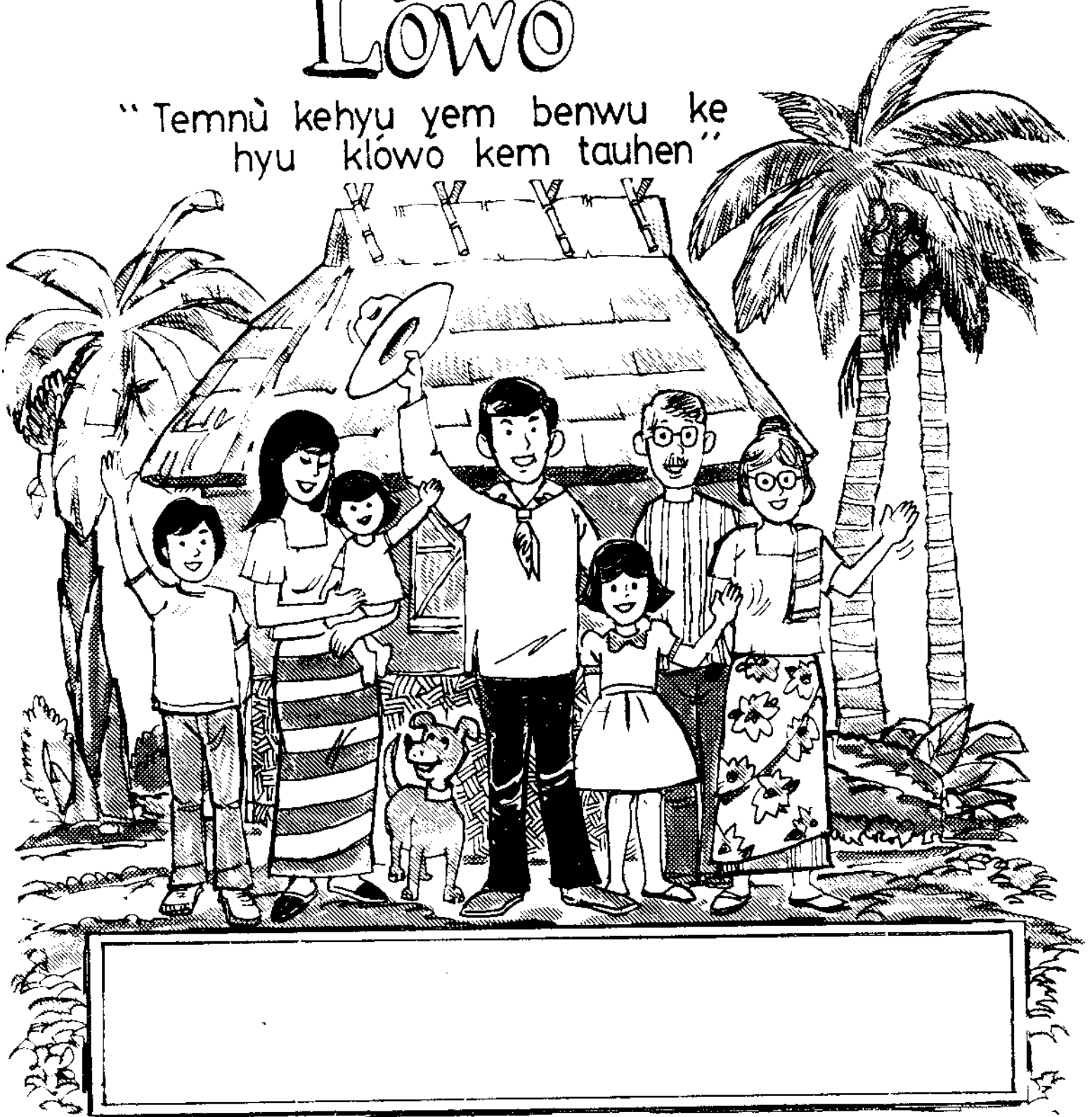


# Kmò Kehtilob LÓWÓ

Tboli  
Health Book

“Temnú kehyu yem benwu ke  
hyu klówo kem tauhen”



Gna snulat  
Tulad nmò  
Tboli nmò

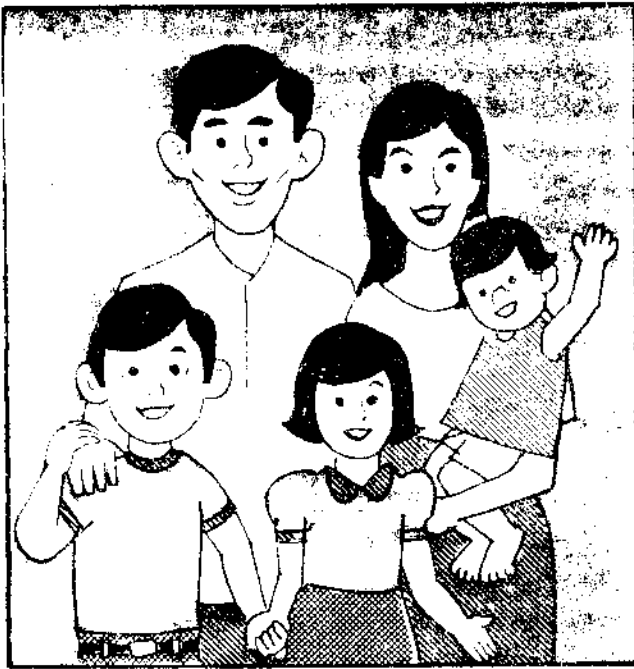
Dr. Rufino L. Macagba MPH  
Dani Dumuk Aquita  
Silin Awéd Wanan

# Yó Kem Nù Lem Nim Bok Ni

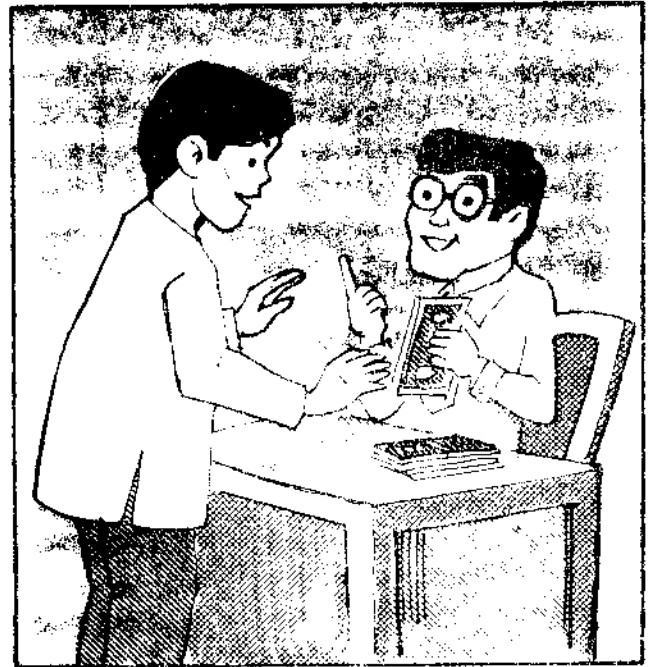
Yó kem ken wen muhen bè lówó te	5-6
Hyu ke tmutù bè yéen yem ngà	10
ken hyu bè yem libun mlutut ne yem libun htutuén héléén ngaen	11
ken hyu bè yó kem tau tuha	12
Hol hwen te yem gel hulu te	13
Kehseng yó kem kuled mit des elem lówó te	14-17
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Gmunù tilob klówó tau lemen...



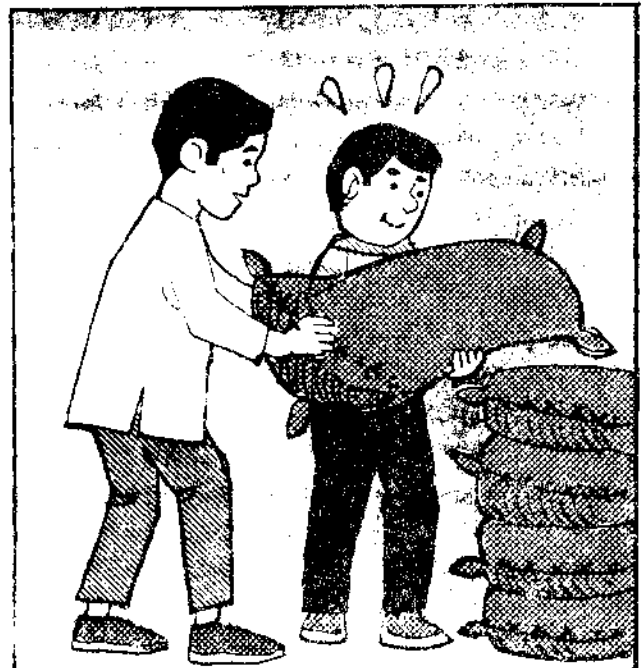
wen kligal le ke laen  
dú des le



... ne gbek le mò nmò aní  
wen guhu le ma

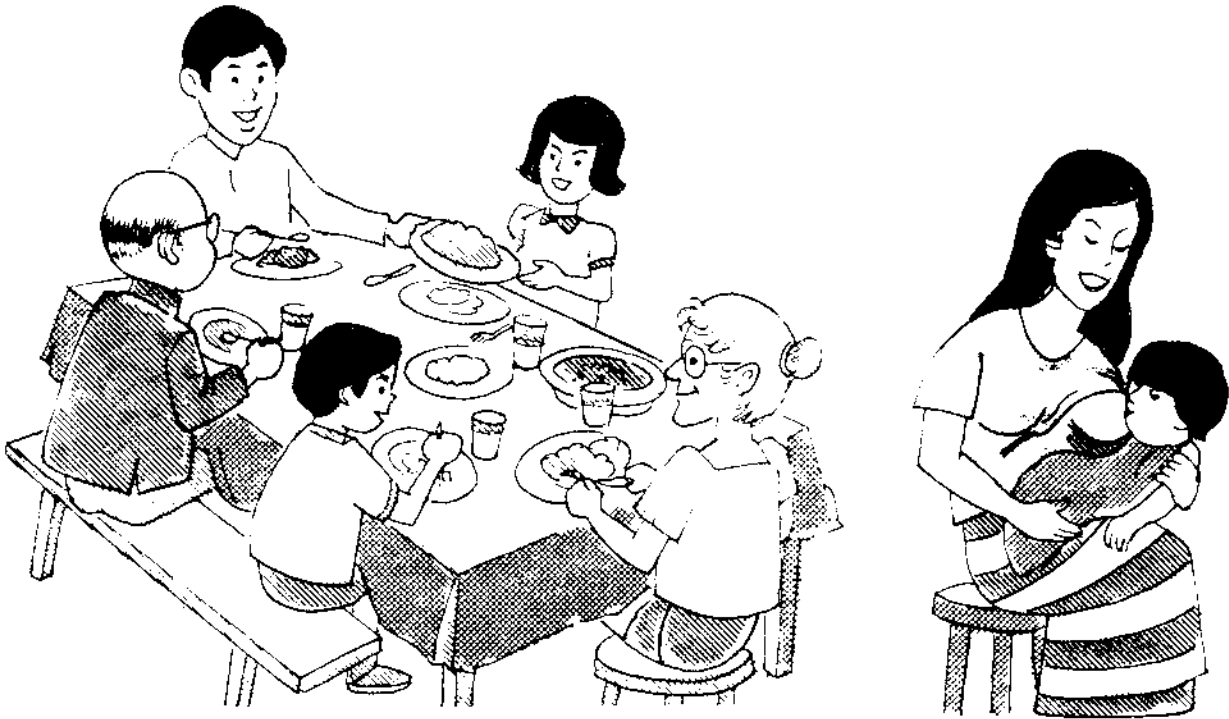


... ne tendo wen uléken ?  
vem nmò le

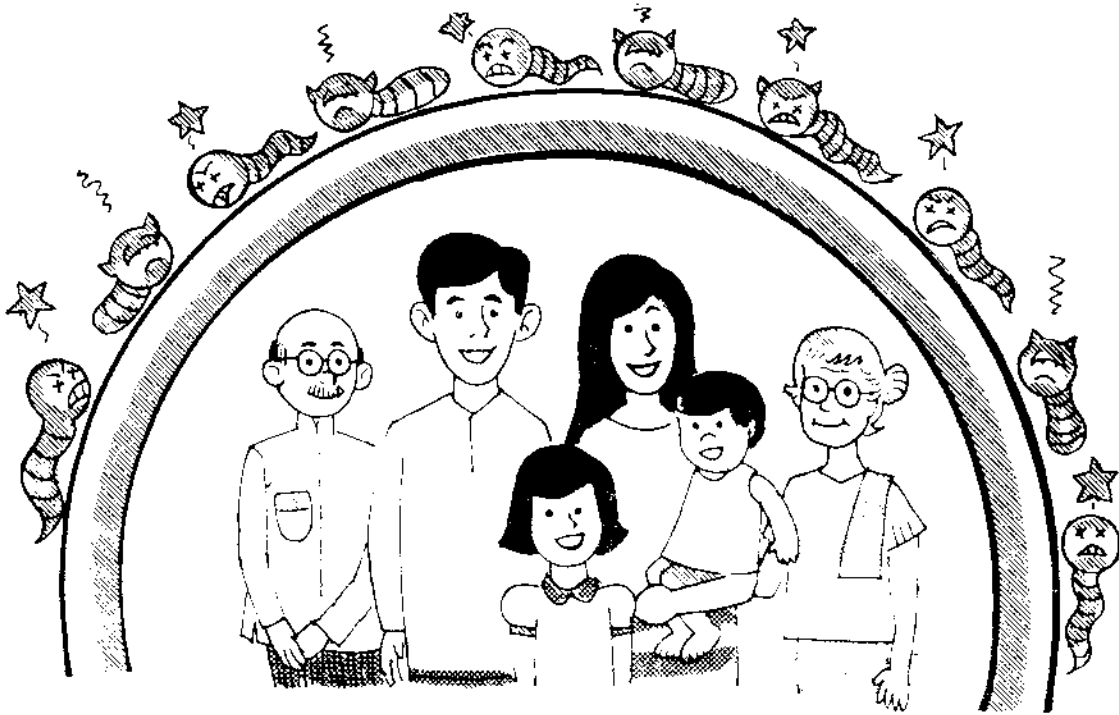


... ne gbek le se gel tmóbóng  
kem dumu le.

Yó gunun lem wót hyu klówó te ke tendo te...



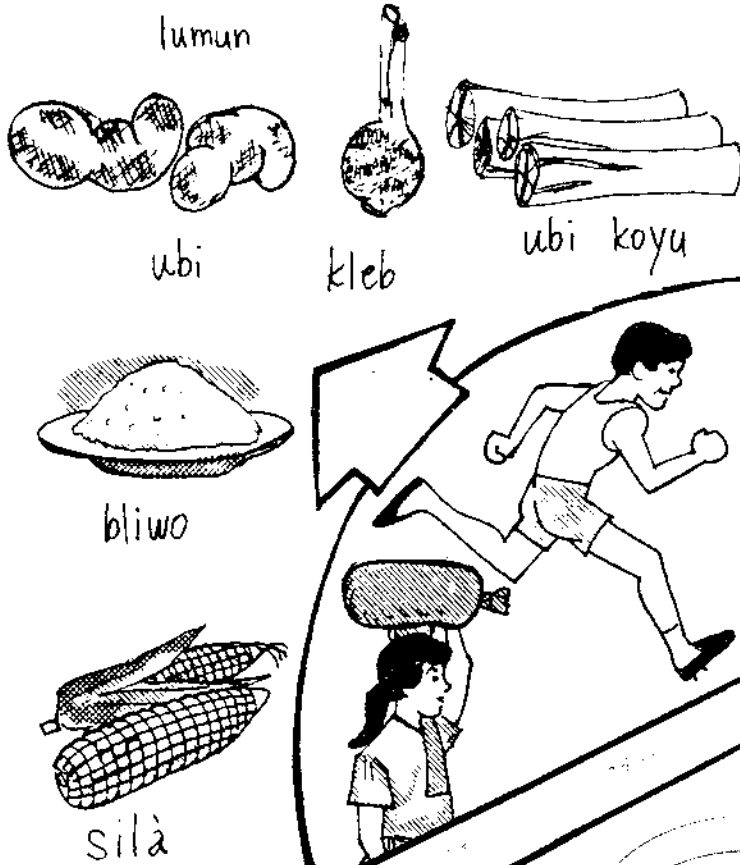
... mken yó kem ken hyu bè lówó te



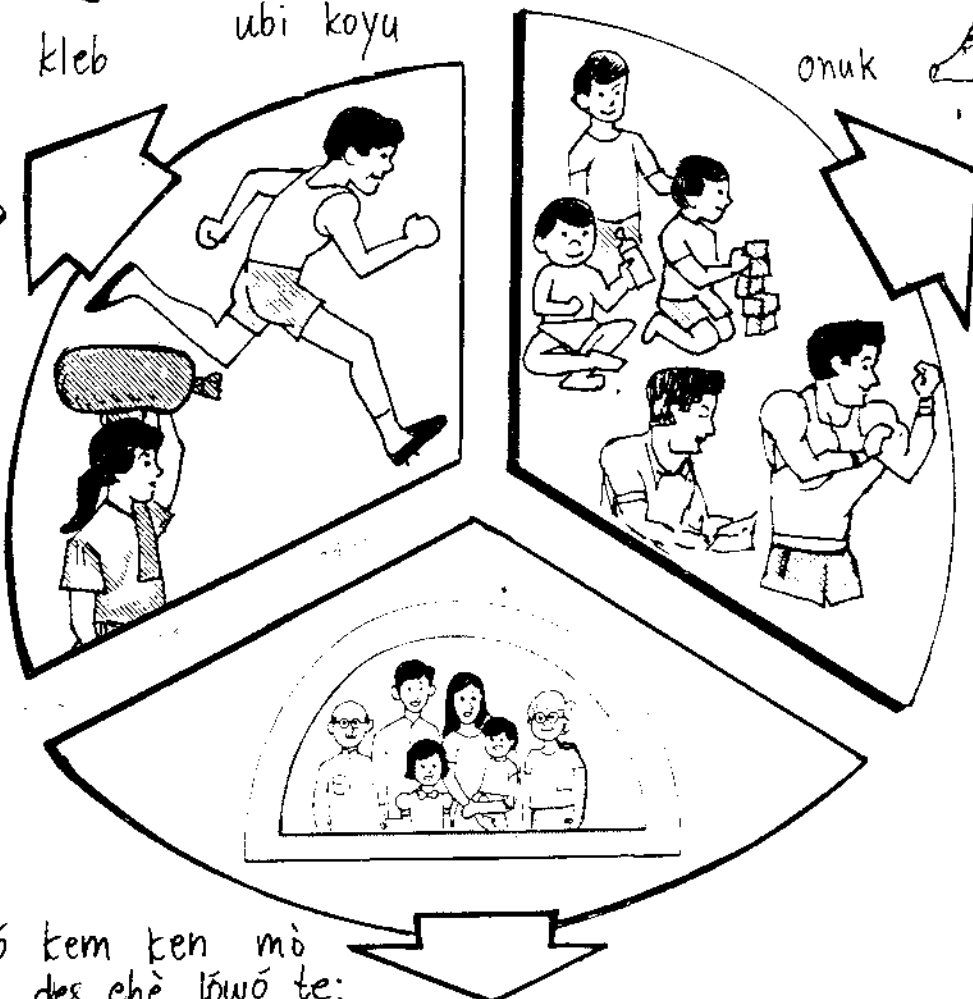
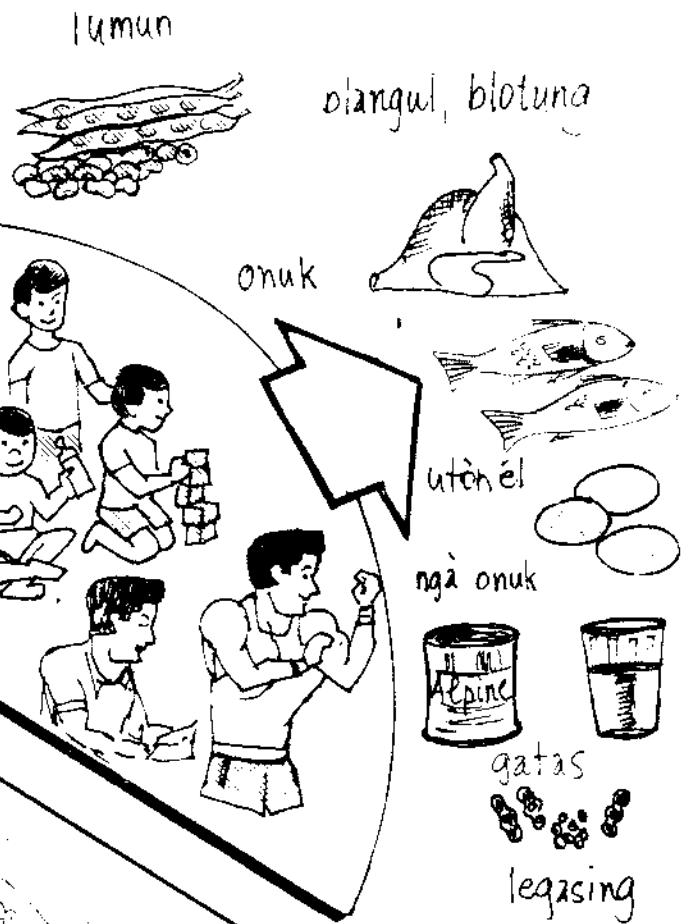
... ne ke henseng te yó kem sisif mit des ne yó kem kuled mit des bè lówó te.

# Bè ket kken te hyu ke gel ken te yem wen muhen bè lówó te

1o Ni se yó kem ken mò hek gis lówó te:



2o Ni se yó kem ken mò henok lówó te ne hyu bè utek te:



3o Ni se yó kem ken mò hemseng des ebè lówó te:

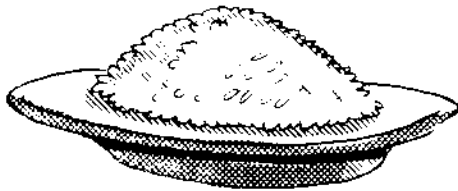


Yó kem lemnaw ne kem bungu koyu deng mèlél.

1. Bè yó kem ken mò  
hekgis lówó te...



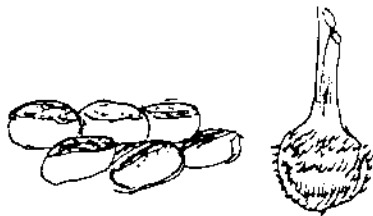
hol te mken kinu bè ni kem ni ket kken te:



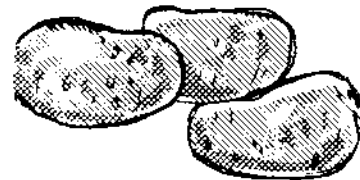
bliwo



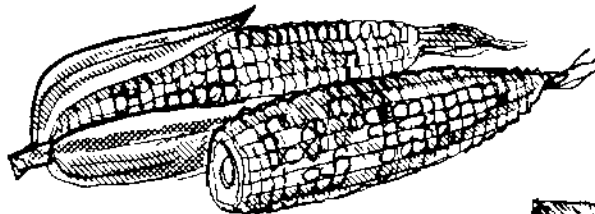
soging ksilà



kleb



carrote



silà



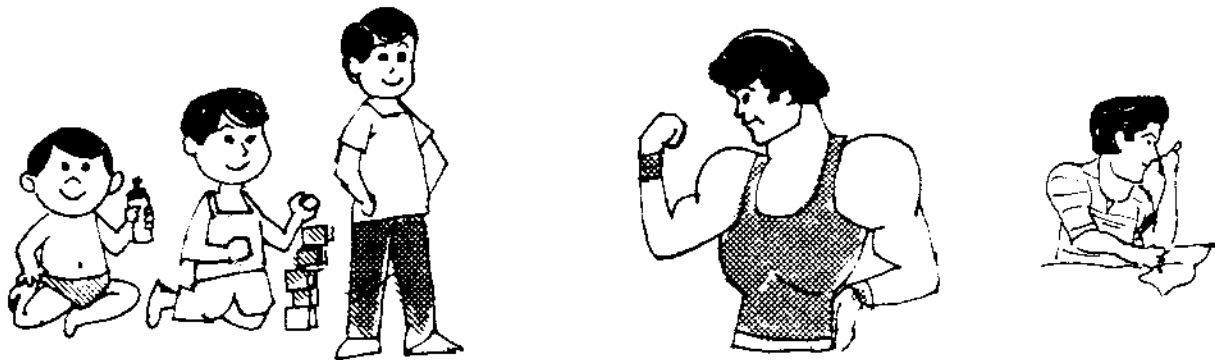
soging



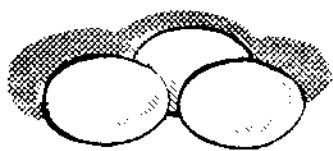
ubi koyu

2. Bè yó kem ken mò henok lówó te ne yem  
hyu bè utek te...

---



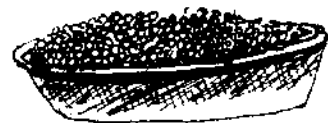
hol te mken kihú bè ni kem ni ket kken te snéen:



ngà onuk



kihú kay blangui



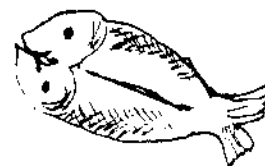
blotung



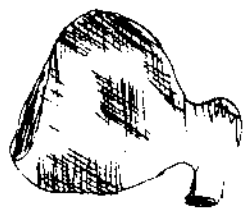
gatas



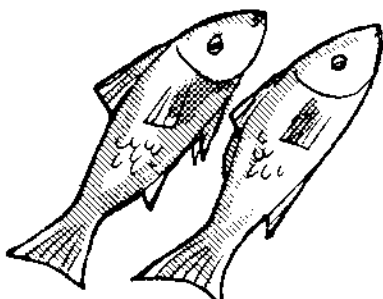
soy beans



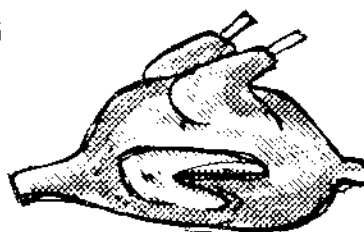
tamban



unged utón



utón él

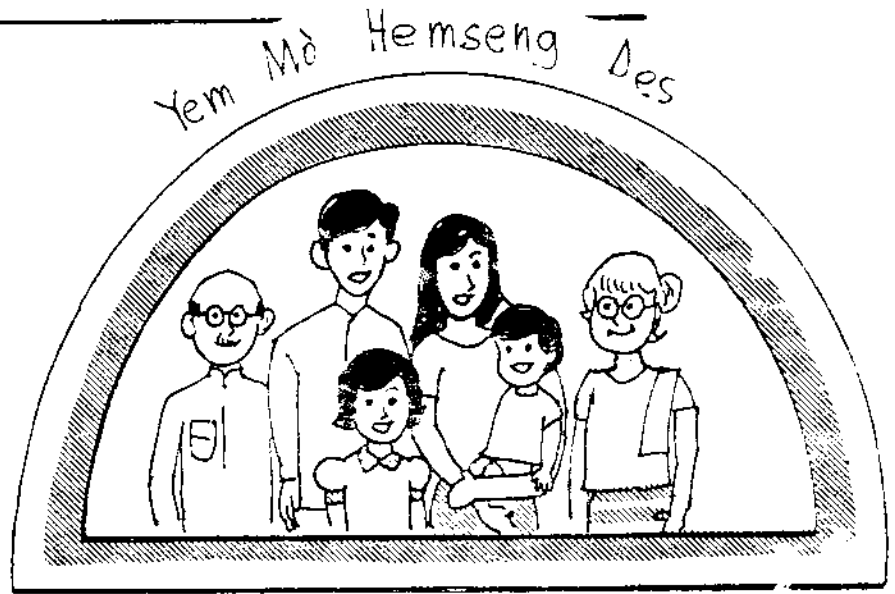


onuk



legasing

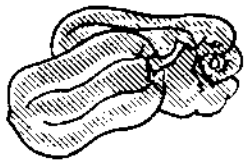
3. Ne bè yó kem ken mò hemseng des ebè lowo te...



Yem Mò Hemseng Des

yake wen ken te ket kdaw bè ni kem ni :

① kihu lemnaw tógó kenawen lumun



mala leembang



abu tangkung

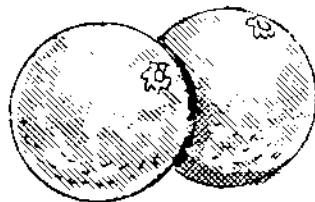


tubed ubi

② ne kihu bè ni kem msom ni :



manggà



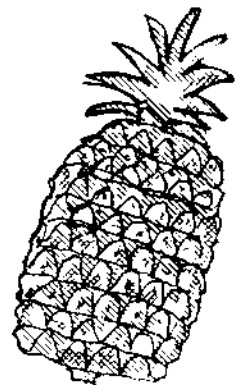
mendedin



kmati



byabas

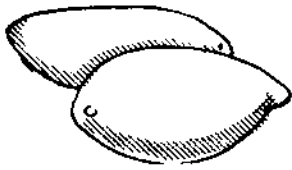


lanas

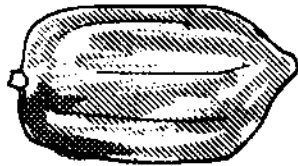
⑧

③ Yake wen gel ken te bè ni kem ni lewu duhen ke tlu duléken ket fedyan:

1. lemnaw mélél ne bungu koyu mélél beteken lumun.



manggà



tfayà



basuk

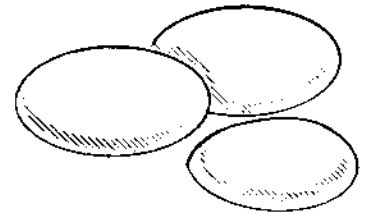
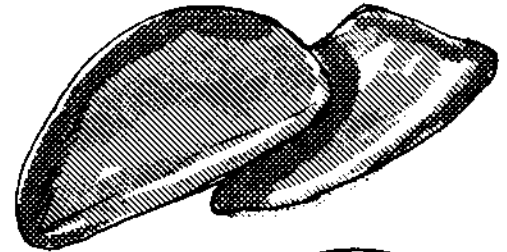


ubi mélél

3. kem dumu kay bungu koyu ne lemnaw



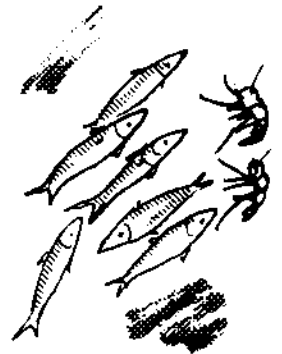
2. katay utôn ne ngà onuk



4. gatas ne kem utôn él lemnek mung du tiolen



gatas



Ni se gunun lemwôt mtéfél tiol te ne nihi te.

Hyu ke hol dê kayen yem gel ken te ket fedyan.

# Alì hyu bè kdeén ke tmutù bè yéen yem ngà



1. Yem ngà htutù, gotu gtutuen yem ken hyu bè lówóhen



2. Hyu se ke ngang htutù du efet lewu halayan yem ngà.



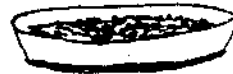
3. ke deng fat bulönen yem ngà, hyu se ke henken yá kem dumu kay ken lumun...



él mandedin duhen  
él kmunding  
mélél wen memisen



ngà onuk  
sóol któgóhen

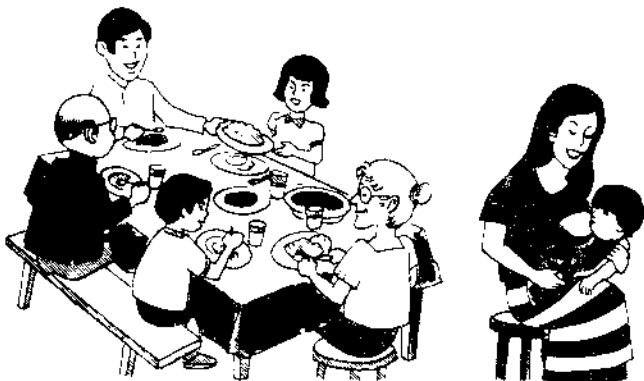


kem dumu ken lemak  
ubi lenunà  
libol



bangu koyu  
ne lemnaw lenuna  
tfaya lenuna  
soging lenuna

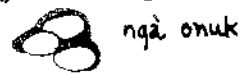
4. ke deng sotu bud sóol halayan yem ngà, gbeken ne mken dê kay ken



5. Hken te kem ngà yó kem ken gunu le lem nok lumun



blangu, blotang



ngà onuk



utoh él

onuk



gatas

11



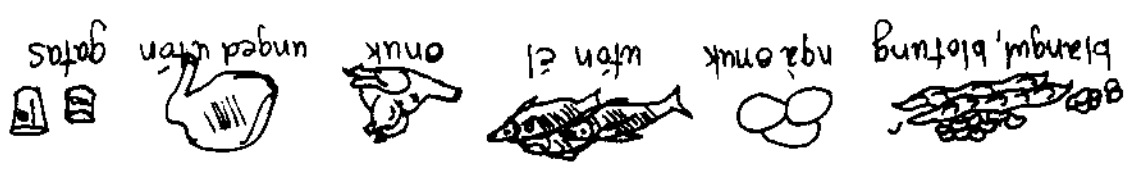
Id Sentimidu

Be yo kem nga hyu kiwo le, hyu ke mukas be id sentimidu kpong yem senta siguhen.



Nim bliusu ni olohen be kem nga lenwoten be sohu halay le bede la glukaseh be limu halay.

ke la glauhen esenta sigu yem nga yem bliusu, koyow kkenen yem ken hyu beleen.



gatas

unged wten

onuk

wton el

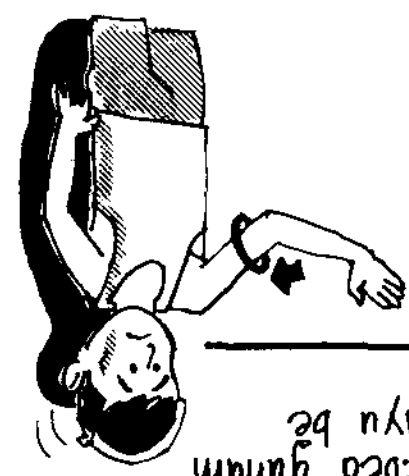
nganuk

blangu, blotung

Ke glau esenta sigu yem nga bliusu moem be tebed yo, be yo gunum lenwot temnu noi hemken du yo kem ken gunun lemok lumun

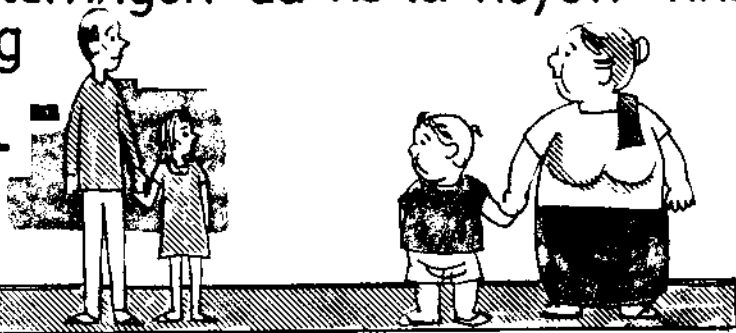
la 'a sentimidu

yo kmoem du yem nga bliusu yo, bentesem tebed duhen kdungon krahaen nim ilo ni:

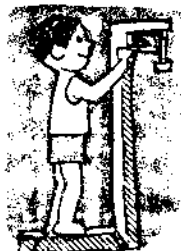
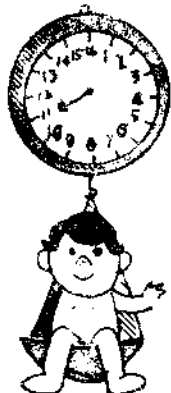


Be kem nga lenwot be sohu halayen kol be limu halayen, be yem nga bliusu moem be tebed gunum milid du ke la koyow kken le yem ken hyu be lowo le.

Bè kilu te gunu te temngón du ke là kóyów kken te duhen ke gedlug kken te.

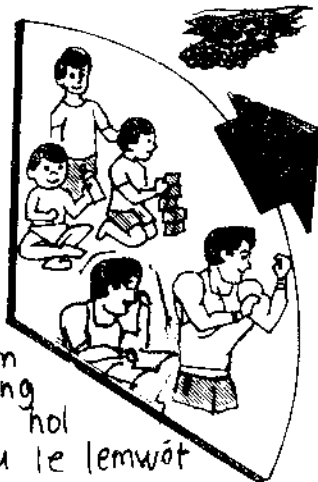
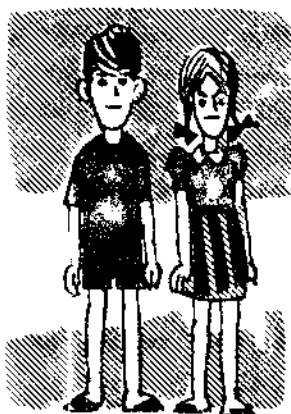


keblat kem ngà ne kem lomi lem nok sal hesegton bè halay le.



keblat yó kem ngà hyu klówó le.

halay yem ngà	keblat yem ngà
bè ksuten	3.5 Kg.
4 bulónen	6.3 Kg.
6 bulónen	7.5 Kg.
8 bulónen	8.4 Kg.
10 bulónen	9.3 Kg.
1 halay	10.0 Kg.
1 bud sóól halay	11.3 Kg.
2 halay	12.5 Kg.
3 halay	14.5 Kg.
4 halay	16.5 Kg.
5 halay	18.5 Kg.



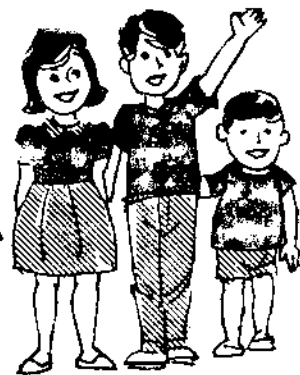
blangui, blotung

ngà onuk

wón éi

onuk

gatas



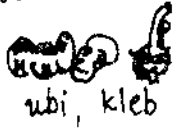
ke là metni keblat le kem ngà, hyu ke hinum lu bulung kuled sulék ket halay, ne hol henken lu yem ken gunu le lem wót lem nok.

ke kóyów keblat le yó kem ngà laen hol des lem lówó le.

Bong muhen bè yem libun mlulut  
ne yem libun htutuen béleen ngaen  
ke gel kenen yem ken hyu bè lówóhen.



1. Yó kem ken mò hekgis  
lówó lumun



ubi, kleb



ubi koyu

2. Yó kem ken mò henok  
lówó ne hyu bè utek  
lumun



blangul  
blotung



ngà onuk



utón éi

onuk



unged utón



gatas

3. Yó kem ken  
mò hemseng  
des ebè lówó lumun



lemnaw manggà



yó kem  
msom



byabas

Lemnaw  
ne  
bungu koyu



kmahi



basuk



lanas

Okóm ali bong muhen bè yem libun mlulut  
ke kenen yem ken henok yem ngà  
bnututen.

Yó kem libun mlulut,  
là hyuhen ke ali  
le kmahi

Bong muhen béleen snéen yó kem ken  
gel hemseng des.

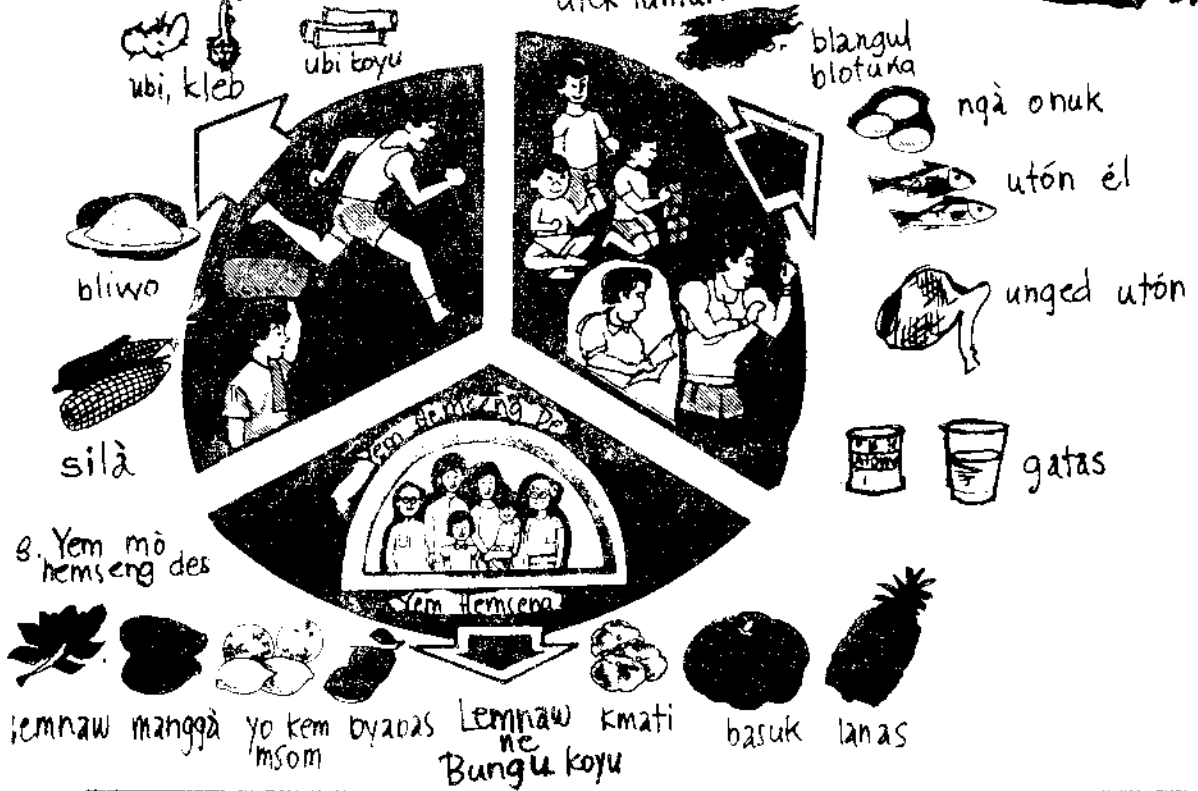


# Bong muhen bè yò kem tau tuha ke gel ken le yem ken hyu bè lówó le.



1. Yò kem ken mó hekgis lówó le lumun

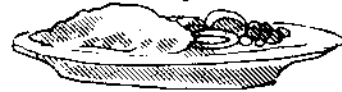
2. Yò kem ken mó semfódó lówó ne hyu bè utek lumun.



Là hyuhen ke hegedlug le kken le.



Hyu ke olon geblà ken le.



Hyu ke hol hwen le temnaw ne bungu koyu ken le.



Hyu se ke mken le ngà onuk 2 dulék ket fedyan



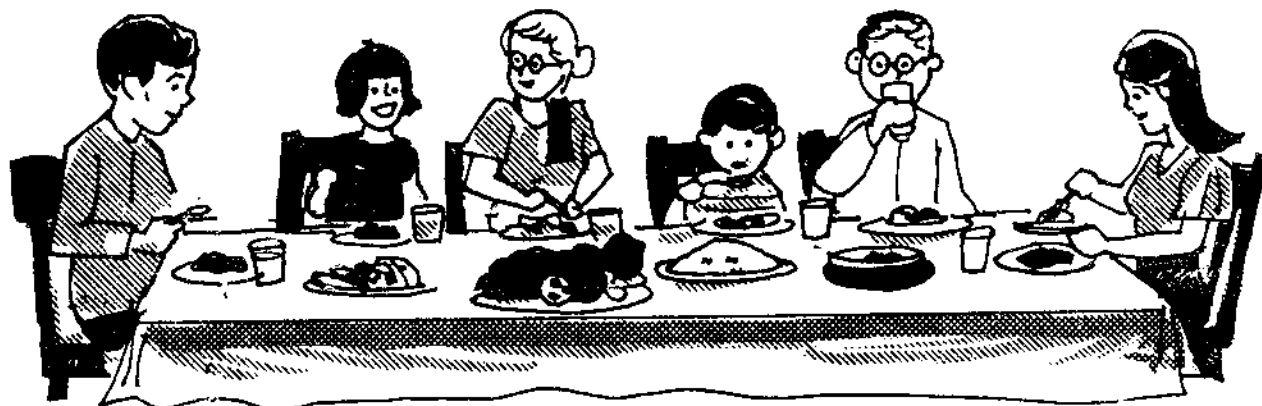
Hyu se ke olon udi toböen yem gel ken le.



Hol hwen te yem gel hulu te anì hol wen  
gunu te ma ken te...



... anì lemwoť bè yem hyu kken te gunun hyu  
klówó te, ne gunun wen kgis te kembè des.

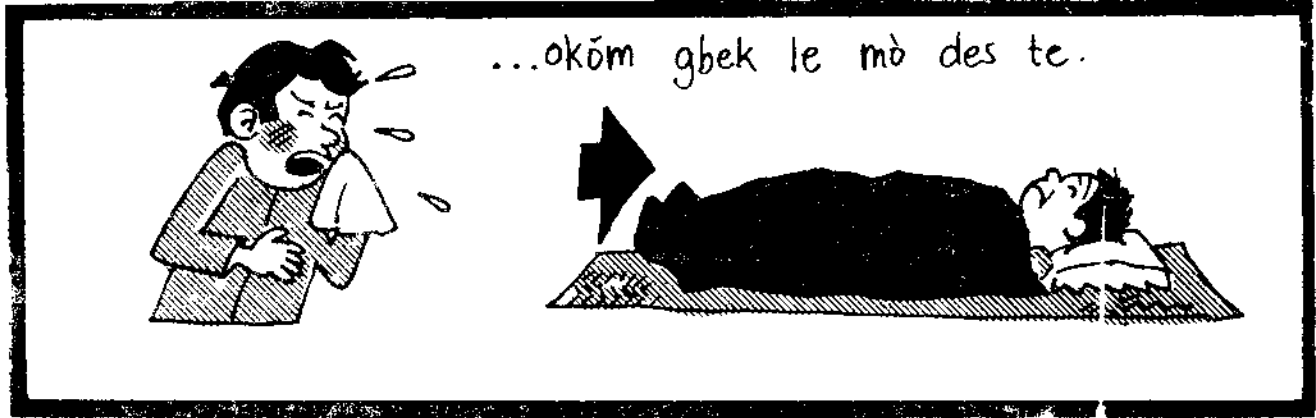




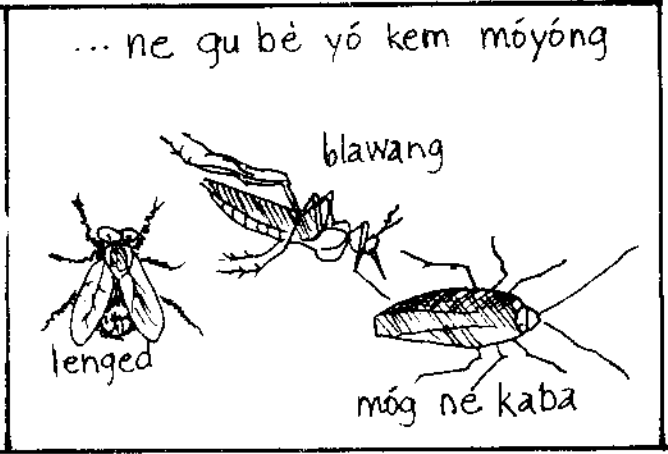
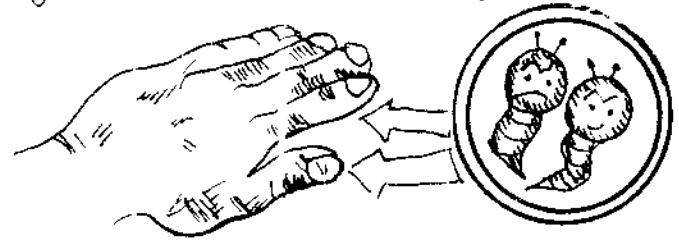
# Yó kem sisif ne kem kuled mit des



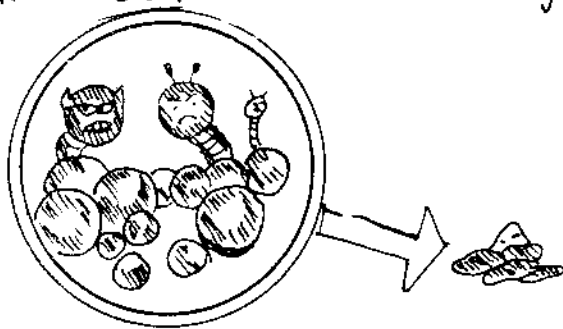
Wen kem sisif alì lemnek là gbek ton mata du



Yó gunu le gel nù ni kem sisif mit des ni bè tɔk te  
ke nusing ne laan knugu te snéen ke nusing



Ne bè kê tau snéen gunuhen gel nù yó kem ngà le ni  
kem sisif ne kem kuled gel mit des nii.



Lan yó kem sisif mit des elem lówó te...

Yó lanen elem lówó te yó  
kem sisif ne kuled gel mit  
des ke nusing tdok  
te ne laan  
knugu te.

Sotu lan sisif ke mkow  
elem uyó te  
sotu tau.

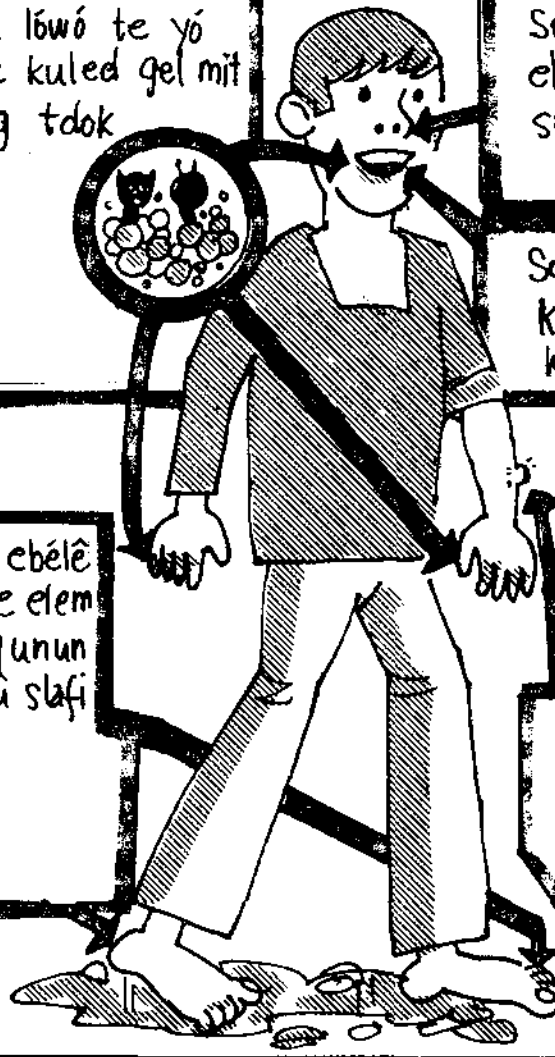


Sotu lan te elem lówó te  
ke minum te él là mólósen,  
ke mken te kem bungu  
koyu là deng holob  
du, ne ke mken te  
yem wón là  
deng thógó du.



Sotu lan sisif ebélê  
te ke mógów te elem  
héfé ne lem qunun  
minà laen dú slafi  
hólól ti te.

Sotu lan sisif  
ebélê te ke  
nêkét blawang  
tu.



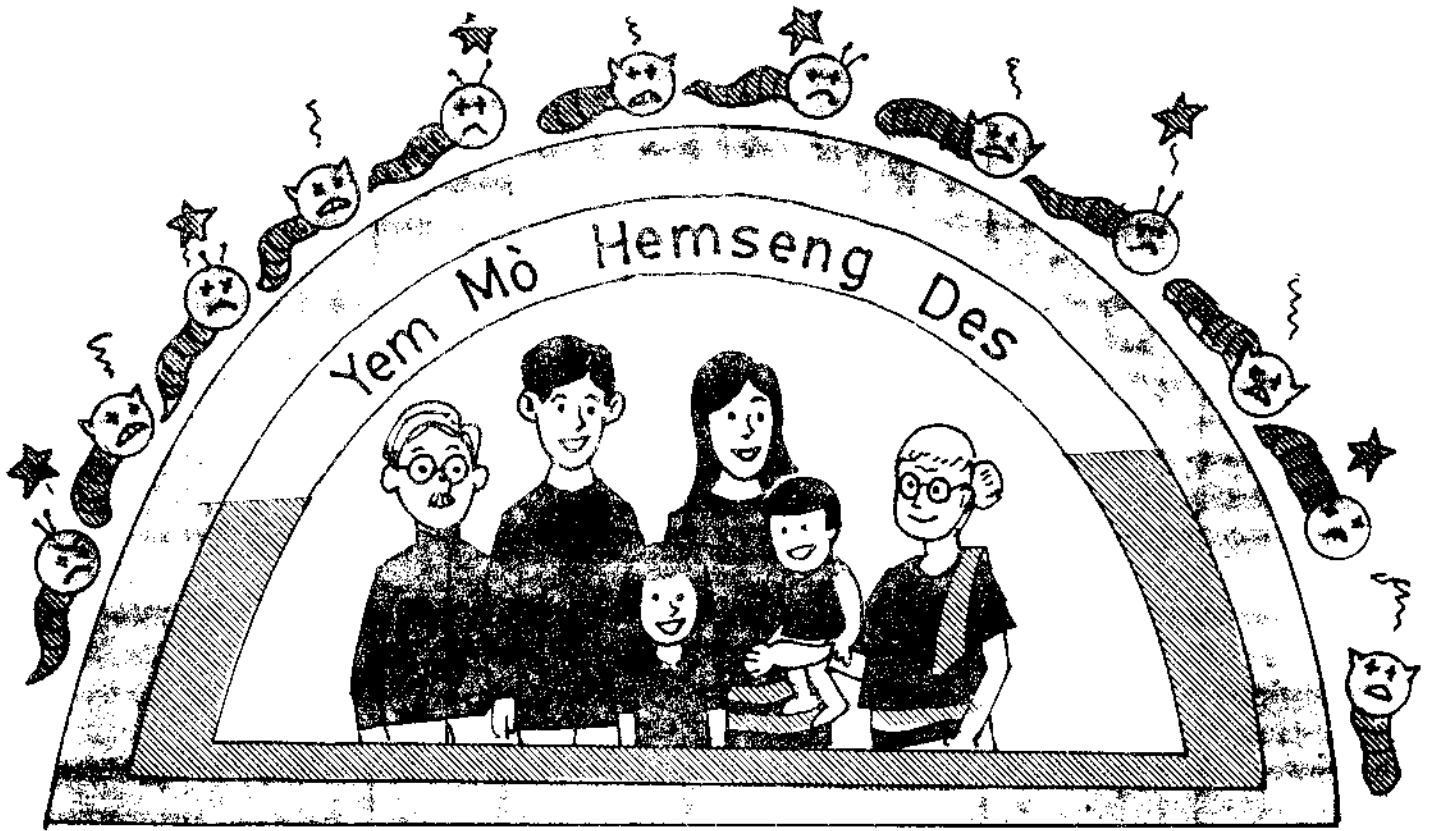
ke wen lan te ebélê te baling  
wen des te.



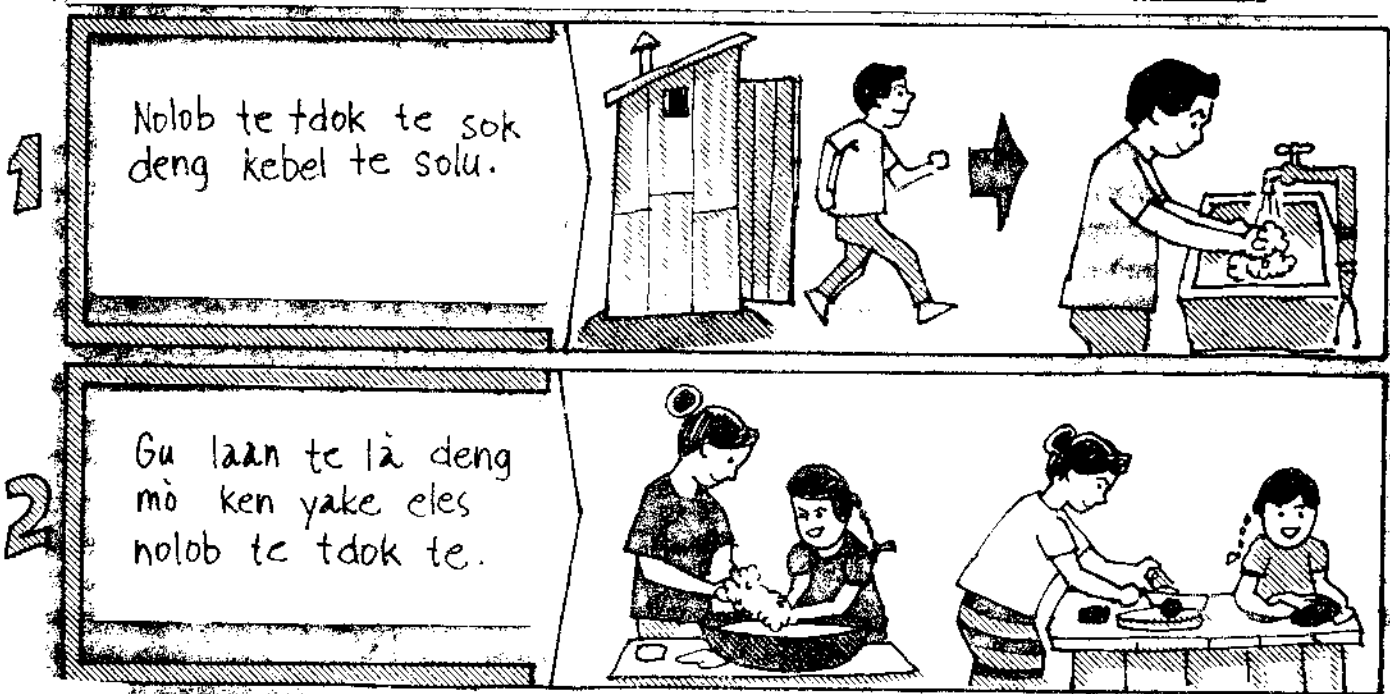
... ne là mgel gu lem lówó te



Hol henseng te lan le elem lówó te yó  
yó kem gel mit des



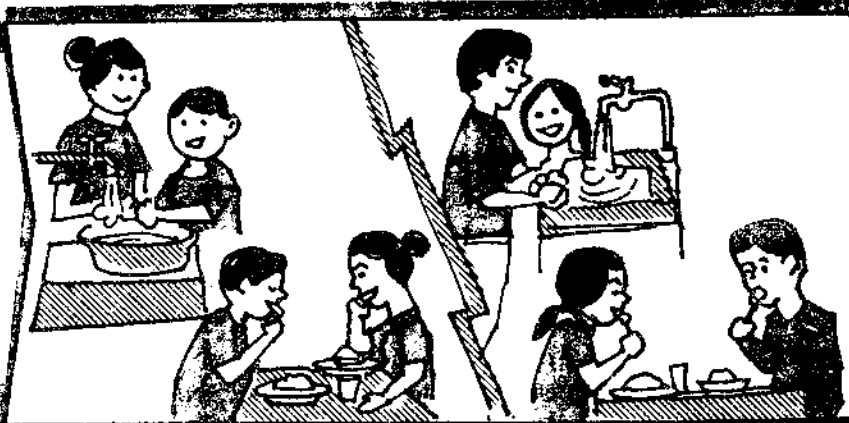
Bo tedu nmò te anì là husek kuled elem  
lówó te ?



Bo tedu nmò te anì là husek kuled elem  
lówó te?

3

Sal gel nolob te  
tdok te gu laan  
te là deng mken.



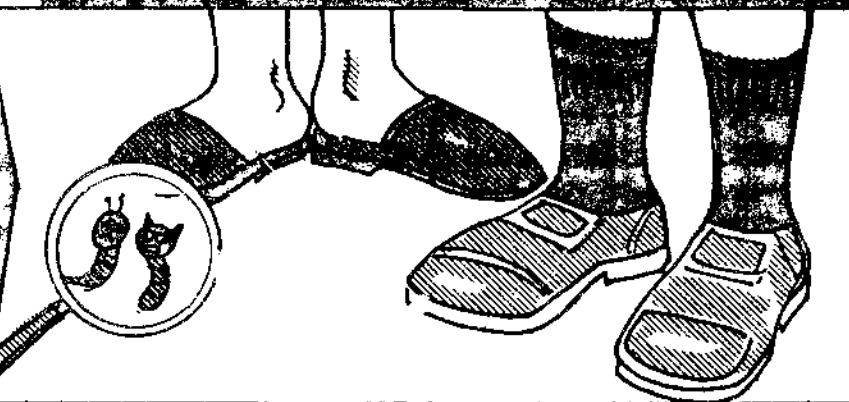
4

Lenimun te yem  
ken anì là mdefen  
du lenged ne móg  
ne kaba.



5

Ke mógow te bè  
yem gunun là  
mólós, hyu ke wen  
slafi ti te.



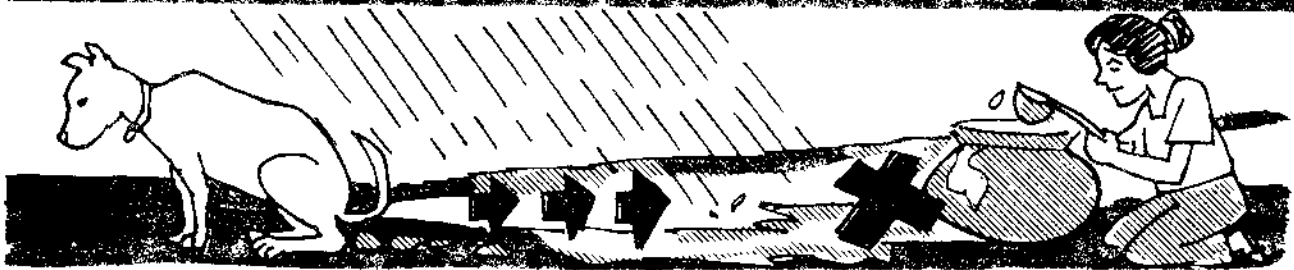
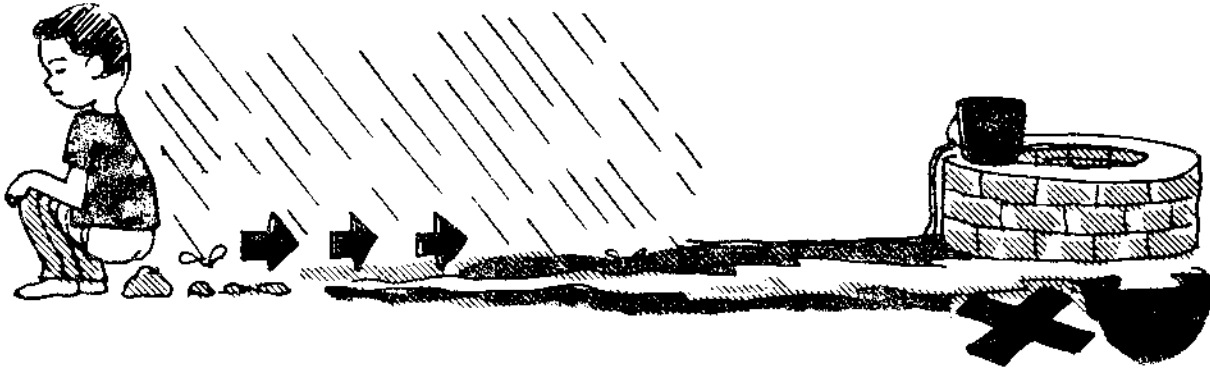
6

Hol kuy gel  
minum bulung  
kuled sulék ket  
halay, hol néen  
bè kem ngà.



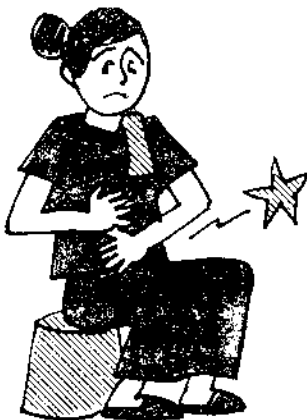
Bê te abay ninum yem él là mólósen.

Yó gunun là hyu ke wen mkê moni bè yem kokot abay se gel mlet edu sok kmulón.



Sotu là hyuhen ke gel te mangay él bè yem él mlet abay se wen kê ogof gotu nit él kulón mlet elemen.

Yó gunun gel wen des te ke ninum te yem él là mólósen.  
des blutut                      klet mkê                      des kini

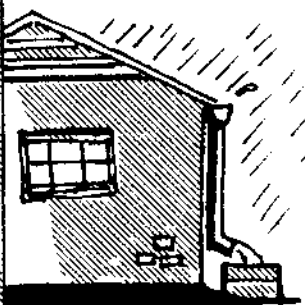


# Olo te minum yem él mólós.

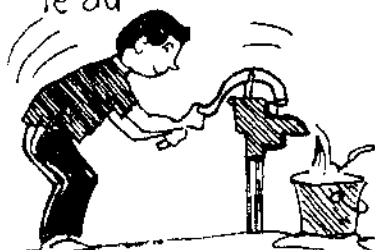


Él hyu minum du:

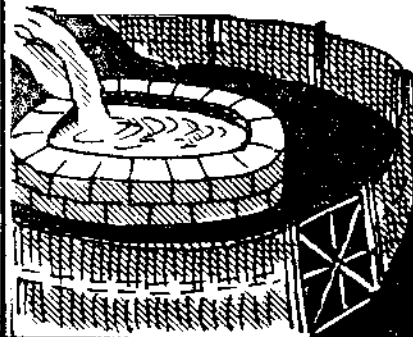
1 Él kulón



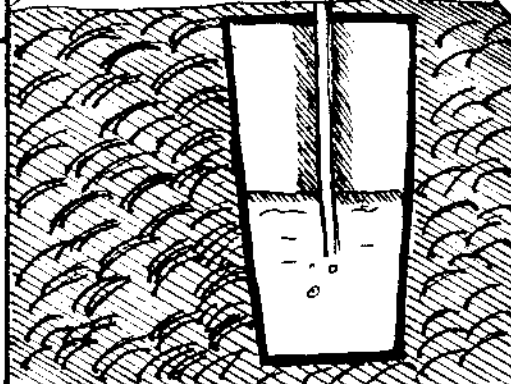
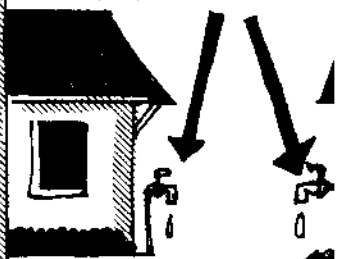
2 Él kenwag tilob kmò le du



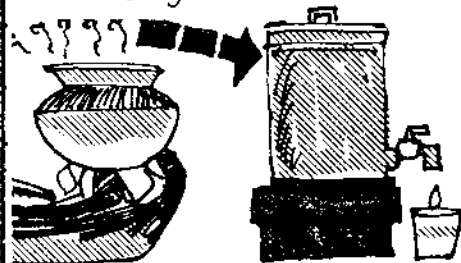
3 Tenblel lenabat



4 Él mlél gu lem tubu



5 Él deng hkodok



6 Él nkok bulung



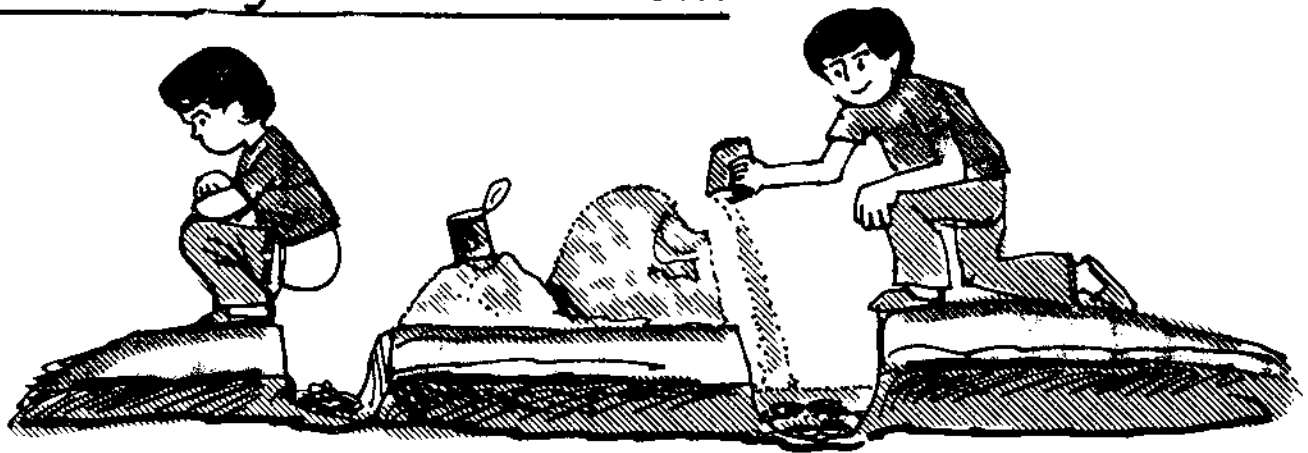
7



Él kokol tendo hengifat

"Gu laan te là deng minum na te hendem ke mólós."

Gel tñibeng te ke mkê te...

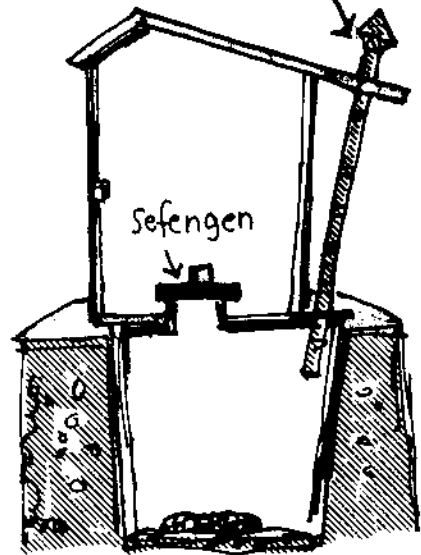


... duhen ke hendengen te mò klosit.



**1** klosit tenwél él -  
Tey hyu.

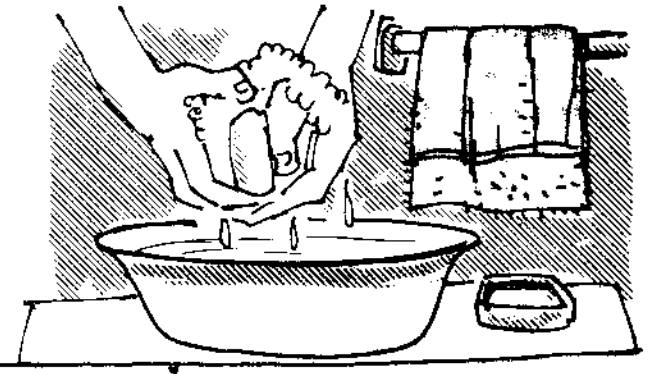
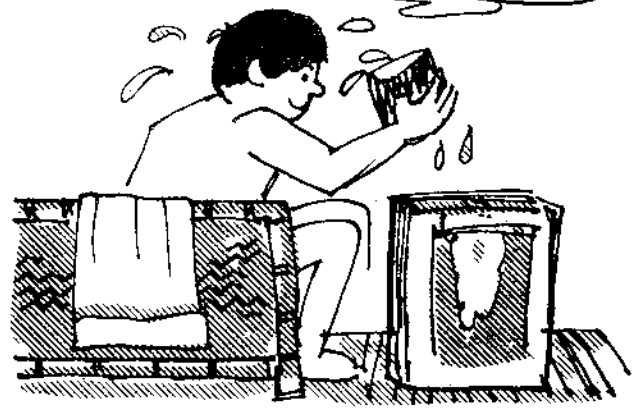
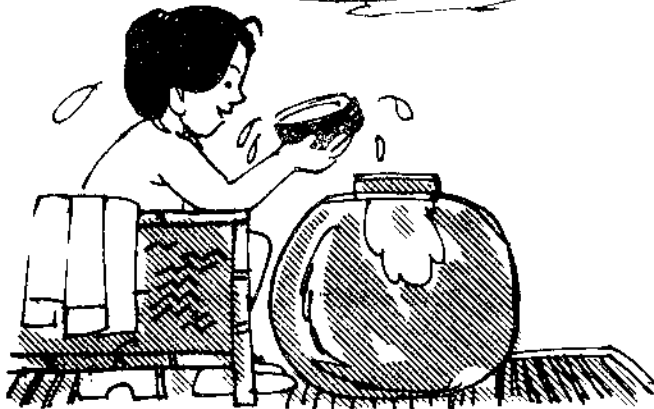
salaf mò seng lenged



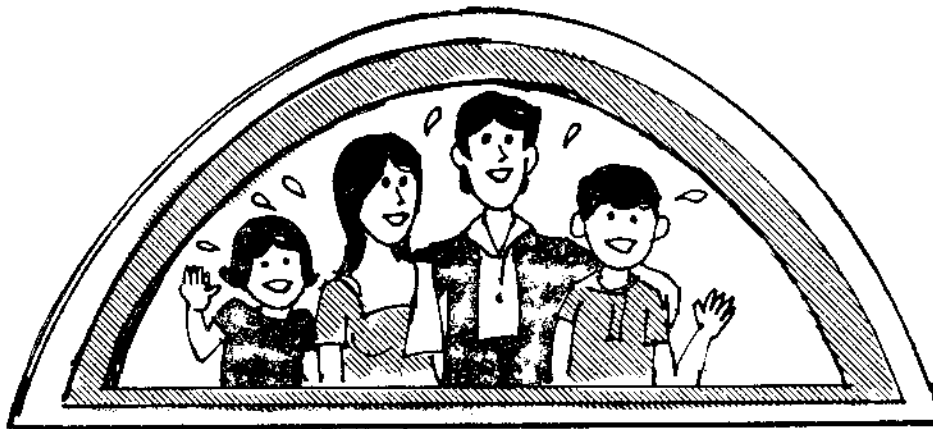
**2** klosit nelem, tñibeng  
tonok ne snefeng - Hyu snéen.

Yem tau fen gel hménég klosit toloken  
kuy yem hyu mò kmò ye klosit.

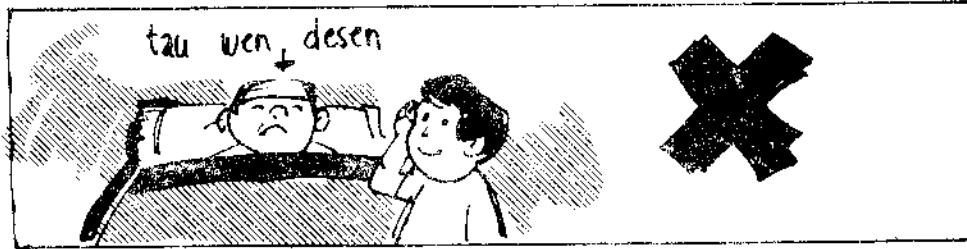
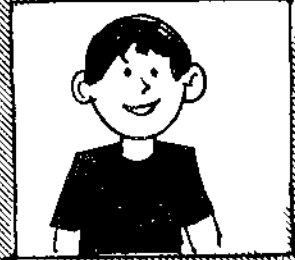
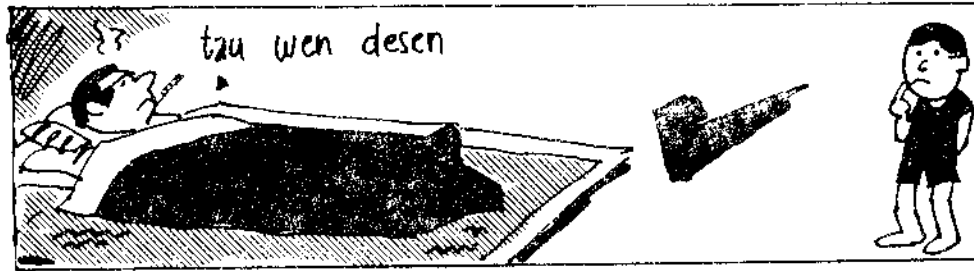
Hol te hólós - ket kdaw te dyo ne molob.



Ke mólós te laen hol des te.



Hlayuk te lu bè tau wen desen yó kem ngà...



... hol néen yó kem tau gemnóm des kini



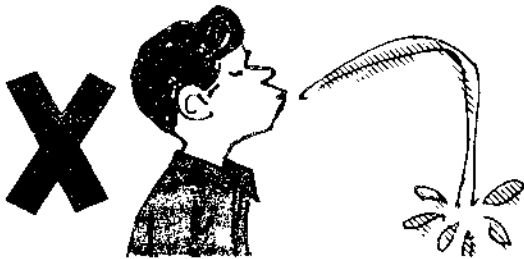
ne yó kem tau mkow



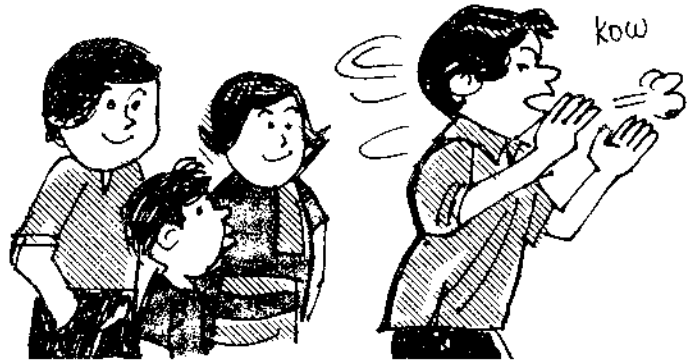
Bé te mkow elem uyó sotu tau.



Nseng te sumung te sok te mkow.

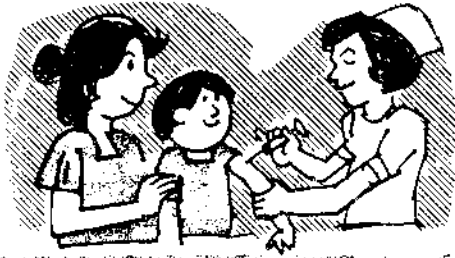


Là hyuhen bè kem dumu tau ke gel te dmulak, deke gbót le ke wen kutdes.



ke wen dumu te stulón, kmogol te ke mkow te.

Gel hebekunà te lu yó kem ngà anì là gbunù  
le du yó kem dê des gel sut.



Yó kem sisif alì malas  
gunun alì gel leed ke wen  
des.

Geli kini du yem bekunà okòm ni se yem  
mseng dê sidek des ebè lówó hem.



ugu



lemwak litò



sotu kay tbek tlu des  
nsengen

diftediya

kow hlef

tetanus



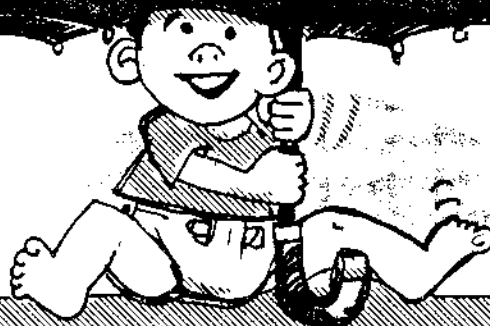
kimoy



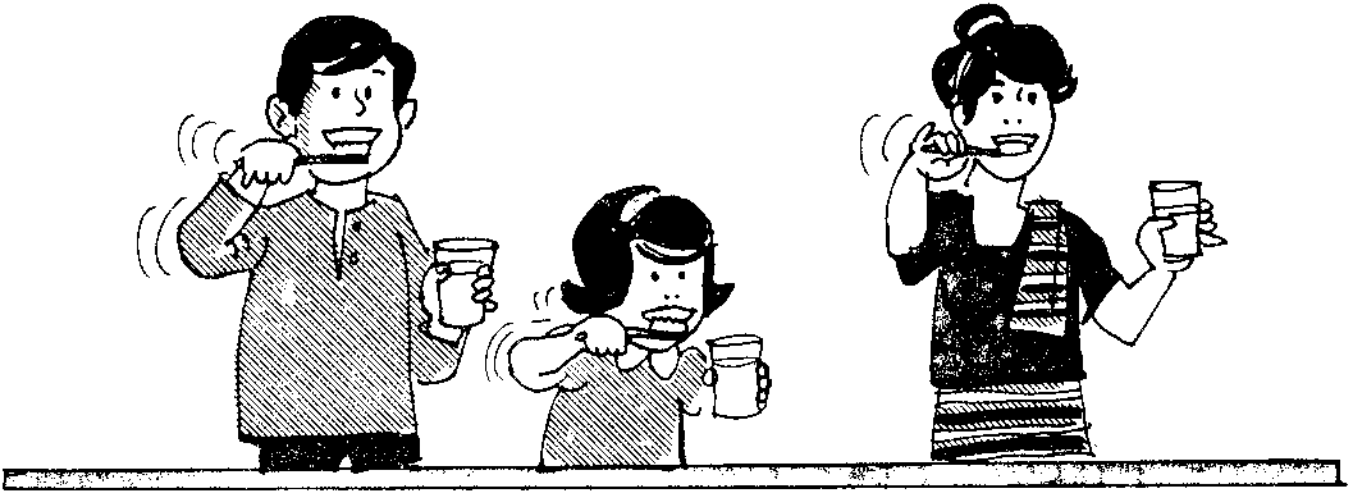
abas



Bekunà sotu lan hemseng des ebè lówó



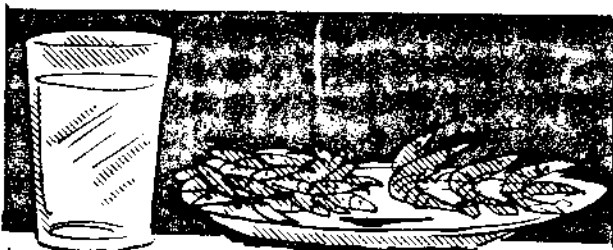
Yake gel te smigi ke sok deng kken te.



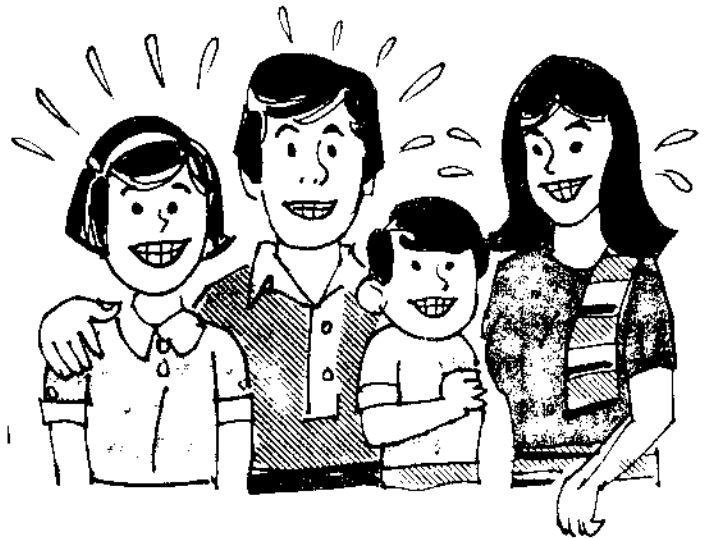
Ke hulung te hemgulam du nihi te,  
là kóen géhél sidek nihi te.



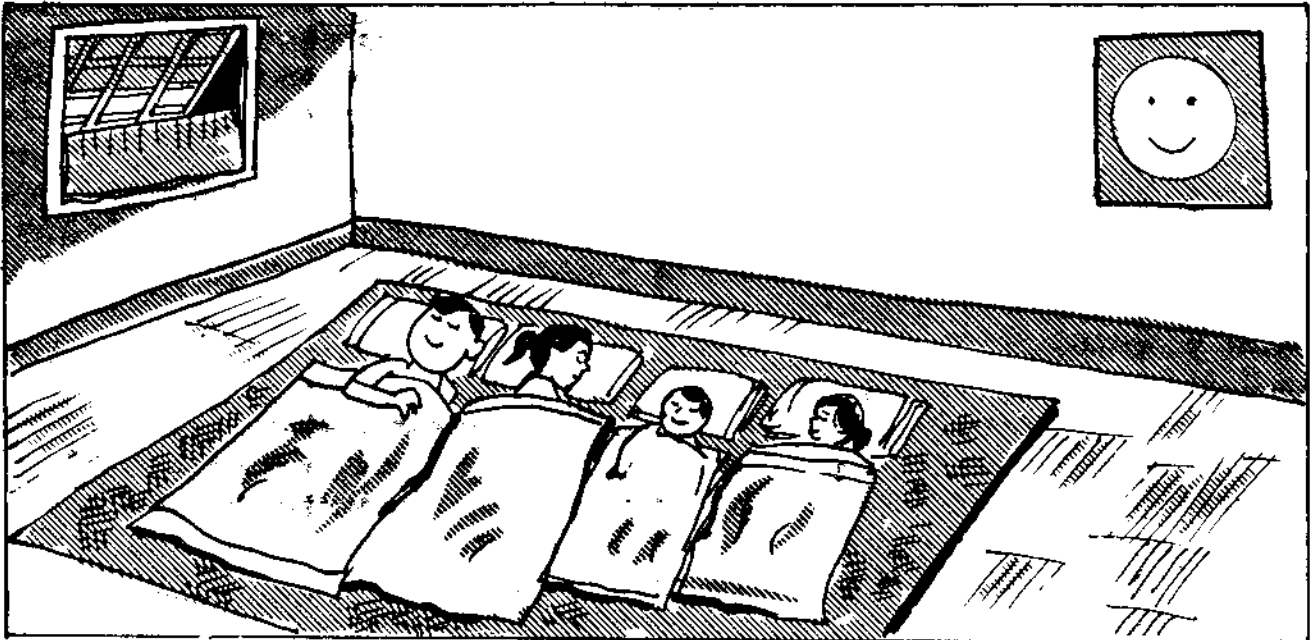
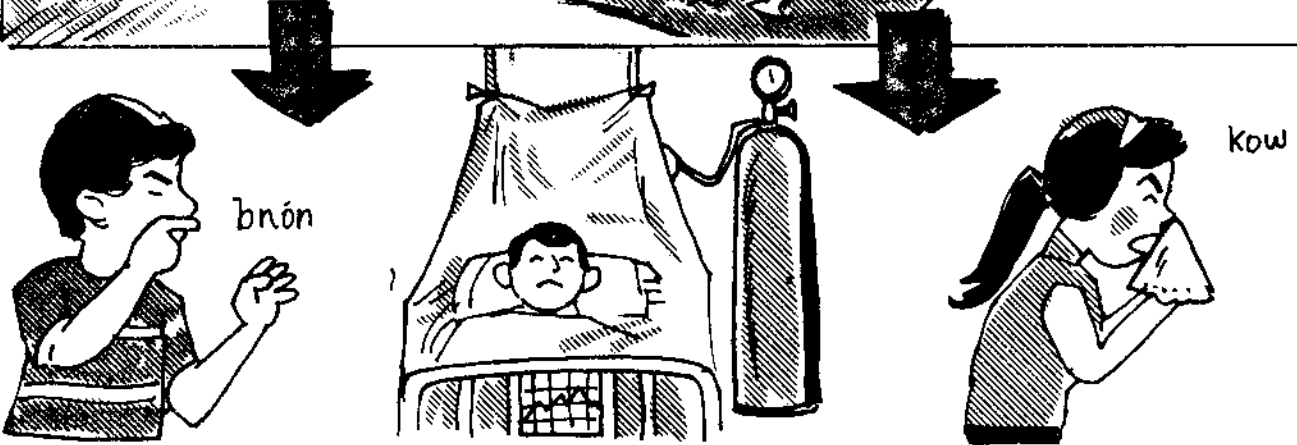
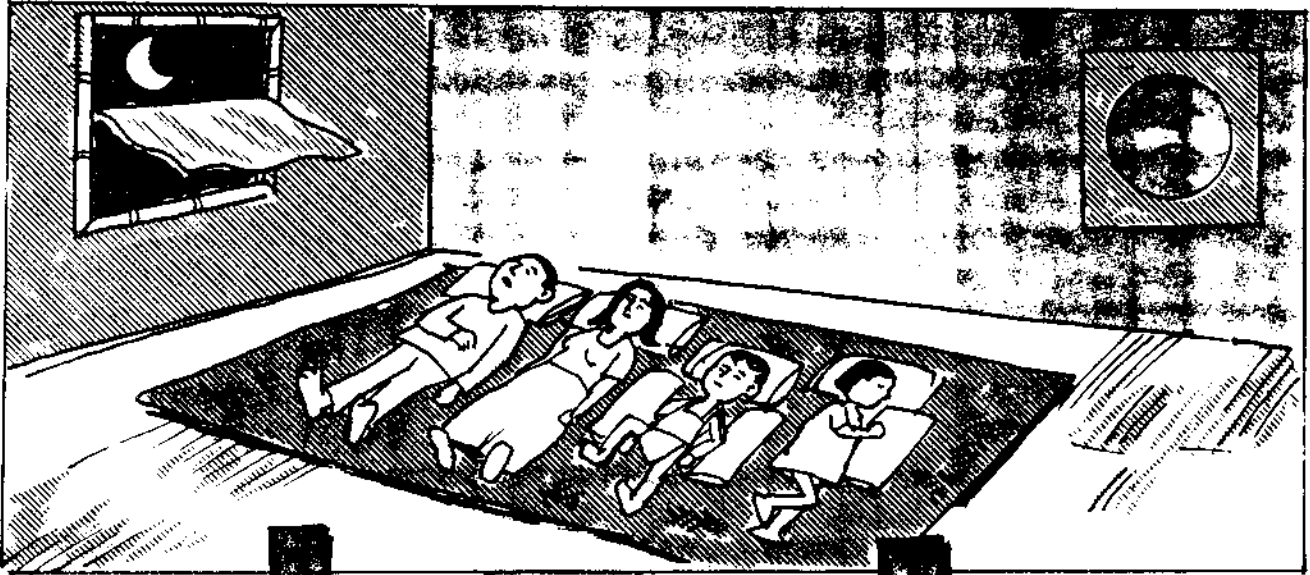
Okóm ke là hen-gulam  
te du, là kóen legen  
sana kendel sidek nihi  
te.



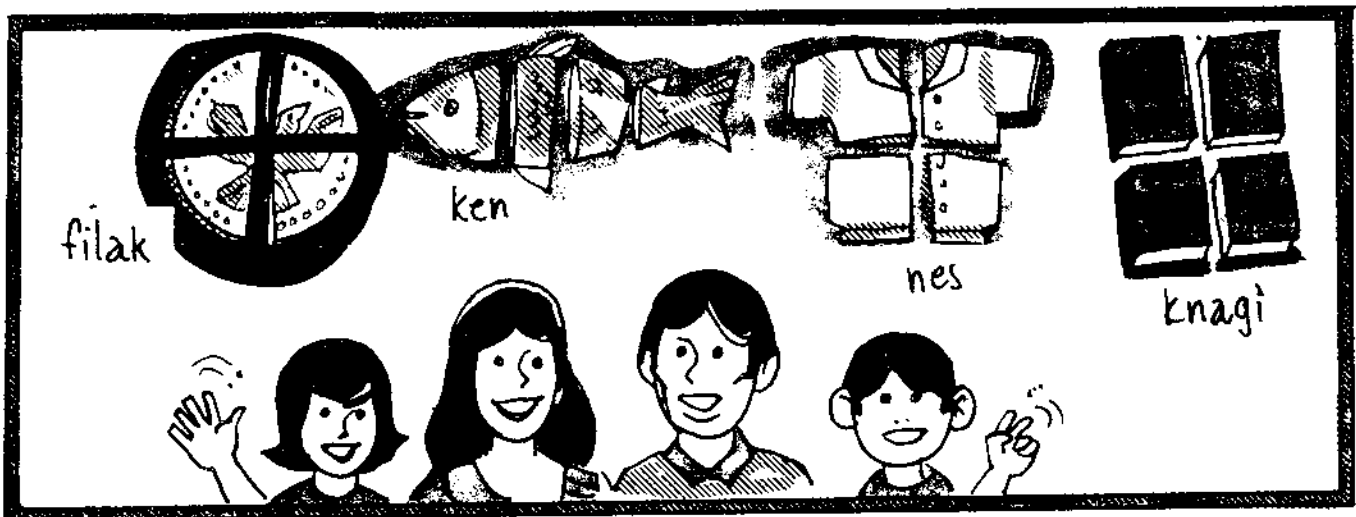
Yó gunun mtétél nihi te ke gel  
te minum gatas ne mken te  
kem wón él lemnek lumun hait,  
ilaw ne tikung.



Bê te hekfang bè lenos sok te tungô.



Bê te kat hdê nga te...

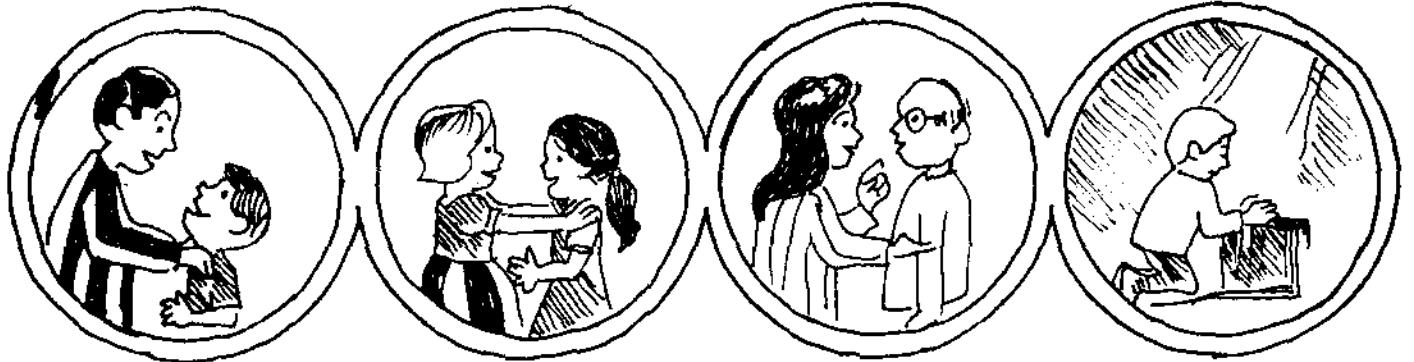


Hyu klowil kem fes lówó te ke

- 1 ket na lewu halay blōngen omin te bud mngà
- 2 ne ke bê te hdê ngà te.

Yake gel te stulón bè Duktul aní tngón  
te keteblà yem kwen ngà te.

Ne ni mò sónen, yake gel te dmalang dmóyón  
 yó kem fes lówó te bè yem hyu gel nmò le,  
 dalang se kem dumu te tau. Ke yó se gel nmò  
 te, angat temnú kehuyhen yem klówó te ne yem  
 kehedem te...



Yem gel ksalù te kem dumu te, yó se yem gel hlaan nawa le se kul



Ke là hulung te dmóyón kem dumu te, yó se gunun gel wen  
 kendes nawa te bè kem dumu te.

ket tau sai wen  
 se yem kun gunu  
 knuun megdóyón ne  
 megsalu.



Béem klifót, yem Dwata dmimun kdê  
 tekuy, kóyóen ke tendo hyu klówó kuy,  
 ne ke tendo kuy hligal, ne ke tendo wen  
 gunu kuy tmóbóng kem dumu.



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# WORLD VISION INTERNATIONAL

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Ke nmò te yem deng tngón te hyu bè lówó  
te, yó se gunun tahà klowil te.

---

Yó hol mu nim bok ni mò tmóbóng kóm ne kem fes  
lówóhem ne kem dumum sebét ne kem dumum setwoli,  
kem weem, ne yem behwu gunum nù snéen. Ke tendo  
nmò te yem hyu bè lówó te, yó gunun baling hyu  
kógow klowil te.

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