

Kbulung Yem Des Klet Mkê



Tboli

p. 14

The beginnings (source) of diarrhea and vomiting

1. If you drink dirty water.
2. If you don't wash before cooking food.
If you eat and don't always wash.
3. If you eat fruit of trees that you haven't washed.
4. If you eat food that has been put away for a day.
5. Another thing is that diarrhea and vomiting often accompany other sicknesses like:
measles
malaria
runny ears

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What kills a person is if his body lacks water.

It is not diarrhea that kills.

1. A sick person is always experiencing thirst.
2. He urinates infrequently and there is only a little.
3. His mouth becomes dry.
4. His eyes sink in.
5. The skin on his abdomen stretches
6. The soft spot becomes sunken on a child.

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The medicine.

It is very important that (the sickness) is medicined right away. Hurry and have him drink the medicine water. Other medicines are good, but it is most important that you have him drink the medicine water until the sickness is cured.

The way of the medicine. (How to make it)

It is good if you have already put away ORESOL to the extent of two packages in order to be pre-prepared and to be able to make it immediately if anyone in your house experiences diarrhea. This ORESOL already has salt and sugar in it so that you can just pour it into five glasses of cold water that you have already boiled. The government has given this ORESOL. Ask for it and a place of medicine near you.

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If there is no ORESOL ...

1. Clean something that you can pour five glasses of water into.
2. Wash a coffee jar and fill it five times with cold water that you have already boiled, put it into the container you have already cleaned/prepared. If not a glass, you can use a can filled twice.
3. Put two large spoons of sugar into the cold water. Good if it is brown sugar.
4. Then pick up a pinch of salt four times and also put it in.
4. And then stir the water when all those things are in the water. Good

if it tastes a little sweet and a little salty.

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How to drink the water medicine

1. Have the sick person drink the water medicine. If a small child give him one or two big spoons every ten minutes.
2. Good if he continues drinking both day and night. If the diarrhea doesn't stop right away don't stop causing him to drink it.
3. Even for a small child water has a purpose from five to ten glasses of the water medicine every day. Even if it is more than that, especially if the diarrhea continues.
4. Only stop giving the medicine if the sickness has truly been removed.
5. When the diarrhea has more or less stopped, good if you have him drink rice water and ripe banana and have him eat other food little by little.

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Take care:

1. When you give a person with diarrhea the water medicine, the diarrhea might increase on the first day. But don't stop giving him the medicine.
2. The diarrhea will decrease after the third day and will stop after a week.
3. If it is a child, don't stop nursing him. If he has diarrhea for more than a week it might be good if you nurse a little and then continue with the water medicine, but don't stop nursing.
4. If the stools are watery and continuous give the water medicine right away. Don't wait for the sickness to get really serious, hurry and take the child to the doctor (person who medicines).
5. If he keeps vomiting and the water medicine isn't able to stay in his body, good if you hurry and take him to a doctor near you.
6. If there is mucous or blood in the stool, it is diarrhea coming from a certain kind of germ. Good if there is another kind of medicine to add to the medicine he is drinking. Like the medicine they call Sulfa and Amficin. Take the one who is experiencing bloody stools to the doctor.
7. If you have no one to run to to medicine him for you, be patient and be faithful (to what you are doing). Because even if the diarrhea is very serious, you can medicine it with the water medicine, this is very important for the body and there is nothing you can look for beyond it if you give sufficient medicine.

The purpose of Water

You already know, don't you, the purpose of water. What is the purpose of it in our bodies? What is the purpose for plants? What is the purpose for animals? If we think about it, are able to live without water?

But there are times when we have big troubles coming from water. Like when it rains a lot, if all your plants get flooded. If some of your possessions get washed away downstream, especially if it is a person. How do you feel if you experience some of these kinds of troubles? But these troubles don't just keep on. There is nothing you can do if there is no place for you to get water. You can't work if there is no water. You can't eat if there is no water. That is why we say we can't live without water because it is very important to us.

Of all that is in a person, which is the most important? Flesh? Skin? Bones? Water? Or is it blood? Think which of these is the most important. Try squeezing the flesh of meat, what do you see come out? It is water.

Skin would dry up if there was no water in it, even the joints of the bones, they could not move or bend if there was no water.

And the blood couldn't flow through the veins if there was no water, if they were dry. That is why we say that it is very important if our bodies do not lack water, because you would die if you don't have enough water in your body.

Water is the most important thing in a person's body. People, plants and animals would die if there is no water. If you put all the parts of your body together, like flesh, bones, skin, hair, blood, veins and things like that, they would be just a fourth of your body. Water, to the extent it makes up three fourths. If some water is lost from our bodies, it is not good if there isn't more to take its place. Even if we aren't thirsty we should still drink. And even if we aren't working, the same we should still be drinking. Especially if we work because we perspire and we get very tired, good if we drink water.

The Reason we should keep on drinking water

People are always perspiring. If he is working or if not, the same there is still perspiration. The way the perspiration comes out is at the hair on the skin. This perspiration that comes out, good if there is a replacement. That is why it is good if we drink even if it is still morning. Because when you sleep, you perspire and you urinate. That is why it is good if we always drink because there are many ways that water comes out of our bodies.

Especially the person who is sick. Even if he doesn't want to eat much, but if he is always drinking water, that is what keeps him alive and the sickness doesn't cause him to die. Not so if he doesn't drink, it makes his mouth dry and he is always saying he can't swallow food, he doesn't want to eat. But the truth is, the reason his throat is dry is because he doesn't drink enough. And another thing, if a person's sickness is

very serious, if he cries does he have tears? There is none because there is little water in his body.

That is why it is very important if you are always drinking water. If a child somewhat big, good if he drinks as much as eight glasses a day. And an adult, good if he drinks ten large glasses every day. But we should take care concerning the water we drink because there is clean water that we drink and there is dirty water. If we don't know if the water is clean or not, we should boil it. And then we can drink it.

The reason it is very important that we always drink water, because our bodies can be compared to a jar full of water. If a person gets sick, especially if his sickness is diarrhea, it is like the jar has a hole in it and the water keeps on running out. If the water continues running out until the jar is only three fourths full, if that is a person's body his sickness would already be very serious. And it is good if he drinks very frequently so that the water that was wasted will be replaced. If there is only half left in his body, that is when a person dies. But if he is always drinking, even if he has bad diarrhea, he will not die.

Tehe Gfà Yê Salim Ekní

ne

Yem Mon Kem Duktul bè:

-Yó Kem But Des Klet Mké
ne Lemwól

-Mò Kmò yem Éí Bulung

-Bulung Klet Mké

-Muhén yem Éí.

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The story Tehe Gfà Yê Salim Èkèl (Yê Salim's Former Troubles), and the teaching section called Muhan Yem Èl. (The Purpose of Water), was written by Silin Wanan at the Tboli Writers' Workshop held in Lem Snòlón, S. Cotabato, in September 1983.

The additional instructional materials found in Pages 15 to 21 were prepared by Dr. Steve Lynip of the Summer Institute of Linguistics and were translated into Tboli by the author.

It is hoped that this booklet will provide interesting and easy reading material as well as useful health information for Tboli readers.

-Tehe Gfà Yê Salim Ekni

Tulônu kuy yem tehe gfà yem sotu libun ekni
boluyen Yê Salim. Yô gfaen wen des yem
ngaan udi. Klet mkê yem desen. Nim ngà ni,
là dengen gefet sfalayan he, ne là dengen
hulung mógôw. Olohen gel tô dmalang ndâ
sendolol beng. Ne là deng gel henken yfen
du snên, monen, là hyuhen ke kendel henken,
kô bong blututen.



Yem gunù le nim le Yê Salim ni, tey glaan
bè tomok. Hóyów knilang eta ne elaan. Sok
gel mógów ebè tnibahen Yê Salim tódô gel
tebelen lu ta yó kem lewu ngà. Deng dô fat
halayen kun yem Salim ngaen twogu. Deng
malù gbeken mkay yem twolihen. Tódô gel
sendaw Yê Salim gel semtebel kul ta.

Lemwót bè yem là gel géhél kulék Yê Salim
ebélê le, gel mebel tutù yem ngà udì yó, ne
tódô gel mò libol Salim ne gel henkenen yem
twolihen. Sket kul là deng le kem hol hulung





hetngôn, tódô le kem gel smungit igo yem tey
using bê tdok le. Ne sok le gel là mdengen
bê tonok, tódô gel hilud yem ngà ne lusaem
du kem ubang ne tonok gel sungiten.

Sotu kdaw bê yó kól mógôw Yê Salim, tódô
tonen yem ngà udien tolo tungô. Timbow btik
yem ngà, là holen hlingas ne tey kiken ne
lemwól.

Timbow legen udi bê yó tey kholohen. Yéy,
mon yem yéén, moen kut ngà ni? Là hendawem
du kô ni? Ngem dé tey kkinien! Boluy de
hkenem du? Ngem dé tey bolo!



Là du ginu, mon Salim. Són sem libol du
hkenu du lanen ali mkik, yé guruhu hemken
du. Ne igò sem tey kehlingasen yem le kwitu
du dyo bè gunun tbug bew eginu kemdaw. Ne
tey ugaken yem le kehtagawu du bè hayan él
yem igou homdeng kedyohu.

Déy, mon yéen, moen kut ni du? Deng tódô
kem langaf Yé Salim, lusà du gunun egemnok

edyu. Balu kkenem kól là bud kem gtulónen
du nawa. Ngangen mò du yem ngà yó keni efet
hayahen bè yó, ne lusà du kem bulung nwa
yéen gu bè yó gu hmilol, ne gel dyohen ne
habuken yem ngà, okóm mom tennuen yem kbolohen
ne yem kkinien. Ngangen deng mom lewu
butengen.

Ne e sut bè yó yem sobu libun gmanù fi
loged le, nen e mamak bè yó. Bè yem igò le
sfamak, tulón Yê Salim yem libun yó yem des
yem ngaen.

Tennegelen, non yem libun yó, ngem yó dé deng
mom makkong semungen yem ngà. Yake bëem
tagad htutù dé aní là buden lemwoi. Tahu
se, là htutù Yê Salim du yem ngà. Yó tey
kiken, ngangen mkik efet là buden gel mgel.

Ne sotuhen, mon yem libun yó, hol béem abay
hinum él anì olò mtón yem kbolohen. Là, mon
Yê Salim, là kô naw e hinum du, kóyóu ke
géhél hotok yem kbolohen yóó. Èà mon, deng
Iewu butengen ni ne mò dù mkê hlò él, ngem
ni laen kô hol bud kéen, tódô ket na udi,
okóm moen ni ke là holen bud tô gemsut yem
kiken. Là buden mgel.

Yó se kun yem yéen, deng tódô là buden mgel
se kun. Pang tô tungón ne là kô getngónem
du mken, bà mon klangafen.

Timbow bò getluben klaw bè yó, hana kafi
mwas deng sana htifes Yê Salim, nen e tô
nit hbulung yem ngà. Ne timbow deng mimot
mwas, tlasik eteden ditu fatu gunù le bè
béhen Salim.

Deng ne e tngón tuónen libun yem nen e tô



kehbulung yem ngà yó, tey udélen du. Uma
kóm nim tuónen libun ni deng tey tuha, deng
tóng kóng kúlóy kuakay weken. Ne gel myón
te kuluhen kbongen hermù ngà lomi sut, ngà
tukuen. Nawaw yem uu, monen mò yem towuhen,
tey libun laen dù tngón. Deng gel gungolem
kó yó kem tey gel matay gu bè duktul? Katen
klaen nawam, moen ke tô nitem ebè duktul ngà?
Ngem ke tenbek le gu ditu mom yó ne hatayen.

Mom kogò yem tuha libun yó, nee malaw yem
ngà là buden kem hol hlingas lem hólól yéen.
Hol béem nit ebè duktul ni ngà, monen.

Yó tey bud kesbeweg lem hendem Yê Salim bê
yó. Matay ni ngà kdeng, utóm kiken. Tedu
kóem atulu du. Yé ne yó tuha libun mom
mteg ngà tukù te kuluhén, lusà du dyohen
yem ngà tnódónem ke bud tô hlingas. Mò du
yem ngà yó mkik hlò dos. Ne tódô senflósen
manga, là kô bud gestikomer du sumungen,
mom mékeng. Ngangen ne yem ngà yó, ninuten
lemélél, bukós lemnaw lem uyóhen, ne mom
legsong kem lem matahen. Nem ehnénég lemek
te kuluhén, bà henyónem ngà onuk lenbetù
kelegsongen. Deng mom ninuten tnaw lówóhen.

Weyè deng nen e ninut milot nawan, tódô hto
lem hólól le yéen ne béhen yem ngà yó. Laen

kem ofolem semtulón du ne yem ali kat ksidek
kegnóm Yê Salim du. Tódô kfuteng deng nen
e matay yem ngà. Yó gunun kfuteng, bà mon
botong knoyungen tlu buteng là hol gtungô,
ne laen hol ken btang elem lówóhen. Luk yó
tey kegselen, monen, yake tódô niten ebè
duktul yem ngaen anien ke là balen du ke
tuónen. Okóm deng mom gtufi ne ni. Ne
tódô lebeng le yem ngà yó.

Ne timbow deng malù legen yem katay yem
ngà yó, ominen hemdem lawa ebè kem dumuhen
bè datal ani nen e hnala nawahen, bà mon
yem tey ksidek kegbeng lemen yem gfaen yó.

Tahu se, ~~sotu~~ kdaw lemwót ebè kem dumuhen.
Ne yem igoen mógów bè lan bong, wen tonen
yem sotu ngà sniwi yéen segeslong le. Ne
tonen wen tey hali bè liholen yem ngà yó.



ani monem yem gel mon le kloing. Tódô
tfeng bè liholen kloing ne là kóen dog hol
tô gbinguy.

Moen yó du, mom Yê Salim?

Yéy, Wè, mon yem yéen, ni se kum hlayam.
Hyu se ni he dé, deng gotu lemekes yem dumun.
Yake tonem yem là deng klekes yem gnahan.

Deng tehe tô matay se ni, bê mon yem tehe
kegnômen yem des klet mng.

Hanà tolo lelen mudêl yem libun yô deng
sana tenbleng snôlôk Yê Salim, monon, Tedu
se bulungem du ke mkô?

Deng tehe tô hatayen no ni, ke tehe ninônu
yem ali knali le dou hbulung du bê duktul.
Ali yô kem tuha libun dê gel hlii le, ne
tey kesfatay là dou yem kwitu du hbulung.
Tôdô kem hnungolu yem ali kudêl le dou. Yô
hendemu, mahil du nimônu, yô kem tau wen
tngôn le bê bulung, duhen ke yô kem tuha
là tngôn le du kul yem bulung. Ni se gunum
mowil yem ngà ni, abay se lolou yem tulôn
kem duktul dou. Mon le, bêem tenflok htutù
du yem ngà ne ket kiwolem hinum du êl, honéen
yem êl.wen ngà kahî ne ngà memis nù du.
Ne læn kô bnayad snéen, abay se yem

bulungen yem klet mkê, tódô gbek te mò du
te kembu, là tlek bud benlihem du.

Ne sotu bud tulón le dou, yem él tutù
te, yó se ali hyu bè yem ngà senta yem
htutù gatas bè sobuy. Abay se yem htutù
bè sobuy, ke là mólósen yem sobuy ne ke
wen using gtutuen ne yó samut gunun lerwót
yó kem sisif ne legen kkóhen ke bolo.

Bè yem igoen tmulón du ke Yê Salim nim ni,
tódô mkik Yê Salim abay se gtulón nawan
yem kun lomí gfa. Hendemen mowil yem kun
ngà ke tehe kendel niten ebè duktul. Ne
gotu tulónen yem libun yó yem gfaen ne
botong gomong mkik béleen, ne mon Yê Salim,
Ni deng tngónu ne kmou du ke wen ngau
gemóm du yem des klet mkê.

S610k:

1. Tedu des yem ngà Yê Salim? Hnêng ye bè lafin 1.
2. Tedu yô kem hlau lemembas hlauhen ke Yê Salim yem libun mamak bêlêen? Hnêng yè bè lafin 3.
3. Bè yem keston le Yê Salim yem libun bè lan tedu se dnalang Yê Salim bêlêen bè yem hlau kem duktul du ke sok wen gemnôn des klet mkê? Nêngem bè lafin 7.

Môyi dmalang mô si bulung kô ne ke botedu kmò khinumem du yem tau gemnôm des klet mkê? Hyu se ke hennagiem yô kem nù bè kem lafin tmodol anî tngônem yem kul kmò du kem duktul.

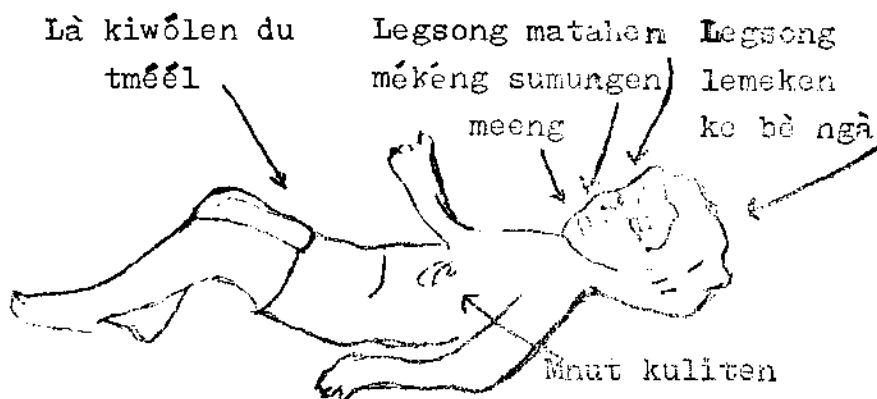
Yó Kem But Des Klet Mkê ne Lemwól

1. Ke ninumem yem él là mólósen.
2. Ke tmógóhi kem ken là nam gel molob.
Ke mkeni là geli molob.
3. Ke kenem yó kem bungu koyu là deng
nolob du.
4. Ke kenem yó kem ken deng sendaw hemyu
du.
5. Sotuhén snéen yem klet mkê ne lemwól
gel segeng bè dumu des lumun:
abas
des tnaw
ne des mkok.

Sok kulang éi bè lówó tau yó se hataven.

Là hatav du kun yó dum des klet mké.

1. Yem tau wen desen yó sôn moen gemnôm kleengen.
2. Là bong tléelen. Là kiwólen du tméél snéen.
3. Mò du mékeng sumungen.
4. Legsong matahen.
5. Mnut kulit but blututen.
6. Legsong lemeken ke bè ngà.

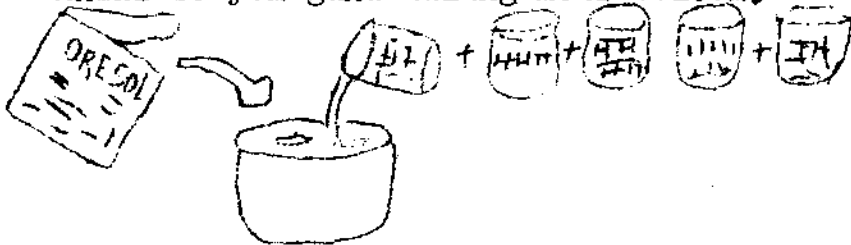


Bulungen:

Hol bong muhen ke géhél bnulung. Géhél hinum yem él bulung. Kihu yem dumu bulung hyu du, okóm hol bong muhen bè kdéen ke hol hinum yem él bulung efet mkó yem desen.

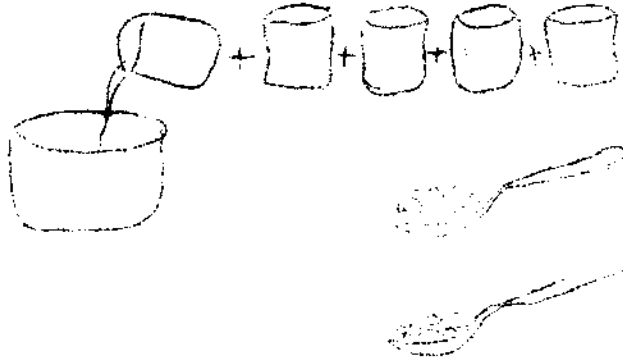
Mò kmò yem él bulung:

Hyu se ke eles wen gel henyuhem yem ORESOL kól lewu hunges mò eles tgama ne mò hetlasik gel nmò sok wen gemnóm des klet mkô lem gunuem. Yem ORESOL ni wen kahî deng eles bolen ne memis mò tódô kokem elem yem limu basù él tnaw deng tehe eles hkoðok gna. Tódô blay Gebenu nim mon le ORESOL ni. Mnihi bè yem gunù mulung moni béléem.

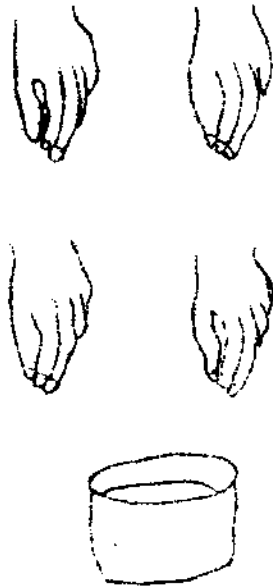


Ke laen dū ORESOL ...

1. Hemgifati sotu gunu hemsù ãl nlem limu basù.
2. Nolobem yem sotu basù kfi ne limu dulék gu lemen ãl tnaw deng tehe eles hkodokem gna, hsuem lem yem gunu hemsù deng gna hentifese. Ke là basù du, kihu semun lewu duléken hnok.
3. Hensuem lewu slidut bong memis yem ãl tnaw yã. Hyu se yem memis bulow.



4. Ominem mudut fat dulék stengeb tdokem
yem kahi bud suem lemen.



5. Ominem yó smimbug du nim él ni ke deng
gotu nù lemen kdéen. Hyu ke malù mnóm
mi ~~se~~ mnóm kmahi.

Kmò kinum yem é1 bulung:

1. Hinumem yem tau wen desen yem é1 bulung. Ke hanà ngà udì ket na sotu duhen lewu slidut bong hinumem du ket sfolò minutus blóngen.
2. Kifu ne kemdaw hyu ke hlós kinumen. Ke là géhélen mtón kbólohen hol bê tenflok hinum du.
3. Balù yem ngà hanà udì wen muhen yem é1 lemwóten bè limu kól bè sfolò basù é1 bulung ket kdaw. Duhén ke glukás bè yó he, hol néén ke sfolósen yem kbólohen.
4. Slong kóhem yem hinum du é1 bulung ke deng tahu mkó yem desen.
5. Ke sok deng malù mkó yem kbólohen, hyu se ke hinumem é1 libol, ne soging mé1é1 ne ninut henken le yó kem dumu ken.

Eles ten-gamahem:

1. Bè yem khinum du é1 bulung yem tau klot mkê, déke metnù yem kbolohen bè tanay kdaw. Okóm bëem tenflok hinum du.
2. Nim kbolohen angkat mtóm bè getluhen kdaw ne mkó sok deng sotu fedyanen.
3. Ke ngà, bëem tenflok htutù du. Ke mukas sotu fedyanen bolo déke wen muhen benlóngem htutù du ne mlom yem é1 bulung. okóm bëem tenflok htutù du.
4. Ke henmungen tódô tembólóy yem kéen yem ngà, hol henmung hinumem yem é1 bulung. Bëem hangat kleeden, góhél nitem bè tau mulung.
5. Ke ali lemwél ne là gbeken menek lem

lôwôhen yem êl bulung hinumem du, hyu
se ke gêhêl nitem ebè tau mulung moni
bêléem.

6. Ke wen ngol duhen ke litô mung bè kên,
des bolo lemwôt bè yem sotu klasi
sisif yem desen yô. Hyu ke wen dumu
bulung mò tnù yem êl bulung gel ninumem.
Lumun se yem bulung gel mon le Sulfa
ne Amficin. Nit ye bè duktul nim
gemnôm des mkê litô ni.

7. Ke laen bang gunum emlôy mò mulung du
bêléem, hol hanayem nawam, ne holi
hteneb. Abay se anien he ke deng tey
leed yem kekleten mkê gbekem mulung du
yem êl bulung ni, ni se yem tahu wen
muhen bè lôwôhen ne laen bang bud
hnebelem sentahen ke kôyôw yem tendo
hinumem du.



Muhen Yem Él

Deng gotu tagónem kô kôm yom muhen yem ÉI?
Tedu muhen bè lówóhem? Tedu muhen bè hulu?
Tedu muhen bè kem ógóf? Ke hendem te,
gbek te kô mowil ke laen dù ÉI?

Okóm gel wen se yem kdaw tey gel wen gfa
te lemwót bè yem ÉI. Lumun se ke kmulón
hong, ke gotu slob dunuk ke wen huluhem.

Ke konul ke wen kem kimuhem hol n'een ke
tau konul. Tedu se kmò kegnómem du ke
gfaem nim ni? Okóm se là seflósen du ni
yem gfa. Là gbekem du ke laen gunam ma éi.
Là gbekem mò nmò ke laen éi. Là gbekem
hgifat ke laen éi. Là gbekem mken ke laen
éi. Yó se gunu te mon du là gbek te mowil
ke laen éi, lemwót bè yem ali kwen mu te du.

Bè kdé yem nú bè lówó tau, mahil du yem
ali bong bè kdéen? Unged? Kulit? Tiol?
Éi? Duhem ke litó? Hendemem mahil du bè
ni kem ni yem hol bong? Tilów nsefem duhem
ke kenmesem yem unged utón, tedu se yem
tonem lemwà? Éi.

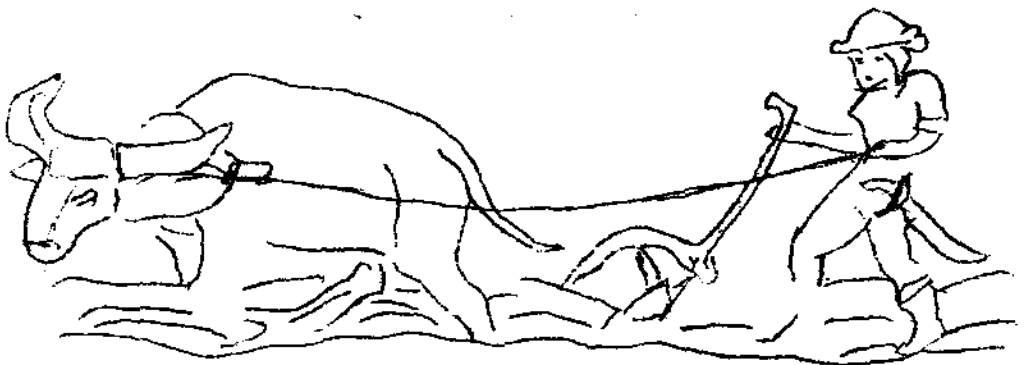
Yem kulit tódô mékóng ke laen dù élen.
kihu lengu yem tiol là gbekem kemdbl ne
bku ke laen élen.

Ne yem litô là gbeken molo lem ulat ke
mekéng, ke laen élém. Yó gunum mon, bong
muhen ke là kulangen bè él yem tau, abay
se matayi du ke kulang él bè lówóhem.

Él se yem hol bong bè kdéen bè lówó tau.
Matay yem tau, yem hulu, ne yem ógóf ke
laen él. Ke sentnuem yó kem nù bè lówó,
lumun se ke unged, tiol, kulit, wek, litô,
ulat ne kdéen yó, tek gbut ni kem ni. Yem
él botong kafi se yem kwenen. Ke mtón
yem él bè lówó te là hyuhen ke la wen tlesen.
Anien ke là meeng te hyu se ke gel te
minum. Ne anien ke là mò te nmò, senged
se kehyuhen ke minum te. Hol néen ke mò
te nmò abay se tey inget te ne tey kliteg
te, hyu ke minum te.

Yó kem duónen hyu ke seflós te gel minum

Yem tau gel ninget. Wen nmoen duhen ke laen nmoen sanged kwen ingeten. Yó gel lanen sut yem inget, duhen yem bè but bul bè kulit tau. Nim inget lemwa ni, hyu se ke wen tlesen. Yó gunum mon, hyu ke gel te minum baluen ke hlafus. Abay se yem igoem tungô geli ninget ne tméél. Yó gunum mon hyu ke tendo te minum abay se tey dê lanen hewa yem él bè lówó te.





Hol n'een yem tau ke wen desen. Balù là hohlen m'oyô mken, okôm ke tendo minum é1, yô se lowilen ne là hatayen du yem desen. Là ke là minumen, mò dù m'ek'eng lem baken ne gel monen là gbeken hemlo ken, là m'oyôen mken. Okôm yem tahu, yô gunun m'ek'eng lem liholen lanen kulang kinumen é1. Ne sotun, ke deng leed desen yem tau, ke mkik wen kô lewoken? Laen duen, abay se monem laen dù hol é1 lem l'owôhen.

Yô se gunun hol bong muhen, ke ket kiwôlen tendo minum é1. Ke ngà malù bong hyu ke gefet wolu basù bong ninumen ket kdaw. Ne yem tau lembang hyu ke gefet bè s'folè lewu basù lembang yem gel ninumen ket kdaw.

Okóm hol ten-gama te yem é1 ninum te, abay
se wen se yem é1 mólós minum du, ne wen
se yem é1 là mólósen minum du. Ke là
hol tngón te du ke mólós yem é1 duhen ke
là, yake tódô hlok te. Omin te yó he
minum du,

Yó gunun ali bong muhen ke ket kiwol te
minum é1, abay se yem lówó te hningun te
bè yem sobuy hnok é1. Ke wen desen yem
tau, hol néen ke des klot mkê, lumun ke
wen msuten yem sobuy hnok é1 ne seflósen
molo. Ke ngangen molo yem é1 ke efet kafi
duen, ke bè lówó tau deng leed ne yem
desen yó. Ne hyu se ke ket kiwolen minum,
ani wen tles yem é1 molo yó. Sok deng
sól duen, yé se gunun matay yem tau.
Okóm ke ket kiwolen minum, anien ke bolo
là kô hatayen du.