



KDALANG TE YÓ KEM DUMU

NÙ BÈ LÓWÓ TE

Tboli

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LET US LEARN
ABOUT OUR BODIES



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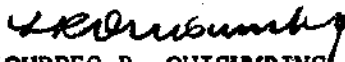
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PAUNANG SALITA

Bahagi ng ating yaman ang pagkakaroon ng iba't ibang wika at kultura sa ating bansa. Iba't ibang wika ang sinasalita ng iba't ibang pangkat na naninirahan sa ating kapuluan. Ikinararangal nating pangalagaan ang mayamang pamanang pangkalinangan ng mga pangkat na ito upang palaganapin ang pagkakaisa at ang pagmamalaki sa pambansang pagkakakilanlan.

Ang aklat na ito na nasusulat sa isa sa mga katutubong wika sa Pilipinas ay naglalayong paunlarin ang kasanayan sa pagbasa at pagkaunawa, dagdagan ang kaalaman, patindihin ang pagmamalaki sa unang wika, at ihanda ang estudyante sa pagtanggap sa pambansang wika. Sa ganitong lapit, mawiwiling magbasa ang isang batang bago pa lamang natututong magbasa, at nagkakaroon siya ng tiwala sa sarili. Dahil dito'y nasisiyahan siyang magpatuloy ng pag-aaral upang maging bahagi ng pagpapaunlad ng bansa.

Ikinararangal ng Kagawaran ng Edukasyon, Kultura at Sports na ipakilala ang aklat na ito bilang pinakahuli sa isang serye ng mga aklat na naglalayong palaganapin ang pagkatutong bumasa at sumulat. Sa pamamagitan ng pagpapalakas samga pangkat linggwistiko, pinalalakas din natin ang bansa.


LOURDES R. QUISUMBING
Kalihim

PREFACE

This book has been prepared primarily for use in a primary school for Tboli children. The major objective is to help students learn Filipino and English by using their mother tongue as a bridge. A second objective is to build competency in reading, writing and comprehension skills. To facilitate this, a set of work sheets has been prepared for each chapter. These work sheets are not included in the body of the book but are printed separately.

This book may also be used by other Tboli who want to increase their reading skills in their mother tongue and who may want to learn some Filipino and English.

BÈ NIM BOK NI

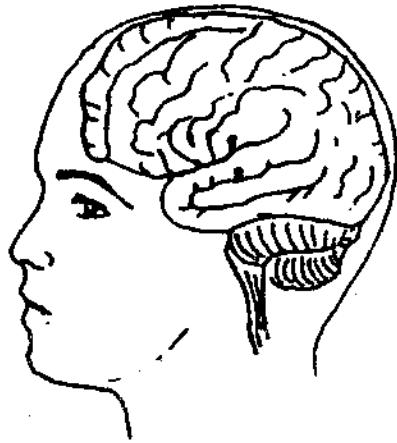
Bè nim bok ni gunu te temngón du yó kem dumu nù bè lówó te. Sotu gunu te ehmingun du yem lówó, lumun tó mekina. Yem mekina sal gel wen klofuten mò lemimun yó kem nù lemen abay se yó se yem ali bong muhen. Hol lumun yó se yem lówó te, wen yem kulit nù fi ta mò lemimun yó kem nù lem lówó te. Yó gum mon, ke tenggel te yem lówó te, sòn olo ton te sòn yem kulit, okóm tey dè yem nù lem lówó te là ton mata te du. Ni muhen nim bok ni mò gunu te temngón yó kem dumu nù lem lówó te, ne hetngón kut ke teđu kul gel nmò ni kem ni.

Ni se yó kem nù bè lówó te mò hennagi te lem nim bok ni.

1. Yem utek
2. Yem hosò
3. Yem mò kmoen sok te mnawa
4. Yem klingu
5. Yem mata
6. Yem kulit
7. Ne kem tiol bè lówó tau

Nim bok ni deng snulat bè tlu kay udél; Tboli, Pilipino, ne Inglis. Sok deng kesfalahem du yem tulónen bè Tboli ne deng minggel ketngónem du yem lanen, ominem bud semfala yem bè Pilipino. Lemwót bè yem dé udél dnalangem bè Pilipino. Sloni le yem Tboli ne yem Pilipino lem nim bok ni. Hlò Tboli yem nù fi bè iwong ne Pilipino yem nù fi bè kwanan. Yó gunu le sloni yem Tboli ne yem Pilipino ani mahil semsenged yem lan yem tulónen.

Bè yem hoi són tulónen bè nim bok ni, wen sotu tulónen senged lanen bè yem deng senfalahem bè Tboli ne bè Pilipino, bede snulat bè Inglis. Bè yem ksulat du bè Inglis olohen yem lebangen, okóm senged yem lanen bè yem deng tulónen bè Tboli ne bè Pilipino. Lemwót bè yem ketngónem du yem bè Tboli, yó gunun mahil béléem dmalang yó kem dumu udél Inglis. Hyu ke wen mestelu tmolok kóm bè yem kesfalahem du yem Inglis. Okóm ke laen duen, tilówem ke són uu mò du.

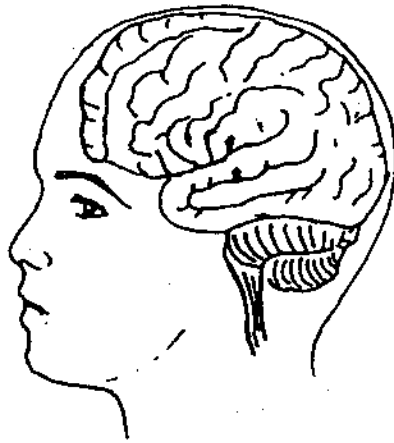


Yem Utek

YEM UTEK

Wen yem nũ bè lówó te yem sotu
ali bong muhen, okóm lâ ton mata te du
abay se nũ lem kulu te. Yó se yem mon te
utek. Yem utek te, tey dē gendengen bélé
tekuy bè yem ket kdaw. Lumun yem ket kekdol
yem lówó te, sai gel lemwót bè utek te.

Ke wen tau stulón béléem, yem utek
fen hetngón du kóm ke tedu yem monen. Ke
tonem yó kem tey tilob bulók, bud yem utek
fen tmulón du kóm ke tedu yem yó. Lemwót
bè utekem yem khulungem hedem ne yem kihu
natulem ne yem kihu nmoem.



Ang Utak

ANG UTAK

Mayroon isang napakahalagang bagay sa ating katawan pero hindi natin makikita dahil nasa loob ng ulo. Ito ay ang tinatawag na utak. Maraming ginagawa ang ating utak para sa atin araw-araw. Gaya ng lahat ng galaw ng ating katawan ay laging galing sa ating utak.

Pag may nakikipag-usap sa iyo, ang utak mo ang magpapabatid ng kung ano ang sinabi niya. Pag nakakita ka ng magandang bulaklak ang utak mo ang magpapabatid sa iyo kung ano ito. Nanggaling sa iyong utak ang iyong kakayahang mag-isip, magplano at gumawa ng kahit ano.

Balù yem là gel hendem te du, yem utek
te fen kmudung mò du bélê te. Hendemem yem
nmò yem hosò te ne yem nmò yem blutut te ne

yem bagà te. Baluen ke là hendemem du tódò
senflósen kmotuk yem hosò ne senflósen se
lemuna yem ken yem tnahi, ne senflósen hnawa
kut yem bagà. Yó se nmò le anien ke là dókem
kul abay se wen yem utek fen hmò du kul.

Yake hol dóyón tekuy Dwata bè yem sotu
nù bè lówó tekuy boluyen utek.

Kahit ang mga bagay na hindi natin iniisip ay ang utak pa rin ang gumagawa para sa atin. Tingnan mo ang ginagawa ng iyong puso, tiyan at baga. Kahit hindi mo isipin ang iyong puso ay patuloy na tumitibok, ang iyong tiyan ay tumutunaw ng iyong pagkain at pinanatili kang humihinga ng iyong mga baga. Ginagawa nila ang lahat ng ito kahit hindi mo pag-isipan pa dahil ang iyong utak ang nagpapagawa.

Pasalamat natin ang Diyos sa bahaging ito ng ating katawan na tinatawag na utak.

YEM HOSO

Deng tngónem kô yem hosoem fen hlel yem litóem gu lem lówóhem? Ke laen dù litô mlel gu lem lówó te, là kô kuy mowil.

Yem hosò te, tey blat yem nmoen. Hningun te bè yem éi kenwag abay se hlel yem hosò yem litô gu lemen efet kól bè bagà te ne efet gotu dmanag elem lówó te. Balù bè yem udas te hegnù, là skóhen mò nmò yem hosò. Yó kbongen yem litô hlelen bè ket sotu minutu, botong hnoken fat bud sóól yem sobuy bong. Okóm sok tekuy là mdengen duhen ke mò tekuy nmò, botong gefet bè. 33 sobuy leembang yem litô hlel yem hosò te bè ket minutu. Yó gunum mon tey blat nmoen yem hosò.

Yó boluy te du yem gunun gel mlan yem litô, duhen ulat. Tey le wadag ni kem ulat ni. Ke gbek te hemsogot kul, baluen ke mom hilu libu kilumitluhen yem ktahà le. Wen se kem ulat leembang ne wen se kem ali lemnek. Mlan bè yó kem ulat leembang yem litô lemwót gu bè hosò te mlel elem lówó te. Yem boluy le bè Inglis, arteries. Ne veins yem boluyen yem ulat gunun mlan yem litô bud gel semfulék ebè hosò te. Okóm bè Tboli, tek sotu kmò kboluy kul ni kem ni, són ulat.

ANG PUSO

Alam mo ba na ang iyong puso ang patuloy na nagpapadaloy ng dugo sa iyong katawan? Kung hindi patuloy na dadaloy ang dugo sa ating katawan hindi tayo mabubuhay.

Ang puso ay may mahirap na trabaho. Maihahalintulad natin ito sa bomba ng tubig dahil bumubomba ang puso ng dugo mula sa puso papuntang mga baga hanggang madaluyan ang buong katawan. Kahit nagpapahinga ka tuloy-tuloy pa rin ang puso sa pagtatrabaho. Sa bawat minuto maraming dugo ang nabobomba nito. Umaabot ito ng humigit kumulang apat at kalahating litro. Pero kung naglalaro ka o kaya'y nagtatrabaho, umaabot ito ng (33) tatlumput tatlong litro sa loob ng isang minuto. Kaya masasabi nating mahirap ang trabaho ng puso.

Ang tawag sa pinagdadaluyan ng dugo ay ugat. Maraming-marami ito. Kung mapagdudugtong-dugtong mo ang ugat aabot ito sa libo-libong kilometro ang haba. Ang ibang ugat ay malaki at ang iba ay maliit. Ang pinagdadaluyan ng dugo mula sa puso ay ang malaking ugat. Ito ang tinatawag sa Inglis na arteries. At ang ugat na pinagdadaluyan ng dugo pabalik sa puso ay tinatawag na veins. Pero sa Tagalog ay iisa ang tawag sa mga ito at ito ay ugat.

Tngónem kô gunun seblâ yem hosoem?
Seblâ bê gunun sóól kfuhem okóm malù
bong udi gwahen fi bê iwóngem senta bê
kwananem. Tilówem, suem hólólem bê
kfuhem. Hnénégem ke gnómem yem kotuk
hosoem. Bê yem igô tekuy mowil, tódô
senflósen kmotuk yem hosò te.



Yem Hosò

Alam mo ba kung saan nakalagay ang puso?
Nasa gitna ito ng dibdib. Mas malaking bahagi
ng puso ang nasa kaliwa kaysa sa kanan.
Subukan mong ilagay ang iyong palad sa iyong
dibdib. Tingnan mo kung mararamdaman mo ang
tibok ng iyong puso. Tuloy-tuloy itong
titibok habang tayo'y nabubuhay.



Ang Puso

YEM KMOEN SOK TE MNAWA

Wen sotu tendo gel nmô tau duhen yem mnawa. Tódô senflós te mnawa, balù ke là eles hendem te du. Yó gunun lumun yó abay se wen yem sotu kay unged nù lem kfu te tódô senflósen hnawa kut. Muscle (mesel) yem boluyen bè Inglis. Yó kmoen du, tódô senflósen kemdol ani hefuseken ne bud hefewaen yem lenós bè lówó te. Yem utek te fen hekdol du nim unged ni. Là gbek te du ke là mnawa te abay se ali bong muhen bè lówó te yem sotu nù bè lenós. Boluyen oxygen bè Inglis. Ke laen dù nim ni, là kô kuy mowil.

Yó kmoen sok te mnawa, gel husek yem oxygen bè bagâ te. Bè yó bè bagâ te gunun gemwa oxygen yem litô te. Omin hegefet yem litô yem oxygen ebè klamang yem lówó te.

Yem igoen mlel yem litô te lanen meted yem oxygen bud wen sotu nmoen. Gel tiesen du yem oxygen yem laen dù bud muhen bè lówó te. Bè yem bud kesfuléken ebè hosô te yem litô te, tebelen bè bagâ te yem laen dù bud mu te du ani hewâ sok te bud mnawa. Yó boluyen yem gel hewâ yó duhen carbon dioxide.

PAANO HUMINGA

May isang bagay na patuloy na ginagawa ng tao. Ito ay paghinga. Patuloy tayong humihinga kahit hindi na pag-isipan pa. Kaya ganito ito dahil mayroon kalamnan sa loob ng ating dibdib na patuloy na nagpapahinga sa atin. Ang kalamnan na ito ay tinatawag na muscles sa Ingles. Paano ito nangyayari, basta patuloy lang itong gumagalaw para papasukin at palabasin ang hangin sa ating katawan. Ang utak ang nagpapagalaw nito. Kailangan natin huminga dahil kailangan ng ating katawan ang nasa hangin na tinatawag sa Inglis na oxygen. Kung wala nito tayo ay mamamatay.

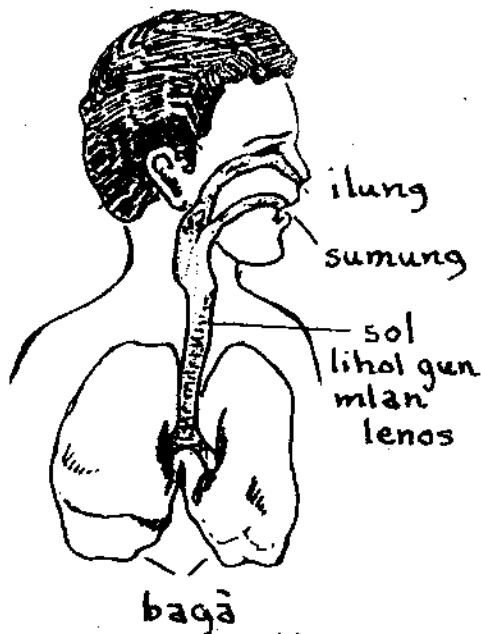
Ang nangyayari kapag tayo'y humihinga pumapasok ang oxygen sa ating mga baga. Sa loob nito sumasama ang oxygen sa dugo. At saka dadalhin ng dugo ang oxygen sa ibat-ibang bahagi ng ating katawan.

Habang naghahatid ng oxygen ang dugo mayroon pa rin siyang ginagawa.

Pakikipagpalitan ng oxygen sa hindi na kailangan ng katawan. Pagbalik ng dugo sa puso iniwanan nito sa baga ang hindi na kailangan ng katawan para kasama itong lalabas ng hininga. Ang tawag sa hindi kailangan ng katawan ay carbon dioxide.

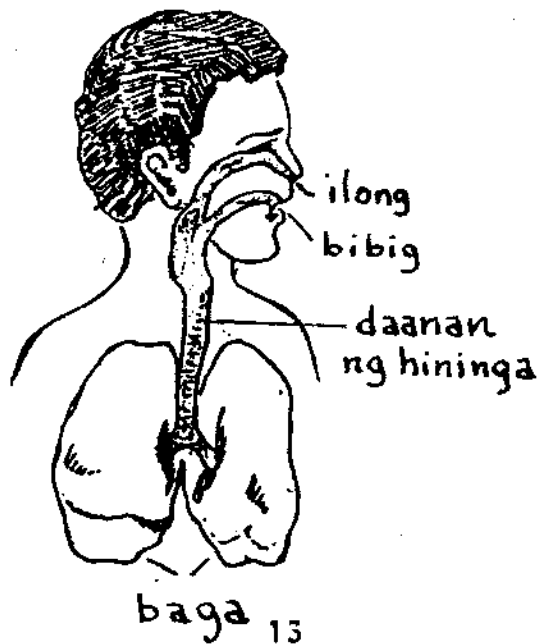
Lewu lanen husek bê lówó te yem
 lenós. Mian bê ilung te ne bê lem bak te.
 Okóm mom hyu ke bê ilung te lanen abay se
 wen yem bul ali lemnek nū bê yó gel
 hemseng yem using duhen kfung gu laanen lá
 deng gefet bê bagā te. Sotuhén, wen ngol
 bê ilung te gel tmóbóng snéen hólós yem
 lenós ke wen using tô mung du sok te mnawa.
 Ne yem sotu nmò yem ngol, gel hnéféen udi
 yem lenós abay se yó se hyu bê lówó te.

Tey bong hyu yem kun nmò yem ilung bê
 yem kehsengen yem using abay se yem using gel
 bemlay des bê tau. Yó gum mon dōyón tekuy
 kwata abay se deng eles wen suen bê lówó te
 mō tmóbóng hemseng des.



May dalawang pasukan ang hangin sa ating katawan. Ito ay ang bibig at ilong. Pero mas mabuti kung papasok ang hangin sa ating ilong dahil dito ay may mga pinong buhok na sumasala sa dumi at alikabok bago makapasok sa baga. At mayroon din sipon sa ilong na tumutulong sa paglilinis ng hangin na pumapasok sa atin katawan. Ito rin ay tumutulong sa pagmasa-masa ng hangin dahil ito ang mabuti sa katawan.

Ang pansala ng ilong sa duming nasa hangin ay mabuti dahil ang dumi ang nagiging sanhi ng pagkakasakit ng tao. Kaya magpasalamat tayo sa Diyos dahil nilagyan niya ang ating katawan ng pananggalan para hindi tayo maging sakitin.



YEM KLINGU

Bê kóm kehedem du, mô kmoen ke laen
dû hungolem? Hendem te dé yem tey dē
gungol te ket kdaw. Gel gungol te yem luk
lenós ne uni ti kulón ne udél kem onuk
koyu, sélétem mon yó kem tey hebenes ne
balü yó kem olo engeg. Gbek te mungol du
snéen yem udél tau, sélétem mon ne ke wen
tau stulón kóm. Yó gunum mon tey bong
muhen yem klingu.

Yem klingu, wen gunun emkél ebē yem
lafō. Yó se bê yem tlu kmō kesólólen.
Abay se yem lafō, wen se kuliten ne klokuben
ne lemen. Lumun se yó yem klingu abay se tlu
kmō kesólólen snéen. Yem ton te bê kulu
te yem tanayen. Omin yem nū bê gunun
sóól, ne yem getluhen yem nū hol ditu
lemen.

Yó muhen yem klingu gfan bê lewà, gotu
gwahen yó kem uni gel gungol te ne nwwiten
elem klingu te. Sok deng husek elem klingu te
yó kem uni tódō gedek bê yem mon le eardrum.
Nim eardrum ni lumun tō luf kmoen. Nū bê bak
yem hol gunun sóól yem klingu te. Yem boluyen
bê Inglis nim bê gunun sóól ni, middle ear.
Sok gdek ebē yem lumun tō luf yem uni, du fen
hekluléng du elem yem middle ear yó
koni.

ANG TAINGA

Kung hindi ka nakakarinig anong pakiramdam mo? Isipin mo lang ang maraming bagay na iyong naririnig araw-araw. Halimbawa, naririnig natin ang hangin, ulan at ang huni ng mga ibon. Lalo na ang napakalakas na ingay at kahit napakahinang tunog. Maririnig natin ang mga taong nag-uusap lalo na ang may sinasabi sa iyo. Kaya napakahalaga ng tainga.

Mayroon pagkakahawig ang tainga sa niyog. Ito ay ang pagkakaroon ng tatlong bahagi. Dahil ang niyog ay may bunot, bao at laman ng niyog. Ang tainga gaya ng niyog ay mayroon din tatlong bahagi. Ito ay ang panlabas na tainga, gitna ng tainga at kaloob-looban ng tainga. Ang trabaho ng panlabas na tainga ay sumalo ng tunog at magpapasok nito sa loob.

Pagpasok ng tunog sa loob ng tainga agad itong makararating sa salamin ng tainga na tinatawag sa Inglis na eardrum. Ito ay manipis na balat na nasa bukana ng pangalawang bahagi ng tainga. Ang bahaging ito ay ang gitnang tainga na tinatawag sa Inglis na middle ear. Pag tumama ang tunog sa salamin ng tainga yumayanig ito na siyang nagpapasok ng tunog sa loob ng tainga.

Wen yó kem tlu tiol lemnek nù bè yem
gunun sóól yem klingu. Kesok kemdol yem luf,
gotu le gbót kemdol ni kem tiol ni koni
lemwót bè yem tanay tiol efet gefet bè yem
getluhen. Yo gunun nù se kun duhen bè bak yem
getlu kesóól yem klingu. Ni se yem mon te
sokol yem klingu hol fi ditu lemen. Okóm bè
Inglis, inner ear boluyen.



Yem Klingu

Pag yumanig ang salamin ng tainga nagpapayanig din ito sa tatlong maliliit na buto na nasa gitna ng tainga. Ang pagyanig ay nag-uumpisa sa unang buto hanggang sa pangatlo. Ang pangatlong buto ay nakakabit sa pangatlong bahagi ng tainga. Ito ay nasa kaloob-looban ng ulo na tinatawag sa Inglis na inner ear.



Ang Tainga

Yem klingu hol fi ditu lemen, sal tiol
kmoen bede lemnek. Ne wen sol nû bè gunun
sóól ni kem tiol ni gunun mlan sotu klasí
él. Wen nû du snéen yem tey dē bul okóm
ali le lemnek. Sok gefet hol fi ditu lem yem
klingu yem uni, gotu hekdolen yem él. Ne
lemwót yem él bud hekdolen yó kem bul
lemnek. Ni kem bul lemnek ni mogot le ebè
yem lumun tō ngā tnikel ali lemnek.
Lemwót ni kem lumun tō ngā tnikel ni, fen
hegefet le ebè utek yem uni gungolem. Ne yem
utek fen tmulón du kóm ke tedu yem yó. Tek
sulék segefes, deng sana gotu tngónem yem
gungolem.

Yó gunum mon, tey bong muhen yem klingu
te abay se lemwót bè yem kul nmò gunu te
temngón du yem kmoen yó kem gel hmilol kut.

Ang kaloob-looban ng tainga ay may maliliit na buto at may parang tubig na dumadaloy sa loob nito at marami rin pinong buhok. Pag nakarating ang pagyanig sa loob ng tainga, pinagagalaw nito ang tubig na nagpapagalaw ng mga pinong buhok. Ang mga pinong buhok ay nakakabit sa pinong parang mga sinulid. Ang parang sinulid na ito ang nagdadala ng naririnig mo sa utak. At saka sasabihin sa iyo ng iyong utak kung ano ang iyong narinig. Ang lahat ng ito ay nangyayari ng napakabilis.

Kaya napakahalaga ng tainga dahil ipinaalam nito sa atin ang nangyayari sa ating paligid.

YEM MATA

Yem mata tau, tey bong muhen. Lemwót bè mata te gunu te mton du yó kem kdé deng dlimun Dwata lumun yem nóng kdaw gu ta bnes ne yem tey tilob éi mlel. Ton te snéen yó kem kut tuha ne kem kut dumu setwoli. Bud lemwót bè mata te gunu te gembek temngel yó kem bok ne yó kem tulad. Gbek te mton du snéen ka wen tô hemsidek kut bè lan te mógów. Tô kmoem dù se ke laen du matahem?

Tey hyu knò Dwata du yem mata te abay se wen kem klubéng ne hulok gel kemlung du. Abay se yó se kul nmò, gel henseng le yó kem sidek gel tô husek bè mata te lumun ke using ne inget. Wen snéen yem klokub mata te gel mudof ani là guseken yem using duhen ke kihu dumun gel tô hemsidek yem mata te.

Hatan te mton ke wen layag husek elem mata te. Yem lanen husek duhen mlan bè yem hitem udi nù bè gunun sóól yem mata te. Bè kut udél, ngá lem mata yem boluyen yem hitem udi yó. Okóm bè Inglis pupil boluyen.

ANG MATA

Ang ating mata ay mahalaga. Kung wala tayong mata hindi natin makikita ang lahat ng nilikha ng Diyos. Pero dahil mayroon tayong mata, makikita natin ang sikat ng araw sa damuhan at ang magandang agos ng tubig. Makikita natin ang ating mga magulang at mga kapatid. Matitingnan natin ang mga libro at mga larawan. Makikita rin natin ang panganib sa daan. Ano ang gagawin mo kung wala kang mata?

Napakabuti ng Diyos dahil ginawa niya ang ating mata na may pilikmata at kilay na mangangalaga. Ito ay pumipigil sa pagpasok ng dumi at pawis sa ating mata. Mayroon din tayong talukap ng mata na kumukurap para pangalagaan ang ating mata laban sa dumi at ibang makasisira nito.

Makakakita lang tayo pag may pumasok na liwanag sa mata. Mayroon pasukan ng liwanag sa bilog na itim na nasa gitna ng mata. Ang tawag sa Inglis ng maliit na itim sa gitna ng mata ay pupil. Nag-iiba ng laki ito para

Gel mesfili yem kmò kbongen yem ngà lem mata
 ani hol tódò yem kwen yem layag gel husek.
 Sok tilob knóng yem kdaw mesfili udi. Okóm
 sok kifu ne laen dù nóng kdaw tódò lemanang
 ani mton te. Bè yem gel kesfilihen yem
 kbongen, lunun tó mkél bè yem mata yem gel
 tmulad, yem mon te kóda.



Yem hitem lem mata
 ke kemdaw

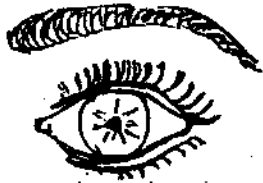


Yem hitem lem mata
 ke kifu

Sok gdek elem mata te yem layag,
 tódò bè yem hol fi ditu lem mata te gunun
 egdek. Yó boluyen bè Inglis retina.
 Sok deng gefet yó kem tonem ebè yem retina,
 lemwót yó kem ngà ulat lemnek mogot bè
 retina, lu fen hegefet du ebè yem utek ke
 tedu yem deng tonem. Ne yem utek fen tmulón
 du kóm ke tedu yem tonem yó koni.

Tonem tey dē stóbóng mò nmò bè
 nim lówó tekuy mò fen tmulón du bélē te
 ke tedu gefet bè nim hmilol kut.

sa pagpapapasok ng tamang liwanag. Kung mainit ang araw lumiliit ang iyong pupil. Pero sa gabi na walang araw lumalaki ang pupil para makakita ka. Ang pagpapalit-palit ng laki ng pupil ay maihahalintulad sa lente ng kamera.



Ang pupil sa araw



Ang pupil sa gabi

Pag pumasok ang liwanag sa mata, napupunta ito sa likod ng mata na tinatawag sa Inglis na retina. Pag tumama ang iyong nakita sa retina, ang bungkos na pinong ugat na nakakabit sa retina ang magdadala ng nakita mo sa utak. At saka sasabihin sa iyo ng utak kung ano ang nakita mo.

Kaya malalaman mo na maraming bahagi ng ating katawan ang nagtutulong-tulong para malaman natin kung ano ang nangyayari sa paligid.

YEM KULIT TE

Tedu tō gunu te ehmingun du yem kulit bè lówó te? Hol lumun tō hunges mô fen lemimun du yem lówó. Yem kulit, eles wen nù du yem mon le tissue (tisyu). Nim tissue ni ali lufi ne wen yó kem tey lemnek mowil nù lemen boluyen cells (sel).

Bè yem hol fi ta yem kulit tekuy deng eles matay ni kem cells ni. Yó gunu le gel mkó. Okóm lemwót yó kem cells nù fi laan, mowil le kul ne lu gel temles du yó kem cell deng matay yó. Yó se kmoen ani hyu mton du yem kulit tekuy.

Dè kmoen yem kulit tekuy. Gbeken mnut ne gbeken lemulun. Ngem tilówem. Ktengem udi yem kulit nù te henmuen. Tonem mnut. Bud kóhem. Tódó bud mulék bè sana kun kmò. Lumun tō guna yem kmoen. Sotuhén, gbeken lemulun. Senkofiem hólólem. Hnéngem yem kulit lem hólólem. Tedu se kmoen? Tonem deng lemulun. Okóm sok bud nbólem yem hólólem tódó bud mulék bè yem sana kun kmò.

ANG BALAT

Saan natin maihahalintulad ang ating balat? Ito ay parang pambalot na bumabalot sa ating katawan. Ang balat ay binubuo ng tinatawag na tissue. Ang tissue ay napakanipis at binubuo ng maliliit na buhay na bagay na tinatawag na cells.

Sa panlabas na balat patay ang cells. Kaya nagkakalaglag ito. Pero ang cells na nasa ilalim ay buhay at siyang pumapalit sa nagkakalaglag na balat. Ganito ito para laging makinis ang ating balat.

Maraming nagagawa ang ating balat. Nababangat ito at kumukulubot. Subukan mong hilahin ang balat ng iyong kamay. Nababangat ito at pag binitawan mo ito ay babalik sa dati. Parang lastiko ito. Ito rin ay kumukulubot. Isara mo ang iyong kamay. Tingnan mo ang iyong palad. Anong nangyari? Kumukulubot ito. Pero pag binuksan mo uli ang iyong kamay, babalik ito sa dati.

Ke wen nogot te gbek te temngón du ke mlo duhen ke lâ duhen ke mtétél duhen ke lemek. Tngónem kô moen ke lumun yó? Abay se bê yem kulit tekuy wen yó kem nù du boluyen nerves. Ni kem ni gel mon te ulat lemnek bê Tboli. Gel mlan bélê le ke wen hetngón mógow ebê utek ne sanged ke wen hetngón gu bê utek. Tulón le ke kini duhen ke tnaw duhen ke kihu kmoen yem nogotem. Tey tóbóng le ni kem mon le nerves ni.

Yem tnugu tdok ne yem tnugu ti bud sotu klasi kulit snéen. Okóm deng 'matay yem cells nù du. Yó gunun lâ des sok gel kenleng te yem knugu te.

Pag mayroon tayong nahawakan, alam natin kung ito ay magaspang o makinis o kaya ay matigas o malambot. Alam mo ba kung bakit ganon? Dahil mayroong tinatawag na nerve sa ating balat. Sa Tagalog tinatawag itong ugat. Ang mga nerve na ito ang daanan ng mensahe papunta at pabalik sa utak. Ipinaaalam ng nerve kung malamig, mainit o kahit ano ang ating nahawakan. Maraming naitutulong ang nerve sa atin.

Ang mga kuko sa mga kamay at mga paa ay balat din. Pero ang cell na ito ay patay. Kaya hindi ka nasasaktan pag pinuputol mo.

YEM KMOEN YEM TIOL TE

Bê yem lówó te, tey wen yem lemek du. Yó gunum mon ke lâ wen yem hbegel du lâ kô gbek te mdâ duhen mógów duhen ke nmô te yem kihu nmô te bê yem ket kdaw. Yem hbegel du yem lówó te duhen yó kem tiol te. Botong 206 kwadag le sogot stóbóng hembegel yem lówó te. Yem kdê tiol gel sogot ni, yó boluyen skeleton (skeliton) bê Inglis.

Yó se kul kmô yó kem tiol te, yó se bud kun kmô yem lówó te. Yó gunum mon, wen kem tau tahâ ne wen se kem tau ukol. Wen se kem tau tahâ lihol le ne wen snéen ukol lihol le. Wen se kem tau bong hosô ti le ne wen se kem udi hosô ti le.

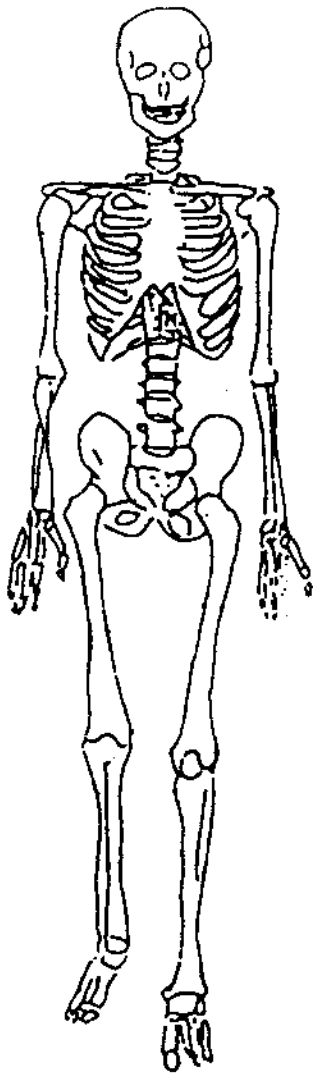
Ni kem tiol nù bê lówó te, tey mtétél okóm lâ kô le blat. Abay se ke blat, lâ kôen mahil kmô kekdol te duhen kógów te. Sotu mu yó kem tiol, lu fen kemlung yó kem lemek bê lówó te lumun hosô, katay ne utek. Mon te kemlung abay se lenabat le yó kem lemek nù lem lówó te aní lâ mahilen ke wen tódô kul.

ANG KALANSAY

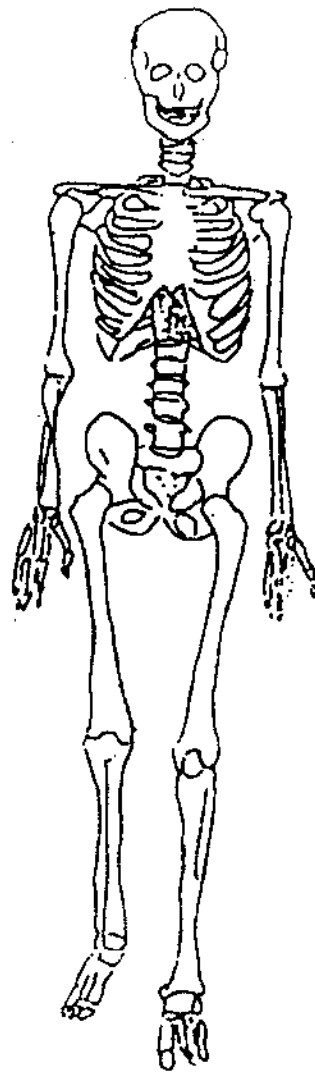
Halos lahat ng bahagi ng ating katawan ay malambot. Kaya kung wala tayong matigas na balangkas hindi tayo makatatayo, makalalakad o kayay makagagawa ng ibat-ibang gawain sa araw-araw. Ang nagpapalakas ng katawan ay ang buto. Mayroong dalawang daan at anim na buto (206) na kabit-kabit na siyang sumusuporta sa katawan. Ang mga butong ito ay tinatawag na kalansay.

Ang hugis ng buto ang siyang nagbibigay ng hugis sa ating katawan. Kaya ang ibang tao ay matangkad at ang iba ay bansot. Ang iba ay may mahabang leeg at ang iba ay maigsi. Ang iba ay may malaking paa at ang iba ay maliit.

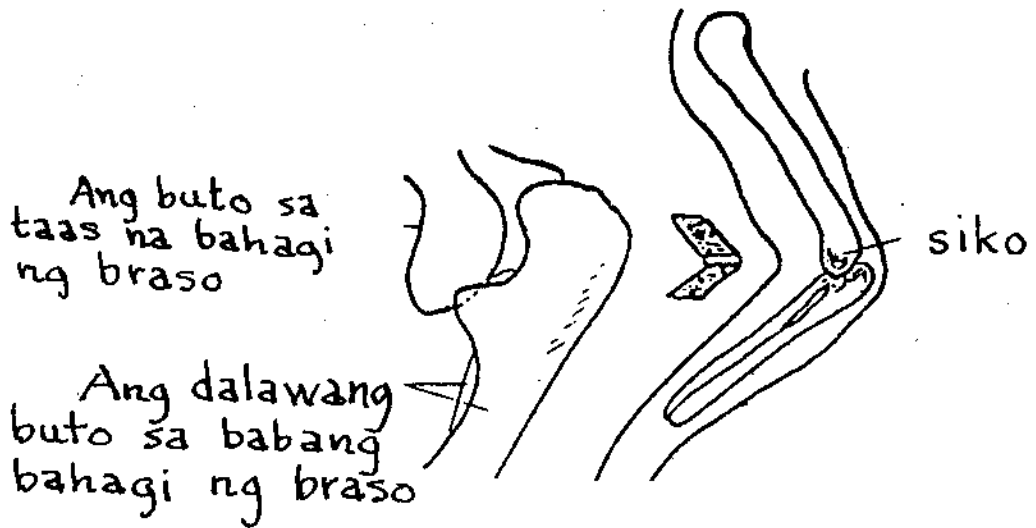
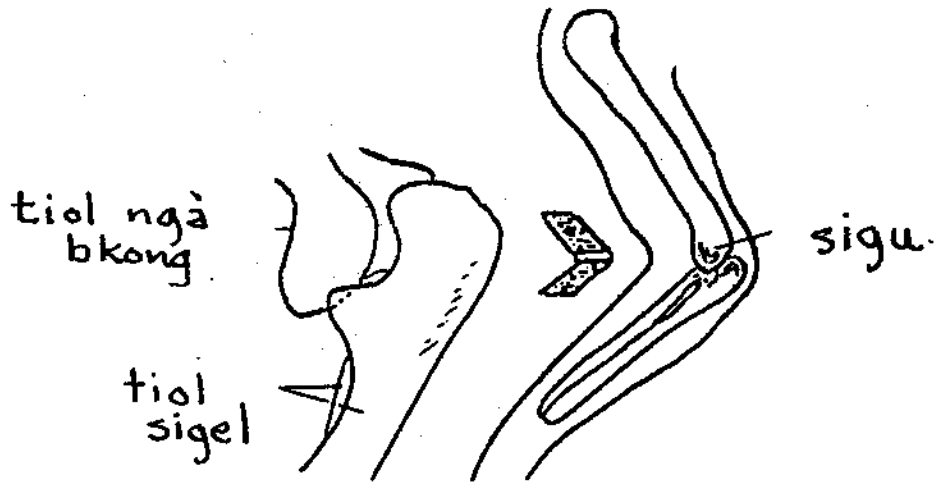
Ang mga buto ay malakas, pero hindi ito mabigat. Kung mabigat ito mahihirapan tayong kumilos. Ang isa sa tungkulin ng mga buto ay pangalagaan ang mga bahagi ng ating katawan na malambot gaya ng puso, atay at utak. Napapalibutan nito ang mga malambot na bahagi para hindi mapinsala.



Tiol Bè Lówó Tau



Ang Kalansay



Wen yó kem gunu le sogot ne stud ni kem tiol ni. Yó boluyen bè Inglis joint. Yó gunu te gbek bemkut yem sigel te ne yem ti te, abay se wen yem mdengen gunun sogot yó kem tiol te. Tilów benkutem sigelem kun. Nù gunun seblà bkut? Bkut seblà bè sigu te kóó abay se yó se gunun sogot yem tiol bè sigel te. Ni kem tiol ni, là kô le bkut kul, okóm fen tmóbóng yem sotu kay unged boluyen muscle (mesel) nù bè yem gunun sogot yó kem tiol. Yó kun nmò nim unged ni, fen tmóbóng yem gunun sogot yó kem tiol ani gekdol ebè yem kóm kóyô gunu ehkdol du.

Sok ninut te lemnok, bud le minut lemnok se kul yó kem tiol te. Baling leembang ne tahâ. Kesok deng gsón yem kenok te, là bud le lemnok ne yó kem tiol te. Okóm senflós le tmóbóng yem lówó te mlan bè yem tendo gel kehlomi le yó kem mon le tissue. Yó gunum mon anien ke wen gel tfok bè yó kem tiol te, mahil le gel hyu abay se wen yó kem lomi tissue fen gel hemyu kul.

Tahu se tey bong muhen bélé tekuy yó kem tiol te.

May mga bahaging magkahugpong ang mga buto. Ito ay tinatawag sa Inglis na joint. Ang dahilan kung bakit nakababaluktot ang ating mga braso at binti ay dahil sa mga hugpong kung saan magkakabit ang mga buto. Subukan mong ibaluktot ang iyong braso. Saan ito bumabaluktot? Bumabaluktot ito sa siko dahil dito nagkahugpong ang dalawang buto. Hindi makababaluktot mag-isa ang braso. Nangangailangan ito ng kalamnan para makabaluktot. Ang gawa ng kalamnan ay tulungan ang mga butong gumalaw para makagalaw ka kahit paano.

Habang tumataas ka tumataas din ang iyong buto. Kumakapal at tumataas ito. Pag dating mo sa hustong taas ang iyong buto ay hindi na tumataas pa. Pero patuloy na tumutulong ito sa pamamagitan ng paggawa ng bagong tissue. Kaya pag nabasag ang buto ito ay gumagaling dahil pinagagaling ang nabasag ng bagong tissue.

Totoong ang kalansay ay mahalaga sa atin.

Mô lok yem udél Inglis bè nim bok ni.

Ni kem deng snulat bè Inglis ni olo lebang yem deng nũ bè Tboli ne Pilipino. Són duen yem ksulat du kun nim bè Inglis ni lâ nwa du bè yem kestodol yem kudél du bè Tboli ne Pilipino. Okom yem hol bótóng tulónen ne yem kmô klanen hlô senged ni kem tlu udél ni. Ke wen lâ tngónem du, htoloki bè yem mestelu, duhen bè yem tau hulung udél Inglis.

Back Translation

Introduction to the English in this book.

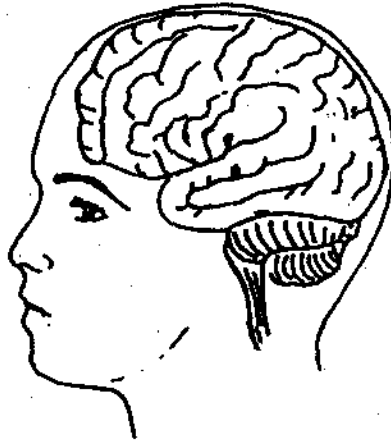
It is important to realize that the stories/chapters which follow which are written in English are not a translation of the Tboli like the Pilipino stories are. The stories written in English only tell the most important parts of what is written in Tboli. The topic/subject is the same and the ideas are the same but the words do not follow just what the Tboli says. Some of the sentences are left out and some of the sentences are said in a different way. Only the general meaning is the same. So when you read the English you cannot look at the Tboli and try to match each word. You should try to remember the things you have learned about what is being talked about in the chapter when you read about it in Tboli and Pilipino. Then try to learn as much of the English as you can. If you do not have a teacher, you should ask someone who knows English to help you.

THE BRAIN

The brain is a very important part of our bodies. We can think and plan what we want to do because of our brain.

The brain also helps us in many other ways. It tells us what we hear and see and smell and touch. It also keeps our heart beating and keeps us breathing even when we don't think about it.

We do all of these things because our brains are working for us. We should be very thankful for our brains.



The Brain

THE HEART

Your heart is what makes the blood go around and around in your body. If the blood did not move through our bodies, we could not live.

The heart works something like a pump because it causes the blood to move. It works very hard. If you are resting it pumps more than four liters every minute. But if you are playing or working, it pumps as many as 33 liters every minute.

Do you know where your heart is? Put your hand on your chest and see if you feel it beating. It keeps beating and beating to keep us alive.



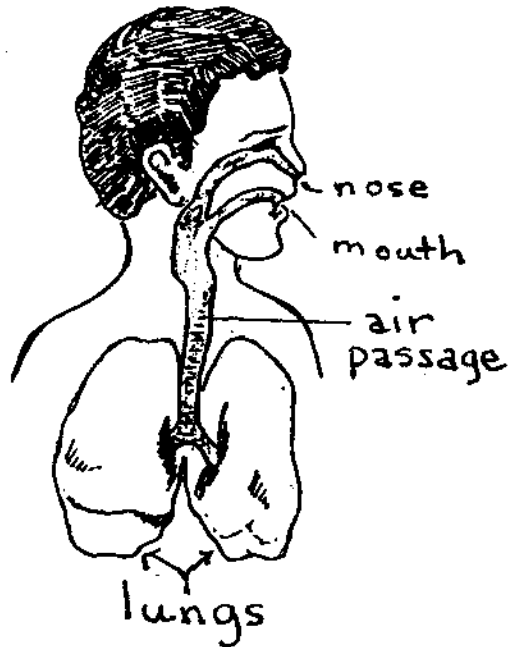
The Heart

BREATHING

Breathing is something we continually do even if we don't think about it. That is because there is a muscle in the chest which keeps moving. It does this to make air go in and out of the body. It is the brain which makes this muscle keep moving so that we keep on breathing. If we did not breathe, we would die. That is because our bodies need something that is in the air which is called oxygen.

When we breathe in, the oxygen in the air goes to our lungs. It is then carried to the other parts of the body by the blood. At the same time that the blood is delivering the oxygen it picks up what the body does not need anymore. When it travels back to the heart it leaves what the body does not need in the lungs. So when you breathe air out, the part that is no longer needed goes out of your body. This waste matter is what is called carbon dioxide. So we breathe in oxygen, and we breathe out carbon dioxide.

There are two ways that air comes into our bodies. One is through the nose and the other is through the mouth. It is best if the air comes through our nose, because there are tiny hairs there which catch dirt and dust before they can get into our lungs. It is good if the dirt does not get in because dirt can cause sickness if it gets into the body.



THE EAR

What would it be like if you could not hear? Just think of all the things you hear every day. You hear wind and rain and birds. You can hear loud noises and very soft sounds. You can hear people talking to you and telling you things. Our ears are very important.

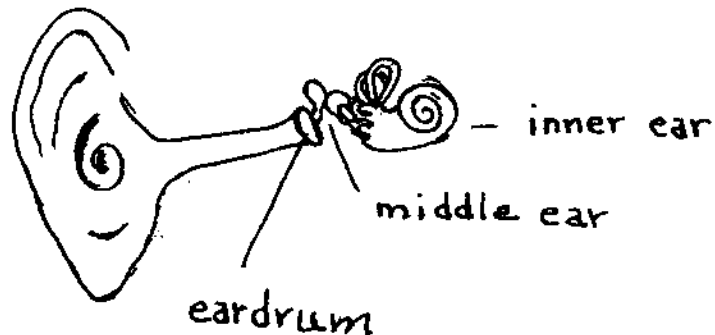
The ear has three parts but you can only see the outside part. The outside part catches the sounds and sends them inside.

The second part is called the middle ear. At the entrance to the middle ear is a thin but strong piece of skin called the eardrum. When a sound hits this skin it makes it vibrate just like what happens when you strike a drum. When the skin vibrates, it makes three small bones which are in the middle ear move. The first one moves the second and the second one moves the third. The third bone is attached to the entrance of the third part of the ear which is called the inner ear.

There are tiny pathways made of bone in the inner ear. These pathways are filled with a liquid and also there are many tiny hairs there. When the bones vibrate, they make the water move which then makes the hairs move.

The tiny hairs are attached to tiny nerves which are like threads. It is these nerves which take the message to the brain letting you know that you have heard something and the brain then tells you what you have heard. All of this happens very, very fast.

Yes, our ears are very wonderful things that let us know what is going on in the world around us.



The Ear

THE EYES

Your eyes let you see what is happening around you. They see many things. They see sun and grass and trees and people. They see books and pictures. They see the path you walk on. What would we do without our eyes?

We have eyelashes and eyebrows and eyelids to help protect our eyes. They help to keep dirt and perspiration and other things from getting into our eyes.

We cannot see unless light enters the eye. Light comes in through a tiny opening in the middle of our eyes. The opening is small in the bright sunlight but it gets bigger when we are in a dark place.

When light enters the eye, it goes to the back of the eye. There are tiny nerves there which take the message to the brain letting you know that you have seen something. Then the brain tells you what you have seen. Many parts are working together to help us to know what is going on around us.



Pupil in bright sunlight



Pupil at night

THE SKIN

Skin is like a covering or wrapping for the body. It keeps outside things from getting in and inside things from getting out. Skin can do many things. It can stretch and it can fold. Pull up some skin on the back of your hand. It stretches. When you let it go, it goes back into place.

Close your hand and see what happens to the skin on your palm. It folds up. When you open your hand again it goes back into place.

There are tiny nerves in our skin that tell us something about the things we touch. They tell us whether it is hard or soft or hot or cold or rough or smooth.

Fingernails and toenails are also skin but they are dead skin so you cannot feel any pain if you cut them.

THE SKELETON

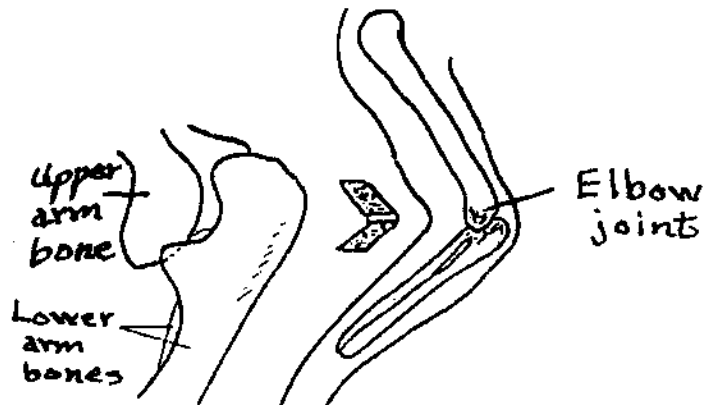
Our bodies have many soft parts like the brain, the heart, and the lungs. If we did not have some hard parts we could not stand or walk or do many other things we do every day. The hard part of our body is the bone part. There are 206 bones in our bodies. All the bones put together are called the skeleton. They all fit together to hold us up so that we can walk and run and do other things.

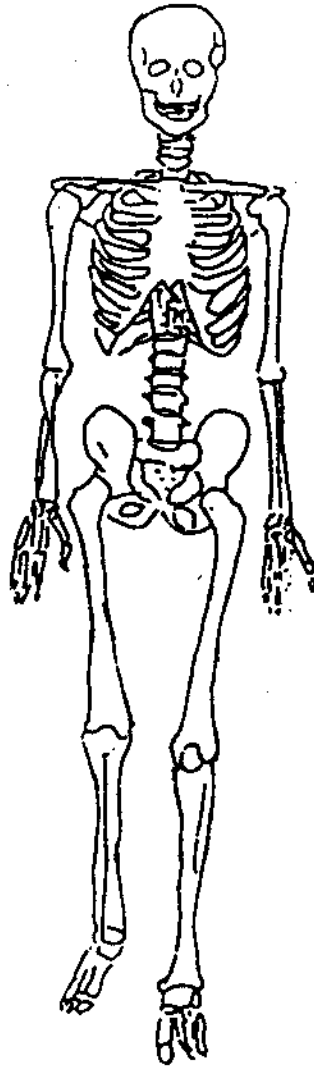
People have different shapes. Some are tall and some are short. Some have long necks and some have short necks. Some have big feet and some have little feet. It is the bones that give us our different shapes.

Bones are very strong but they are not heavy. If they were heavy we would not be able to move very easily. Bones also help us in other ways. They protect the important parts of the body like the heart and the liver and the brain.

Our bones fit together in places called joints. This is where two bones come together. It is because we have joints that we are able to bend our arms and legs.

As you grow taller your bones grow also. They grow longer and they grow thicker. When you stop growing, the bones stop growing too. But they still keep on making new parts of bone which is called tissue. It is necessary to keep making new bone tissue so that they can repair themselves if a bone is broken. Truly our skeleton is a wonderful thing.





The Skeleton

ABOUT THIS BOOK (Introduction)

From this book it where we (all) will find out some things about our bodies. One thing we can compare our bodies to is it is like a machine. A machine has a cover to cover up what is inside because that (what's inside) is what is so important. It is like that regarding our bodies, it has skin on the surface to cover what is inside. Therefore if we look at our bodies the only thing we see is the skin but there are many things inside that we can't see. The purpose of this book is to let us know what some of things inside our bodies are and to let us know what these things do.

These are the things in our bodies that we will study about in this book.

1. The brain
2. The heart
3. How we breath
4. The ear
5. The eye
6. The skin
7. The bones of the body

This book is written in three languages; Tboli, Pilipino and English. When you have finished reading what it says in Tboli and you understand it well, then read the Pilipino. Because you know what the Tboli says, you can easily know what the Pilipino means. And from that you can learn many Pilipino words. The Tboli and the Pilipino in this book are next to each other. All the Tboli is on the left and all the Pilipino is on the right. The reason the Tboli and the Pilipino are close together is so that you can easily compare what they say.

At the end of this book there is something else it tells which has the same meaning as what you have read in Tboli and Pilipio but it is written in English. In the writing of it in English, it only takes the major parts, but the meaning is the same as what it tells in Tboli and Pilipino. Because you know the Tboli, you can easily learn some of the English. Good if you have a teacher teach you in reading the English. But if you dont, try to do it just you alone.

LET US LEARN ABOUT OUR BODIES

The Brain

There is something in our bodies that is very important but we can't see it with the eye because it is inside our heads. This is what we call the brain. Our brain, it does many things for us every day. For example, our body movements, they come from our brain.

If someone talks to you, it is the brain that causes you to know what is said. If you see a pretty flower, it is also the brain that tells you what it is. Your ability to think and plan and whatever you do comes from your brain.

Even those things we don't always think about, it is the brain that does it for us. Think of the work of our hearts, and our stomachs and our lungs. Even if we don't think about it the heart just keeps on beating and the intestines keep on digesting (lit. crushing) food and the lungs keep on making us breathe. That is what they do even if you don't command them to because the brain causes them to do it.

Let us really praise God for that part of our body called the brain.

The Heart

Did you know that it is your heart that causes the blood to flow through your body? If blood didn't flow through our bodies we could not live.

Our heart, it works very hard. Let's compare it to pumped water because the heart causes the blood to flow inside (our bodies) until it arrives at our lungs and until it reaches the whole body. Even when we are resting, the heart doesn't stop working. The amount of blood it causes to flow each minute reaches to the extent of filling four and one-half large jars/bottles. But if we play or work, the amount of blood the heart causes to flow each minute, to the extent it reaches to 33 large bottles. That is why we say it works very hard.

What we call where the blood paths is veins. There are very many of these veins. If we could join them all together, their length would reach to even how many kilometers. There are large veins and there are small ones. The blood coming from the heart going to the rest of the body paths in the large veins. The name of these in English is arteries. And veins is what the veins (ulat) are called in which the blood going back to the heart travels. But in Tboli they have just one name, only ulat (vein).

Do you know where your heart is? It is in the middle of your chest but a little bit to the left more than to the right. Try it, put your hand on your chest. See if you can feel your heart beat.

As long as we live our heart just keeps on beating.

How We Breathe

There is something that people continually do and that is breathe. We just keep on breathing even if we don't think about it. The reason it is like that is because there is a kind of flesh in our chest when keeps on making us breathe. It is called muscle in English. How it does it, it just keeps moving so that it causes the air to come in and out of our bodies. It is the brain that causes this flesh (muscle) to move. It is necessary that we breathe because there is something in the air which is very important to our bodies. Its name in English is oxygen. If there was none of this, we couldn't live.

What happens when we breath is the oxygen enters our lungs. It is in the lungs that our blood gets the oxygen. And then the blood causes the oxygen to reach throughout the rest of our bodies.

While the blood is flowing to deliver the oxygen it is also doing something else. It exchanges the oxygen for what the body has no more use for. On the blood's return to the heart, it leaves what we no longer have any use for in the lungs so that when we breathe again it goes out. What we call that which is sent out is arbon dioxide.

Air has two ways to enter into our bodies. It goes through our nose and it goes through our mouth. But it is best if through the nose because there are tiny hairs there which block dirt and dust before they can reach to our lungs. Another thing, there is mucus in the nose which also helps clean the air if there is dirt in it when we breath. And another thing the mucus does, it also dampens the air because that is what is good for our bodies.

What the nose does to block dirt is very good because it is dirt that makes people sick. So lets praise God because he has put into our bodies something that will help to prevent sickness.

The Ear

In your thinking, what would it be like if you couldn't hear? Just think of all the things we hear each day. We hear the sound of the wind and the sound of rain and the sound of the birds, to say nothing of big noises and even tiny sounds. We can also hear people speaking, especially those who talk to us. Therefore the ear is very important.

The ear is similar to a coconut in some ways. That is in that it has three parts. Because as for the coconut, it has a skin and a shell and the inside. The ear is like that because it also has three parts. What we see on the head is the first part. And then there is what is in the middle and the third is what is on the very inside.

The purpose for the part of the ear that you can see on the outside is it catches the sounds we hear and takes them inside the ear. When the sounds get to the inside of the ear they reach what is called the eardrum. This eardrum is like "luf" (a thin membrane sort of material). It is at the opening to the middle of the ear. This place in the middle is called middle ear in English. When the sound reaches this which is like "luf", it sends the sound into the middle ear.

In the middle ear there are three tiny bones. When the "luf" moves, these bones also move starting at the first until it reaches the third. This one is at the opening to the third division of the ear. This is what we call the hole of the ear there on the inside. But in English, it is called inner ear.

The ear on the very inside is all bone, but very small. And there is a hole in the center of these bones in which a kind of water passes. There are also many tiny hairs there. When the sound reaches there to the very inside of the ear it causes the water to move. And then the water moves the tiny hairs. These tiny hairs are attached to what is like tiny threads. These tiny threads cause the sound of what you hear to reach the brain. And it is the brain that tells you what it is that you heard. In just a flash, you already know what you have heard.

That's why we say the ear is very important because coming from what it does is how we know what is going on around us.

The Eye

A person's eye is very important. Because of our eyes we see all that God has created like the shining of the sun on grass and flowing water. We also see our parents and our siblings. Also because of our eyes we can look at books and pictures. We can also see if there is something harmful on our path when we go someplace. What would you do without your eyes?

God made the eye very well because it has eyelashes and eyebrows to protect it. Because that is what they do, they block bad things that could get into our eyes like dirt and perspiration. We also

have eyelids that blink so that dirt or other harmful things can't get into the eye.

We can only see when light enters our eyes. The way it enters is through the tiny black part in the middle of our eyes. In our language, that black part is called the child of the eye. But in English it is called pupil.

The pupil is always changing its size so that just the right amount of light gets in. When it is sunny it becomes small. But when it is night and there is no sun shining it becomes large so that we can see. In regard to its always changing size, it is like the eye of a camera, that which we call "kodak".

When the light enters the eye, it arrives there on the very inside. Its name in English is retina. When what you see reaches the retina, the tiny veins (ulat) that are attached to the retina cause what it is that you have seen to reach the brain. Then the brain tells you what it is that you have seen.

You see how many parts of the body work together to tell us what things are around us?

The Skin

To what can we compare the skin of our bodies? It is like a wrapper that covers the body. As for the skin, there is something in it called tissue. This tissue is very thin and has tiny living things in it called cells.

On the very surface of our skin these cells have already died. That is why they are always coming off. But the cells underneath, they are alive and they are always taking the place of the cells that have died. It is like that so that our skin will be nice to look at.

Our skin can do many things. It can stretch and it can roll up. Look, try it. Pull up a little bit of skin on your hand. You see, it stretches. Then let it go. It just goes back to the way it was before. It is like rubber bands. Another thing, it can roll up. Close your fist. Look at the skin on your palm. What is it like? You see that it has rolled up. But when you open your hand it just goes back to the way it always was.

If we touch something we know if it is smooth or hard or soft. Do you know why it is like that? Because in our skin, there is something that is called nerves. These things we call little "ulat" in Tboli. Messages to the brain always path on them. They tell us if what we touch is hot or cold or whatever. These nerves are very helpful to us.

Fingernails and toenails are also a kind of skin. But the cells in these have died. That is why it doesn't hurt when you cut your nails.

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About Our Bones

In our bodies there are many weak parts. Therefore, if there was not something to give it strength we could not stand or walk or do whatever we do each day. That which strengthens our bodies is our bones. There are as many as 206 of them that join together to strengthen our bodies. All of these bones that join together are called skeleton in English.

Whatever the bones are shaped like, that is what our bodies are like. Therefore there are tall people and short people. There are people with long necks and some with short necks. There are people with big feet and people with small feet.

These bones in our bodies are very strong but they are not heavy. Because if they were heavy it would be difficult to move or walk. Another purpose of the bones is that they defend the weak/soft parts of the body like the heart, the liver and the brain. I say defend because they surround the weak parts of the body so that it is difficult for anything to harm them.

There are places where these bones join and support each other. In English this is what is called a joint. That is why we are

able to bend our arms and legs, because there are those places where the bones join. Try bending your arm. Where does it bend? It bends at the elbow doesn't it, because that is where the arm bones join together. It is not the bones themselves that bend, but there is a kind of flesh called muscle at the place where the bones join which helps (the arm to bend). What this muscle does is it helps at the place where the bones join so that it will move however you want to move it.

As we grow, our bones also grow. They become larger and longer. When you have reached the end of your growth the bones no longer grow. But they keep on helping the body by always making new tissue. That is why even if a bone breaks, it can easily heal because there is the new tissue which causes it to heal.

It is true, our bones are very important to us.