

HEN EKAMAN WAY MAN-AGAH

How to Treat Sicknesses
by
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Balangao of Mt. Province



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PREFACE

This health booklet was written to provide additional reading material in Balangao for stimulating interest and facility in reading. It is further hoped that it will be of benefit in teaching its readers some of the basic principles of first aid.

These materials were prepared by Joanne Shetler, member of the Summer Institute of Linguistics.

Literacy Committee
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Na-ammaan antoy libnu ta mitudtudu **hen** tatagu hen ekamanda way man-agah no waada hen ligat.

Matugun hen tatagu koma ta adida hahaddén ingganah kommalo hen saket. Te no loh kommalo hen saket, naligat ah ma-agahan. Un-unina no ma-agahan hen saket hen annat da menlapowan ta ag-aggah yag naka-an. Ngém no waada hen ibagan andi nangadal hen agah, unudum, a, te dùdual hen inilada hen antoy nesolat.

HEN WAADA

HEN PODOT

Hen podot hen adal hen mangimbaga way waada hen saket wat masapol hen agah. Aspirin hen agah hen podot. Umala-ayu hen aspirin. Ehà-bayu ta usalényu no waaday manpodot an dêyu. Yato hen ekaman way mangagah hen podot hen adal.

1. Adi manggagga-ay, te laweng way télén no mayawyawan hen adal way dan podot. Adi gumgumhad ingganah maka-an hen podot.
2. Adi man-améh ah wangwang. Ah baley yanggay hen man-amhan, ya masapol hen penapodot way dénum hen míméh an hiya.
3. Mametlowényu way mempainum hen aspirin hen éhay ag-agaw. Bigbigat, manggawa, ya madhém. Mabalin agé hen gawan di labi. Hen utteng: mametlowényu hen peta-pet-ang. Hen onga: mametlowényu hen éh-a. Hen denakkal: mametlowényu hen hindud-hindud-wa.
4. No adi maka-an hen podot no iyagah hen aspirin, iyahawayu hen salba (sulpha).



HEN ULU

No mansigab hen ulu, aspirin hen agahna. Mabalin mame^tlowén way manginum hen éhay ag-agaw. Yag no maka-an hen sigabna, etagayno way mangagah.

Hen onga way mantawén ah duwa ingganah lema, pet-a-pet-ang way aspirin hen inumuna, mame^tlo hen éhay ag-agaw.

Hen onga way mantawén ah éném ingganah hem polo ya tolo, hen éh-a way aspirin hen inumuna, mame^tlo agé.

Ya hen denakkal, hindud-hindudwa hen inumuna.

Mansigab hen ulu agé no adita manhida ah hamdà. Wat masapol hen hida. No hen algawan agé, no ammag kankanayan hen sigab di ulu, waada ménat hen saket way 'amoeba'. Enterro Vioform ono Achromycin ono Carbosone hen tapen hen agah amoeba.

HEN POTO

Nanbiné-binéb-én hen saket hen poto way mambéyah hen tapena, ya mansigab hen tapena. Yato hen mekaman way mangagah hen mambéyah.

1. Adi anén hen tapaya ya bangya ya lubban. Adi agé uminum hen kape. Uminum hen itdah no waada.
2. Adi anén hen olhe way isna, masapol binol-bol hen anén. Ammay agé hen lòto ya hen balat.
3. Salba (sulpha) hen miyagah ingganah maka-an. Hen utteng: mametlowén hen peta-pet-ang. Hen onqa: mametlowén hen éh-a. Hen denakkal: mametlowén hen hindud-hindudwa. Ya masapol dualén hen dénum way manginum.
4. Masapol mantongaw. Adi man-amma no mambéyah te awni yag kommaloo.
5. No ommattay, masapol mambulu ah sabun, ta adi émey hen saket hen tapena.
6. Mag-ay ta amdan way aw-awni én, ommattay, masapol ammag adi mangan ya adi uminum. Te hen 'dextrose' hen masapol. Man-ayag-ayuh manolong.

Waada agé hen tapena way agah hen béyah. Mag-ay ta nabayag hen saket, ya adi maka-an hen manginuman hen salba, omala hen andi napegsa way agah way hen tapena, Achromycin ono Neomycin.

Waada agé hen sabali way saket hen poto way ammag sumiga-sigab, ngém adi mambéyah. No yadi hen saket, naolangán ménat. Padasén hen agah hen olang. Mag-ay ta adi maka-an masapol ménat hen agah hen amoeba way hen agahna, Interro Viqform ono Achromycin.



HEN DATANG

No bangén dita andi sabali way wéhwéhayén, madatnganta. Hen ekat hen saket way datang, mansigab amin hen adal. Amdan hen ulu, ya mansigab hen awà. Aw-awni ammag amdan di sokaw ya ah awni agé, amdan hen lengat. Mampayagpag hen tapena, ngém adi hen tapena.

Hen am-ammay way agah hen datang, hen Camoquin ono Aralen. Hen Camoquin, duway ginina hen pés-éy ag-agaw. Ah wakas, duwa agé, ya kasen wakas, duwa. Mamenghan yanggay hen éhay ag-agaw. Hen utteng, ammag pet-ang hen éhay ag-agaw. Hen onga way mantawén ah opat ingganah hem polo ya tolo, hen éh-a way enag-agaw.

Waada agé hen andi agah ad namenghan way Quinine, ngém yadi hen agah ad namenghan. Adi polos mabalin uminum hen nabugi ah Quinine. Napegpegsa dillu andiday sabali way aqah way Camoquin ya Aralen, ya mabalin inumun hen nabugi. No da madatngan, mabalin agé iyahawa hen agah hen ulu.



HEN GUIB YA GULID

Sabali hen gulid ya sabali hen guib.

Dinakkal ya da madénman hen guib. Anakettoy hen gulid ya man-anay-ay. No magui-guiban hen adal way waadan denakal way guib, duwada hen lapona. Hen éha, maot-otan hen adal ya émméy hen lugit ad dal-ém, madénman. Hen andi éha, gapo ta kolang hen vitamin A ya D. No waadan guib, yato hen mekaman.

1. Metlowém hen enag-agaw way manabu-sabun hen adalno.
2. No nälpas way naulahan, ka-aném hen alum-bangana ya annowat talwan ah penicillin ointment ono ledehém hen salba ya annowat igga.
3. Sobla-soblakam hen lumbong ya uloh ta adi kasen malmu andi guib.
4. Uminum hen vitamin way A ya D. Un-unina dillu no uminum andi vitamin way A, B, C, D amin.
5. Ngém no naguiban amin di adal ya ulu, masapol ménat madoot ah penicillin. Ngém masapol dillu ammaam antoday tapena way nibabagga.

Sabali hen gulid. Anakettoy hen gulid ya man-anay-ay. Mambalin hen gulid ah guib no ot-otan, te malugitan. No waadan gulid, maid salbina hen midoot ya maid salbina agé hen penicillin ointment. Kaskasen no agaw hen lapon andi gulid. Naligat hen agaw. Mag-ay ta bé-én agaw, yato hen ekatyu way mangaqah.

1. Sabu-sabunan way enag-agaw, bigbigat ya madhém.
2. Epainum hen vitamin A,B,C,D. Maid polos salbin vitamin no adi émey ah éhay bulan ono duway bulan hen manginuman andi mangusal.

Mag-ay ta agaw hen nenlapowan andi gulid, yato hen ekaman. Ammag amdan hen anay-ay andi agaw.

1. Masapol sabunam hen bigbigat ya hen madhém. Balangna way sabun hen miyusal. No malpas di, kasenno sabunan, ngém adi ulahan.
2. Masapol masosoblakan hen lumbong way enag-agaw.
3. Iyagahno hen Benzyl Benzoid. Masapol initém hen amin way lumbong ya uloh ta annowat agahan hen adal. Aggaégyat hen gulid way agaw te man-ato-aton.

HEN BUYUY

Heno way da bumnal ya da umatong ya dan sigab, yadi hen ma-agahan ah agah di buyuy. Sabali hen metepég ya mabngat. Adi ma-agahan di kaman hen buyuy.

Hen buyuy, agahanyu no annat da elapo ta ammag maumah. Te no loh dumakal, adi mabalin maumah ingganah an mab-ot. No lomtà an déyu hen dan sigab ya da umatong way bé-én nabngat, elasenyu way buyuy. Yato hen ekamanyu way mangagah hen buyuy, ulay loh dumakal, ulay annat enlapo.

1. Esabba-sabbangyu hen lopot hen ummatong way dénum ya dayu idé-é-dé-ép. Mametlo hen éhay ag-agaw hen mangammaanyu ingganah maka-an.
2. Epainumno hen salba enag-agaw agé ingganah maka-an. No amdan hen buyuy, masapol madoot ah penicillin enag-agaw agé, ulay opat ono lemay ag-agaw.
3. Hen kasapolan hen mangendé-épan hen ummatong. Aggah ya mab-ot hen buyuy ya bùnag hen dénum buyuy.

I-illanyu te laweng way télén andi dénum buyuy. No émméy hen dénum buyuy ah heno way

sugat, mambalin ah buyuy agé. Wat masapol mambulu ah sabun no malpas way epabùnag hen dénumna. Mambulu ah sabun agé hen heno way tagu way nandê hen andi dénumna.



NABA-AG, NASUGAT

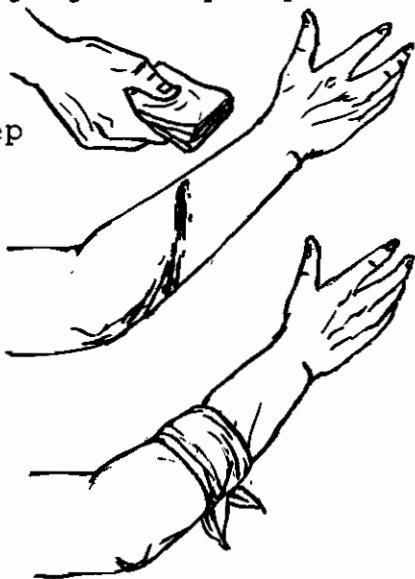
Yato hen ekamanyu no waada hen nasugat ono naba-ag an dêyu. Hen nedongtol ya naba-ag ya nasugat ya nabigadan, yato hen ekamanyu way mangagah.

1. Yasa ta dumala ta bùnag hen lugit ad dal-ém.
2. Ulaham ah sabun, ngém adim usalén hen penapodot.
3. Iyagahno hen penicillin ointment ono salba way naledeh.
4. Ibédbédno hen panyu ono heno way lopot way nadolos. Masapol nadolos. Bumnal no miyusal hen andi nalagtan.
5. No mabanggat ono masang-ap, masapol ilan ta maka-an hen émméy ad dal-ém. Pehpehém ta maka-an. No adi maka-an, ammaam antoday nibaga, ya ah wakas, kasenno padasén way manga-an. Masapol agé esabba-sabbangno hen nabanggat ono masang-ap hen ummatong way dénum ekaman ah buyuy way mameetlo hen éhay ag-agaw. Adim esabbang hen tapen nasugat no iggay binumnal. Ngém no binumnal, esabbangno agé.

No waadan amdan way naba-ag ya da dumala-dala, yato hen ekatyu.

1. Ulaham ta maka-an hen lugit. Unina no miyusal hen sabun, ngém mag-ay ta maid, hen dénum yanggay. Polos, adim iyulah hen dénum hen payaw ono heno way nalugit way dénum. Ya laweng agé hen penapodot.
2. Ta mèpasaldeng hen dala, lapté-laptén hen lopot yag indélédép hen andi naba-ag.
Yag kennég way mamédbéd.
3. No homayat, ono ah awni, ka-aném andi bédibéd.

Iyulahno hen sabun. Ya annowat talwan ah penicillin ointment ono salba way naledeh. No kasen agé dumala, kasenno agé bédibédén kaman ad anad. No amdan, masapol madoot ah tolo ono opat way penicillin ta adi bumnal. Epaokotno no amdan.



HEN NABNGAT

No bangtén ditah aho, ono gayyaman ono balakkan, yato hen ekaman way mangagah.

1. No aho hen namngat, sabunam ya annowat talwan ah salba. Adiayu iyagah hen andi agah way ekatda én, agah di bengngat aho no da-an nattallagaw hen andi aho.
I-illanyu andi aho. Ya no malpas éhay dumingqu ya adi mattallagaw andi aho, adi masapol ~~ono~~ ^{Adi} hahaddénu, te waada hen laweng andi midoot way agah no maid saket andi aho. Ngém mag-ay ta mattallagaw hen aho, ag-ag-gaqanyu way mangala andi doot. Ya patayén-yuwat andi aho. Adiyu patayén hen aho no maid saketna, te masapol hahaddénu ah hem polo way ag-agaw ta ilanyu no mattallagaw ono adi. Anyu hiluwén yangqay.
2. Mag-ay ta balakkan ono gayyaman hen namngat, ulaham ah ténéng ya esabba-sabbangno hen andi ténéng. Tumutùdua ono émbég-a. Mag-ay ta ah pagpag, esabbangno hen andi nabngat hen wangwang. Te ah ospital, dada esabbang ah éhay ag-agaw ya éhay labi. Maid ménat kasen agahna no bé-én di.



ANGÉD YALLIYÉH

No na-angéd ya netape hen liyéh, yato hen ekamanyu way mangagah.

1. Masapol mantongaw ya adi manggagga-ay.
2. Adi man-améh ah ténenéng, te penapodot yanggay.
3. Petlowém way manginum hen aspirin way enag-agaw ingganah maka-an.
4. No amdan, masapol iyahawa hen salba hen andi aspirin.
5. No amdan ya manhagéldad hen búbuoh, masapol madoot hen duwa ono toloy penicillin.

ULCER

No mansigab hen balo-ong ya dan halab,
ulcer ménat hen saket. No ulcer, omam-améd
hen sigabna no homenang ya umun-unina no
mangan. Hen agahna,

1. Adim ébtan hen manganan, ya masapol kankayan way mangan. Taén ake-aket hen aném, mangempat ono mangalema hen manganam way enag-agaw.
2. Ammag laweng hen kape way away. Laweng agé hen sele ya heno way adi mauto, ya bawang, ya bayah, ya olhe way isna. Laweng agé hen buwa ya hen tobao.
3. No amdan, masapol hen gatas. Mangempat hen éhay ag-agaw hen uminumam hen gatas.
4. Masapol hen vitamin A, B, C, D.
5. Ya masapol agé mantongaw ta man-inunqal ingganah maka-an.

BERIBERI

No dan sigab hen balo-ong ya da mabégbég hen tapen di adal ya bumnal hen apeng ono he-e, Beriberi ménat hen saket. Hen denakal, mansigab hen balo-ong ya mabégbéq hen adal. Dan sig-sigab hen poto ya laweng hen masséyan ya hen man-i-iwiyan, ya maid hélanén maungal. Hen onga, metape hen bumnalan hen apeng ono he-e. Ya biah hen polpoltè hen mantagu. Maid kasen agah hen beriberi no bé-én vitamin. Masapol hen dùdual andi vitamin B. Ya masapol agé hen vitamin A, C, D. Yato hen ekaman way mangagah hen beriberi..

1. Uminum hen vitamin A, B, C, D enag-agaw unig hen toloy bulan. Ya dualém hen vitamin B.
2. Hen ammay way ma-an, heno way kalne ya dual way hamdà ya lòto. Adi maulahan koma hen bégah ta anat mesol-at. Adi agé midahdah hen bégah te dual hen vitamin B hen andi nidlén hen uppà hen pagéy.

KOMAPSOT HEN ADAL

No komapsot hen adal ya maid hélanén naungal ya anag matokal way man-amma, ono da maula-ulaw, kolang hen vitamin. Te no kolang hen vitamin, ammag yadi yadi hen ekat hen adal. Masapol hen vitamin A, B, C, D. Ya masapol agé hen andi ekatda én, 'iron'. Mainum antoday vitamin enag-agaw ingganah malpas tolo ono opat way bulan. Te maid salbina no adi mabayag hen uminuman ah vitamin.

Hen andi éhay masapol agé way agah, uminum hen agah olang, te no maolanganta, komapsot agé hen adal.

HEN OLAP

Hen maolap, maid ilana no malihnug hen init. Éha-an yanggay hen agah hen olap way vitamin A hen agahna. Duway bulan hen manginuman hen vitamin way A, B, C, D. Ya hen andi pés-éy lemay ag-agaw, miyahawa hen andi napegsa way vitamin A way 25,000 ono 50,000 unit hen olhena. Wat maka-anat hen olap.

KOLENNAT

Hen Kolennat pomodot hen adal onga ya mangéd ya anat bùnag. Yato henmekaman way manqagah.

1. No melasen way kolennat, epawayu hen mangagga-ayan hen onga. Ya laweng way télén no man-améhdah wangwang. Man-améh ah baléy yanggay ah penapodot way dénum.
2. Ammay no helang hen iggawana, te kagolana hen init ya madadael agé hen matana. Wat kapsot hen ilandah in-inggana.
3. Epainumno hen salba ya hen aspirin enag-agaw ingganah maka-an hen podotna.
4. No amdan hen podot ya angéd amin, masapol madoot ah penicillin.

HEN OMANÀ

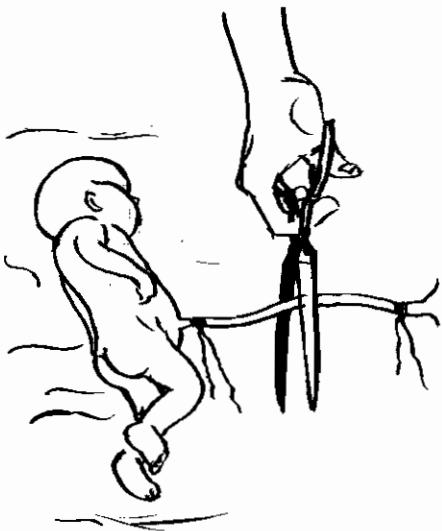
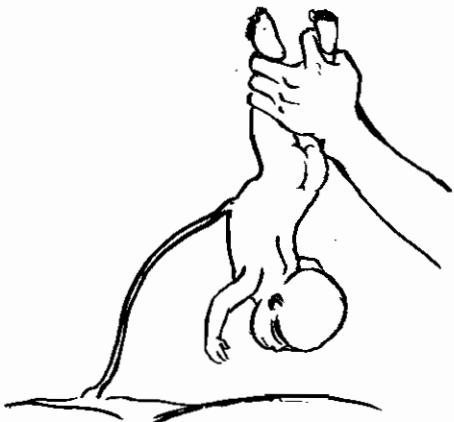
Yato henmekaman hen bubae way omanà.

Mangmanqhan hen mapàgangan hen omanà no unudun natto.

1. Uminum koma hen andi bubae ah vitamin hen unig hen mabugiyana ta pomegsa hen adalna.

2. Mag-ay ta umdah hen omana-ana yag bumùnag hen hengena, adi manggagga-ay. Ammag i-inggaw yanggay ah baléy. Hen adi bùnagan hen hengena, mabalin manggagga-ay, taén da omtéb.
3. Adi mepawa hen uminuman hen andi omanà no màwaw. Mabalin kankanayan way uminum ngém ake-aket. Ngém no umdah hen andi lomengatana way teg-angay bumùnag, yadin adina uminuman.
4. No ammay hen manma-anan masséy, mabalin way masséy. Laweng no epawa hen masséyanan te maid olhena. Wat ammay no masséy ta ma-among hen olhena. Te hen étébna hen mempalèna an hiya.
5. No teg-angay bumùnag hen onga way da lomengat andi da omanà, ehaplàda hen nadolos way lopot ta tûduwan hen andi omanà, ta yadin miballetangan hen andi onga no bùnag. Masapol nadolos hen andi mehaplà.
6. Taén da omté-omtéb, adim mag epahén no da-an umdah hen tempo. Egad naway hen onga way data lomengat ya anat epahén. Ngém no etagayna way omtéb, adim epahén ingganah kasen omtéb.

7. No bumùnag hen utteng, eponahno hen lampen hen béhalna ta adina ehonglot hen angéd ya dala. Mantowadém ta bumùnag amin hen angéd way waadah bégangna ya tapàna ya angalna. Te waada hen angéd way maid maila.
8. No bummmùnag hen onga, man-agwéém way maméd-béd andi waléy hen utteng. Yag lugoham hen battan hen andi nabédbédana, ta mabalin alan andi onga. Adim ka-anén hen bédbéd posog uttenq. Egad màdég hen posogna ya anat metapal. Mabalin matalwan hen posog utteng ah alkohal enag-agaw, ta aggah yag nàdég.



9. Yadi, no malpas hen polo way minutos, ya adi bumùnag hen baléy onga, émbég andi ommanà. Andi mangempabùnaq hen baléyna, éméy ah ulluwana. Yag entagméd hen uhun posogna yag henonhon ah tabuna. Manidéd-déén hen tagmédna, yag enal-allunay way mentuldun, ta bumùnag andi baléy. Adita éng-éngangén way mentagméd te waadan lawengna.
10. Mag-ay no bumùnag hen andi baléy onga, apo-apoapém hen poton andi ommanà ta omakettoy hen tagénaén, ya ta matdù hen dala. No amdan hen dala, dam apo-apoapén ingganah somaldeng. Mabalin middat hen ergometrine way agah di dala no waada.