

SA AGAS NI MASIN-ITANE LONG-AG

**A Book about Diarrhea
and the Use of
Water Medicine**

Summer Institute of Linguistics

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FOREWORD

A Literacy Program for the cultural communities of the Philippines could serve as a base from which the community can develop in many ways. It helps not only to preserve the beautiful cultural variety of our people but also to contribute to national development.

One of the most important ways in which a literacy program contributes to community development is through an improvement in the health and nutrition of the people of that community. This book is dedicated towards that end.

As an additional book in the dialect of our people, it will assist in the development of their literacy ability. If the instruction in the book is utilized, it will also contribute significantly to the physical development of our population.

We, in the Ministry of Health, hope that this book will be put to good and thorough use. If so, it will strengthen not only the community but the whole nation, as well.


J. C. AZURIN
Minister of Health

PREFACE

This book about the treatment of dehydration was prepared as part of the curriculum of the Advanced Writers' Workshop held in Lubo, Tanudan, Kalinga-Apayao August 27 - September 6, 1984. It is hoped that it will provide practical, useful and enjoyable reading material for readers of the Upper Tanudan Kalinga dialect.

The book begins with the story of a woman who makes a decision to try a new idea in order to save her child's life. When he becomes so sick with diarrhea that his body begins to dry up from the loss of water, she knows that she must act quickly or he will die. Read the story to see what Mary does!

On page 7 are a few questions on the content of this story. These are to stimulate thinking and discussion. Answer them and talk them over with your family.

You will find the doctor's instructions, prepared by Dr. Steve Lynip of the Summer Institute of Linguistics, beginning on page 8. An English translation of the story and the doctor's instructions for treating dehydration begins on page 17.

The story "Sa Agas ni Masin-itane Long-ag" was written by Magdalena G. Do-ayan, who also translated the doctor's instructions. Illustrations for the story were done by Linu Colangao.

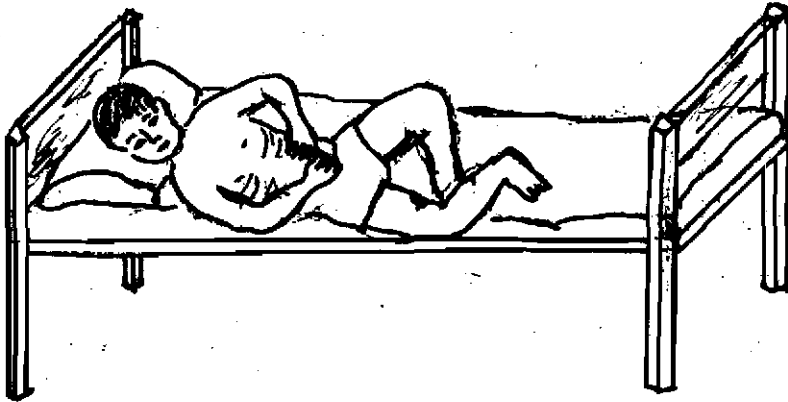
We wish to express appreciation to UNICEF for their assistance in the Tanudan Kalinga Literacy Project.

SA AGAS NI MASIN-ITANE LONG-AG

Ak Mary, ose ambaru we tagul

Lubo. Siya ose ansiput atte Barangay Health Center. Bumabdadang as siyatta kiiliyana. Allaklaku gos as siyatta agas. Siya nginginnaan da iLubo ya awad kad angngina kan siya, ibagbagana de inonde angusar atta agas.

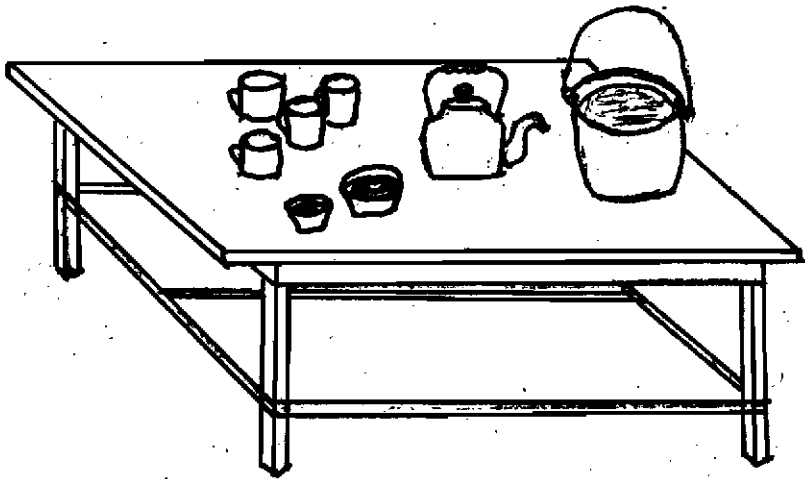
Osa pune orgaw, nakoy-as de ossaane anakna. Inattanas siyatte agas ni koy-as yakon igammunose ansigab de makaanan ni koy-as takon kay an-agasta. Ambimbinsaw de angosna te abus ak anakna. Siya ibimbinsaw ni angosna de igammune mikatoy de masin-itane long-ag. Nu umamdane koy-as, kaanona aminon de danum ni long-ag. Sa atung ya lingot, dida de manin-it atte long-ag.



Ilan pun Mary de anakna, lawingan de angosna te ambabatuur de anakna. Nakupilan de sungadna. Nipiswok de atana ya umag-agaag. Igammun Mary ye nu dina atubon, siya ikatoy ni anakna de sa masin-itan ni long-agna - dakompun atte koy-asna.

Ak Mary, nang-adar at
Tabuk. Nangangput kad, siya ose naarak
Barangay Health Worker. Pun sa igammuna,
makwe maagasan de masin-itan ni
long-ag. Oni kade sadi, simsimokne
kungwatte sane miinum. Ilan kad inana, kane
"Awag gad ela dan dokon ya siya pay dan
koom." Dawot paye koon Mary.

Angare saditte amporkase banga wot
angiparuwag atte danum. Naboan kad, gummaud
ak opat tasatte bamban-oge tasa wot
igganatte amporkase kandilu. Angarak opat
pudute asin ya duwang gamote inti yot
ipisuknatte danume makakandilu.
Ikiwakiwagne sadi yot nangangput kad, upana
impiinum.



Siya koon, inane angitotollong kan siya
ya tuyyatuyyaonak Mary te dina pun
tuttuwaone makwe ampakutiner de sadi ye
kiwwane upana impiinum. Yakon dawote upan
Mary piinum.

Narakpus kad de nakagwa, ane bumaru de anakna. Ummayaw kad de kam-ane orgaw, kummutinor de anak Mary. Wot kan Mary kan inana, "Ilam kad a. Ngon ta iyyak os koon nu adik igammu we ampakutinor de sane miinum?"

"Sa kak in ele dipun makwa yakon anna kad kammose innilak, ngai adi anuttuwa. Anna pos tuwe makwe kungwata ya takon kad ay ippun agas, makaan paye makaan. Ya ippos gastusonta. Ya anna pos tuwe allasu go kopyana."

SARUSSUD

1. Ngai makwe ikatoy ni anak Mary?

Ilam de page 2

2. Ngai katollongan ni anak Mary atte nasigaban- (nakoy-as)?

Ilam de page 3

3. Ngai inon Mary we nangwatte agas ni masin-itan ni long-ag?

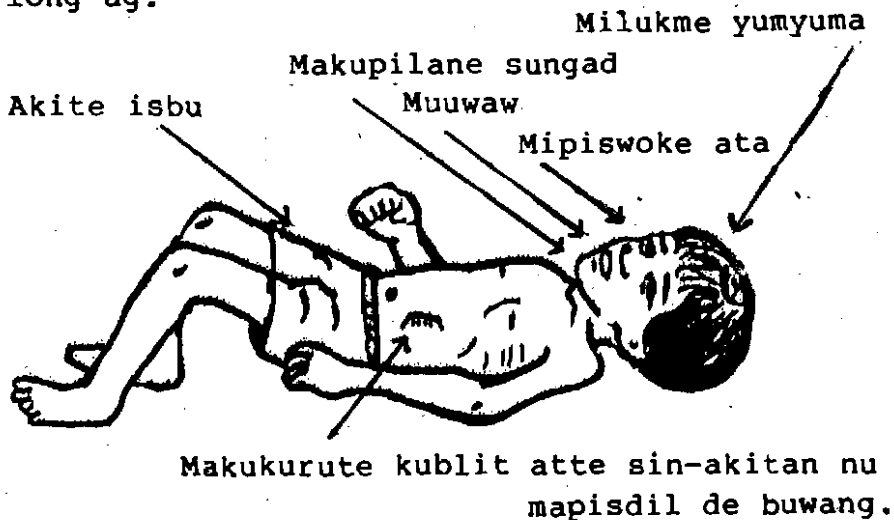
Ilam de page 4

4. Pan-os ni inon Mary kane ambaru de sadi ye agase kiwam Mary?

Ilam de page 6

Siya mikatoy de masin-itan ni long-ag -
dakompun atte koy-as onnu atung onnu amode
uta!

Sa koy-as, dakore sigab al Lubo. Siya ose
sigabe upantaku ikatoy as sina kigad atte
awi ingganatte sana te sa kinamiid ni agas.
Yakon sa sana, igammutakuk akite angagas
atte koy-as. Igammutaku we ippun angikatoy
atte koy-as. Isunos atte atung onnu amode
uta. Siya mikatoy de sa masin-itan ni
long-ag.



Ngan da angimatuname nasin-itan de long-ag
ni nakoy-as:

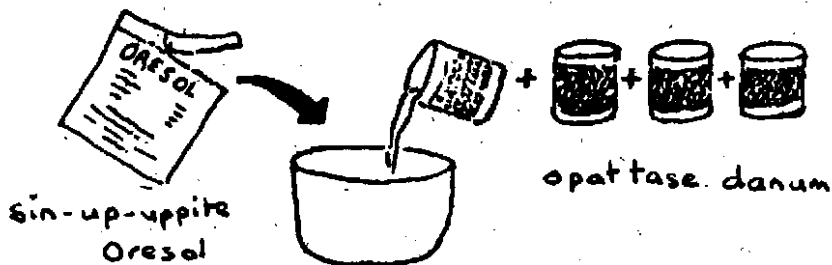
1. Makadanudanum de ansigab.
2. Umakit de isbu ya amod siyasiyak.
3. Makupilane sungad.
4. Mipiswoke ata.
5. Makukurute kublit ni buwang as
sin-akitan nu pisdilom.
6. Milukme yumyuma nu utting.

Sa Inone Maagasan:

Masapure attame dagus atte agase danum ta
adi masin-itan de long-ag. Takon kad ay nu
siya nansordan ni long-age masin-itan de
koy-as, atung, kupar ya da udume sigab,
attame attane dagus. Makwose iplinumta
takon kay nu nan-agas. Annaya da abus ak
muusar.

Ngai inome angwa atte agas ni masin-itan ni long-ag:

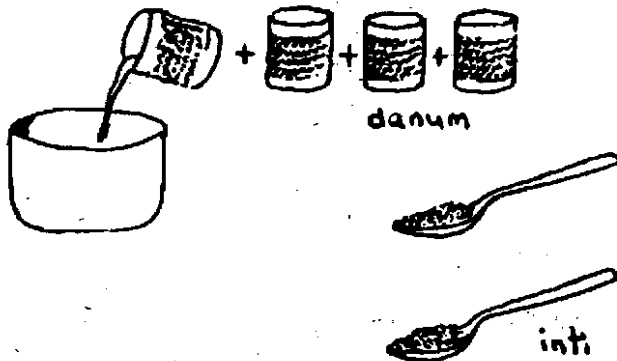
**Angkodawkatte Barangay Health Worker nu awad Oresolda ya insakbam atte boroyyu ta awad kad makoy-as ak anaknu, iyyusarnu. Sa ORESOL, asin ya inti ye nangkaslang. Ikaslangnutte opat tase danum (simbutilyatte 4x4 onnu silliter) ya impiinumnu.



Nu ippun Oresol, angarakatte GLUCOLYTE. Sana ose agase isunan Oresol yakon sabalitte Oresol te abuse iyusarta sintase danum. Sa Oresol, opat tase danum de muusar te adu inggaw. Makwe mangin-an denne Glucolyte atta tindaan. Nu awad, ikaslangtatte sintase danum ya impiinumta.

Yakon ippun kad ORESOL, onnu GLUCOLYTE,
kungwakatte agase danum te siya anne
maboswat atte boroy ya annos da inti kanda
asin atte boroy. Annaya da koom:

1. Kumiwaskatte banga onnu kandilu we dakor.
2. Kuwam ak opat tasatte danum atte bamban-og de danume niparuwag ya tumnugaliyong.
3. Angarakak duwang kussara onnu duwang gamot atte inti ya iniggam atte danum.



4. Kuwam os ak opat pudute asin.



5. Ikiwakiwagnu.

6. Simsimam kađ nu ammiis ya ang-aasin,
siya.

Ngani inonté mangusar atte agas ni
masin-itan ni long-ag:

1. Ipiinumnu atte ansigab de agase danum.
Nu anak, piinumam ak sinkussara onnu
duwang kussara ya marakpus kad de
simpuru we minutos, ikasikasinnu gos
kigad ak makaán. Nu dakor, sintakinaw
atte inuras.
2. Isussuudnu ittan atte orgaw ya labi. Nu
dumgot de koy-asna, paaduwom de attome
agase danum.
3. Takon kad ay de utting, masapurna de
lima onnu simpuru we takinaw atte agase
danum atte inorgaw onnu adu nu ansarom
de koy-asna.
4. Upam itton de sadi ye agase danum kigad
atte makaanana.
5. Nu umakit de koy-asna, pakanam atte
torod, barat, ya da ayyum-ose udume
makan.

DA MASAPURE IGAMMUWON

1. Nu piinuman de makoy-as atte danum,
umam-amod de koy-asna. Adika mataag te
gangayna. Dawote attam atte agas ni
masin-itan ni long-ag.
2. Nu upam attan, marakpus kad ay de
makagwa, anne umakit de inone umattay ya
sindumingguwan kad de marakpus, anne
makaakaan.
3. Adim agaye amasusu atte utting, ya
it-ittam atte agase danum. Nu
masindumingguwan de koy-asna, adim koon
pasusuwon ya aduwome angatod atte agas
ni masin-itan ni long-ag. YAKON ADIM
AGAYE AMASUSU te sa long-ag masapura
ampadakor ya ampakutinore morpu atte
barat ni susu.

4. Nu mibigla de koy-as anaknu ya pinnumliis de attayna ya ummesaas de butikna ka amod de kuyana, ganasome mangagas atte agas ni masin-itan ni long-ag. Adim uuwayon nu ngai makwa atte anaknu. Inkatte doctor onnu Barangay Health Worker.
5. Nu upana iyuta ya dipun makwe inumona agas ni masin-itan ni long-ag, inkatte doctor onnu uspitar.
6. Nu allolona ya andadara attay, makwe iyusarnu sulfa onnu Ampicin yakon adim agaye angatod atte agas ni masin-itan ni long-ag. Inka iyoy atte doctor onnu Barangay Health Worker.
7. Nu adi makwe iyoynutte uspitar, anusame upan angatod atte agas ni masin-itan ni long-ag te takon kay nu amod de koy-asna, makwe maagasan.

SA ALLAPUWAN NI KOY-AS KAN UTA

1. Kiissawe danume niinum.
2. Sa anganta ka ang-ututa we dipun amburu.
3. Kanonta adipun maborbarane mangosware makan.
4. Kanonta mibabaddonge makane dipun natangban onnu da makane nabangros.
5. Makwose da udume sigab kamatte kupar, daku, ya sa allallad-inge inga (sa nayuyok) madagpandatte koy-as ya uta.

REHYDRATION MEDICINE

Mary was a good Lubo woman. She worked at the Barangay Health Center. She helped her barriomates. She sold medicine to the people of Lubo, and whenever someone bought medicine from her, she told them how to use it.

One day her only child had diarrhea.

She gave him medicine for it, but she knew it was difficult to get rid of diarrhea even with medicine. She was worried because the little boy was her only child. She was also worried because she knew that dehydration of the body could cause death. If the diarrhea increased, it could cause all the liquids in the body to dehydrate. Fever and sweating also caused the body to dehydrate.

When Mary looked at her child, she was upset because her child was so listless. His mouth was dry. His eyes were sunken, and he was crying. Mary knew that if his condition did not change, her child would die of dehydration - not diarrhea.

In the past, Mary had studied at Tabuk. When she finished her studies, she became a Barangay Health Worker. From her studies she knew that it was possible to treat dehydration of the body. So after a while, she thought about making the dehydration drink that she had learned about. When her mother saw what she was doing she said, "You are wasting your time because what you are doing won't work." Mary went on making the drink anyway.

First she got a clean pot in which she boiled some water. When the water had cooled, she scooped out four small cups of it and put it in a clean metal pot. Then she took four pinches of salt and two handfuls of sugar and poured them into the water in the pot. Then she stirred it all, and when the drink was ready she gave it to her child.

Mary's mother had been watching her. She kept on making comments because she did not think that the drink Mary was giving to her child would make him well. But Mary just kept on giving her child the drink.

After the second day, the child was beginning to improve. After a few more days, he was well again. So then Mary said to her mother, "You see! What would have happened if I hadn't known that that drink would make him well?"

"I did not think it would work," replied her mother, but when I saw it for myself I believed it. Also we can make the drink ourselves, and even if we have no medicine, the drink will cure the illness. And it does not cost anything. And it is easy to make, too."

QUESTIONS

1. What could cause the death of Mary's sick child?
Look on page 17.
2. How did Mary's child look when it was sick?
Look on page 17.
3. How did Mary make the drink for dehydration?
Look on page 18.
4. Why did Mary's mother say that the dehydration drink was good?
Look on page 19.

The cause of death is dehydration - not
diarrhea, fever or too much vomiting.

Diarrhea is a major sickness in Lubo. It is the illness that, from the old days until now, keeps on causing death because of the lack of medicine. But now we know a little about treating diarrhea. We know that the cause of death is not diarrhea, or fever, or too much vomiting. The cause of death is dehydration.

DEHYDRATION KILLS NOT DIARRHEA!

How to recognize dehydration:

1. The sick one will complain of thirst.
2. Urination will become dark and infrequent.
3. The mouth will be dry.
4. The eyes become sunken.
5. The skin of the abdomen stands erect (like a tent) for a brief time after pinching it and releasing.
6. The "soft spot" of a baby's head becomes sunken.

Treatment:

It is most important to treat the dehydration. What ever other treatment might be added (including massaging the sick one or giving herbal medicine, or buying tablets) **START THE TREATMENT BY GIVING WATER MEDICINE.** Usually this is all that is needed.

How to prepare water medicine:

** It is best to ask from your nearest government clinic or Barangay Health Worker for two packets of ORESOL to keep in your house for the time when a child will get diarrhea. ORESOL is a mixture of salt and water which is added to one liter of water.

If there is no Oresol get GLUCOLYTE. This is another medicine like Oresol, but it is different from Oresol as only one cup of water is used. For Oresol, four cups of water are used because there is more in the packet. You can buy GLUCOLYTE in the stores. If you have some, mix it with one cup of water and have the sick person drink it.

If you have no ORESOL or GLUCOLYTE ...

1. Find a clean container that can hold plenty of water.
2. Use a small metal cup and add four cups of boiled water to the container. Allow the water to cool.
(One 4x4 bottle is about the same as one liter or four small cups.)
3. Add two large spoonfuls or two handfuls of sugar to the water. Brown sugar is OK.
4. Then pinch salt between the thumb and the index and middle finger. Put four pinches of salt into the water.
5. Mix the solution thoroughly. Taste it. It should taste sweet and mildly salty.

How to use the water medicine:

1. Have the sick one drink the water medicine. If he is a child let him drink one or two large spoonfuls every ten minutes. If he is an adult give him one cup every hour.
2. Continue treatment day and night. If he has more diarrhea, give more water medicine.
3. Even a small baby will need between 5 and 10 cups of water medicine every day, or more if there is much diarrhea.
4. Continue giving the water medicine until the diarrhea stops.
5. When the diarrhea starts to slow, add rice gruel, then ripe bananas, and then other foods a little at a time.

WARNINGS

1. Giving water to the person with diarrhea may INCREASE the amount of diarrhea for a day. Expect this, but don't stop giving the water medicine.
2. Usually the diarrhea will slow after three days and the person will be better by one week.
3. Do not stop breast feeding a baby. If the diarrhea lasts more than one week, it may be necessary to give less breast milk and more water medicine, BUT DO NOT STOP BREASTFEEDING.
4. If the diarrhea strikes a baby or child quickly with large loss of watery stool, start medicine water treatment. But do not wait to see what will happen. Seek help from a doctor or health worker.

5. If there is so much vomiting that the water medicine can not be kept down, seek help from a doctor or clinic.
6. If there is much mucous or blood mixed with the stool, the sick one has dysentery. He may need medicine in addition to the water medicine (like sulfa or Ampicin). Take him to a doctor.
7. If you can not go for help, be patient, be faithful. Most times even the worst diarrheas can be succesfully treated with water medicine if enough is given.

CAUSES OF DIARRHEA AND VOMITING

1. Impure drinking water.
2. Eating or preparing food with dirty hands.
3. Eating unwashed raw foods.
4. Eating food prepared many hours before the meal.
5. Also, diarrhea and vomiting may accompany other illnesses including
 - a) measles
 - b) malaria
 - c) ear infections