) tho' m-go" no phyo: jam jhau phau" ru we' zo: shao qe kyid kug yaug wa kao je; lo" ko" ra" akhyo re ce abang: mae bo: ra" akhyag khyaug' ja" yang qo" bao" tam" pye' nae".

No qam" no vo; re gai gai: yao: lo, lam: pyam" qo" tam" kham" pye' nae" ru wa vo byu dam: byu qe ceim" zaii" so" ko" ru re asu" ya, khyo" bo: bao: thaug' yu qo: a".

Ce mae bo: ra"
akhyag jham

- 1 Zo: shao qe re je yang: myi" mae kyao m' bin: nae" khyo: gug' gam byid' ca" a".
- 2 Vobyu dam: byu qe wa kyao nau" m' qo" phaug' je" li" ko" nae" khyo: kyao au" jham we' laug ka nau" jham re se' jheim: ca" a".
- 3 No gam" myo" bug: ra" jo, qo khan" na ko" ra" gaung la: mo, wa gaung shao: ra" ayo, joe" sho' no gam" mae" loe; beim cid' re zo" na ca" ako"
- 4 No gam" myo" bug: ra" jo, qo khan" mae na: ra" zo: shao qe wa no phyo" li" we' ri mong cid' sa: dab mae" mo, jhao" jhui" ye" ca" a". La, ma: zo: nau" wa no gam" bug ave, dang dang bo lao" wa no gam" no gai mong cid' zo" jao dang: byang" sho' zho" jhaug' ca" a".
- 5 No gam" bug: ra" zo: shao dayaug re ngin" nae" khyo: m' ngad: cae" ra" khyo: na nhao ca" a".
- 6 No gam" bug: bauri" lo" ra" zo: shao re qid gang: myo: sho' jhaug' byid: ca" a".

B. Kyo' Sho'



- 1 Zo: shao qe re myi" mae kyao m' bin: ko" nae: tau: gug' gam byid: ca" a".
 - No gam" bug no phyo: wa kyao bin: yang: no bug: vao yang: no: ru ngad: Zo: shao qe re kyao m' bin: nae" khyo: gug' byid: ca" a". Zo: nau" qe re kyao m' bin: ko" nae" khyo: gug' gam nae" akhyo myo: sho' jo; a".
 - Yab jao: mae kyao jham re go: byid' ra" sud' re khao: mung: we' kyao jham re khe' lhin" pye' ra" nam re boe; gyan" to" ri gai: a".
 - Kyao jham re phao nhao: ra" nae: ra" myi: khug' ngha" hab' a".
 - Yab yham mae" bao: zo" kham: mae we' kham: dung: khan mae kyao jham m' qo" vao nae" khyo: kyao go lung jham re te' yang:
 - Qe, khug mae na: ra" kyao jham re se' jheim: yang:
 - Yham byu alhab' mo; geim" re kyao m' bin: nae" khyo: gug' gam yu ca" a". Kyao dadau: wa no gam" bug: bo yang re thoe: yang: ai yang mae" no bug: re su g-yaug re no bug: gai: te' byid' a".
- 2 Vobyu dam: byu qe wa kyao nau" jham m' qo" phaug' je" li" nae" khyo: laug lhan: nau" jham re se' jheim: ca" ako".
 - Qid zeim za: dang: jo: ra" qid thaung:, qid tham: ru" jao: mae kyao jham wa kyao au" khyo" mung: na: myo" je" li" ako". Qid ba: dang: jo: ra" ja: jham wa: tham: khug', qid lhao:, nung: khu xam, vo: keim, Ug', yae: ru" jham ngad:. Aimmung: yao:

nhaung" wa qid lao yae cao" na yang:, yo thaung: pa: khan" mae, mhin" jam" khan" mae na: je" li" ako".

● Yo thaung: pa: mae" kyao nau" jham re yo thaung: mae" qid re dam pyin dam phaug' phag' kyaug' pye' yang: qo" se' jheim" pye' a". G-ja" ajid' azo: qid dang jham re wa avai: ayae mae" qid dang jao: jham re akhying aneim: kin: sho' phag' yhug' pye' yang: gai: se' jheim" a".

3

No qam" myo" ra" jao: khan" mae na: ra" gaung la: myhi" qe wa gaung san: ra" ayo, joe" sho' no qam" bug: mae" gug' gam mong cid' re man man zo" ca" a".

● Gaung la: mo, wa no qam" bug: je: de, laui: ako". Aimung: gaung la" au: no phyo: ri: je: gyaug: vae pho: doe; a". No qam" no vo; wa gaung la: myhi" re sa: po: no (anaemia) boe" nhao mung: zo: nau" re gai: bya" khyo" pye' a"; ba na m' nge; ru zo: myhung nhao nae" we' so' m' bo: zo: re ba:myhung: ke' nhao a".

● No qam" bug: no: ra" gaung la: myhi" mae" myung: li" ra" zo: nau" wa sa: qam: nang" ru we' gaung khyao zhao: mung: no phyo: je: de, laui: a".

● La, ma: gaung la: myhi" wa gaung la" ra" ayo: gyo: mae no qam" mae" gug' gam mong cid' re man man zo" na: ngad: ri no qam" no phyo: mae" leim" leim" qo" loe; beim nae".

● No qam" no phyo: mae" gug' gam nae" mong cid' re qao" zin" khyo mau" zai" mo, mae" qo" gai: yu: a". Airu no qam" mae" gug' gam cid' khao: ngo" re gaung: la: mo, m' gai: zo" ga" ru re beim" so: ca" ako".

● Gaung la: mo, wa no qam" mae" gug' gam nae" mong cid' re kho nho" kho ru: zo" nae" ga" ru re ba jhao mong cid' sa: qe re myid: ca" a".

4

No qam" no phyo: myo" ra" jao: mae na: ra" zo: nau" dayaug yang wa la, ma: no: ngad: ri qao" zin" khyo mau" zai" mo, jhao" yao: re mye, mye, jhui" ye: ca" ako".

● Zo: nau" dayaug wa no qam" bug yang: gaung laung nho dau: a" eing: myid lao" yang yao: re no qam" gai cid' zo" akhyao dang: byang" sho' zo" nhao ca" a". No Qam" gai cid' re cug nam we' lhag' yang: pho" to" ra" aqang re zo: nau" qe re jhaug' gai: a". No qam" ngad: ru re ba we' ri yao: jao" no qam" we' seng yang: mong cid' ya ca". No yang re ya nae" dane, thao gyo" ri lhao" gyai ba: nghin: gyo" ru ngad:.

● Qao" zin" khyo mau" zai" mo, wa no qam" gai sho' kho ja" yang kho re" ru: kho myhao" joe" sho' ya qo: ga" akhyo re ta" kyo: ko" nae".

● Zo: nau" wa no gai cid' zo" we' ri yao: jao" gai ngad yang: ri: no gai cid' zo" khyao dang: byang" sho' xo' zo" pyang" ca" ashi".

● La, ma: zo: nau" wa no qam" xo' yang: za: abug: no lao" yang wa cid' rung" khyo jhui" ye: ca" ko" nae". Mong cid' sa: wa no qam" bug: re m' qo" se' jheim" aung: ru ngad: a".

5

Gaung laung: ra" zo: nau" dayaug re ngin" ngin" za: m' ngad: lo: cae: cae za: nha: ta" ca" a".

Gaung laung: ra" zo: nau" re gaung cae: nae" khyo:

- Gaung cae: cid' ngad: ra" nam (paracetamol) ru" ja: re zho" ca" a".
- Qid ngin" m' ngad: lo: qid cae" yang gaung dau: mae boe, sad' byid' ri gai: a".
- Zo: nau" re mai bau: myo: sho' m' ve, nhao lo: yao: re mai pho' re ri: saung" thau sho' m' bam vhe' lo: na nhao

6

No qam" mae" no gyi" dang" gai: qao" li" ra" yang re
aqang: myo: sho' we' zo" ve re gyi: gyi: zho" jhaug' ca"
a".

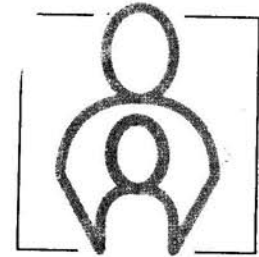
● No qam" bug: ru wa zo: nau" nho: qam: o: re yeim" pye'
nhao: a"; aimung: zo: nau" wa bau kyoe: thug' yang: gaung khug
mae" aqang: myo: sho' re yeim: pye' nhao: a". Zo: nau" wa zo"
ve re qo" gai: zo" we' ri yao: jao" ai yeim" lo" pye' ra" jham re
dam: pyang" byid: ca"a".

● Qid we' zo" ve jham re myo: myo: zo" shaug' ra" ru wa
no: au: mae yeim: lo" pye' ra" pyang" yang: qam: yeim" no
mae" lhoe' peim: yu nae".



X. ZO: SHAO KUNG ZEG: LI"

(Child development)



A. Ta" Qang

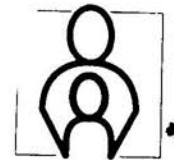
Zo: nau" qe wa y-myhi" aung mae" gyo" we' ri yao: jao"
mye, mye, ga: ba jhao khyo mae xeim: se" li" ako". Qi" lo
ade, su yin" boe" lo" ra" ne, joe" sho' nhag' gyang" aung
gyang" ra" mo, boe" ko" nae" tau: nau" mae" nhin" mae"
gai: ra" jo: ra" ave, akhyao jham re kad' cao" zhao: mho"
yu ca" ako".

Ce abang: mae bo: akhyag nhad' ja: jham wa zo: nau" qe wa
ngau: ngau: pyo: pyo: za: qi" hhang: li" ko" nae", akyang"
ave, asam" dau yang" li" ko" nae", l-ba l-se" ba jhao khyo
mae g-lho: za: qo" ba: mho" zhao: yu ko" nae" khyo: myhi"
pho" qe wa khyo shid' au: she khyao re ba se" akhyo re
mhaug' khyang bag byid' ru ngad:.

Ce mae bo: ra" akhyag nhad' ja:

- 1 Zo: nau" qe wa y-myi" aung mae" gyo" li" ko" we' ri yao: jao" ba khyo mae mye, mye, ga: xeim: ba: li" ako".
- 2 Zo: nau" qe wa kung zeg: li" nae" tau: sab' keim" ca" ako".
- 3 Zo: shao qe wa yao: nhaung" we' tin: te' ra" mo, nho: ave, akhyao cao" yang: ba: kad' cao" li" ako".
- 4 Zo: shao nau" qe wa laui laui za: ba: gyaug, nhag' ba: yo: mung: ngug byid ba: thug' ako".
- 5 Zo: shao qe wa qam: zaug zhaug' ru re o: ngai: ako".
- 6 Jaung mae pha, ji" re g-lho: za: mho" yu ko" nae" akhyao re no' mae" yham mae myhi" pho" qe: yang mhaug' khyang bag byid' ke' a".
- 7 Myhi" we' pho" tao wa zo: qe nho: kung zed: li" ra" akhyo re qu" xam: nae" gai: thao" tao ngad: ako".

B. Kyo' Sho'



1

Zo: nau" qe wa y-myhi" aung mae" gyo" li" ko" we' ri yao: jao" l-ba l-se" khyo mae mye, mye, ga: xeim: ba se" li" ako".

● Byu dayaug mae bo qo: ra" au: naug: akhyao wa zo: shao asag shid' zin ko lao" alaung dang: byang" li" ako". Au: naug: we' nhag' myid kung zeg: li" ko" nae" tau: zo: nau" qe wa y-myhi" y-pho" qe nho: jhid' de, khyo re je: qo: ako".

● Zo: nau" dayaug nho: myao: ru, nae: ru, gyo" ru, myho" ru we' zao" tin: ru a rung ngo" ja: geim" wa na: li" ko" we' zai" lab: li" ava" ko". Aimung: zo: nau" dayaug wa co' re phyd'ke' ko" we' myid gya" akhyo re mho" yu: hhid: li" ava".

● Zo: nau" qe alhab' mo: geim" wa na: li" ko" we' qo: thao" ko" ra" ja: jham wa jho" jhau: keim" cao:, caung: soe' hhug' nae", tao: kheim" mae vo, nhao nae", myi" ne, myao: na: ra" myo, khung: re qu" na nae", lhaung" gyo" na: ra" dao: thoe re tae" gyo" nae" we' yao: nhaung" re dam: tug' jhau nae" ru re o: ngai: ako".

● Aimung: zo: nau" qe wa yao: nhaung" qu" ngai o: ra" nam jham re qu" nae", soe" na nae", zai" ci nae", lhaug' na nae" sab' keim" na nae" nug: ako". Ce ru wa yao: nhaung" pha, ji" mho" hhid: ra" ayaung ngad va" ko".

● Byu jhau thoe the' gyo: nae" wa zo: nau" qe qo: thao" ru ngad: a". Byu qe" myo, khung: jham re ri: zo: shao qe qu" xam: nae" akhyag mo" daja: ngad: a". Airu: mung: zo: nau" qe re dayaug yao: re za: myao" sho' m' gai: nha: to:.

● La, ma: zo: nau" dayaug wa jhid' kao nhag' tui" ru myo: sho' qo", zo: nau" qe sab' keim" nae" ru re: myo: myo: qo", zo" ve ri: gyi: gyi: bau" bau" za: hhug' zo", yang: qao" zin" khyo re ri: qo" qu" caung byid: lao" yang wa yao" nhag' myid ba jhao khyo mae ri: g-lho: za: kung zed: li" nae".

● Mo; lo" sho' no mo" phau: va" zo: shad qe wa au: naue mae dae no lo" va" mung: ba xam: jhao khyo mae nhaung nhai" lo" gyaug: a".

2

Zo: shao dayaug wa qi" hhang kung zeg: li" nae" tau: sab' keim" khyo ri: akao mo" daja: ngad: a".

● Sab' keim" ru: mae zo: nau" wa gaung dau: we' nhag' myid re daga" dau: lab nhao: ru ngad: a"; Aimung yao: wa myid gaung dao mae" boe" doe; ra" akao jham aja: ja: re mho" yu xeim: yu: a". Y-myhi" y-pho" tao we' qi" mo, wa zo: nau" re kho ru: sab' keim" nae" akhyo re gai: mho" shid' a".

● Zo: shao qe sab' keim" ru wa pyo" yang: ngad: a". Aimung: ana" ban: mae zo: nau" qe sab' keim" ru wa zo: shao qe kung: zeg: li" nae" akao mo" da ja: ngad: ga" ru re ba: lo: ako".

● Yao: nhaung" sab' keim" ra" zai jham we' avai: ayae mae" ade, qe qi: mo, nho: ave, akhyo jham re qu" mung: zo: nau" qe wa yao: nhaung" nho: avai: ayae mae myid gyae: akhyo re mho" xeim: ba: yu: li" ako". Sab' keim" ra" ru wa jhao myan" we', myid: qu" ra" akhyo we' zai" mau" zo" jham re mho" ba: yu: a".

● Zo: shao qe wa daja: re zai" jham" qu", boe" li" ra" nam jham re dau tau" qu", m' ba: ra" ja: akhyo jham re myid' yu: ru, yao: nhaung" yao" gaung dau: re boe" li" ra" nam asag' jham we' dau tau" mai qhi" khyeng: ako". Aimung aung myaug nae" akhyo jham re yao: nhaung" hho: ako".

● Sab' keim" ru wa zo: shao qe re ba: se" khyo mae, lo, lam: pyam: zai" ra" akhyo mae, je: jhao: li" nhao mung: je: ba se" nug khyo mae, yao: yao" gaung re yao: lam: ra" akhyo mae we' s-di, s-kha mae gang: tang nhao: a",

● Zo: shao qe wa khoru: sab' keim" ko" nae" akhyo, sab' keim" nae" zai jham asag' jham re hho: laung: byid' mho" shid' byid' ru yang myi" pho" qe wa zo: nau" qe re gai: bao" thaug' yu: a".

● Airu ngad yang: myhi" pho" qe wa zo: shao qe nho: sab' keim" khyo mae m' geim: m' lam" bo: jha pa lhau: phyo' ri gai: a". Y-myhi" y-pho" qe wa zo: shao qe sab' keim" ru re qu" xeim na mung: yao: nhaung" o: ra" qo: ra" nam jham re hho: pyang" byid' ri je: gai: a".

● La, ma: myhi" pho" tao wa zo: shao we' sab' keim" jao: mae saung" bo: jha pa leim lao" zo: nau" ai yaug nho: sh-kud nug: ra" nhag' myid re noe" nhao: pye, byid' 'ru ngad: a"; aimung: zo: shao yao: qam: ke' thang" qhao: kad' nae" myid re ri: khyug' pye' byid' ru ngad: a".

● Zo: shao qe wa da ja: ja: re kad' qu" yang: m' boe" lao" g-tau dakhyo: dam: kad' qu" mung: aung myaug nae" akhyo re hho: yu: ako".

● Zo: shao nau" dayaug wa yao: yao: za: da ja: ja: re kad' qu" nae" ga: ta" lao" myhi" pho" tao wa yao: re kad' nhao qu" qo: aka". Zo: shao wa dae de; zau: m' zao" lao" yang yao: kad' ra" ru mae nhag' lam: thao" nae" akhyo bo ngad yang: ri: yao: za: akad' nug na lao" wa kad' nae" akhang" gai: byid' a".

● Dajhid' dathao qug: khai: we' nhag' am thao" ru wa zo: shao re pha, ji" we' l-ba l-jhao asag' jham re ba: je" li" ru ngad: a". La, ma: zo: shao wa saung" qug' khai: we' nhag' am thao" ru phau: lao" ru: seim" pye' ra" ga" nhag' am gyug' ru ba: bo: li" a".

● Y-zo: qe kho: au: mae bao" thaug' o: kho au: mae wa yao: nhaung" re yao: za: nha: to: gai: ga" akhyo myid: tau" qu" nae" gai: thao" ra" t-rha" agyi wa y-myhi" we' y-pho" tao ngad: ako".

● Zo: shao qe wa yao: nhaung" myid: thug' ra" byu dayaug yaug, y-myhi" y-pho" we' dau tau" yang:, mho" myhi" mho" pho", zug: ru" ru" mo, ngad: ga: ve, mai bau: shaung: ci mung: kad' zhao nug: ako". Cere" ru: sab' keim" ra" ru ri: akhyag mo" daja: ngad: a".

● Zo: shao qe cere" ru: kad' zhao: ra" ru wa su je mo, kho re" ru: kho khyo: shai" yang: zai: zo: mung: ve; na: ako" ga" akhyo re yao: nhaung" wa ba: qu" gin kho' yu ko" ru ngad: a". Aimung: ce ru wa zo: shao qe nho: nghae" myid re gi" je" li" nhao: ru ngad: a".

● Airu" ru re zo: shao qe wa qo" kad' sab' keim" ko" nae" khyo: myhi" pho" qe wa yao: nhaung" re mai bau: axag' jham re byid' mung: kad' zhao nhao: yang: qam: gai: byid' a".

● Zo: shao qe wa dalhang daqo: dayaug yaug yao: za: sab' keim" ca" ako". Ngad yang:ri: yao: nhaung" wa ade, qe qi: mo, we' dalhang da qo: daga" ga" sab' keim" qo: ako. Zo: nau" qe re dao: jhau: ra" ru, dao: kheim: we' thoe jham re paug' yang: yang: dam pyin dam phaug' jhau: kyo" ra" ru, nghai" thoe, zo: jhu" thoe, zo: nau" dao: re alhang lhang jhau: kyo" ra" ru" jham wa zo: nau" qe gi" hhang:li" nae" we' kung zeg: li" ko" nae" akhyo mae akao mo" jham ngad: ako".

3

Zo: shao qe wa yao: nhaung" we' jho" tin: te' ra" mo, nho: ave, we' zai: mau" zo" jham re ba: kad' zhao: ako".

● Ade, qe we' je: qi" ra" mo, nho: zai" qhu" ra" mau" zo" jham we' ave, jham wa amyng byid' ru we' kad' nhao: ra" ru jham tho' mae zo: shao qe re mho" shid' ra" akhyo mae je: akyu" bo: a".

● La, ma: qi" mo, wa nhag' yo: yang: zag: hug' ru we' kyam" ra" khyo: kad' lao" qhu" lao" zo: shao qe wa yao: nhaung" ri: ai ru: kad' nam nhaung ga: myid yang: kad' cao" ako".

● La, ma: qi" mo, wa zo: shao qe re we' su je re nhag' nug' cug' taung" nam: nam: za: dao: jhau mung: kad' qhu" zai" qhu" ngad: ri zo: shao qe wa ai ru: bo: cao" kad' ako".

● Asag byid zin mae" mo, myo: lo bug wa yao: yao" tau: za myo, no, mo, ngad: ako". Yao: nhaung" wa zo" zo" mae" su je qe: tau: aba: myid: tau" li" ako". Zo: shao nau" qe myo: lo bug wa yao" tau: za: myo, no: ra" ru wa yao: nhaung" mae myid khyao we' gaung khyao jham lam: m' lang" shi: ko" mung: ngad: ako".

● La, ma: qi" mo, wa yao: nhaung" re yaung' yin yang: nhag' nug' cug ko" ngad: ri zo: shao qe wa qi" lo ko" lao" yaung' yin yang: nhag' nug' cug ko" nae". Yao: nhaung" re su: yang kad' ko" khyo: yao: nhaung" ri: su re airu: kad' ko" nae".

4

Zo: shao nau" qe wa laul zu: nhag' ba: yo:, ba: gyaug mung: ngug byid bai thug' ako".

● Zo: shao qe nho: adao: ave, jham wa dang dang yao: boe" mung: gyat qan bo: ako" Airu boe" ko" ta" akhyo jham, dalhang lhang wa pe" dao" m' qu" nghae" nho: za: ngad: a".

● Zo: shao qe wa m' myao: qu" ta" mo, re mug' cad' no, tang: lang" re ba: gyaug ako", daphud' dazo: za: mae nhag' gyai ba: yo" ako" aiumung aphud' anau" zo: za: mae ba: gyi: ngug: ako", aiumung: yao: nhaung" wa o: ra" nam daja: ja: re m' qo" yu, m' qo" kad' ko" lao" nhag' am: gyat ba: myid: thao" ako".

● Zo: shao qe wa aung khug mae myid: ra" ru we' nghae" ra" ja: jham akhyo re ta" nug: gu: gu: re dao: kheim: bin sho' m' ba: qo" jhau shi" ko" mung: yao: nhaung" wa mhug' nho dau: ako".

● La, ma: zo: shao dayaug wa the' zao' shaid' lao" la, airu: m' ngad: lao" m' dau m' khyang" ru daja: ja: re the' kaid' la, lao" airu: m' kad' ja: eing: yin yo taung" ta" kyo" ca" a"; airu dao: jhau khyo wa dang dang za: ngad ca" a". Gyang: gyang: yo yo za: yao: nhaung" re kyo' sho' kyo" ca" a". Yao: nhaung" re m' gai: mhug'.

● Zo: nau" qe wa yao: nhaung" yao: jhid' ra" mo, we' nhag' dag nhao nug: ra" mo, yang mho" shid' ru we' kyo' sho' kyo" ra" akhyo jham re g-lho: za: je: xam" ako". Cere" ru: kad' yang: mho" shid' ra" akhyo jham re yao: nhaung" wa zo" zo" mae" yao: nhaung" nhao: zai" ra", jhau: ave, jham: akhyao kad' ye" lo" ako". Cere" ru: kad' lao' she, zo: shao qewa gai: ru m' gai: ru re adau ba: lag: qu" ra" aung lag myid bo: lo: ako".

● Zo: shao qe ngug: ra" ru wa daja: ja: shad' va" ga: ta" kyo" ru ngad: a" zo: shao wa ngug: ru re m' gai: qu" lhai: ke', gyo" lhai: ke'. Pe" mung: ga" ri yao: wa vae: moe' la, - qid shab' la, myaung" la, no: la, m' yo laung gyan: boe" la, saung" laung: la, saung" gyo; la, saung" gyaug: mug' la, daja: ja: ngad nae".

● Dalhang lhang nug' nau" qe wa gyai gyai ngug: ako". Yao: nhaung" re khoru: kad' ngad yang: ri: yao: nhaung" wa m'nyam: ko". Cere" ru: ngad ko" ru wa myo: lo bug na thao lho" sam byid khye' ko ngad lao" ngug: ako". yao: nhaung" wa airu ne, khao: qug dayo, mae za: ngug ngug mung: ako". yao: nhaung" wa ai ru: lho" sam-byid khye' ko joe" sho' ngug: ako".

● Aire" ru zo: shao qe ngug ko" ru wa pe" mung: ngad: ga" ru m' ba: ta" byid' airu: ngug ko" ngad yang: ri: zo: shao qe wa pe" dae no qo bo nuo m' dau ko". Zo: kyo: qe wa yao: nhaung" re myhi" pho" qe: yang jhid' kao: ko" a", qu" gam ko" a", yao: mo' nuo: na yham thau: jo, nuo", wa gam: gug' a" -ga" yao: nhaung" nuo: gaung dau: re lam ko" lao" gyaug: vae khyo re qo" to" pye' ako".

5

Zo: shao qe wa akhyin aneim qam zaug zhaug' ru qo: ako".

● Zo: shao qe nuo: gaung dau: re dae te' yang: dam byid' nuo" shid' ru wa zo: shao qe kung zeg li" ru re zao" a". La, ma: myhi" pho" qe we' qi: mo, wa zo: shao qe nuo: ave, asam" re qam byid' ko" lao" zo: shao qe re gai kad' ko" nae" akhyo mae qam: byid' ko" ru ngad: a". Airu: mung: myhi" pho" qe wa zo: shao qe nuo: gai: ra" ave, asam" jham re qu" xam: yang: yao: nhaung" re qu" ngau: qu" jhid' a" ga: qam: byid' ra" ru wa akhyag mo" yao:ngad: a".

● Zo: nau" wa lo, mau" daja: ja: re ba: zai" lao" yao" re qu" ngau: nhag' dag: a" ga" akhyo re myhi" pho" wa yao: re qhu" ca" a". Ceru: nuo" shid; ru wa zo: shao qe re m-geim: zag: hug' mung: qeim yang: be, yang: nuo" shid' ru tho' mae je: gai: ashi". Zo: shao qe re qobo saung" byid' saung" qeim: nuo" lao" yad: ngaung" ngo: zai: mau" pha, ji" nuo" ba jhao khyo mae nhaung nai: nhao: a".

● Zo: shao qe re lam" be; nhaug ra" ru wa zo shao qe nuo: akyang" re je: zai" qheim" a". Yao: nhaung" wa su we' zam" qin" ko" lao" su: adao mae kyam" ra" we' m' dau m' lho" ru kad' li" ako". Aiva" tho' mae zo: shao qe re lam" be; nhaug'

lao" yao: nhaung" wa myhi" pho" qe re jhid' kao phug' de, myid m' bo lo myhi" pho" qe mae" gal: ra" ave, nuo" yu nae" myidri: m' bo lo ko"

6

Jaung mae pha, ji" re g-lao: za: nuo" yu nae" ave, re yao: nhaung" wa ngai mae" nau" mae" yham mae" aqao: gai: qo" de: yu: a", lho" ri de: yu ca" a".

● Zo: shao wa myhi" pho" yang jhid' de: a", gug' gam: a", nhag' tag' hlug' lao", mye, mye, za: nuo" yu xeim: yu nae" myid bo: li" a" Airu: mung: zo: shao wa jaung mae aung myaug nae" khyo: nau" nhae" shi" mae" myhi" pho" qe wa yham mae yao: nhaung" re nuo" shid' hhid ca" a".

● Myhi" pho" qe wa zo: shao re sab' keim" jao: mae ri: pha, ji" nuo" yu nae" gai: bao" yu: a". Zo shao qe wa laui laui za: gai: sab' ra" sab' keim" zai qo" ca" ako". Ailao" she, yao: nhaung" wa da zhao" mae" da zhao" je: nuo" zhao: ba: yu nae". Ceru: kad' byid' ri ngau: hhang myo: sho' m' gyo" ca". Yham mae myi" ne, ci: na: ra", ug' khug' kang: keim, mug sug pha sag' tam" lao khao:, bin: bu" ru" ru" ja: jham wa gai mae" vai: yu ra" nam re" ru: gai va".

● Kho nhae" ri: dae de; no m' phau: nae" ngad lao" yang wa zo: shao qe wa yao: nhaung" yao: za: myid: tau" phyid' yu ca" ako". Yao: nhaung" wa yao: nhaung" yao: kad' shad' ra" we' aung myaug: ra" mae" je: nuo" ba: yu: ako".

● Myhi" pho' qe wa zo: shao qe re, sab' keim" jao: mae mhaug' khyang bag: qhu" ca" a",; airu ja: nam jab mae leim" leim" m' gai: zai" zang: ci byid'.

● Sab; keim" nam aja: ja: re kheing: byid' zo: jhui: jaung khan" mae jhui" zhao: ru jham wa yao: nhaung" pha, ji" nuo" ye" lo" ru mae gyai abao" athaug' qo" ako".

● Jaung mae nuo" yu nae" tau: zo: shao qe re lam" deig' lao" ri: m' gai. saung" ngai shi" mae" tung" ce' zhao: nuo" nghe' nuo" ru" ru re saung" kad' nhao lao", yham dakhaung

mhao: mug' dao mae yham da khaung dam: zhao" kad' ru we' dau: a". Zo: shao wa yao: m' qo" vin: ra" qo la: ri gaug: vin vo: ru we' dau: a".

● Zao: shao qe wa pha, ji" re dazhao" thao mae dazhao" khyam: yang: dazhao' mho" yu: ako"; hhid' ba ra" zhao" mae thao je: ba: laung" yu: ako". Ahhid ayaung mae" yham kad' ru we' dakhyo: za: zo: shao qe nho: pha, ji" re mho" yu ca" ako".

● Zo: shao qe nho: asag apyad we' tau" yang: mho" xeim: yu nae" ja: jham re myhi" pho" qe we' mho" myhi" mho" pho" qe wa hho byid' na ko" ngad: ri yao: nhaung" wa je: qo" mho" ba: yu: ako". Airu: kad' nae" tau: nhag' yin myid we' ba jhao khyo bo ca" ako". Ta" nug: ru wa zo: shao dayaug wa kho au: mae zai" nhang" li" ava", kho: au: mae m' nug lo: ngad: ava" eing: qu" xam: byid' cao" ca" a". - Airu: mung: zo: shao wa yao: o: ngau: gai: dau: ra" au: mae je: ba: mho" xeim: yu nae" ja: jham re seim" jha" byid: ca" a".

● Dao: ba: jhau nae" we' myan" re ba: gyo" nae" wa zo: nau" qe tau: akao mo" yao: ngad: mung: kaung: kag' qug' khai" thao" ru ngad: a". Zo: shao qe na: li" ko" mae" myhi" pho" qe wa yao: nhaung" re ayan: mho" na, jhau: na, jhu" na; nghau" kyo" na, zai jham, byu jham re myao lao" ceim" qhu" yang: mang mhang" byid' na, cemyid' na, nghe' kyo" na, mho myi: ta" kyo" na, lao" re: ba laui: ako". Zo: shao qe wa dao: m' ba: jhau shi" ko" mae" myan" re ba: gyo" ava" ko".

● Gyai ngai shi" ko" mae" zo: nau" qe we' dao: gai: jho" jhau: a". Akhyag wa dao: kheim: myo: sho' yang zo: nau" re ce fe' sheim" na: ru ngad: a". Zo: nau" wa su we' ri: dao: dam: ba: phaung' tau: ca" a"; yao: jhau: dao: kheim: re ri: dam: phaung' tau: byid' ca" a". Zo: nau" wa myan" boe" li" we' jhau: ra" dao: kheim:, dao: jin jham re myhi" pho" qe wa qam zaug zhaug' ca" a", nhag' dag khyo qhu" ca" ako".

● Zo: shao qe wa, asag yao: yo, yao: mae dao: ba: jhau: ako". Myo: lo bug mae asag dazin ko mae ba: jhau: hhid mung: byid zin lao" dao: jin bin: ba: she: ako". Asag khyaug' zin joe" lao" myan" daja" nho: kao gag: kheim: jham re ba: gyo" ava" ko". Zo: shao dayaug wa thao lao" jaung aung myaug taung" mae ba: mho" se" lo nae" tau: asag ce khyaug' zin khug: agyo:

mae mho" zhao yu ru wa akhyag thao" ru ngad: a".

● Yang gal nau" myt qe nau" agyo ce au: mae ave, asam" pe" m' saung" jho" shat" ko" Shid' vaug: geim" mho" ba zhao: hu nae" we' qo ta" ca" ta" gu alhab' geim" dau: ako".

7

Myhi" we' pho" tuo wa zo: nau" nho: kung zeg: li" akhyo re qu" xam: nae" gal: thao" ru tuo ngad va".

● Ai ru: mung zo shao wa yin yo taung" m' kung zeg: li" ngad: ri da pa: ja: qo va" ga" akhyo re qhu" shid' ra" ave, re ba ca" a". Airu zo: shao da myo" wa m ra, zo" zo" re" za: kung zeg: li" ako". Airu: boe" ru re ci" nae" akhyo m' bo.

● O mae qhu" to" ru wa zo: shao qe asag lho" sam khye' daxe: shid' khye', shid' zin, byid zin we' ngo" zin: gu: mae myhi" pho" qe kad' cao" ca" ra" akhyao jham re mhaug' khyang bag byid' ke' ru ngad:. La, ma: dayaug yang wa asag ta" to" ru mae aigu: alhab' re m' qo" kad' ngad yang: ri pe" qug: khai: mo" m' bo nae". Ai ru ce akhyo we' seng yang: qao" zin" khyo mau" zai" mo, we' jho" ta" bang qo nae".

i) Lho" sam khye' mae ni" zo: nau" wa:

- Ba lo, we' qag qag bao: ra" khyo myo, khung hhu: a" i?
- Thoe mo" thug' ra" khyo myo, khung: qang: ra" i"-?
- Lo, shid' shad' geim" lo, zhab' zang: a" i?
- Khyid we' lo; yang fa: fag' a" i?
- Qi sam: su mung: a" i?
- Ae gag thoe thug' a" i? Sho tau: thoe thug' a" i?

ii) Lho" daxe: shid' khye' mae ni" zo: nau" wa:

- M' zai" zang: ru qo" zaung va" i?
- Khyid we' lo, yang qo" du: va" i?
- Daja: ja: mae zai" yang: qo' to" ye, va" i?
- Lo, mo" cae: we' lo, da nyhug' yang zai danam nam re gaug: zai" va" i?
- Daja: ja kad' nhao: ri ba: kad' cao" a" i?
- Ba: jhid' kao: a" i?
- Dao: shid' sam kheim ba: xo' jhau va" i?

iii) Shid' zin lao" ni" zo: nau" wa:

- Dao: shid' sam kheim: dao: jin ba: she va" i?
- Myi" ne, myao:ra" byu qe we'zai jham re xam" va" i?
- Su" zo" re" zai daja: ja: re qo" ci: a" i?
- Su jhau: dao: kheim: re bo: cao: jhau: a" i"?
- Yao: yao: za: ba: gaug zo: va" i"?
- Au: xae myo nho nhad' jham re ceim: yang ba: gin kho' va" i?

iv) Byid zin lao" ni" zo: nau" wa:

- Dakyid mae za: qo" ye, va" i?
- Byin zam" cao: qe we' daga" ba: sab' keim" i?
- Daja: ja: re ba: myid' i?

- Laut laut za" dao myid' re ba: pheim i?
- Aye, nam" aja ja re ba kad' i"?
- Da yang za lo, ba cid' i"?
- Anyhug akao khyaug' ja re ba: ceim" qhu" i"?
- Zal jham re da nua" daxe joe" sho' ba: nghe' a" i?



XI. QAM: KHYOE' NO AQAM" MO" (AIDS)



A. Tang" Qang

Dae m' je: nae" qam: re khyug' ra" te' yu: ra" no vo; aqam" mo" (Acquired immuno deficiency Sydrome or Aids) wa myid gaung gye, geim" mae" aqug: akhai: aqam" asag' daja: ngad: a". Aqam" ce ru wa mang: khao: mang: ngo" re kyaug' na: jo; ava". Aimung: myid gaung gye, geim" mae ana" ne, daxe sam tid (1,300,000) yaug wa no bug: ce ru de, va" ko". No bug: de, mo, dane, mae" dane, je: laung" li" na: ako".

Zo: nau" qe wa ce ja" no bug: bo naung na: li" ru dane, we' dane, je: myo" li ako". Aimung: no bug: ceru m' the' bo shi" ko" ra" zo: nau" myo: sho' mo, ri: cug' zo: nau" qe boe" bam ko" nae". No vo; ce ru wa zin ve; 2,000 m' joe" shi" agyo: mae lhao" byu myug: jhaung tam: nae" no qam" mo" daja: ngad: a".

Ana" ce au: mae no vo; ce re qo" tam" pye' nae" lag nag wa sh-va mang: byu qe re pha, ji" mho" ba nhao mung: no bug: de; lo nae" tau: jao" pye' nae" za: ngad: a". Airu: mung: mang: khao: mang: ngo" mae na: bam ko" ra" yaug nge, wa no bug: ce m' je" li" shao: khoru: kad' yang: qo" tam" pye' nae" akhyo re ba se' yang: ceim" zai" ko" ngad: ri: joe" li" ra" gyaug: vae thao" ja: ngad: ra" byo; qeim mo" re qo" dam: pye' nhao ko" nae" ngad: a".

Ce mae bo: ra" akhyag ngo" ja:

1 Qam: khyoe' no wa m' qo" ya: gai: yu: ra" no vo; ngad: . No vo; ce ru wa no bug: de, va" yaug we' xan" jho" xo' zam" ru mae de; lo: ru ngad: no bug: bo va" yaug mae" y-zo: nau" jhao" ri: bo: de: lo" ru ngad: .

2 Gai gai: yao" no bug: m'bo mo, yao: cao: xan" jho" xo' zam" ko" ngad yang: ri: pe" no m' de; li". La, ma: byu dayaug yaug wa no bug ce ru de, va" ga: ba: va: airu: m' ngad: lao" de, nho l-hab mung va" ga: nghae" yaug wa xan" zam" mau" mung: ri gug' gam khyo re cao" ca" va", Airu wa xan" re gaung khug khyo m' vhao" lo: zam" nae"; airu: m' ngad: lao" xan" re zang" nghoe' to: mung: zam" nae".

3 G-lho: za: m' cid' shaung: pye' ra" pyaung: we' nghe' yang mong cid' re thug' lao" gyaug vae ja: ngad: a".

4 Qam: khyoe' no bug: ce ja: de, va" ga: ba beim: va" myhi" zang dayaug wa zo: nau" re myhung nae" ga" akhyo re g-lho: myid: qu" ca" a". Aimung: khoru: kad' nae" ga" akhyo re pha, ji" mho' yu ca" a". Yao: mae" na: li" ra" zo: nau" sam yaug mae" dayaug wa no bug: de, nae" wa dang dang ngad: a".

5 Myhi" pho" qe alhab' mo; geim" wa qam: khyoe' no kho re" ru: boe" li" ga" akhyo re y-zo: qe re mho" shid' kyo" ca" a".

B. Kyo' Sho'



1

Qam: khyoe' no wa m' qo" ya: gai: ra" no vo; daja: ngad: a". No vo; ce ru wa no bug: de, va" yaug we' xan" jho" xo' taul" zam" yang: de; lo: ru ngad: a". No bug: de, va" yaug mae" zo: nau" qe jhao" de; lo: ru ngad: a".

● Qam: khyoe' no vo, wa byu wa no bug: m' qo" vao nae" khyo: taung gaung mae" vao li" ra" no bug: jham re lham: tam" pye' (lham: he' pye') ra" qam: re khyug' pye' byid' ra" no qam" daja: ngad: a". No bug ce ru wa taung gaung mae" no bug: jham byu gaung akhug khyo vao li" ru re lham: tam" kham: pye' ra" akhyao re phyo' pah' zhae" pye' byid' ra" no phyo: ngad: a". Qam: khyoe' no bug: vao va" mo, wa g tau no bug: jham vao li" ri m' lham: qo" tug' tam" kham" mung: laui laui za: no: shid: pye' ru ngad: a". No bug: de, va" yaug wa lho" sam khye' mae" sam zin za: akham a".

● Qam: khyoe' no bug: bo: ra" mo, wa ai yao: jao" m' shid ko" ngad yang: ri: dazin shid' zin gyo: ko wa pe" mung nho m' dau qao" qao" za: na: ako". Airu ai agyo: mae yao: nhaung" wa su g-yaug re no bug: te' byid' ako".

● Qam: khyoe' no ave, myao: li" we' wa yao" tau: athao" ayo, joe" va". Byu damyo" wa qam: khyoe' no bug: li" nae" tau: nhad' zin mae" daxe zin myao" ako". Ana" ne, joe" sho' qam: khyoe' no bug: re qo" ya: gai: ra" mong cid' m' qo" shi: m' jo, shi:; Airu mong cid' dahhae: kam" wa no yaug re dayo, zo: qo" xo' dau: na nae" tau: za: angad: ashi".

● La, ma: byu dayaug yaug wa qam: khyoe' no vo; bo va" dao" nghae" va" ngad: ri qam: khyoe' no bug: jham" ra" jao: khyo yao" gaung dau: re ye" qhu" ca" a". Qam: khyoe' no va" mo, wa yao: nhaung" nho: no bug: re su je jhao" m' te' byid: nae" khyo: lha" ca", s-di, ca" a", khoru: kad' yang: yao: nhaung" wa kao xo' dau: na nae" akhyo pha, ji" mho' yu ca" ako".

● Qam: khyoe' no bug: wa su je jhao" gau" de; lo" ra" akhyo sam byid ja: za: ajo: a".

○ Xan" jho" xo' zam" ru: ceru wa no bug: bo va" yang nho: ashug' airu: m' ngad lao" jaug qui" wa g-tau no bug: m' de, shi" yang jhao" kau" te' vhao" ke' ru ngad:. Cere" ru: yang gai mae" myi qe;; myi qe: mae" yang gai; yang gai mae" yang gai; myi qe: mae" myi qe: ga: gai: gau" de; lo" a". Myid gaung gye, geim" mae no bug: ce de, mo, mae" daxe yang mae" gug yang yang wa ceru: de, mo, ngad:.

○ Mong cid' thug' ra" pyaung: we' nghe' re g-lho: za: m' cid' shao: pye' lo: za: mong cid' jham re yhung: yang: mong cid' thug' mo,.

○ Qam: khyoe' no bug: bo m bo m' jham" qu" lo: byu dayaug: sa: re g-yaug: gaung khug khyo ke' vhao" yu: ru.

○ No bug bo va" zo: nau" y-myhi" khyo" mung: y-zo: jhao" de; lo" ru.

● Myiqe: dayaug wa qam: khyoe' no bug: ru zo: re nug' jhaug' ra" khyo" qam: khyoe' no bug: re y-zo: jhao" de; lo" ru ngad:. Airu qao bam nug' qang: m' jhaug' yang: zo: nau" qe wa qam: nang" ru we' g-ja" no vo; je: myo" yang: zo: nau" qe kao seim" ko" ngad: ri zo: nau" re no bug: bo yang nho: qao bam nug' qang: jhaug' ri je: khyad' fai" ashi". Pe" mung: ga" ri no bug: jham re m' jho' se' pye' ra" qid, m' cid' shao: san: pye' ra" khug', keim qid am deing jham mae" jhaug' ru, nug' phau: m' laug m' lau" za: jhaug' ngad: ri y-myhi" qao bam nug' qang: re za: shaug' ra" mo, tho' mae no vo; je: myo" mung: je: shid laui: ako". Airu: mung: ceru" jo, qo mae zo: nau" y-myhi" wa qam: khyoe' no bug: bo ngad yang: ri: yao" qao bam nug' qang: re y-zo: re jhaug' ri g-gu: tho' mae y-zo: wa je: qao" zin" shi: nae".

● Qam: khyoe' no bug: bo: ra" mo, we' g-khyo: the' zao" tin: te' the' thaung: ngad yang: ri: no bug: m' jho" de,. Bo: paug: ri; no bug: m' jho" de;; ai mung: zo: ban shaug' khug' keim, yang gaung: zaung tao", mai bau:, mai pho', telephone, gaung cid' qid s-bya, ru" ja: jham mae" ri: m' jho" de,.

● Qam khyoe' no bug: bo yang yao za: sh va mae no vo: re vhi myhi" pyo mo" m' ci" ca"

2

Cai gadi yaoi qam: khyoe' no bug: m' bo: ra" mo, yao: cao: xan" jho" xo' zam" ko" ngad yang: ri: pe" dayaug mae" dayaug pe" no m' jho" te'. La, ma: byu dayaug yang wa no bug: ce wa yao: mae de, va" ga: ba beim: yang;; alru: m' ngad: lao" no bug: the' bo va" laug ga: aug' o" ngad: ri xan" muu" mung: ri gug' gam khyo cao" ca". Cere wa xan" re gaung akhug khyo m' vhao" lo: alru: m' ngad: lao" xan" re zaung" nghoe' to" mung: zam" mae".

● Dayaug we' dayaug xan" jho" xo' zam" ra" akhyo mae g-di, jho" bo: mung: jho" xo' zam" ra mo, mae shid' yang: geim" wa qam: khyoe" no bug: de, mae" ru re m' gyaug ci" ca".

● Byu dayaug yang wa xan" jho" xo' zam" cao: je: myo: lao" yao: jhao" qam: khyoe' no bug: wa je: de, laui nae" akhyo jo; a". La, ma: nao za xan" lhaung" xo' tau" na: ra" yang wa g-tau yao: lhaung" xo' tau" zam" ra" mo, je: myo: lao" yao: khyo" mung: no bug: wa nao jhao" de: lo nae" je: laui: a".

● Byu dayaug yang wa yao" byu khyaug mug: (nyhi: we' jaug) mae dae jad: jad' ru byang myaug: ru qae" ru we' byu khyaug mug: (nyhi: qe: jaug) akhug mae" fag' thug' yug: na: ngad: ri qam: khyoe' no bug: vao li" mung: yao: khyo" mung: g-tau dayaug jhao" no bug: re kau" te'byid' nae" gyai je: laui: a", Airu: mung: la, ma: byu khyaug mug: mae dae jad jham re mye, mye, ya: gai: yu nae" wa akhyag mo" ngad: a".

● La, ma: nao we' xan" jho" xo' tau" zam" ra" yang wa qam: khyoe' bug: dang dang m' bo ko" eing: za: m' ba ri nao tao wa xan" jho" xo' zam" ra" akhyo mae gug' gam khyo cao" yang: jho" zam" nae" beim" ca" ako". Gug' gam: ra" xan" jho" xo' tau" eing: ra" ru wa bo: paug paug: ru jho" po: ru gaung khyao khug khyo m' vhao" lo: za: xan" jho" xo' tau" ru: nyhi: re jaug khug khyo nhad' khug khyo m' vhao" ru airu: m' ngad: lao"

xan" re gug' gam ja" yang zang" lhaung" yang: xan" jho" xo' taui" ru ngad: a".

● Aihhi" airu: gyaug vae geing" ra" no bug: m' vao nae" khyo: s-di, nae" ru wa jho m' hho lo: xan" jho" xo' taui: nae" ru re jao" pye' nae" za: ngad: a". Myi: dayaug we' lao dayaug za: jho" zam" ra" jao cao" ca" a".

3

G-lho: za: m' cid' shao: pye' ra" mong cid' thug' pyaung: we' nghe' re yhung: yang: mong cid' thug' ngad: ri gyaug: ci" ca" a".

● Mong cid' thug' pyaung: we' nghe' wa thug' ke' ra" yaug nho: sa: re da jhid' dazo: gai: lhau" yu: a". La, ma: byu ai yaug nho: sa: wa qam: khyoe' no bug: bo: ngad: ri ai mung: ai yao" mong cid' thug' pyaung: we' nghe' re g-tau byu dayaug re dam: thug' lao" yao" nho: qam: khyoe' no bug: re bo: thug' zai byid' nae" ngad: a".

● Airu: mung: cid' phyen: (ka ni) phyu re thug' ra" mo, wa qam: khyoe' no bug: de: lo nae" je: ci" ca" ako"; airu" mo, we' xan" jho" xo' taui" ra" mo, ri: no bug: de: lo nae" gyai ci" ca" a".

● Cid phyen: phyu thug' ru wa yao: za: lhao" gyaug: vae ja: mo" ngad: a". Ca" ru mung: yao: nhaung" wa su je g-yaug nho: mong cid' thug' pyaung: we' nghe' re m' yhung" ru gai: ako"; ai mung: yao: nhaung" yao" ci: ra" mong cid' thug' pyaung: we' nghe' re ri su je re m' byid' ci: ri gai: ako".

● Mang: da: dae mae volo vo re gug' gam cid' cao" thug' qin" ko" ra" pyaung: we' nghe' jham re wa dayaug we' dayaug re thug' nae" khao: ngo" g-lho: za: cid' shao: pye' yang: ai: gug: ai: gug' gam khyo re gai: lam: ru ngad: Zo nau" alhab' mo: geim" re asag dazin: gyo: mae gug' gam mong cid' re dang: byang" sho' thug' yu ca" ako".

● G-ja" mong cid' re thug' yu nae" m' ca". khoru: mung: ga" ri g ja" akyu" bo: ra" mong cid' jham re m' thug' lo: nhad' khyo" gai: zo" ke' a". Mong cid' re m' thug' m' gai: ra" lao" ba

jhao mo, wa pyaung we' nghe' re g lho: za: cid' shao: pye' yang: thug' byid ru ngad a"

● No kyab' co' ra" ru, zai je' co' ra" ru, zai re nhad: pye' ra" ru, nho khug khyo lhau ra" ru, gaung dau: myo, khung: cao" yang nhaung' thug' ra" ru ngau nghe' thug' ra" ru" jham ri: yhung" ra" zai jham re g lho m' cid' shaung: pye' ngad: ri gyaug: ci" pho ngad a". Au. qaug shac tho: lhao" m' cid' shao: lao gyaug vae ca" ru ngad.

● Myi qe dayaug wa qam: khyoe' no bug: de, va" ga: ba va" ngad ri zo nau" re myhung nae" ga" akhyo re g-lho: za: myid: qu" ca" va" Amung: ce khyo we' seng yang: pha, ji" re ri: myid' yu ca" a" Yao: nhaung" mae" na: li" ko" ra" zo: nau" qe mae" sam yaug mae" shid' yaug wa qam: khyoe' no bug: de: li" ako".

4

Qam: khyoe' no bug: bo gau na: li" ko" ra" zo: nau" qe mae" daxe yaug mae" sam yaug wa asag sam zin m' byang" mae shid ko" nae".

● Damang: mang: mae myi: we' lao tao wa qam: khyoe' no bug: bo m' bo jham" qu" nae" zai jo, va". Airu: jham" qu" yang: yao: tao wa zo: nau" xo' myhung nae" m' myhung nae" ru re myid: tau" phyd' nae" abao" athaug' qo" ako". Y-lao za: qam: khyoe' no bug: de, ngad yang: ri: y-myi: wa ve, vin li" nae" khyo: kad' ru mae y-myi: wa y-lao mae" qam: khyoe' no bug: de: lo mung: y-zo: jhao" bo: te' ke' nae" akhyo jo; a". Airu: mung: y-myi: wa y-zo: we' shid' yaug: geim" gyaug: vae nae" jhao" joe" ako".

5

Myhi" pho" qe alhab' mo; geim" wa y-zo: qe re qam: khyoe' no bug: kho re" ru: de; lo: ra" ga" akhyo re mho" shid' ky" ca" ako".

● Qam: khyoe' no vo; re khore" ru: loe; beim nae" gug' gam nae" akhyo re nao tao za: ba va" tho' mae nao tao yao" y-zo: qe re ri: qam: khyoe' no vo; mae" kho re" ru: loe; beim nae" gug' gam nae" ga" akhyo jham re ba se" nhao ca" ako".

● Zo: nau" qe ri: qam: khyoe' no vo; nho: gyaug: vae khyo jao" pye' khyo jham re ba se" yu ca" ako". Ailao" she, yao: nhaung" wa qam: khyoe' no bug: bo va" mo, we' myi" ne, daga" zam" na zam" ye; qin" ko" ru mae no bug: m' de; lo nae" akhyo re ba beim: ko" nae". Aimung: qam: khyoe' no vo; bo mo, re ba: nhag' myan: nae" myid re zo: shao qe re mho" shid' ta" peim" ca" a".

● Qam: khyoe' no bug: wa myid gaung gye, geim" mae" mo, jhao" m' byo: myi" lo" nae" khyo: byu yaug khao: ngo" wa qo" gai: bo: bao" thaug' a".

● Qam: Khyoe' no bug: ce ru wa sosu byu qe no vo; aja: ja: re m' qo" lham: he' (lham: tam" pye') ra" (the human immunodeficiency virus) ga" ru ngad: a". No bug: ce ru wa byu qe dau: na nae" tau: akao mo" qo: ra" sa: phyu ce' jham re bab: qeim nhao: pye' byid' ra" ada (bug:) daja: ngad: a". Qam: khyoe' no bug: bo yaug nho: sang: pau: zhad' pau: kheim we' am phae: au qi: au nau" jham alhab' wa azhan zhan akhai" khai" jad: byi bab: nhan: lo" ru ngad: a". No bug: ce ja: bo va" yaug wa g-nam: no phyo: jham pe" nam re ngad yang: ri: m' qo" lham: he' (tam") pye' ru ngad:. No bug: ce ru bo va" yaug re qo" ya: gai: ru ana" ne, joe" sho' dayaug lhao" m' na shi:.