

# PANUN I KAPENGGAMUT SA TAW A PEDTAGUDU?



Maguindanaon

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## *HOW TO TREAT PEOPLE WITH DIARRHEA?*

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**FOREWORD**

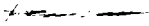
Education is a powerful instrument for reducing poverty and inequality. It provides the basis for sustained economic growth and full participation in nation building. The record of the last century worldwide shows that education is at the heart of any successful enduring national transformation.

SIL has served the Philippines for more than 50 years providing tools for education and development among the cultural communities. SIL members are involved in language research, while facilitating community-based literacy education, recording oral heritage, developing dictionaries and translating literature of high moral value, including the Holy Scriptures. Members of minority groups from the Batanes in the north to the Sama archipelago in the south have benefited from SIL's effort in our land.

The DepEd's efforts towards universalization of literacy have benefited greatly from the many decades of literacy work of SIL. Numerous Filipino communities have been reached by their projects among indigenous languages which serve to recognize, document and utilize these languages for the benefit of the people which speak them. SIL seeks not only to serve but to empower Filipinos to take leadership in their own communities, throughout the Philippines, and throughout Asia and the world.



This publication is yet another representation of the laudable work of SIL. It is my hope that SIL will continue to share its expertise with the DepEd, local communities, and other literacy organizations and workers in these efforts. For it is literacy which opens the door to a better future, and our linguistic variety is an important part of the cultural beauty and diversity that uniquely enrich the Philippines.

  
**Florencio B. Abad**

Secretary

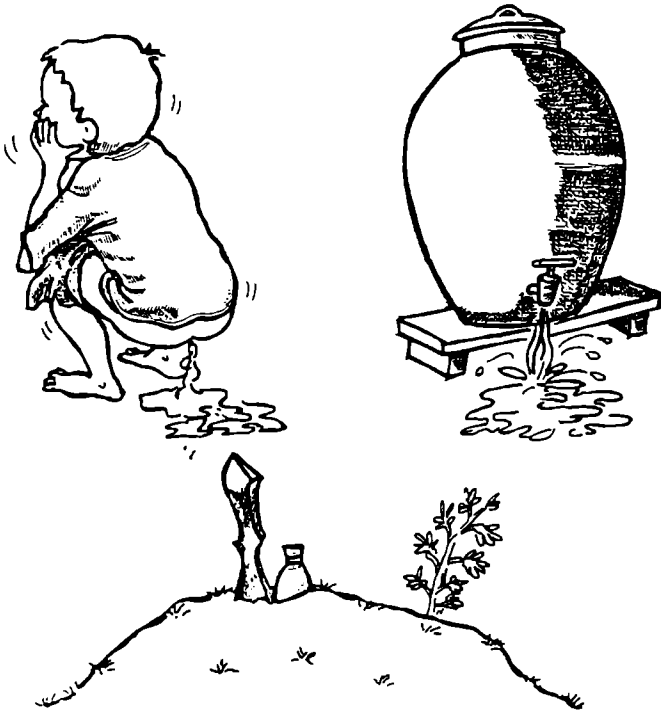


## PREFACE

This booklet about the prevention and treatment of diarrhea was prepared for semi-skilled readers of Maguindanaon in rural areas. It is designed to be used in group seminars or short courses in Maguindanaon communities. Each reader of this booklet will learn about the causes, prevention and treatment of diarrhea.

Many people in Nunangan, Talayan; Maganoy and Cotabato City have helped us in designing this booklet. We thank them all, but our special thanks go to Bai Umaima Lauban Silongan, Bhooks B. Guialil, Samidon Tawan and Conrad Garcia. Our thanks also go to the dedicated staff of the Computer Services and Publications departments at the SIL center in Nasuli, Malaybalay, Bukidnon.

We acknowledge the following sources in writing this booklet: *Where There Is No Doctor* by David Werner (Palo Alto, Calif.: Hesperian Foundation, 1977); *The Home Health Guide For Better Living* by Stephen & Karen Lynip (Manila, SIL 1988); *Training Manual for Traditional Birth Attendants* by Gill Gordon (London: Macmillan, 1990); *Facts for Life*, Philippine Information Agency (PIA) and UNICEF, 1989; *Helping Mothers to Breast Feed* by F. Savage King (African Medical and Research Foundation, Nairobi 1985).



*Pebpatay basi su taw a pedtagudu sabap  
sa egkaibpedan na ig su lawas nin.*

## **Su sabap a kapebpatay nu taw a pedtagudu:**

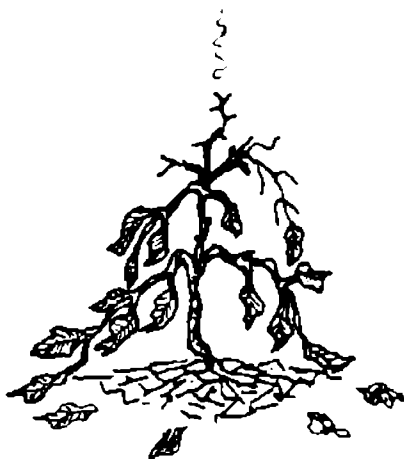
Nia sabap a kapebpatay nu taw a pedtagudu na amaika egkaibpedan na ig su lawas nin. Su taw a pedtagudu na mana su gulipu a tinaguan sa ig a da masiput na lalayun ebpagigis enggu sagay-sagay na egkaibpedan na ig. Nia penggamutan kanu taw a pedtagudu na su kapegkaibped nu ig kanu lawas nin.

Nia upaman nu egkanggula nu taw a pedtagudu na mana su pamulan, amaika da ig nin na malanes na entu den ba i kadsabapan nu kapatay nin. Amaika aden ig nin na mapia i kauyag nin.

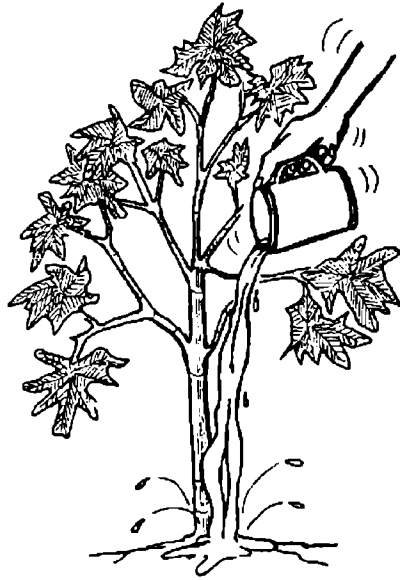
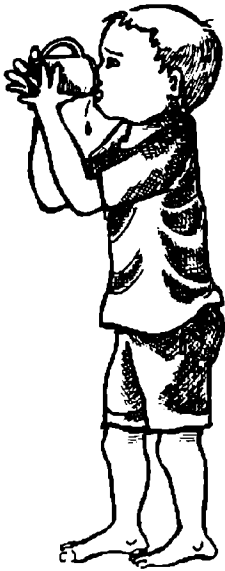




*Su kabpagigis nu ig nu gulipu na mana su kapedtagudu nu taw. Nia penggamutan kanu taw a pedtagudu na su kapegkaibped nu ig kanu lawas nin.*



*Migkagasa gaid sabap sa namalan su lawas nin  
ka naibpedan na ig, mana su pamulan na  
amaika da ig nin na malanes.*



*Mauyag su taw a pedtagudu sabap sa simbug,  
mana su pamulan na mauyag sabap kanu  
kapembubu lun sa ig.*

## **Ngin su simbug a sinimbulan sa mamis enggu timus?**

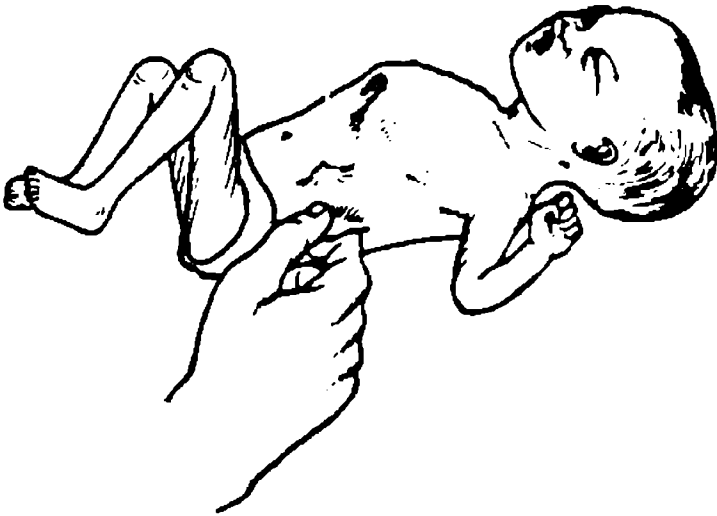
Madakel i natukawan tanu a kapakaid enggu kagamut sa taw a pedtagudu, ugaid na nia tatap sa kanu ipenggulalan tanu a manga ukit a kapenggamut na di bun pakagaga. Ugaid na nia nadtalu nu manga duktur na nia kun malemu enggu batalu a di makagkaid kanu lawas tanu a gamut sa kanu kabpedtagudu na su simbug a sinimbulan sa mamis enggu timus.

Su simbug na mana bun dikstrus. Ipabpaginum i nia ba kanu taw a pedtagudu ka enggu egkasambian su ig nu lawas nin ka enggu di sekanin egkalubayan.

## **Ngin i manga tanda atawaka sipat kanu taw a kulang i ig nu lawas nin?**

- Pakainum gaid.
- Mamala su lanitan enggu su bibil nin.
- Da gaid duda nin.
- Di gaid makatiti enggu binaning gaid su titi nin.
- Nakalesek su mata nin.
- Amaika manaut pan su wata na pendidalem i embunan-bunan nin.
- Amaika pebpinditen su tian na malumbat i kapembalingan nu lanitan.
- Pegkagasa gaid

Su nia ba a manga tanda i pedtusan sa egkapanangan den su taw a pedtagudu, na di tanu idtalipenda. Nia temu na di tanu den edsipatan su taw a pedtagudu ka sambutan den mapainum sa simbug a sinimbunan sa mamis enggu timus.



*Nia ba i tus sa palas na wata a kulang sa  
ig su lawas nin. Sambutan tanu den  
mapainum sa simbug.*

## **Panun i kabpagumbal kanu simbug a sinimbulan sa mamis enggu timus?**

Nia su manga ukit nin:

### **Ikaisa:**

Kua ka sa sakedu a madidu enggu taguy ka sa ig sa di gaid penun. (Amaika wata i pedtagudu na itabel nengka enggu pakatenggawi ka muna su ig.)

### **Ikadua:**

Kua ka sa mamis a saka salidut a manaut. Amaika da manaut a salidut na tenga bu sa salidut a masela.

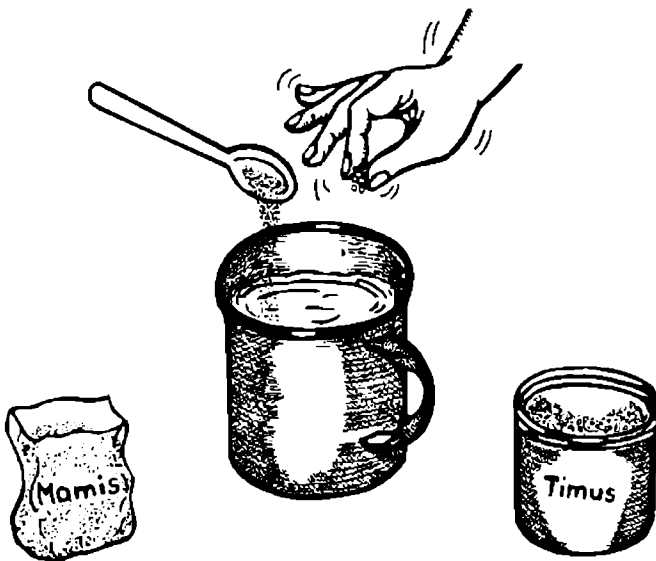
Mapakay i maliga atawaka maputi a mamis. Balila ka su mamis, entu pan ka ibubus nengka kanu ig sa sakedu a madidu.

### **Ikatelu:**

Simbuli ka menem sa sapindit a timus su ig a entu a tinaguan nengka sa mamis.

## **Ikatat:**

Sigambul ka enggu tukawi ka u ngin i nanam nu simbug a entu. Nia ebpelagidan kanu nanam nin na mamis-mis enggu matimu-timus a mana su lu nu mata. Amaika subela su timus na sambu ka su simbug!



*Kabpagumbal kanu simbug: Saka salidut a manaut i mamis enggu sapindit i timus enggu saka-sakedu a manaut i ig nin.*



## **Ngin i kadakel nin a simbug i ipainum kanu taw a pedtagudu?**

Su matua na dua ka sakedu a madidu i ipainum lun uman makaudu.

Su manga wata menem na nia nasisita a ipainum lun na saka sakedu a madidu uman makaudu.

Upama makanem makaudu su taw kanu kagagabian na sapulu enggu dua ka sakedu a madidu i ipainum lun a simbug amaika matua, na nem ka sakedu a madidu menem amaika wata.



*Dua ka sakedu, amaika matua, sa uman makaudu.*



*Saka sakedu, amaika wata, sa uman makaudu.*

## Panun i kapainum sa simbug?

Amaika su manga taw a pedtagudu ka di gaid silan malilini minum sa simbug, labi-labi den su manga wata, na nasisita i painumen sa paidu-paidu taman sa maawa su kapedtagudu nilan. Nia mapia a pakaidan lun na panalidutan sa simbug. Nasisita a benal su kapainum lun sa malibpes, iganat sa mapita-pita taman sa kalalamagan.



*Painemen sa paidu-paidu ugaid na malibpes.*



*Panalidutan sa simbug.*

## **Tanudi nu!**

Amaika painumen tanu su taw a pedtagudu kanu nia ba a simbug na dikena pedtunduga su kapegwakawa nu kapedtagudu nin. Nia tatap na kanu ulian nu kainum nilan kanu simbug a entu na makin pan pegkadakel i egkaudu nilan. Ugaid na apia maitu ba i manggula nu pedtagudu a entu na di nu temeleni mapainum sa simbug! Da kanu enggaip-gaip ka isa i nia a tanda sa mangagan den maawa su kapedtagudu nu taw a entu.

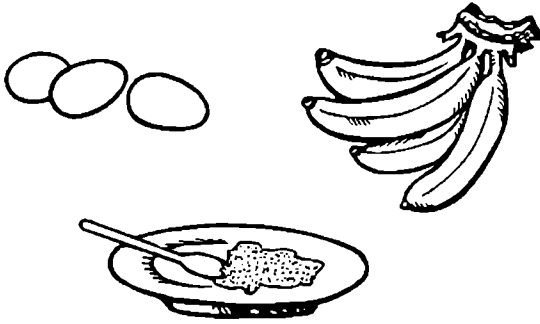
## **Ngin i pakaidan kanu manga taw a ebpanguta-ebpagudu?**

Amaika ebpanguta-ebpagudu su taw na mangagan gaid pegketi su lawas nin. Kagina ka maitu na nia wagib a enggalebeken na apia ebpanguta su taw na painumen sa simbug sa apia paidu-paidu bu. Apia saka salidut bu uman sapulu ka minutus. Ugaid na amaika egkapasangan den su taw a entu, na nasisita pananggiten lu sa uspital.

## **Balapantag su kapakan!**

Di mapakay a pindan mapakan su taw a pedtagudu ka entu ba i makagkabagel kanu lawas nin. Magidsan i wata atawaka matua. Su manaut a wata na di paendan semusu. Nia wagib a ipakan kanu manga taw a pedtagudu na mana su binubug, atawaka saging a malutu, atawaka apia ngin den a pegken a malemek. Apia di miug keman na tegelen mapakan.

Amaika maawa den su kapedtagudu nu taw a entu na nia nasisita na pakalibpesen su kapakan lun uman gay taman sa pitu gay, ka enggu mangagan sekanin egkasebud. Nia nasasangan na keman sekanin sa makapat atawaka makalima sa kagabian a gay.



*Balapantag su kapakan*

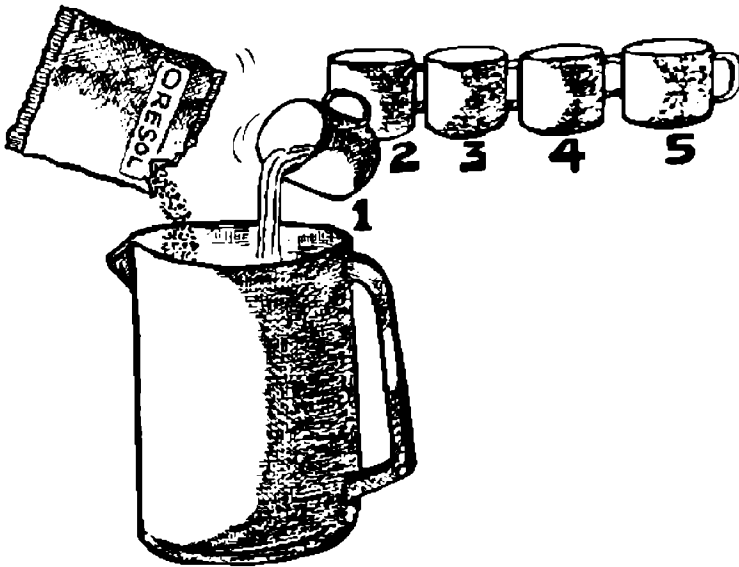


*Di paendan mapasusu!*

## **Ngin su Oresol?**

Aden ibpangenggay nu manga midwaip sa klinik a gamut a nia nin ngala na Oresol. Nia ba a gamut na magidsan sa simbug a sinimbulan sa mamis enggu timus. Su Oresol a gamut na da bayad nin. Mapia i nia a gamut. Egkalilianian nu manga wata atawaka matua, kagina da nanam nin.

Panun i kabpagumbal lun? Uman i saka suput a Oresol na pedsimbulan sa ig a lima ka sakedu a madidu a nia nin timbang na saka litru. Su ukit nu kapainum kanu gamut a Oresol kanu manga taw a pedtagudu na mana bun su ukit nu kapainum sa simbug a sinimbulan sa mamis enggu timus.



*Uman i saka suput a Oresol na pedsimbulan  
sa lima ka sakedu a ig.*



## **Ngin i manga sabapan a kapedtagudu nu taw enggu panun i kaabung tanu lun?**

### **Ikaisa a egkadsabapan: Mamadul**

Amaika su manga wata a pedsusu sa mamadul na aden a entu na nia ba i ped a egkadsabapan na kapedtagudu nilan. Kagina su mamadul na tatap embuligan na uled na pegkaledsik. Amaika di malimpiu sa mapia na masusu nu wata su maledsik a entu. Nia ba i sabap a kapedtalu nu manga dukatur, sa nia mapia na di pasusun su manga wata sa mamadul.



*Nia bun labi a mapia na pasusun bun nu ina su wata nin sa lekanin.*



*Di tanu pasusun su manga wata tanu sa mamadul.*

## **Ikadua a egkadsabapan: Su kalut atawaka bumba a masiken sa manga maledsik**

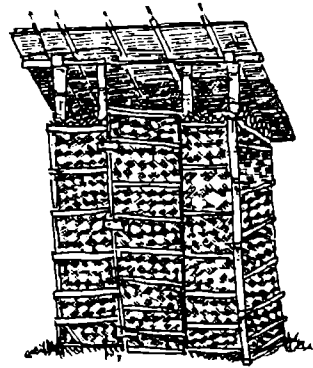
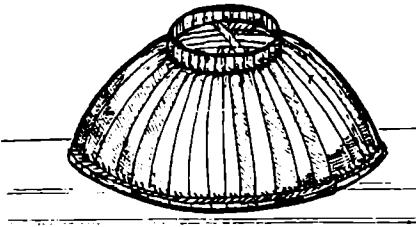
Di den ebpagingatan nu ped a manga taw su embala-bala kanu kalut nilan. Su tay nu kalabaw, su tay nu manusia enggu su kapedtuna nu kalabaw kanu embala-bala kanu kalut na ped a pakagkaid atawaka sabapan nu kapedtagudu nu taw. Kagina su langun nu maledsik a entu na lu ebpaguli kanu ig nu kalut atawaka bumba. Na amaika mainum nu taw na entu ba i sabapan na kadtagudu nin. Nia kaabung sa nia na mumbal sa bumba atawaka kalut a manga magatus ka pis i katangka nin kanu manga maledsik.



*Su katangka nu kalut kanu maledsik na manga magatus ka pis.*

## **Ikatelu a egkadsabapan: Su kapendudsuk nu langaw**

Magidsan i tay na binatang atawaka manusia enggu apia ngin den a maledsik a kadudsukan na langaw, na amaika makadampu su langaw a entu kanu pegken tanu na su ay nin na pakadtapik sa maledsik, na egkakan tanu. Entu ba i ped a egkadsabapan nu kapedtagudu tanu. Nia kaabung kanu nia na dapengan su pegken ka enggu di kadudsukan na langaw. Mumbal tanu bun sa manga katilias.



*Dapengan tanu su manga pegken ka enggu  
di kadudsukan na langaw enggu  
mumbal tanu sa katilias.*

## **Ikapat a egkadsabapan: Di egkaibpedan penggagas su manga lima**

Ped kanu manga egkadsabapan nu kapedtagudu nu taw na amaika makapasad mugas, na di nin ebpagibpedan penggagas su manga lima nin. Amaika keman den sekanin na egkadtapik nu pegken su maledsik a entu. Na entu den ba i egkadsabapan na kadttagudu nin. Nia kaabung kanu nia ba a manggula na unan u di pan pakakan na sabunan tanu su lima tanu enggu uman tanu makapasad mudu na sabunan tanu bun su lima tanu.



*Balapantag su kapedsabun tanu kanu manga  
lima tanu bagu tanu keman.*



## **Ikalima a egkadsabapan: Su kakan kanu mausang a manga pegken**

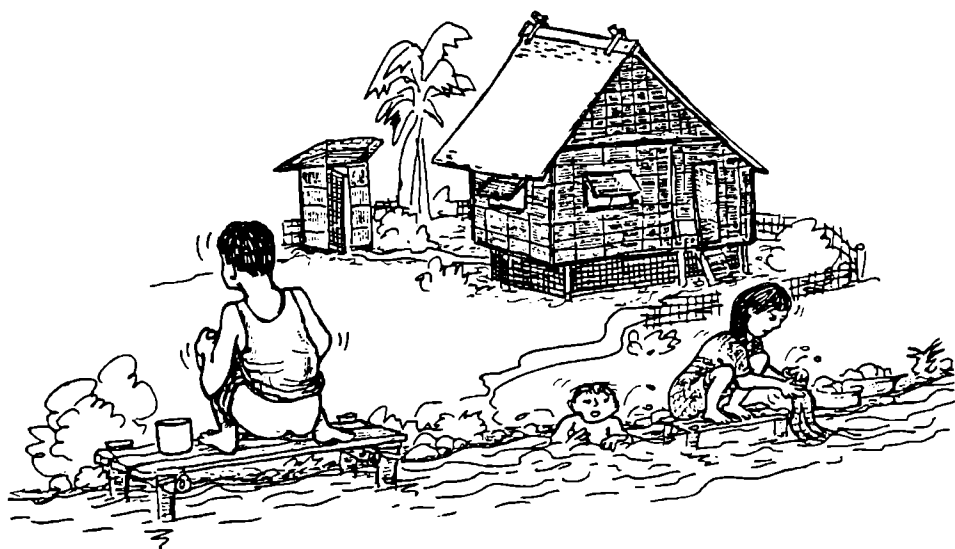
Su kakan sa emay atawaka seda na di mapakay a katenggawan sa mauget. Kagina amaika egkausang su pegken a entu na pegkadakel i uled nin. Nia ba su ped kanu manga sabapan nu kapedtagudu nu taw.



*Di mapakay a ken su migkausang den a pegken.*

## **Ikanem a egkadsabapan: Su kabpagudu sia kanu lawas na ig atawaka pulangi**

Sia menem kanu manga dalepa a masiken sa lawas na ig atawaka pulangi na lu den ba ebpagudu su ped a manga taw. Na su ped menem na lu bun ba mambu silan pebpaigu, ebpamipi, ebpangagas enggu pedtabu sa ebpaginumen. Na su langun na maledsik a ebpun kanu tay a entu na pakasimbul kanu ig a entu na egkakan atawaka egkainum nilan. Na isa bun ba i nia a sabapan na kadtagudu nu taw. Na nia tanu kaabung kanu nia ba na lu tanu mudu sa katilias a matangka kanu pulangi atawaka lawas na ig.



*Di tanu lu mudu kanu lawas nu ig ka lu tanu  
kanu katilias.*

## **Ikapitu a egkadsabapan: Amaika pendalu su manga wata**

Sia menem kanu manga wata na amaika su wata ka magasa gaid atawaka ebpagabas atawaka ebpagetu su ngipen nin atawaka pembulay na entu den ba i ped a manga sabapan nu kapedtagudu nu manga wata.



*Pedsalengan su kapedtagudu enggu su kapedalu nu wata.*

Itagu nu a benal sa ginawa su langun nu nia ba  
a nabatia nu ka balapantag a benal.

*Wassalam*