

PABILOGON TA DATUN LONG-AG  
(Let's Keep our Bodies Strong)

A Health Book in Limos-Kalinga

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A Health Book  
in Limos-Kalinga

Printed in the Philippines

## FOREWORD

Some of the glory of the Philippines lies in the beautiful variety of people and languages within its coasts. It is to the great credit of the national leadership over the years that no attempt has been made to destroy this national heritage. The goal has been instead to preserve its integrity and dignity while building on this strong foundation a lasting superstructure of national language and culture.

The present book is one of many designed for this purpose. It recognizes the pedagogical importance of dividing literacy and second language learning into two steps-- literacy being the first. When a student has learned to read the language he understands best, the resulting satisfaction in his accomplishment gives the drive and confidence he needs to learn the national language. His ability to read, furthermore, is the indispensable tool for the study this program will require.

The Department of Education and Culture of the Philippines is proud to present this latest volume in a nationwide series designed to teach the national language through literacy in the vernaculars. It will strengthen both the parts of the nation and the whole.

Juan L. Manuel  
Secretary



## FOREWORD

The rural areas which hold the majority of the country's population have long been deprived of adequate medical attention. Lately, the national government and institutions from the private sector have taken steps to bring medical assistance to the barrio folk. Of special interest is the effort taken by Summer Institute of Linguistics personnel, particularly here in Kalinga-Apayao. This simple health book will help a lot of the barrio folks, most especially those staying in the remote areas, who at most times have to institute immediate measures before the long trek to the hospital.

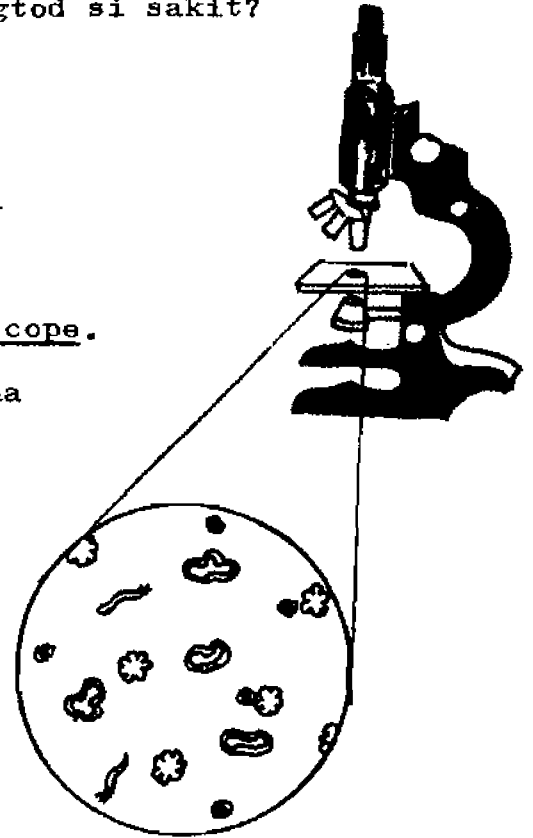
Dr. Jaime Morales  
Dra. Ruth Morales

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Ngadan din mangtod si sakit?

Sadadin germs nangkabanang-og da  
un adi ta mailan ogos, yoong  
mabalin da pay mailat din microscope.  
Lumnok dat tun long-agot umadu da  
kad didad mangtod si sakit.

Nu nabilog din long-ag ta,  
mabalina adi dita idupyos,  
yoong nu mamingsan masapul  
taku pay din agas un mamatoy  
kan dida.



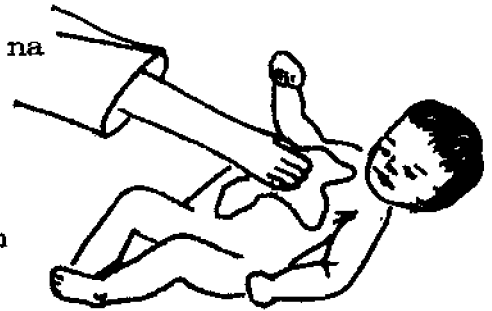
## INIT DI ABENG

Nu man-init dan abeng siyad gapun di magngatan da nu silbugon din puduta amod din long-ag da.

Dalapnu dumoba din amoda pudut:



1. Banyusan ta din long-ag na si natunglina danum, asi ta pamagaan. Nu awad alcohol siyad mambanyus ta. Badutan ta si kamusital lawa. Adi ta bugubuguson si ulos dalapnu adi ngumatu din pudut na payyan.



2. Painumon ta dida si sintatasat  
danuma inolas.



Nu siyasiyanan, napipiya nu ita ipailat doktol  
ta tigammuwona din sakita gapun didin pudut.

## ANGOD KAN PANATONG

Sanat angod kan panatong nalakan mambalin si koy-ab.

Nu mapanatong ta:

1. Iyobog ta ot masuyop ta.

2. Uminum ta si sintatasat  
danuma inolas. Uminum ta pay  
si adun itsa, kapi, bolat di  
tipoy.



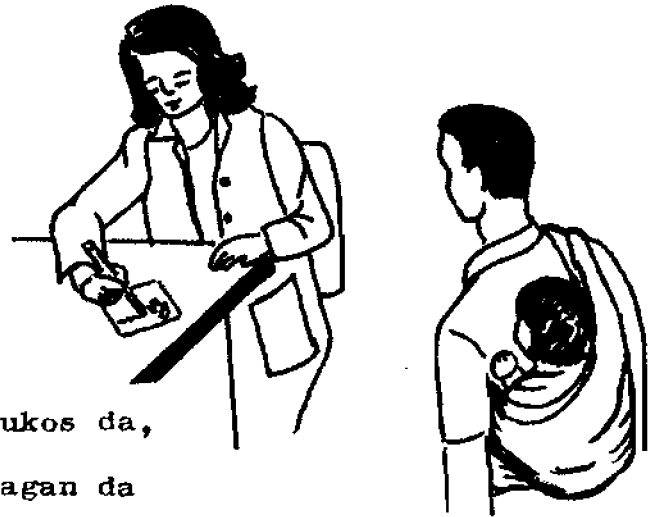


3. Nu mampudut ta, mabalina  
uminum ta si aspiran.

Nu adi ta payyan kumiya si maabus tulun algaw,  
umoy tat din uspital ta bokona man-aagas  
din aspiran, mampaillonga lawa si pudut onnu sigab.

## KALABNAS

Bokona ikatoy dan abeng dan kalabnas yoong nu makalabnas dan abeng nalasu dan makaala si uduma sakit.



Nu makalabnas da ot mambukos da, mabulis da onnu mapalagpagan da masapula itoddak tan dagus sidin uspital.

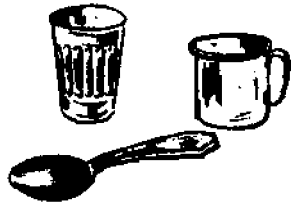
Nu palungayan ta, matoy ot kabasulan ta nat.

Ulay nu makalabnas dan abeng, mabalin da pay  
un mabanyusan kada algaw.



Nu ipudut da din kalabnas da, banyusan ta  
si natunglina danum onnu alcohol.

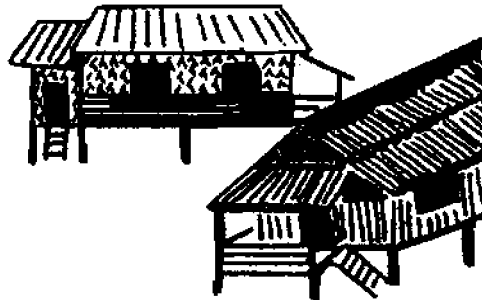
Nu masakit ta si angod, bukos, onnu pudut, siyad maiyalisan  
dadin germs un didad mangtod si sakit ot siyad gapu nan:



Masapula sabali din kutsala  
kan tasan didin masakit--  
adin di udum usalon dida.

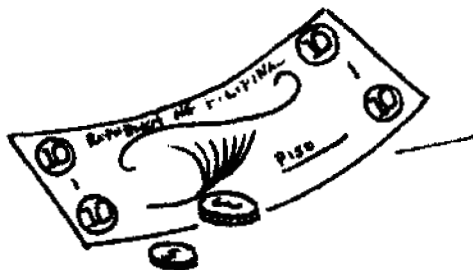


Adi ta umad-adani  
utdadin abeng.



Adi ta mangay-ay-ayaw.

Nu mailam un awad manlugi si bukos nu onnu pudut nu,  
ipailama dagus sidin doktol.

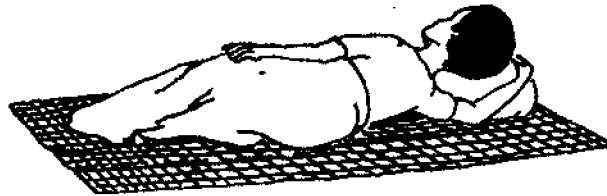


Nu masapa tan umoy,  
mampailat din doktol,  
nalasu un maagasan  
din sakit ta, ot akit  
pay magastu ta.



Adi ta uwayon din  
kumawasana ta ad-adun  
tu din magastu ta ot  
adi nantu pay maagasan  
nat sakit ta.

## ANGKEK



Sadan germs didad mangitod si angkek  
ot nu kulang di kakan ta,  
kulang din dala ta  
kan amod din talibasu ta,  
nalakan umadu dadin germs utdin long-ag ta.

In-inon din manlolonok dadin germs utdin long-ag?



Sadadin germs mangoy dat din sangi.  
Sadadin naangkek iyalis da din germs  
nu mambukos da kan manlugpa da  
ot siya tu tun umoy sidadin tasa,  
palatu, kutsala, badut, ulos,  
kan sidin pappaway un man-alimokan  
dan abeng.

## Alad di Angkek

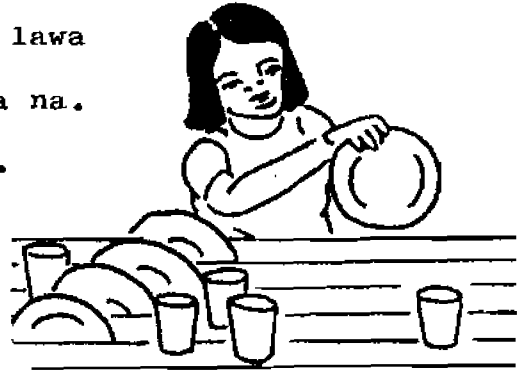
Dalapa adi ta makaala si angkek, siya tu tun koon ta:

1. Sadin naangkek usalona pay lawa  
din palatu na, tasa na, kutsala na.

Maitalipon da si naisinan igaw.

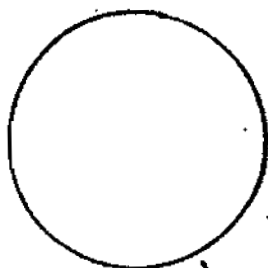
Adi ta usalon din kakakkanan

di naangkek.



2. Buluwan ta si sabun datun ima  
ta agay tan mangan.

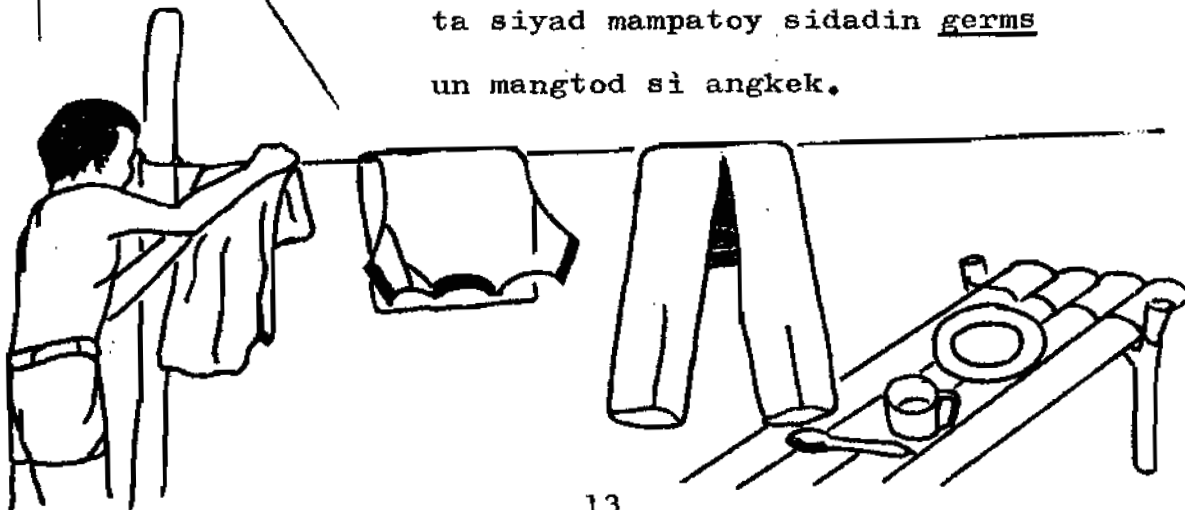
3. Sadin naangkek masapul un  
manlugpa si latan nagabuwan ot  
asi na maapuyyan.



4. Sadin naangkek mansang-ot si papel, asi na apuyyan.

5. Sadin naangkek adi na ogokan dadin abeng.

6. Maibilag dadin ulos, badut, kan kakakkanan di naangkek sidin init ta siyad mampatoy sidadin germs un mangtod si angkek.



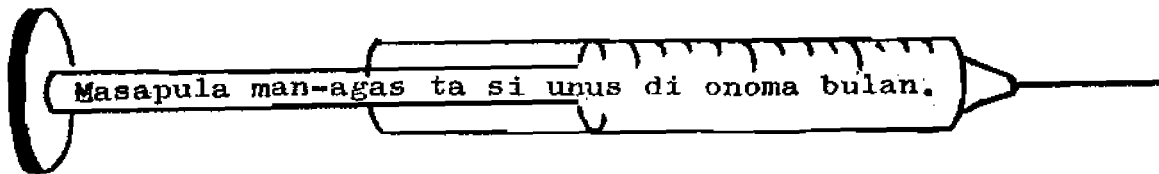
Sublay di Angkek

Masapula man-agas nat naangkek.



Nu maid ganas tan mangan,  
mankalikalingot ta nu labi,  
mangkakapsut ta,  
lumangpalangpaw ta,

siya tu ud manigamuwan ta un awad angkek ta.

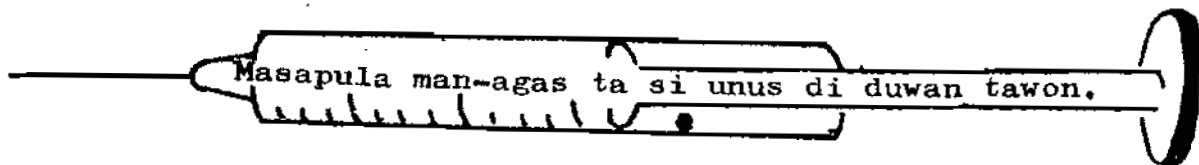


Yoong

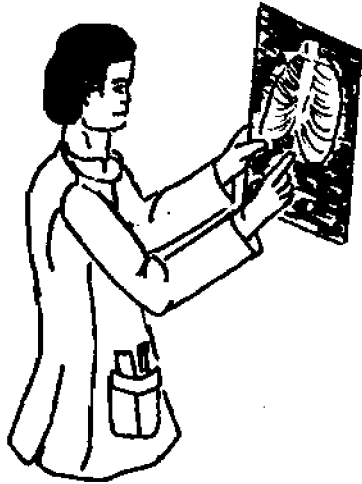
nu mambukobukos ta

ot mantulkek ta si dala

ot mampaspasigab ta  
si palagpag,



Siya nat man-agas ta un masapa  
dalapnu adi ta maligatan un masulit.



Masapula tungpalon ta din kanan  
di doktol un man-ala un kanayun  
sidin agas. Nu masapula matuduk  
tan inalgalaw, tungpalon ta.

Bokona umanay din agas un  
mampabilog kan dita nu adi ta  
mangan sidadin napiya un makan kan  
adi ta man-illong si ustu.



Sosomkon ta tu: Sadan nabiloga tagu adi da maangkek.

Mabalina mabilog ta nu:



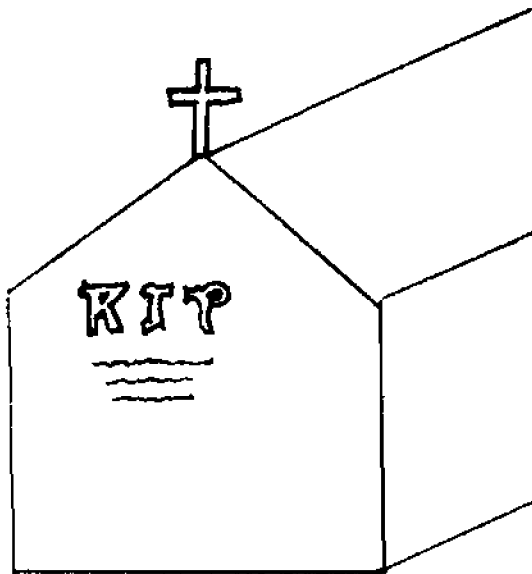
Mangamangan ta  
si napiyan makan.



Masuyop ta  
si ustus.



Adi ta mampaamodan  
si talibasus.



Bokona ikatoy ta nat angkek

nu dagusa man-agas ta

kan tungpalon ta

din kanan di doktol.

MANTIPOY TAKUN KANAYUN.



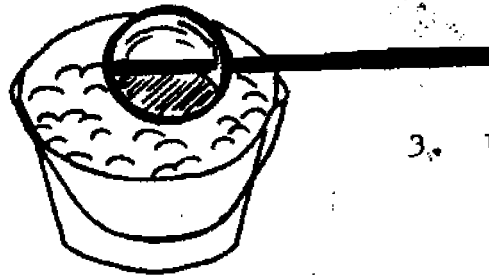
Sadin makan siyad mampabilog si long-ag

ot

siyad umunan agas di sakit--maikadwa ul'lawa din agas.

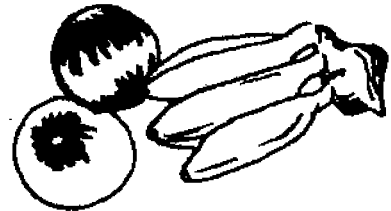
BULIS DI NAANGSAN

1. Uminum ta si kapin di binayu un maid si asukal.
2. Uminum ta si nabayun using.



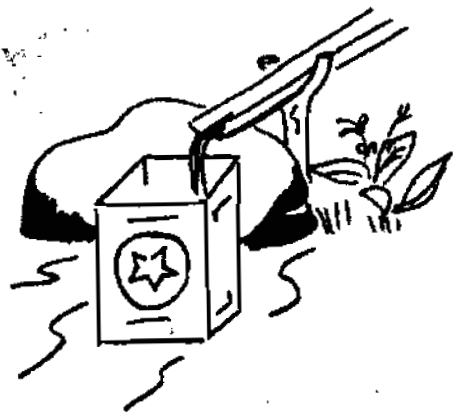
3. Uminum ta si siit.

4. Mangan ta si balata billungan, adi ta nat balangan onnu guyud.
5. Mangan ta si adi pigan nal-uma kayamitu.



Sosomkon ta tu: Adi ta manggatas.

Nu tigammu tan bokona nadalus  
din manligwatau din mainuma  
danum,



ipalwag ta si simpulun  
minutus dalapnu matoy  
dadin germs un mampabulis.

## BULIS DI ABENG

Nu awad anak si mabulis siya datu tun koon ta:

1. Adi ta pasusuwon.  
Nu mapnu nat susun ina,  
posposona nat bolat di susu.
2. Painuman ta si siit.
3. Pakanan ta si binuibula  
lawa.
4. Pakanan ta si naledleda  
nal-uma billungan  
un balat.



Bokona siyad amina kapiyaan din nanginan agas.



Sadin napiya kan nalakan agas  
siyad ibagan di doktol un usalon ta.

## NAKALAKALASI DANAT KOLANG

### Sadin Mallolonok dat din Long-ag

Sadadin iplug di kolang inggaw dat dadin attay di tagu kan ayam, yoong adi da maila si ata. Nu man-iyattaya lawa dadin tagu kan ayam, nalasu un umoy dadin iplug di kolang sidan ima kan makan. Nu mangan ta maisalikakan ta dan iplug di kolang ot dumakol dat tun buwang.

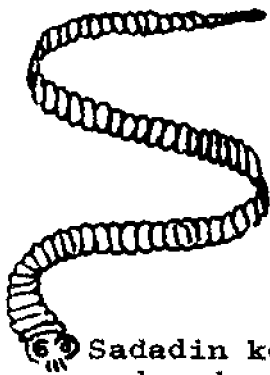




Sadadin kolanga nakawitan  
lumnok da pay situn long-aga  
mangoy situn iki.

Sadadin nasampelanga kolang inggaw  
dat dadin bogas di bolok, baka,  
ikan, kan luwang. Nu kanon ta din  
kalnin adi pigan nautu, siya di din  
mangal-an ta sidan kolanga nasampelang.

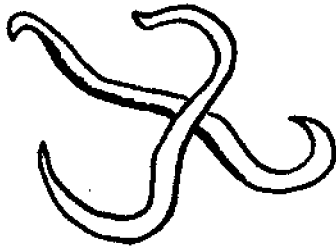




Siya datu tun ilan di kolang.

Sadadin kolanga  
nakawitan kakamma  
dat buuk.

Sadadin kolanga nasampelang  
anduandu da umabuta duwan  
dopaan da.



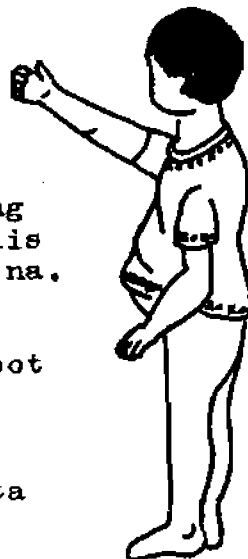
Sadadin kolanga nabukol  
sindangan da onnu duwan  
danganan da.



Sadin kolanga nasiwsiwan  
kamat bogas di binayu.

San Manigamuwan Tan Nakolongan Ta

1. Ilan ta nu awad kolang sin atteng.
2. Kolanga nabukol: Dumakol din buwang di abeng kan sumigasigab mambulibulis pay. Bokona nagaba din mandadakol na.
3. Kolanga nasiwsiwan: Nagatol din ebot kan manliklikna ta nu labi.
4. Kolanga nakawitan: Mampasipasigab ta si buwang, mampaalialiwong ta, mangkakapsut ta.



Alad di Kolang



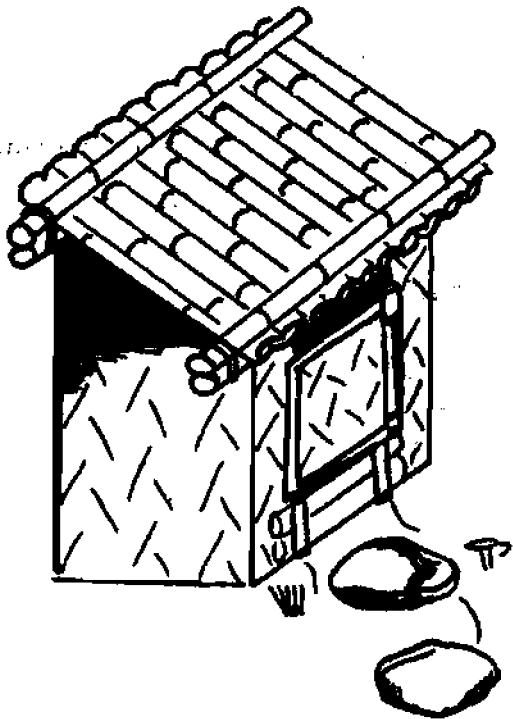
1. Mambulu ta agay tan mangan.

2. Ututuwon ta  
nat kalni.

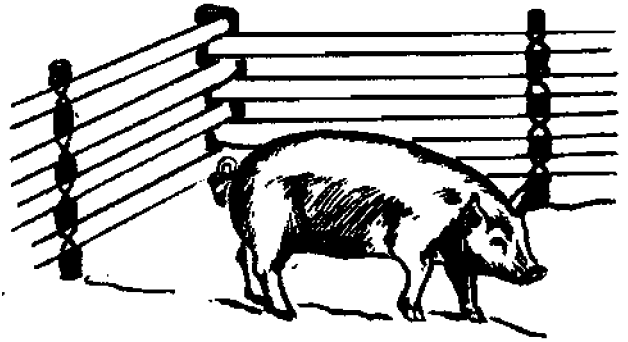


3. Man-istep-in ta.





4. Umattay ta utdin kasilyas.



5. Ipukod ta dan ayam.

Sublay di Nakolangan

Amina tagu, naangsan onnu abeng, masapula uminum  
si mankokolang kada lumab-as onoma bulan.



Sadadin napiyan agas di kolang, sadatun

Antiox

onnu

Combantrin

Unaya lawa din maid agas  
si inumon ta nu sadin  
man-inum ta si agas un  
adi ta tungpalon  
din kanan di doktol.



## SUGAT

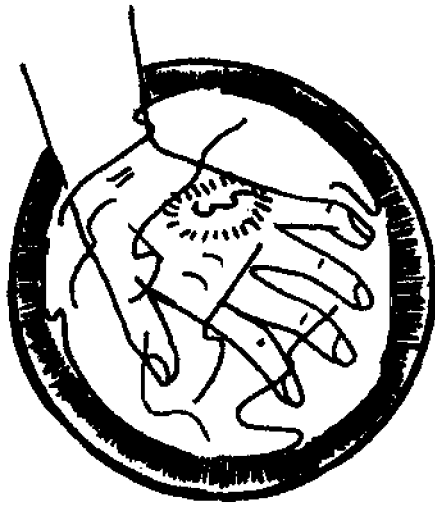
Nu masugat ta, siya datud koon ta:

1. Sabunon ta buluwan si danum.
2. Bobodon ta si nadalusa luput.



Nu nagsat din ulát poston ta si luput din ngatun  
din nasugat. Yoong ilan ta ta adi amoda nailot.  
Nu amoda nailot, tumunglin din iki onnu ima.

## NAIMPIKTALANA SUGAT

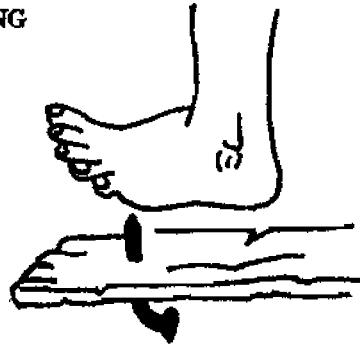


1. Buluan ta si danum kan sabun inalgaw.
2. Posposon ta din lona na, ot adi ta iwalis sin uduma long-ag ta kaanon tan losan.
3. Isanong tat nainit kan naasinana danum si mamitlu ut sin-algaw ingganat mampilat.

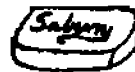
Nu adi ta kumiya si lumob-as tulun algaw ita mampaagas.

## MALUD-ANG

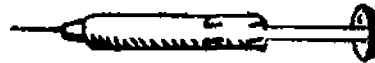
San akita sait mabalin ditan  
patoyon nu palungayan tal lawa.



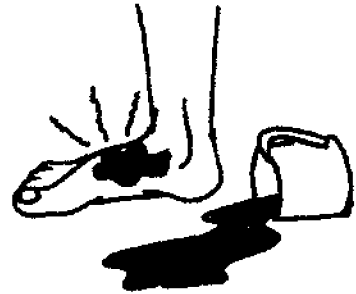
1. Bulubuluwan ta si nainita danum kan sabun.



2. Posposon ta dalapnu lumaksun din dalam naisawan.
3. Bobodon ta si nadalusa luput.
4. Dalapnu adi ta maimpiktalan si titanus, umoy ta mampatuduk sin uspital. Nu malud-ang ta, masapula ipaila ta sidin doktol.



## ATUNG KAN BELAK



San koon ta nu awad maatungan:

1. Daguson tan isanong si tulumpulun minutos sin natunglina danum din naatungan dalapnu umillong din sigab na.

2. Mangala ta si agasa mambebelak kan doktol ta siyad usalon ta nu awad maatungan.



3. Sakbungan ta si nadalusa luput.

Ita oton mampaagas nu amoda atung onnu belak.

## GOLED

### Sublay na

1. Man-omos kan mansabun  
tan inalgaw.
2. Isanong ta si nainit kan  
naasinana danum.



3. Adi ta kuptakan ta dumakol.
4. Saksakan ta dat pantalun na  
ya badut un inalgaw.

Nu ummadu dadin goled, masapula mampaagas.



Sosomkon ta tu: Sadan kanayuna man-omos si sabun ya manaksak sidan badut dan inalgaw, adi da nalasun magoled.

## BUSALI

Sabaon ta nu awad tumubut busali ta adi ta man-idam din sigab na nu dumakol.



1. Mangidolnat tat danum, mangala tat nadalus si luput, isawsaw tat din danuma nainit, siyad idang-up tat din tumubun busali. Nu tumunglin din luput, isawsaw ta payyan ot idang-up ta umanon. Koon ta un mamitlu sin-algaw, dalapnu linongona onnu mabsi.

2. Yoong nu nailogot nal-umon, ammaan ta ta nalakan umalis.

Nu mabsi sabunon ta ingganat maamin din lona na

kan danum nan manalan.

--Nu adi na mabsi ot bang-oga busali,  
ipalwag ta din uku si tulumpulun  
minutus ot siyad man-iwa ta.

--Nu dakola busali, itallay tat  
din uspital ta koon da.



3. Mangidolnat ta uman  
si danuma naasinan, asi ta  
isawsaw din luput ot  
idang-up ta uman.

MASAPUL UN ADI TA USALON DADIN



teku



atteng



.gabau



naisawa luput

sidin sugat kan nabelakan ta siyad mampaimpiktal.



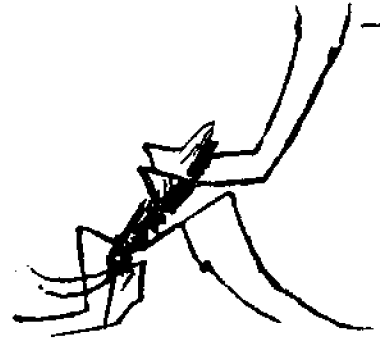
Sadat lingaw, didad mangiwalas utdan germs  
un manlapuwan di sakit. Ta sadan lingaw un manligwat  
sidan atteng kan amina naisaw, iyalis da dan isaw  
un manlapuwan di sakit sidan kanon taku nu op-an da.



Siyad gapu na un  
mangkapiyaan taku nu mangwa  
takut kasilyas un water-sil.

## DAKU

Umadayu tat dan ilok. Nu umadani da  
mantipak ta kan dida. Gattoka didad  
malligwatan dinat sakita daku.  
San daku nu kaptan dita, ulay sinun  
kabilog tan tagu idupyos dita kampay.



### Luglugin di Daku

1. nasigaba ulu
2. nasigaba awak
3. makumokumog ta kan  
mapudupudut ta.



Sublay di Daku

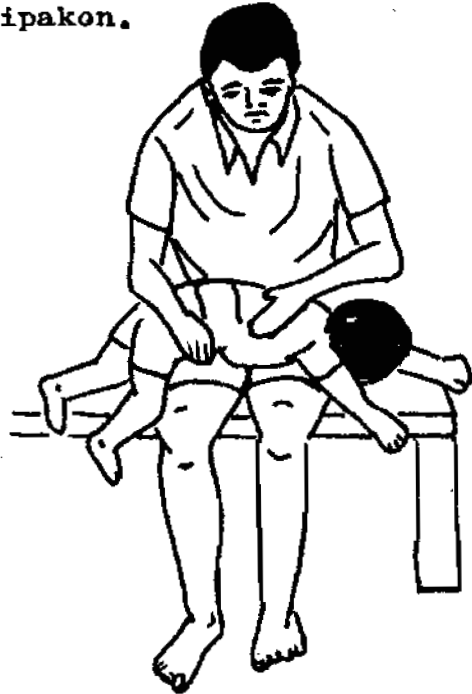
Naid udum si koon ta si daku, nu adi  
man-agas ta un kanan di doktol. Man-imus  
tat din doktol agay tan mangalat din Aralen.

Sosomkon ta tu: Nu mangkumokumog ta kan manpudupudut ta  
bokona kanayuna daku nat, isunga mampaila tat din doktol.

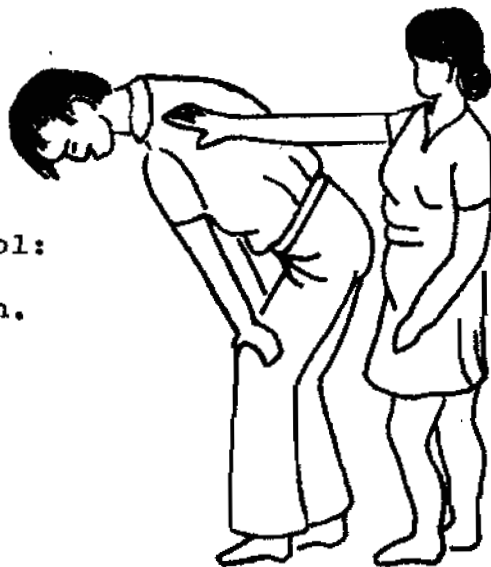
## MASKOL

Nu maskol din anak:

Manlukgubon ta sinat duwam puwog asi ta tipakon nat odog  
onnu mansuwakkiton ta asi ta tipakon.

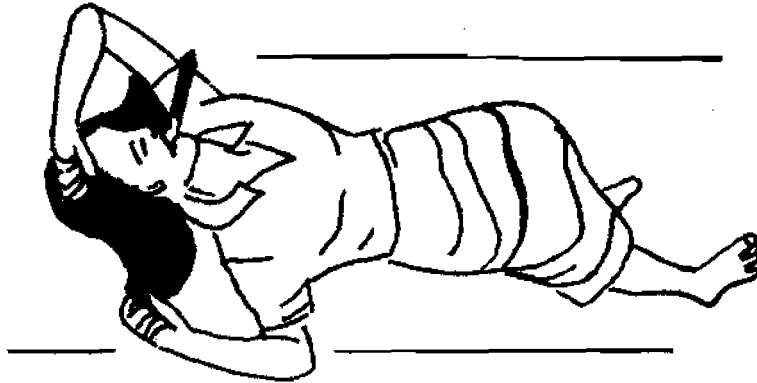


Nu naangsana tagu nat maskol:  
manyu-ungon, asi ta tipakon.



Adi ka kumimut un mangwat tu ta siyad mantatagum si maskol.

## KOLDAS



1. Iyobog ta din nakoldas sidin bansag.
2. Mantin-oyon ta din ulu na dalapnu, nu man-uta, adi na masdok.
3. Adi ta ipudupud ta mabalina maptod din tung-al na. Kananal lawat din bansag.
4. Igga ta din kutsala sin sangi na dalapnu adi na manggitilan din dila na.

## PAGGUNG

Nu mapaggung ta:









1. Piditon ta nat ongol ta si liman minutus. Adi ta il-illongan ingganat maabus liman minutus.
2. Umangos tat nat sangi.
3. Mantangad ta pay.



Adi ta mansang-ot onnu makapunapunas sinat ongol.

## ANEMIK, NAKAPSUTA DALA

Nu mangkakapsut ta ot maulaulaw ta kan maid ganas tan mangan, adi ta pay makasuyop, mabalina naanemik ta. Dalapnu adi ta maanemik, masapula mansida ta si pulpulmi sidatun nailista un sida kaalgaw-algaw:

|  |   |   |  |
|--|---|---|--|
| <p>iplug</p>    | <p>latong kantila</p>  | <p>latong apappet</p>  | <p>latong sili</p>    |
| <p>labanus</p>  | <p>antak</p>           | <p>malunggay</p>       | <p>agtoy nu awad</p>  |

## BIKOK

Nu mangkulang tat iodine, siyad mangal-an tat bikok.  
Dalapnu adi ta mabikokan, masapula mangan tat datu:



1. asina naayodinan
2. bilis kan saldinas

Nu nabikokan kaon, gumatang kat Lugol's  
ta siyad adi mampadakol.



Agasan ta nu bang-og payyan ta nu dumakol  
adi naon maagasan, opelala lawa nat agas na.

DALAM

Sanat mangitod si dalam, sanat mangkulanga vitamin A  
(un kan di Inglis). Sadatun makan un manligwatan di  
vitamin A:

nai-uma apaya

latong kantila

kalubasa

latong sili

labanus

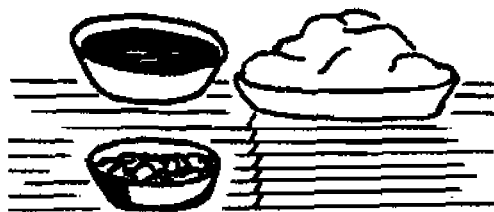
lipulyu



Siya datu tun adi ta okyan absinon kumpulmin isida  
kaalgaw-algaw nu mabalin.

Nu awad dalam taon, masapula man-ala ta si vitamin A  
kan doktol.

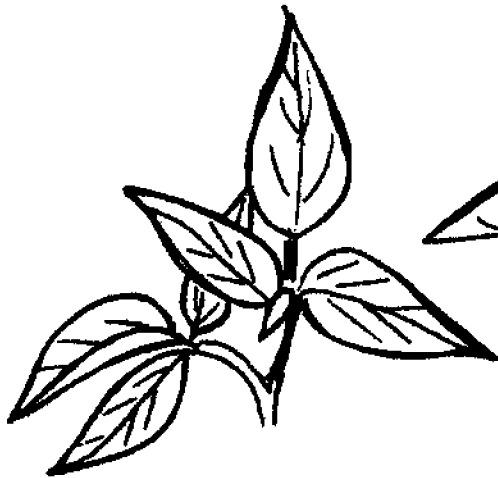
Kada mangan ta, mansida tat dan napiyan makan.



Nu maid sida yu gapu ta nasadut kayu un man-inap.

Maid udum si manligwatan din mampabilog din long-ag nu  
adi siya datu:

latong sili



latong kantila

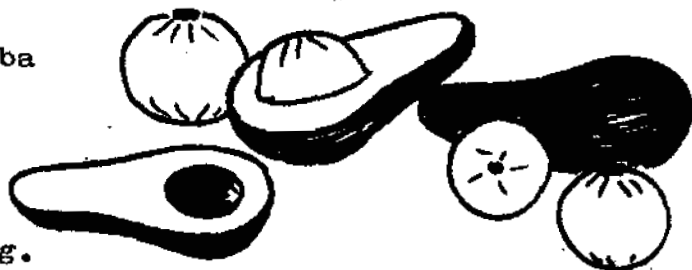


latong apappet



Adi ta kanan un latonga lawa. Sadadin latong din  
mampakogsol sin long-ag tan tagu.

Sadan abukadu kan ebba  
didad nabaknang un  
manligwatan di  
mampabilog si long-ag.



Adi tal lawa yamyam-anona ipakan  
sidan bolok.

Ditan tagu din mangad-adun mangan okyan  
sidatuwa makan.



## DAN MABUGI

Tuttuwa nat kanan di dadakkol:

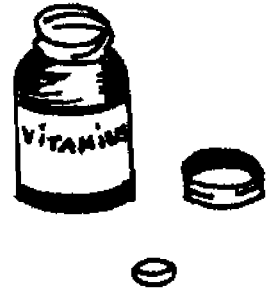
Uwayon ditat lobona babai nu mabugi ta. Ot mampalan ta.



### San Koon tan Mabugi

1. Man-omos ta kaalgaw-algaw,  
man-ipaw ta pay.

2. Napiya nu uminum  
ta si vitamin  
ta gumilog ta  
ot gumilog pay  
din posik--



un bokona lumungpulungpu.

3. Adi ta uminum si kumpulmin agas  
un adin di doktol ibaga  
un inumon ta.

4. Adi ta kanon din kindi onnu unas utdin tulun bulana  
agay tan man-abit.

5. Adi ta pabunal nat buwang ta nu mabugi ta.

Siyad osan gapun dan masunin abit  
ot

siyad osan gapu nan  
maiputiput din bagis  
sin bagang da ot siyad  
mabalina mappsolan da.

6. Mangan ta si adun matipoy  
kan bungan di kayu.



## Man-abeng

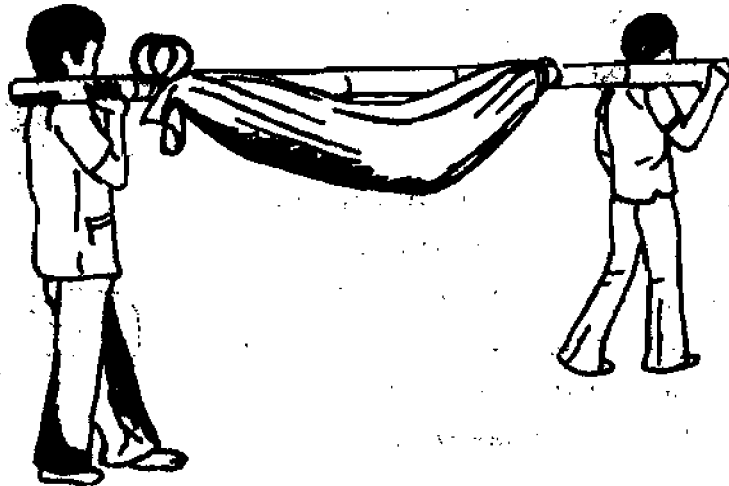
1. Nu manlogaw ta, man-omos ta. Man-ipaw ta pay.
2. Masapula ossaan din mantalin-anak. Putdana danat kuku na ot sabusabunona nat ima na.

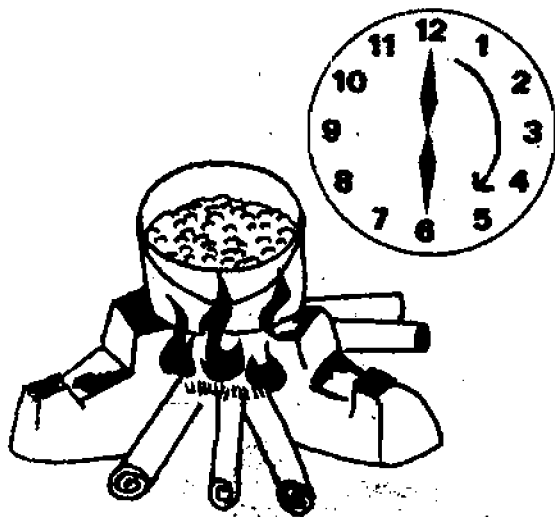


3. Nu dandanin lumaksun din posik, buluwan din mantatalin-anak din uki si sabun.

4. Adi ta isulin din posik ta mapissay din ukin ina ot mabayag din mampilatana. Palungayan tal lawa ta lumaksun din posik nu timpu na.

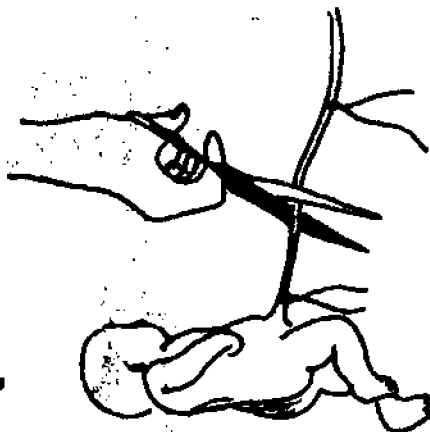
Nu lumab-as sin-algaw sin manlogawana ot adi na payyan lumaksun din posik, umoy sin uspital.





6. Mamidwan poston ta din bagis: poston ta si simpatimmuduwan sidin pusog ot asi ta poston uman si sindangan. Sin gawa na, putdon ta dalapnu adi na dumala din tagannakana.

5. Adi ta putdon din bagis si iilap ta siyad gapun din titanus. Ipalwag ta din uku onnu kaltib si tulumpulun minutus ot siyad manggopas ta.



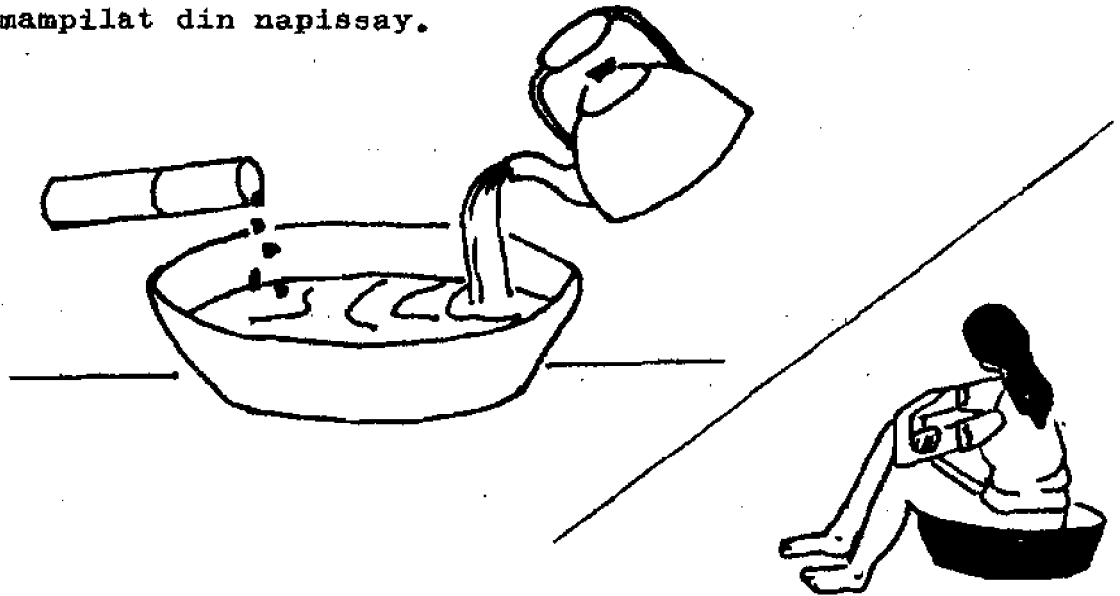
7. Adi ta gammidon din tagannakan, uuwayon tal lawa ingganat lumaksun.

Nu adi na lumaksun si lumab-as sin-olas, itallay tat din uspital.

8. Nu lumaksun din tagannakan, bunalon ta din kibkibuut ta tumulung un mampaillong sidin dalan lumaksun.

Sosomkon ta tu: Nu amoda mampadala ka nu mabugi ka, man-abeng ka, onnu maabus kan man-abeng, dagus kan umoy sin uspital.

Nu maabus tan man-abeng, mantupak tan mansanong sin  
napalanggan danuma nadolnat kan naasinan si mamitlu  
ut sin-algaw sin kanayun nan-algaw. Koon ta tu ingganat  
mampilat din napissay.



SAN MANTATAGIBI TA



San Mampipilat di Pusog

Buluwan ta si alcohol din pusog di posik.

Koon ta tu  
si mamitlu si sin-algaw  
ingganat mamagaan.



## Man-omos

Kaalgaw-algaw omson ta din abit ingganat loog nan omson  
din long-ag na.

Siya tu tun man-oomos ta:

1. Idolnat ta din danum.
2. Omson ta sidin dalam boloy.
3. Usalon ta din sabun.
4. Magean tan dagus.



## Badut



Masapula kanayun

un masaksakan

din badut di abit.

Nu adi masaksaksakan

din badut di abit,

siyad mangtod si masakitana

kamat dadin goled

kan gagatol.

Kaalgaw-algaw sukatan ta

din badut da.



## Mampapasusu

Kapiyaan din bolat di susu.

Adi ta pusuton din abit ingganat manduwantawon. Yoong itdan ta pay si uduma makan.

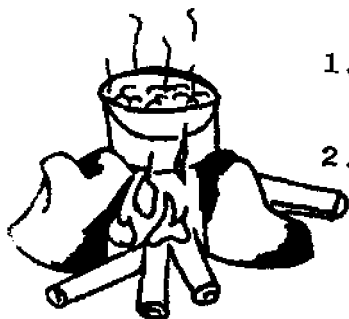
Apay kapiyaan din bolat di susu?

1. Onta adi taon mangwat gatas-- kanayuna buluwan tal lawa.
2. Siguda nadalus din bolat si susu.
3. Siyad mampakogsol si abit.
4. Adi taon manggastu.



Masapula mangan ta si napiyan kakan dalapnu adu kan natabug din bolat di susu.

Nu manggatasan ta din abit, masapula unudon ta datuwa makwa:



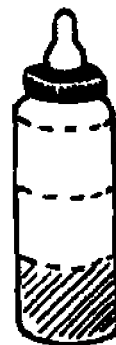
1. Ipalwag ta din susussuwan kan tingil si tulumpulun minutos, asi ta kuan si gatas.

2. Usalon ta din gatasa naid si asukal (un evaporated).

--Inkatluwon ta din butilya nat igga tan gatas, asi ta punuwon din butilya si danum.

--Adi ta kuan si asukal.

--Usalon ta din bang-oga latan gatas sin sin-algaw dalapnu adi na mabanglos.



- danum

- danum

- gatas

Sosomkon ta tu: Adi ta usalon din gatasa awad si asukal (un condensed) ta adi na mapakogsol din abit. Mabalina usalon ta nu manduwantawon.

## Mempapakan

Pakanan ta din abit si uduma makan nu limam bulan na.

Nu limam bulan na, ipakan ta datu:



nalam-oka matipoy  
kamat dan labanus,  
kalubasa kan batitit



bolat di gayyunan  
onnu umbali



naledleda balat  
kan apaya



iplug

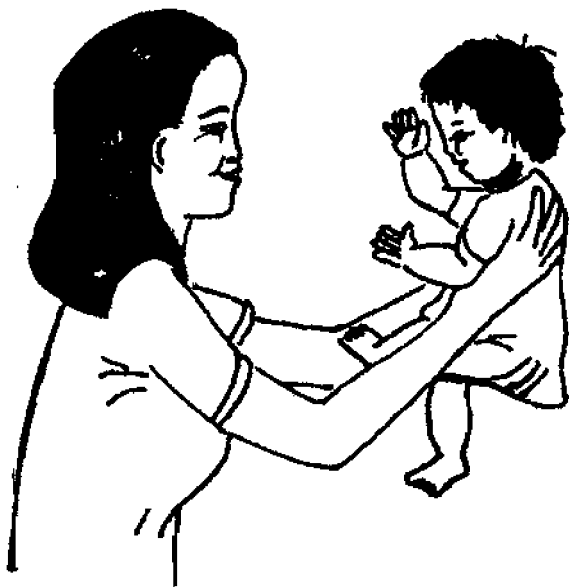
binulbul



bolat di tipoy

Pakanan ta si sin osat datu ot nu lumawoton,  
pakanan ta si udum pay un makan.

Nu adun kalasin di makan,  
nabilbilog din abit.



Sosomkon ta tu: Bokona mam-pabilog din tinapay kan kindi  
utdin abit, ulay nu maila un nalungpu.