

Hay Umatan Di Olang

A Health Booklet in Ayangan

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1983

Hay Umatan di Olang ya ni'amma ta bumaddang  
hi i Ayangan an nunhituh tud Ifugao.

Hay nituddu ya na'ala ine liblu an Where  
There is No Doctor an intula' David Werner.  
Ya hine udumna ya na'ala inoy liblun Pagbolig  
para sa Karayadan aton Lawas an intula'  
Kermit Titrud.

Hay bimmaddang an muntula' ya hi Diego  
Tuko, Basilio Balahho, Basilio Ubbig ya hi  
Banggid Te'op.

Ayangan Ifugao Health Booklet  
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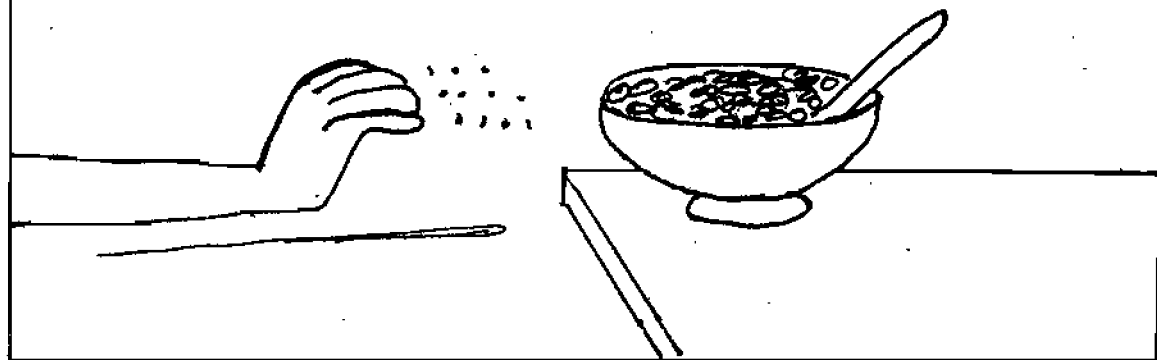
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Adi ta'u pinhod nu ihnay mangakaw  
ay dita'u. Mu....



Agguy ta'u innila ya ihnay  
mangamangkaw hi ano'anon ta'u  
hi abigabigat.



Ngadaan nuy?



?

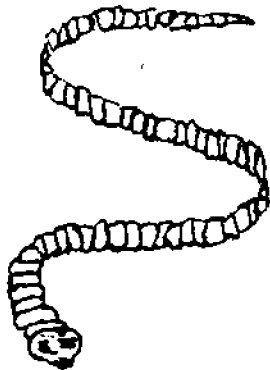


Danuy olang an nunhitu hi

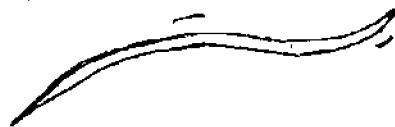
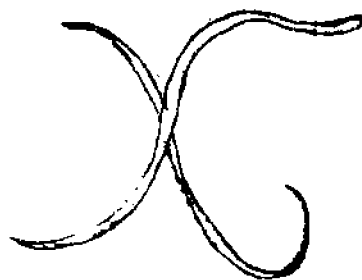
putu ta'u.

Ya tigan ta'u hin'ohha ay dida.

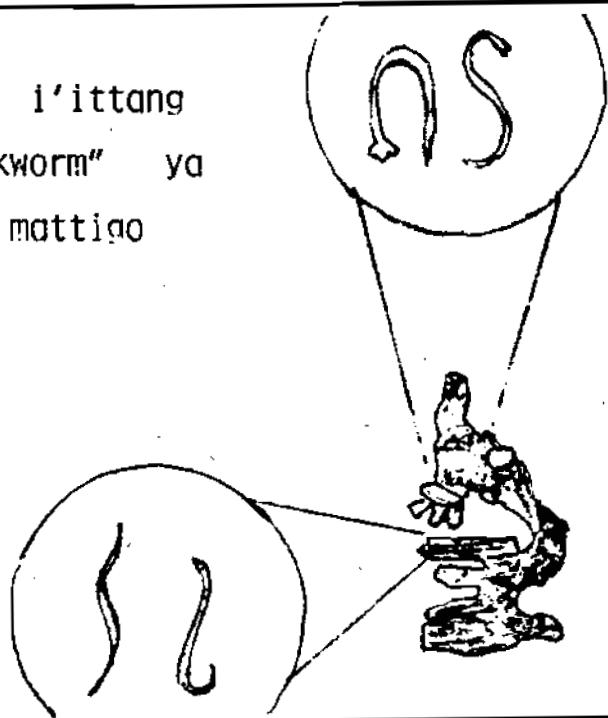
Nan olang an allanda an  
"tapeworm" ya andu'oy an  
umat hi duwan metlo.



Nan olang an allonda an  
"roundworm" ya umat hi  
duway dangan.



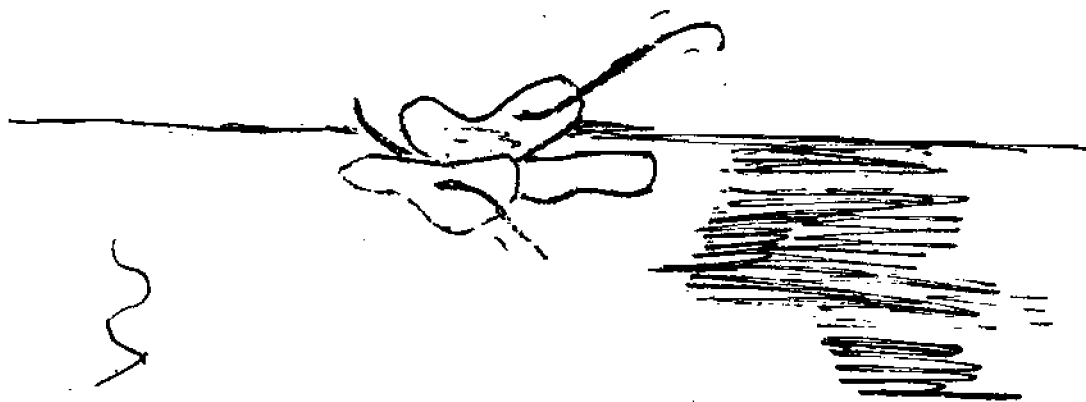
Danoy an olang an i'ittang  
ya allonda an "hookworm" ya  
"pinworm" ya adida mattiao  
an gahin di ihay  
"microscope".



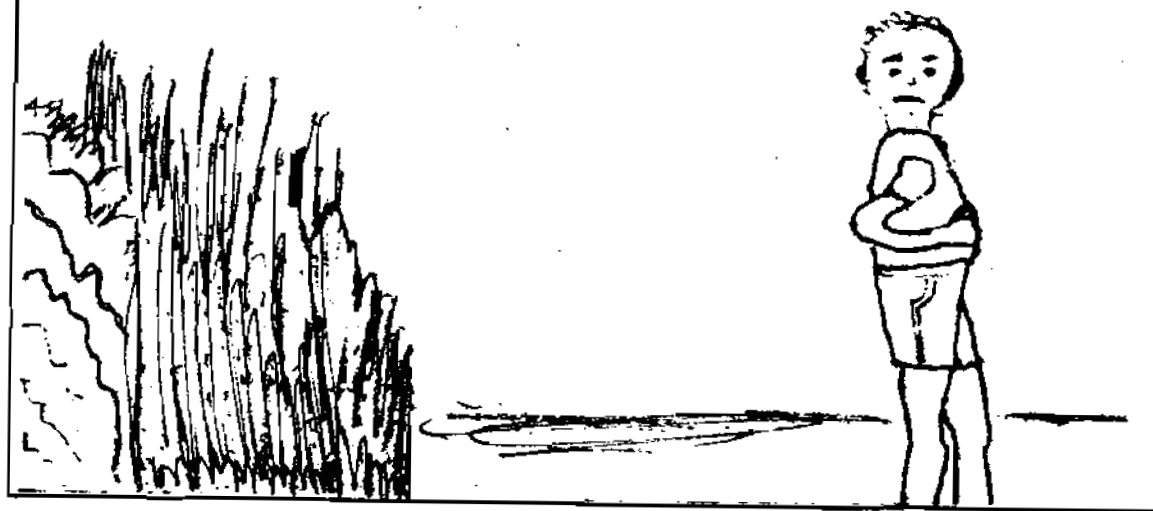
Ngaguy panginnilaan ta'u un  
na'olangan hinoy tagu?



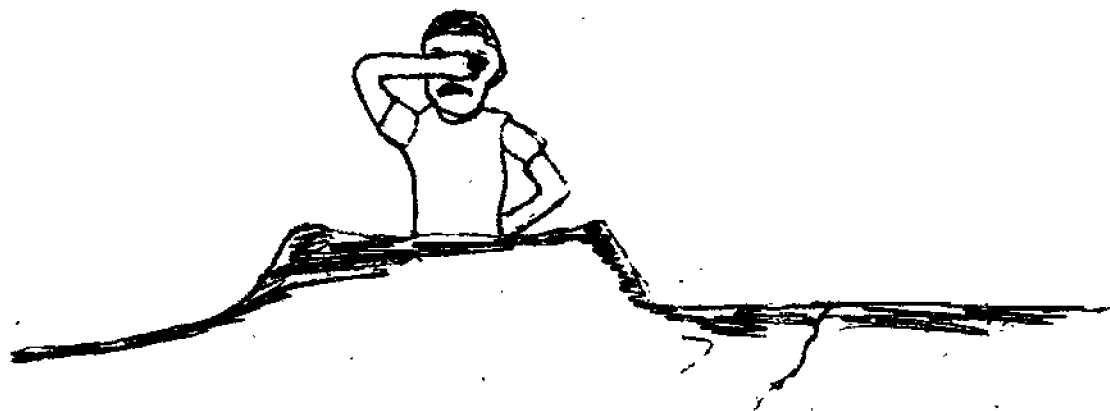
1. Ma'innila te waday olang  
hi ta'ina.



2. Nu ihnay "roundworm" ya huma'ihd'it  
di putuna ya ma'a'allutan.



3. Nu ihnay "pinworm" ya umela'ela hi pulangna  
ya na'amtang an bimmangon hinan labi.



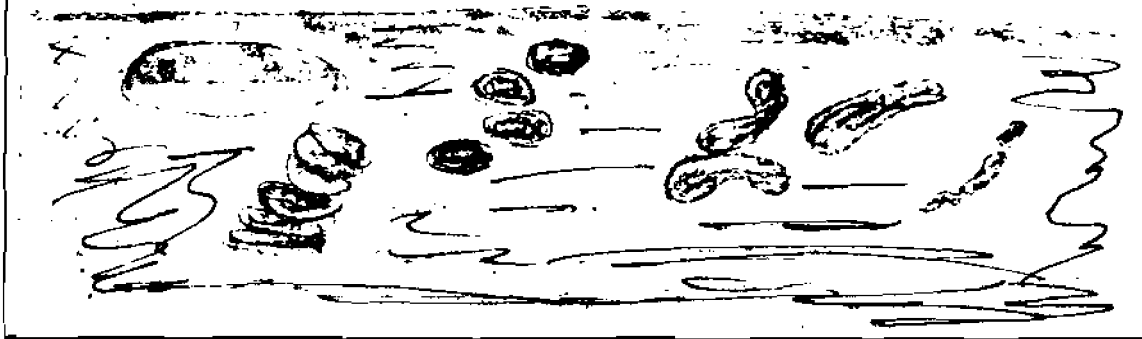
4. Nu ihngay "hookworm" ya munha'it di putu  
ya uluna ya nalolloy.



Hay mapuan di olang ya nan  
itlugda an mi'ibuhu' hinan  
ta'in di tagu.

ya babuy an

adi mattig.



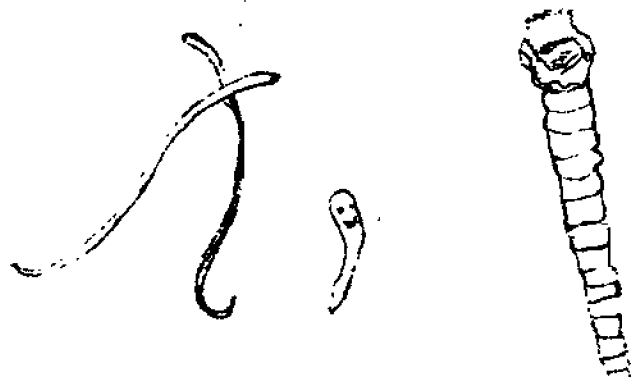
Gulat ta kamponay tuma'ian ta'u ya  
mumpatu' di lalog ya e goh mumpatu' hinoy  
anon ta'u ya ihnay olang ta'u.



Ya wa ay ta adi ta'u mun'ihu ya ahi  
ta'u mangan at igguy ta'u innila an  
ni'an ta'uy itlug di olang.



Ya miha''adda hi putu ta'u ya umotonada  
at ano'anonda noy anon ta'u.



Noy "hookworm" ya humigup hi adoo ta'u  
an i'wanah dapan ta'u.

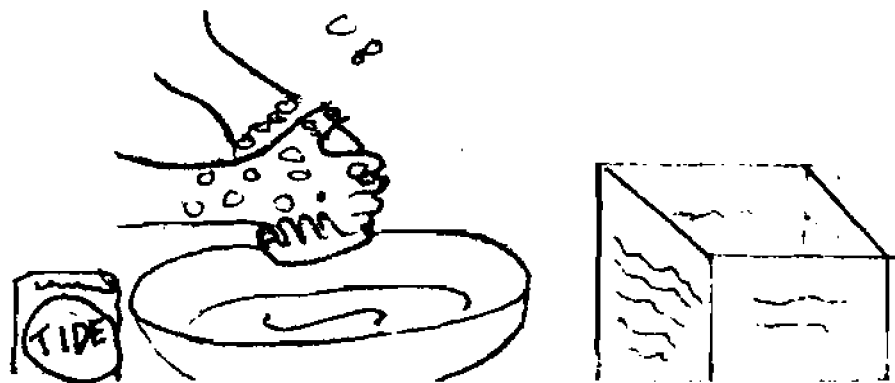


Noy itlug di "tapeworm" ya niddum hi dotag di babuy, baka, ahu, nuwang, manu ya gadiw. Ta igguy ay na'allutu ya inan ta'u ya adi matoy hinuy itlug di olang ya munhituh putu ta'u.

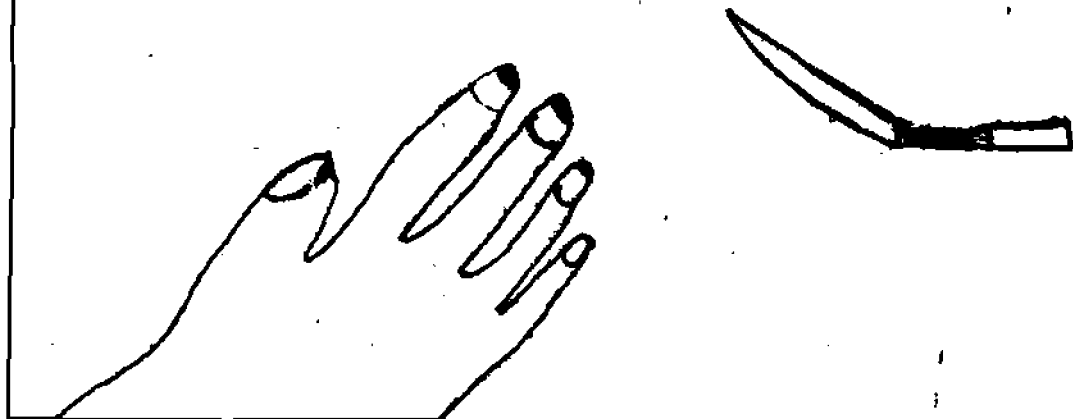
Ngaguy aton ta'u ta mi'id  
hay mangakaw hinan anon ta'u?

Umat hituy aton ta'u:

1. Mun'ihu ta'u ahi ta'u mangan.



2. Aanon ta'uy u'ulung ta mi'id di iha"adan  
di lugit ya itlug di olang.



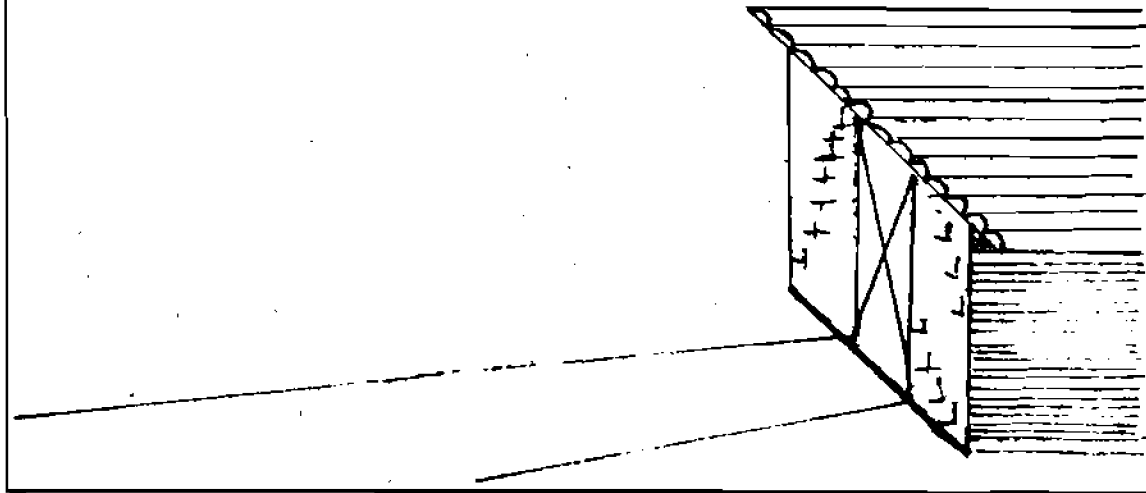
3. An amin di iha'ang ta'uh dotag  
ya pa'allutuon ta'u.



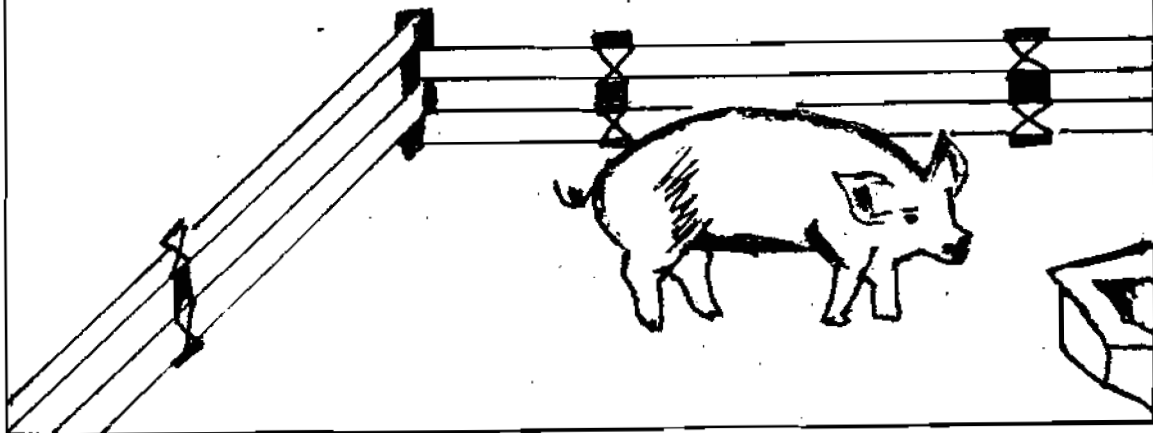
4. Munsinelat ta'u.



5. Mangamma ta'u hi kahiyat.



6. Ipu'od ta'u di babuy ta'u.



## A g a h

Hinnahinnat'on di polga an idat di dokto.

Ta hinoy nan mahapo an ipattig ta'u hi  
dokto noy mundogoh ta innilaonah noy  
polga an idatna.