

Mepanggép
hen
Dala



Balangao

Mepanggép hen Dala

About Blood

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FOREWORD

Some of the glory of the Philippines lies in the beautiful variety of people and languages within its coasts. It is to the great credit of the national leadership over the years that no attempt has been made to destroy this national heritage. The goal has been instead to preserve its integrity and dignity while building on this strong foundation a lasting superstructure of national language and culture.

The present book is one of many designed for this purpose. It recognizes the pedagogical importance of dividing literacy and second-language learning into two steps--literacy being the first. When a student has learned to read the language he understands best, the resulting satisfaction in his accomplishment gives the drive and confidence he needs to learn the national language. His ability to read, furthermore, is the indispensable tool for the study this program will require.

The Department of Education of the Philippines is proud to present this latest volume in a nationwide series designed to teach the national language through literacy in the vernaculars. It will strengthen both the parts of the nation and the whole.

JUAN L. MANUEL
Secretary

FOREWORD

One of the noble aims of Education is to equip every citizen to participate meaningfully in his society and to share in shaping the destiny of his country. Providing literacy instruction in each man's vernacular is a basic step in realizing this goal. To promote this purpose the Summer Institute of Linguistics works in agreement with and under the auspices of the Department of Education in the preparation of instructional and supplementary reading materials for the various Cultural Minorities of our country.

The Bureau of Public Schools takes pleasure, therefore, in presenting this volume of literacy material which is part of its list of approved supplementary reading materials prepared for use by the Public School in the areas using the vernacular of these materials.

LICERIA BRILLANTES SORIANO
Director of Public Schools

P R E F A C E

Important information has been inaccessible to the majority of the people of Natonin, Mountain Province, because of the barrier of illiteracy. This booklet is one in a series prepared by participants in a writer's workshop held at Bagabag, Nueva Vizcaya, in September and October of 1973, in cooperation with the Summer Institute of Linguistics.

This booklet serves a dual purpose: that of providing literacy materials so that people might achieve skills in literacy in their own dialect which will help them to achieve the same skills in a second language. The second purpose of this booklet is to provide necessary information in areas of need of understanding and enlightenment for the progress of the community.

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Dala

Hen dala, dan liwéliwéh hen adalta-aw. Ananyu ménat abéén adi ngém dama. Tépapényu hen balo-ongyu. Heno hen malènayu? Dan lùlùwab? Hen annay dan lùlùwab, yaha hen poho. Hen dan lùlùwaban hen hen pugpug-awta-aw, yadi hen da mangimbug-esan hen poho hen dala ta manliwéhda way éméy hen amin way palten hen adalta-aw.

Hen dala way dan liwéliwéh hen adalta-aw, opatda way masosnod, way no manlamongda, ananta-awéh dala. Andiday opat way masosnod wat didato: ah dittakan, ah pokkawan, andi kaman danum hen ilana way dala, ya anat andi mempatdù ah dala no dumala. Danatto way masosnod, nakalase hen dunuda. Hen dunun hen ditak way dala wat hiya hen da manginwalas hen angin hen palten hen adalta-aw. Yato hen ma-ammaan: Mo manngaésta-aw, hénggép hen angin ah balata-aw. Hen balata-aw, wadada hen anak-akettoy way ulat way ininggawan andiday ditak way dala. Didadi hen mangisop hen angin ya inyéyda hen aminay palten adalta-aw. Hen andi da mangighépan hen ditak way dala hen angin, dana abé honhonon andiday nausal way angin. Andi data-aw iyahyab wенно iyaghéy, didadi hen anusal way angin.

Yaha hen dunun ditak way dala.

Ah pokkawan way dala, hiya hen soldadu wenno poles hen adalta-aw. Mo waday hénggép ah saket hen adalta-aw, pédténa. Wat mo mansaketta-aw ya anta-awat guminang, andi guminanganta-aw, yadi hen namditan hen dala way pokkawan hen andi saket. Yaha hen dununa.

Andi dala way kaman danum hen ilana, yadi hen pala walwalas ah ma-an. Adina abé ammag etatànang hen nabobokkal way senol-at ya inwalasna hen adalta-aw. Yato hen ma-ammaan unna. Amin way anénta-aw ya issata-aw tolo way lohong hen engwada. Hen pés-éy wat hiya hen tapà. Hen tapà, iwééna hen ma-an ya inmeyda an bittok. Ah bittok, kasenna iwéén wat omanak-akettoyda ya inmeyda an bagis. Ah bagis, muyamuyaéna. Wat hen andi adi mamuya, yadida hen dan batin ah attay. Andi namuya way télen way nambalin ah danum, yaé han isopon andi dala way kaman danum ya inwalasna hen adalta-aw.

Mo na-attan hen aminay palten hen adalta-aw ah ma-an, ibangadna abé way manag-oh hen amin way lugit ya inyéyna an baten. Ah baten, wada hen ulat way neselpo hen bidong. Yadi hen unudun andiday lugit ya inmeyda an bidong. Anta-awat

iyisso dida nyman. Isonga man-anghal tay lugit way malpo hen adalta-aw.

Hen andi ma-apat, maid usto ah ngadanna weno maid usto ah itdulana ngém hen dununa, hiya hen da mangempad-al ah dala. Mo masugatanta weno mo waday dumala hen kompolmi way adal, epad-alna hen dala wat mansaldeng way tomedted weno omayoh. Mo maid hen andi ma-apat way dala ya dinmala hen adal, anmag adi matdù inggana ah mamin hen dala.

Antoy adalta-aw, wada hen pala am-amma ah dala. Ammuyu? Utak. Baén abé utak hen ulu tay utak hen tongal. Hen hiyato way utak, kaman makena hen ekamanna way man-amma ah dala. Ngém insigun hen kadual hen dala way masoktan. Mo aket hen linmayaw way dala way masoktan, adi unay paspas hen ekaman hen utak way man-amma. Ngém mo dual hen dala way masokatan, kaman makena hen ekamanna way man-amma. Isonga hen dala, nalaka way masoktan. Kalkalo mo lonlonnayén way umissa ah samdak ya uminum ah danum.

Hen dala wat agas. Lonay hen miyagasana kaman hen da masugat, maopelal weno enmanà way nalabus hen dala way enpalyawna wat masapolda hen dala tapno pomegsada. Wada hen limitadun hen dala. Mo masolok ah lemay tasa hen maka-an way dala, komapsot way télen hen adal ya kaggaégyat. Ngém

mo an yanggay an' éha wenco duwa way tasa, adita madanagan. Wada tot-owa hen kapkapsot hen adal ngém basta lonalonayén hen samdak way mangissa, ya waday kalni anda gadiw mo mamenghan wat mo malpas hen hinpoloy ag-agaw wat mansubli hen sigud way kadual hen dala ya sigud way pegsa.

Opatay kalase hen dala. Wada hen dala way O, A, AB, ya B. Andi dala way O, mabalin usalén amin hen tatagu way nangindala ah O, A, AB wenco B. Kaspangaligan, ah Berto, O hen dalana. Mabalin iddatna an Pablo way O, A, AB wenco B hen dalana. Ngém mo ah Berto way O hen dalana hen mansapol ah dala, andi dala yanggay way O hen alana. Adi mabalin mo A, AB wenco B hen migga an hiya. Hen tagu way AB hen dalana, mabalin usaléna hen AB abé dallu, A, O, ya B. Ngém hen dala way AB, adi mabalin way usalén hen nangindala ah A, O ya B. Hen tagu way nangindala ah A, mo masapolna hen dala, hen dala abé way A wenco O hen miggan hiya. Padongna an B. Hen tagu way B hen dalana, ya mo masapolna hen dala, hen miggan hiya wat andi dala way B wenco O.

Dita-aw way tatagu, miid lawa adi ma-ammaan ah komolangan hen dalata-aw. Kaman hen da omana', maba-ag wenco kompolmihna way komolangan di dala. Ad uwān tay data-aw adalén way nalaka ah masoktan

hen dalata-aw, adita-aw émégyat way mangiddat hen andiday manapol. Ammay abé ad uwan tay wada hen bangkon hen dala hen tapenay probinsiya. Hen laydén hen bangko way anan, alang. Alang di dala. Hen yadi way alang, mabalin idulin hen dala. Ulay éha, duwa tolo wenco opatay tasa. Hen hiyadi way indulinno, mabalin bangdém mo ah tapen di ag-agaw ya masapolno. Ammay mo wadan mibabangko way dala tay adita-aw ammu hen da mepaspasamak. Wat mo wada hen nesasaggana, siguladu way matagu hen andi manapol.

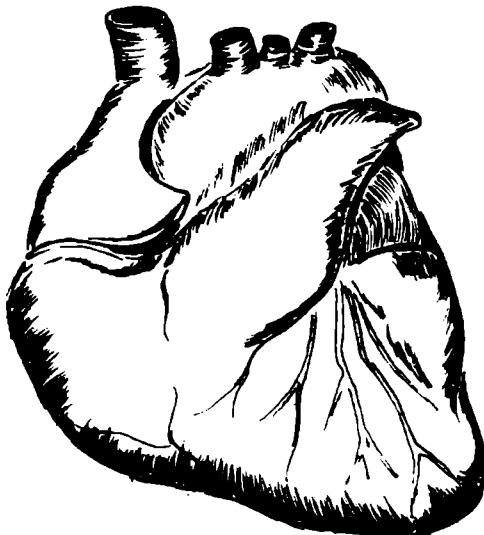
Hen Manliwliwéhan Hen Dala

Hen kadúalan an dita-aw ad Balangawénto wat adita-aw ma-awatan hen ekaman hen dala way manliwéh hen antoy adalta-aw ya ulay hen antoday nan-uswila wat maid inilan hen tapena.

Ammag kaskasda-awto way télén ngém adita-aw masda-aw te yato hen ekamanna. Hen pohota-aw hen impoltante way télén hen adalta-aw te yadi hen manginbumda hen dala hen amin way hùyun hen adalta-aw.

Antoy poho wat kaman hen andi cibbiis hen ungunga way anés way no ibiisda wat mahihiyan hen danum way bùnag. Wat antoy danum way bumùnag, ihà-an way abbot hen bumùnaganda ngém nahihiyan hen dada mantolongan. Wat masapol way alwadanta-aw koma hen pohota-aw ta adi mansaket, te no mansaldeng wat mateýta. O te maid manginbumba ah dala way da manginwalas hen anén hen adal.

Henokay ngata hen ekaman hen dala way manliwéh ah adal no ibumban hen poho? Hen antoy pohota-aw hen da manginpa-andal hen dala ta manliwéh ah ulay heno way hùyun di adalta-aw. Kumain bumba hen andi poho way da manginpaliwéh hen dalu no ibumbana, manlugi ah danakkal ingganah ka-uk-akettoyan way



ulat way éméy ah ayanén nambangad ah poho dilluwén
kasen nibumba ta kasen agén liwéh.

Hen dala wadan ahimbabalyanna agé way kaman hen
kapec wat wadan asokalna, gatasna, kapena ya danumna
ngém iha-an hen ngadanna te kape. Yato hen ekamanna
hen dala ngém hen danatto wat hen poho dillu hen
egad way mangindulun andaat miwa-at.

Hen pés-éy ahimbabalyan hen dala wat hen andi
dittakan way da manginwalas hen yawyaw hen antoy
laman hen adalta-aw inggana hen péppég hen
ugletta-aw. Engwana hen andi bala way éméy umala
ah yawyaw way ina iwalas hen adalta-aw. Yato agé

way dala hen manga-an hen andi nausal way yawyaw hen lamanta-aw. Iyéyna agé hen bala ta mepabùnag no mambùbuohtha-aw. Ya hen hiyadi danaat agé sokatan hen andi nausal way yawyaw ah da-an mausal ta kasenna agé iwalas.

Hen andi ihay ahinbabalyan hen dala wat yadi hen pokkawan way yadi hen mèpateý hen andi saket way émey ah adalta-aw. Pédténa hen saketta-aw ngém no amdan dillu hen saket wat masapol dillu hen agah way tomolong hen antoy pokkawan way mamdit hen saket.

Hen iha way ahinbabalyan hen dala wat hen lénan hen adalta-aw way yadi iyéyna agé hen anén hen amin way palten di adal. Wat antoy lénanto, yato hen manginwalas hen anén hen adalta-aw way dana sokatan hen andi lugit way adi usalén hen adal.

Hen ekaman nato, engwana hen andi biten ta maulahan ta tênéna hen lugit ta metapal. No somaldeng hen biten way mangulaulah wat agga-agal ah mappetotta yag no adi maulahan hen dala, adi ménat émey ah ihay duminggu wat matéyta.

Hen iha agé way laok di dala wat yadi hen manginpaginang hen dala no waday màgéd ono maba-ag ah adal. Te no maidto way ahimbabalyanna yag no maba-agta, adi guminang way da dumaladala te hen yato anna-an péntan hen andi da bùnagan hen dalan

hen sugat te kaman hen dinapyoh way data-aw mamtot
hen golonggong hen payaw, wat ulay no man-alhéb
wat an yanggay ammag aket hen danum wèy lomayaw,
yag ah awni naleta dillu yag natdù. Yato hen
ekaman agé natto way laok di dala way mamnat hen
bùnagan ya da malpowan hen dala no masugatta.
Yato hen ekamanna no anta-aw epadong hen andi
data-aw ammaan hen andi golonggong ah payaw.

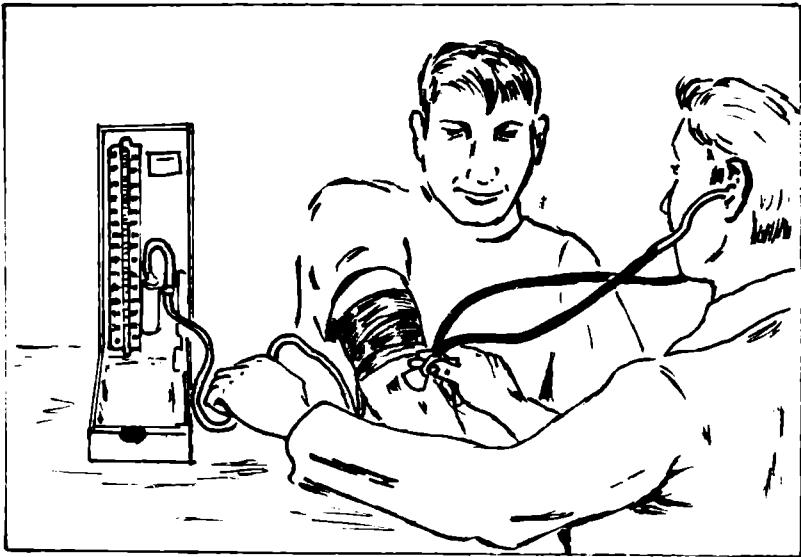
Yato hen ekaman hen ahimbabalyan way dala way
manal-on hen adalta-aw.

Hen Laydén Way Anan Hen "High Blood"

Anmag kadualan an ditaro hen mangaleyén hendi tagu way "nahigh blood", an dual hen dalana. Baén tot-owaha hen laydén way anan hen "high blood" tay hen laydén way anan hen "high blood", an alisto hen ekaman hen dalana way mankote ah hen poho ad dal-ém.

Hen doktol ya hen nalses wada hen dada usalén way menlasin mo hen koten hen dala. Yato hen mangila mo waday "high blood" hen tagu. Melasinda abé mo usto wenno nakapsot hen ekaman hen dala way mankote hen adalta-aw. Hendi "stetoscope" wada hen padongna way mamadong hen koten hen dala. Mo hinggasot ya duwanpolo hen ekaman hen dala way mankote, yadi hen usto way koten hen dala. Egad manlabus ah hinggasot ya leman polo ya andaat ananén "high blood"

Mo mamenghan abé anantaowén, hen tagu way "nahigh blood" ag-agga ya enmaningalngal. Maid akettoy ah mabalin way mepoldiatan nato hen mepo-on hen "high blood". Ah hen tagu way waday "high bloodna" anan hen doktolén, mo mabalin koma, manghanéna way mandunu, adi omaningalngal, adi maég-égyat tay yadi hen da kaskasen pomegsaan hen



hen ekaman hen dalana way mankote, wat kaggaégyat ah waday madael hen diday ulat hen pohona. Mo mabalin koma tempaléna hen adalna ta ulay henoha way omaningalngalana, émégyatana ya amin way ma-ammaan an hiya. Hen éha pay, hen dida komay tagu way waday "high bloodna", adida umin-inum ah sammigil tay yadi abé hen éha way menpapegsa hen koten hen dalada. Agga koma abé ya nasséyda hen diday "nahigh blood" ya masapol way dual hen inungalda ta man-inungal hen pohoda way dan palipaliwéhén hen dala hen adalda.

Yato hen laydén way anan hen "high blood".

Aditan Binabang Way Umiddat Ah Dala

Ahto ad Balangao, émégyatta-aw way umiddat ah dalata-aw gapo ah dual hen mangaleyén, no umiddat-a ah dalam, komapsot-a ya taén no malooth di kamanay bulan ono tawén, adi mambangad hen kaolhem hen da-anne umiddatan ah dala. Baén peet tottowato te ilanyungén, hen dala, da ammaan hen utak hen tongal. Élegna ammaan hen hentasa way dala hen unig hen opat ono lemay ag-agaw. Pakay? O, te hen dala hen adalta-aw, da madadadadael wat masapol way da mapalgapalgan. No madadael hen dala ah adalta-aw, nokay hen da omamma ah palegna? Hen utak hen tongal dillu hen da omamma. Ngén no maba-ag-a ono umiddat-ah dalam, pomegsa way télén hen antoy utak di tongal way man-amma ah palegna. Adi mabayag wat mapalgan hen dalam way lommayaw.

No umiddat-a ah dala, masapol **nga** dualém way manhida ah hamdá. Ammay mét no waday kalni, etlog, gatas ya kalakalasey bunga kaman hen balat ya tapena pay way bunga. Adi éméy ah ihay Duminggu wat manbangad hen olhem ya mapalgan hen dalam way naka-an hen unig **hen** hempoloy ag-agaw.

Baén amin way tagu wat mabalin umiddat ah dala. Adi mabilin way **umiddat** hen tatagu way nangato **hen** **dalana** way ekatdéén "high blood",



ya **hen** tatagu way nakapsot di dalana, te adi dillu epalubus hen doktol gapo ta hamham-énda-a agé. Adi mabilin agé way umiddat hen natibi ya hen wada hen datangna ono hepatitisna. Hen mabilin yanggay way umiddat, wat hen andiday tagu way maid saketna. Hentasa ya kagudwa ménat yanggay hen mabilin way addém, te yato ménat yanggay hen palubusun hen doktol.

Wat ad uwan, ammuta-aw way wada peet hen dan am-amma ah dala way utak hen tongal, ya no ma-aketan hen dalata-aw, pomegsato way man-amma ta masoktan hen naka-an way dalata-aw, ya adi mabayag agé peetén nambangad hen olheta-aw.

Wat yaha hen maka-an koma hen égyatta-aw
tot-owa ta no waday mansapol ah dala, adita-aw
manbinbinabang way umiddat no ekat hen doktolén
mabilin umiddatta-aw.

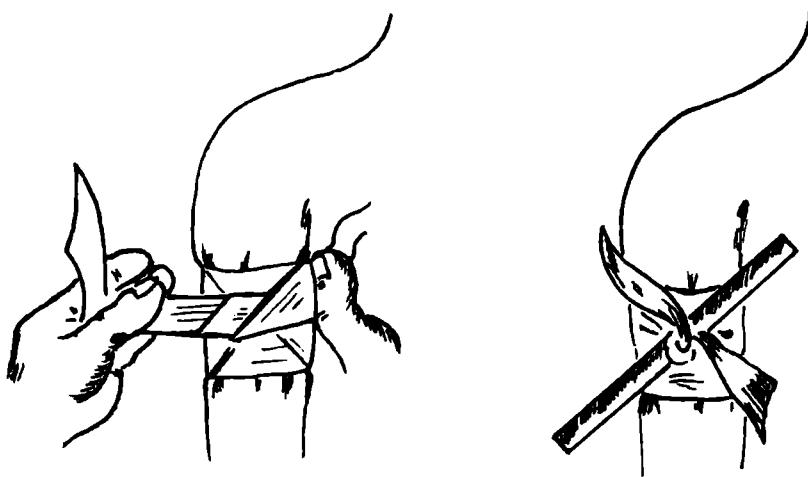
Hen Ammaan No Masugatta

Hen dala, yadi hen da manginwalas hen data-aw anén hen amin way palten hen adalta-aw. No ibumban hen pohowén niwalas hen dala. Wat no waday sugat ta yadi amin hen ayan hen dala, wat matéyta-aw a, te no mamin hen dala wat maid manginwalas hen anén hen adalta-aw. Wat no waday kaman ahdi, ilan hen milumidyuwana ta mepasaldeng hen dala way bùnag hen andi sugat.

No ak-akettoy hen sugat ya da dumala, ammag eptot hen gammat ya entatagméd ta adi lumubhot hen dala. Ngem masapol nga nadalos hen andi gammat. Adi ammag kak-alenawén an séltén way mamédbéd te wada hen lawengna, kaskasen no mabayag hen mabébédédana.

No dakal tot-owa hen sugat, kaman hen an maba-ag way adi mabilin way epasaldeng hen dala, yadi hen masapol tot-owa an bédébédén. Séltén way mamédbéd ta adi éméy hen dala hen iggaw hen sugat.

Kaspangaligan lawa ta naba-ag hen paladno ono alenawahén hen limam yag waday naghat ah ulat, dual hen dalana, a, te naghat hen ulat way yadi hen da engwan hen dala ta miwa-at hen adal. No maba-ag hen palad ono alenawahénno, umalata ah gamet ono panyu yag senlét way mamédbéd hen andi



pitdél-ém hen yayak ta ememetmetna hen andi dakal
 way ulat ta maid énnén hen dala way émey hen andi
 iggaw hen sugat. Adi agé ammag bédéden ya anggay.
 Masapol haham-én hen andi pétén hen lima te
 masapolna mét agé hen anéna. Isonga malpas ay
 lawa di duwanpolo way minutosén lenokay ta an agé
 kenggén kasen no ma-aw-awni no adi dillu matdù
 hen dala. No adi da loklokayén ta ammag mamaslét
 wat ammag matey angkay hen andi talay ya mablù te
 maid mét dala way mangenyéy ah anéna. No yadi,
 adi agé mapéy-anan hen andi sugat. Ngémétég ya
 mablù andi laman wat aggaégyat te mainbektalan
 andi tapen di adal. Yag no looh matéy andi täläy
 naligat way kusen madal-an ta matagu yag ay

pabangdém no looh melooth. Isonga ammay no epapas hen amin way **kabaelan** way mangentatagméd hen sugat ta mansldeng hen **dala ta** no ay adi, yadi hen mamédbédan. **Yag** no an béd bédén, masapol adi da aliw-an ta da loklokayén.

Yato hen ammaan no wadáy masugat ta adi **mandinuwan** hen tugtugmù ya mannīgayanaat ya namin hen dala way lomayaw ya natéyta.

Dalatako Way Tagu

Say dala siya say malpowan angostako. Aditakopon mabilinay matagu no miid dala ay long-agtako. Agammotako amin say kenapatig say dala assay biyagtako kon ansalomda nankammaliyay somsomoktako panggop ay dala kamatda pammateyay no ankoya anda appalaw maalimudong say tagu siya kongwa say kolang dalana. Dokomponnas tottowa ngim ditakopon maaggay kananay on no aditako maawatan say panggop ay dalatako.

Ta isaladtako, as poso, siya say mangimpooy an dala atda aminay sulinda long-agtako ay mangiwalias atda abbid anda bitaminay anagon ditako. Alliwoliwosona say dala ay long-agtako way dipon guminong ay mangiyoy atda makan ay sulin da long-ag. Opatay kalasi say dalatako. Say awaday addalaagay kalasi, siya say mangala ay abbid assay bala ya iwalasna atda soke, ima, ulu anda aminay paltidun long-ag. Ipadutnagna bus da naas say long-agtako naosalay abbid ta plesko say long-ag. Say usay kalasin say dalatako as pottakan. Siya ekawna sipot, gubatana da saket ay omoy atda long-agtako. Awad say usay kalasi ay say usalna ipadikolna dala at siya say no mabigadantako basta guminongay dumala no madikol dalana. Mekapatay kalasin

dalatako say awaday danomna. Maalatakonas da danomay mainumtako. Say sipotna omoy assay bagis ya alana da aminay atdun da kanontako, ya iwanasna atda aminay sulin long-agtako. Dagupuna bus da lugit da long-agtako ya iyoyna ay batin. Say batin, dalosanas dala sana ya impalyona say lugit sadi. Danauy da sipot da opatay kalasin say dalatako assay long-agtako.

Kaaduwan assay dalatako kalkalo say awaday addalaag koonda otok da tong-altako. Say koonda sanas dala malpodas da makanay kanontako. No ansalom say sida, adduwan say makwát dala ngim no pasig isna say kanon niipon atdunas bitaminay ambalin dala. Say lisoltana nakapsot say dala miwalas ay long-agtako. Anongna say kapi yay no adduwan say nilingana ampiit kon no aket, allumna. Siyana say maalinudingan anda ankoyaan. Dokompon as komolang say dala tay ang-iiso say kaadun da dala ay long-agtako nalakseg da anak. Kon atda adduwan sidana ay malpowan dala, ankanasdol dalada, gapo ta ankasdol dala angganasy miwalas ay long-agay angimmintinal ay kosdol. Ta adi nakapsot say dala no awad milomidyuwana ilan atyan ta dug-anay mangan asda nabaknang ay bitaminay makan ay makwas dala kamatda: laman, itlog, balat, tapaya, ya am-aminda

matipoy kalkalo da bokal da antak, balatong, anda udumay matipoy. No kanayun ay kanon danauy tokon no awad aksidinti ta mabusbus say dala, nalakay masoktan. Gammuyu, no makaanan dalatako gumanasay angwà dala da otok da tong-altako ay manglos ay nakaanay dala ya no omayaw say simpolo ag-agaw kengwana amin say dalay masapol da long-agtako. No senoktana dala sadi, nampoolis say dati ganasna inggana awad bus makaanan dala. At no awad mansapol as dala atda buluntako aditako omogyat ay mangatod ta maolsan dallo. Dipon say otok da tong-altako baybay-an say sipotda basta kasapolan long-agtako say dala. Say impoltanti, dug-anay mansida atda , kanantako sadi yay nabaknang ay bitaminay makan.

Ang Dugo

Ang aklat na ito ay inilalarawan ang dugo: kung papaano nagagawa ito, kung ano ang magagawa ng mga sangkap nito, ang mga uri ng dugo, at kung papaanong nananalaytay ang dugo sa buong bahagi ng katawan. May lathalain din tungkol sa mataas na presyon ng dugo, kung ano ang gagawin kung sakaling may pagdurugo, at ipinaliliwanag din ang tungkol sa pagbigay o paghandog ng dugo.