

BUGA HKAM JA LAM

(Village Health)

Jinghpaw Edition

A Handbook for Village Health Workers in Southeast Asia



BOOK 5

UNIT 22 - DUM NTA HTE MARE KAHTAWNG HKAMJA LAM MASING
(Family and Village Project)

Editors:

J.H. Richardus MD. PhD. DTM.

M. Wannemacher BS

Illustrations:

G. Sharmars

Produced by the Community Medical and Development Text
Translation Project (CMDTTP), in cooperation with the Payap University
Research and Development Institute and the Summer Institute of Linguistics,
Chiangmai, Thailand.

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UNIT 22

DUM NTA HTE MARE KAHTAWNG HKAMJA LAM MASING.

Tinang rawng ai dum nta hpe nga mayu, nga kam na zawn re ai nta byin tai wa na matu gaw nta masha ni nan galaw lajang la lu nga ai. Dai hte maren tinang a mare kahtawng ni hpe rai timung nga pyaw ai ginra byin wa na matu dai kathawng masha ni nan lajang la lu ai re.

Mare kahtawng hkamja lam magam gun ai wa gaw mare a hkamja lam masing hta mare masha ji nban yawng shang lawm shamu shamawt wa hkra mare agyi wa lam woi ning shawng tai ra ai.



Kahtawng hkamja lam masing magam bungli hpe sharawng shara rai, pyaw hpa bungli byin hkra mung ladat shaw chye ra ai. Mu galaw ai shani e shawa masha ni hpe lusha daw jaw lu hkra lajang tawn ra ai. Dai hta n-ga Tape kaw na mahkawn ni hpaw shapoi shangwi shapyaw ya lu hkra mung lajang tawn ra ai. N dai Magam bungli hta mare masha yawng wu wu di di rai shang lawm lu hkra shakut ra ai. Jawng ma ni gaw ndai zawn re ai shawa bungli hta grai myit lawm chye ma ai. Shanhte a matu gaw pyaw hpa zawn rai nga ai. Bungli mung awng dang ai. Mare kahtawng masha ni mung bungli langai ngai hpe awng dang hkra galaw lu ai shaloi grai myit dik myit pyaw ai lam chye na ai.

N dai hkamja lam masing hta madun tawn ai lakung lakap arung arai ni gaw ta tut hta mung akyu jashawn lu ai arung arai ni rai na re, Dai arung arai lailen ladat ni gaw hkamja masing bungli hta lama nmai lang ai rai yang n-jahkring kau ai sha, mang-hkang hparan lu ai, kaga ladat mung shaw yu ra ai. Nang hpe garum na kadai mi npru wa tim, nang hkrai na a atsam nga ai daram naw shakut u.

MARE HKAMJA LAM SHARIN HPAWNG.

Kadai ni shang lawm na? Kadai gaw hpa baw rai na? Mare kata hpa baw zuphpawng ni hpawng chye ma ai kun?

Mare Kahtawng hkamja lam magam gun ni a bungli gaw, kahtawng hta machyi

makaw lam n-nga hkra gara hku makawp maga na lam hte byin wa yang gara hku tsi lajang na lam ni hpe sharin ya ra ai bungli rai nga ai. Hkamja magam gun ai masha ni gaw nta dinghku langai hte langai kaw shang nna mung kahtawng langai hpang langai de shang nna mung ndai masing ni hpe hkaw tsun dan ra ai. Na a ning tau tai ya let kaga ni hpe mung sharin ya lu hkra marai 1,2 hpe sharin jahprang tawn ra ai.

Htung hking law law hta mung, hkum li ai num ni hpe lajang ai lam, jep maram yu ai lam, ma shangai garum ai lam the ma shangai ngut ai hpang na kan hpe gara hku gawn lajang ra ai lam ni sharin ya manu nga ai re.

Sharin ya ai shaloi, sharin hkam la ai ma ni hku nna mung ta tut shaman lu u ga Ga shadawn, kan hkyeng byin yang lu ai baw tsi ntsin galaw sharin ai rai yang, nang nan ta tut shawng galaw dan u. Dai hpang shahte hpe bai galaw shangun u. Shanhte dai galaw nga ai aten hta nang hkan yu ya u. Nang sharin dat ya ai lam ni hpe atsawm matsing mat wa u ga. San jep ai lam ni galaw u, shanhte hkrak matsing sai lam mathai lu ai du hkra galaw u. Sharin ten hkum mi hta myu mi sha sharin ya u.

- * Kanu gaw ma hpe tsi gara hku jaw ra ai lam.
- * Dinghku kata tsi mawan lang ai lam.
- * Kan hkyeng byin yang lu na (tsi) ntsin galaw ai lam,
- * Hkumli ai num ni a hkamja lam, hte shangai wa ai ma hpe gawn lajang ai lam.
- * Ma kaji ni hpe lu sha gara hku jaw sha ra ai lam hte machyi nga ai ma a sat lawat, kumla hpe maram masam chye ra ai.
- * Ding hpring ai lu sha kaja (NUTRITION) a lam.
- * Ning ma hpe tsi lajang ai lam hte hkala nba nbyin hkra gara hku (makawp maga) nga ra ai lam.
- * Machyi makaw ana ahkya chyambra ai lam hte dai hpe gara hku ning hkap na lam,
- * Hkamja lam a akyu ni, hkamja masing"ndai daw" hpe gara lai hku hkrang sha-praw na ngu ai lam ni hpe shana ya mai ai

MAZA MALA GABAI NA NHKUN HTU AI LAM HTE DAI HPE AKYU JASHAWN AI LAM.

Maza gabai na nhkun htu tawn da ai gaw, mare kathawng a san seng lam, hkamja lam, akyu jaw lu ai. Maza nhkun hpe akyu chye jashawn jang tinang a dum nta san seng wa ai , ana ahkya gun hkawm ai yu, ju nu, jigrawng re ni shanu nga nlu ai majaw machyi makaw hte tsan gang shangun ai. Masen ai dai ai baw hpri, pat chyen, palin chyen re ni n-nga jang hkala nba mung nau nbyin chye nga ai. Maza gabai na nhkun htu na rai jang gade daram rai yang kaja na ngu ai hpe shawng yu ra ai.

1. Hkawm sa loi nna nta hte yawm htum metre (10) daram gang ai shara rai na. hkaja ai shara (hka htung, hka hpaw) hte yawm htum metre (100) daram gang nna marang htu ai hpang hka n-ing ai shara mung rai na.



2. Nhkun hpe gade gaba htu na gaw nang yu nna daw dan u. Dum ra ai lam gaw, gin htawng ta marang nhtu ai ten hta rai jang ram daw gaba timung mai ai. Marang htu ai lanam ta ten rai jang laban bat myi hta hpring na daram loi kaji nna htu u.

3. Nhkun nnan bai htu jang, de a shingbut hpe nhkun dingsa a ntsa bai magap kau u.

4. Maza gabai bang shagu (shani shagu) ga hte apha sha magap da da di u.

5. Ma kaji ni nhkrat bang na matu hte dusat ni n-shalau na matu nhpan kum tawn u.



6. Maza nhkun hpring mat yang, ga hte gaput kau nna, nhkun nnan bai htu u.

7. Mare agyi wa gaw mare masha langai hpe saw da nna, masha shagu gaw maza mala hpe nhkun de gabai bang ra ai lam hkan ndau shangun ra ai. Dai sha n-ga, maza nhkun ni hpe nhpan kum da jang chyinghka hkan pat na masha langai mung saw da ra ai.

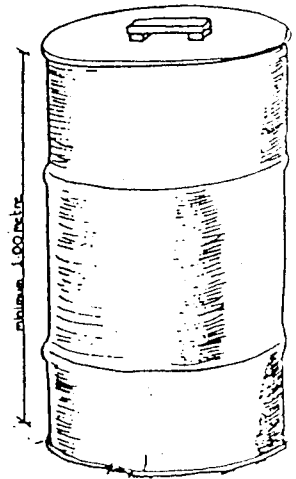
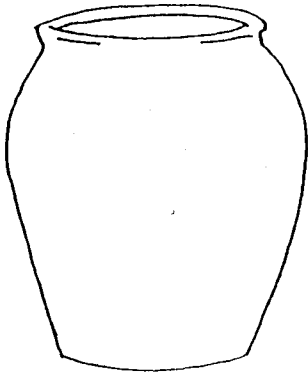
HKA JEN YAM GALAW AI LAM.

Zai bru, wan n-ga, nlung re ni lam hte lam rai galaw da nna hka hpe jen kau ra ai. hka jen ai gaw ana kanu, hkrung kanu kau mi hpe lu hka de nshang hkra shing dan ya lu ai. Hka jen hku lai wa ai hka gaw yawng hta grau san seng nga ai. Hka jen galaw na rai jang,

1. Hka yam gaba, shing nrai hka pung gaba langai tam tawn u.

2. Dai yam shing nrai pung gaba hpe kata lam atsawm kashin kau u. (sat bya hte ga-

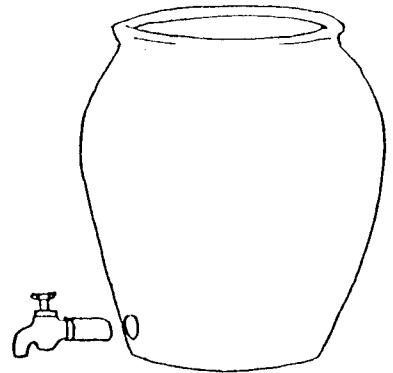
gashin).



3. Hpri pung rai jang gashin ngut ai hpang chyahkraw tawn nna namhkan nkap na matu tsi chya kau u.

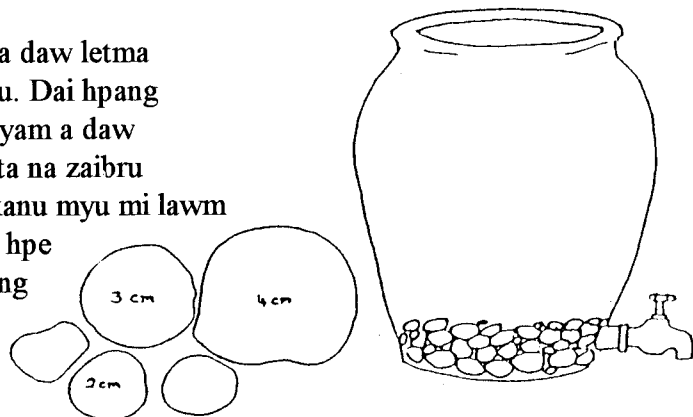
4. Yam a htumpa loi lahta yang kaw hku kaji langai waw tawn u.

5. Dai hku hta hka chyinghka shakap ai shaloi, hpri pung rai jang kanoi "kaw" hte shakap u. Ga yam rai yang (Wax) (Snr) Hkyihkang hte shakap (chik) hte shakap u.



6. Hka jen shatai na yam gaba hpe, rai n galaw yan nang shadun mayu ai shara kaw shawng shadun dat u. Galaw ngut jang li ai re majaw htawt sit na matu yak na ra ai. Hka chyinghka hta hkan nna loi shatsaw ang yang shatsaw da u.

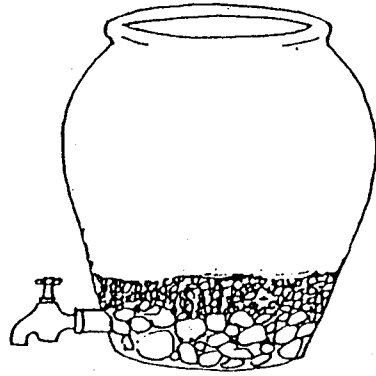
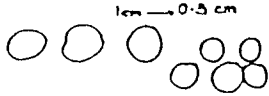
7. Nlung kasha ni hpe yam htumpa daw letma (8) htat hkra bang na daram la da u. Dai hpang hka kata na (kata lam) zaibru hpe yam a daw mi bang, daram la tawn u. Hka kata na zaibru gaw hka hpe akyu jaw ai hkrung kanu myu mi lawm ai. N-gaja ai hkrung kanu kau myi hpe sat kau ya ai. Zaibru hpe galoi mung a-madi nga hkra jan shingnip kaw tawn ra ai.



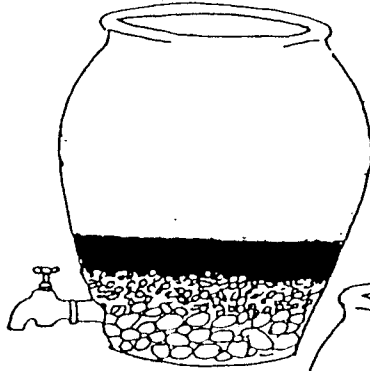
8. Shawng nnan e, ram daw kaba

ai lung sha ni hpe yam a htum pa daw hka pru hku lai hkra bang dat u.

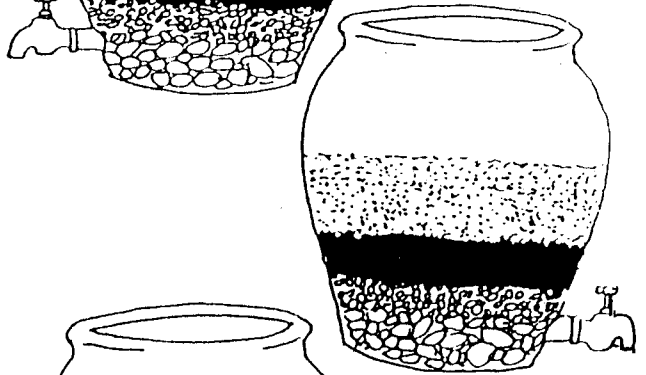
9. Dai hpang, 4" daram htat hkra, loi grit re ai nlungkasha ni bai bang dat u.



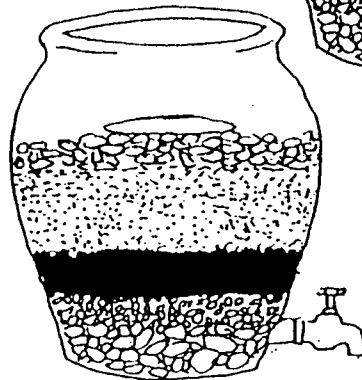
10. Dai hpang, wan n-ga tawng kaji ni 4" htat hkra bang dat u. (numhkaw dap mung mai ai)



11. De a ntsa e, madi nga ai zaibru bai bang dat u.



12. De a ntsa, 4" daram htat hkra kaba ai wan n'ga tawng, nra tawng kaba ni bai bang u.

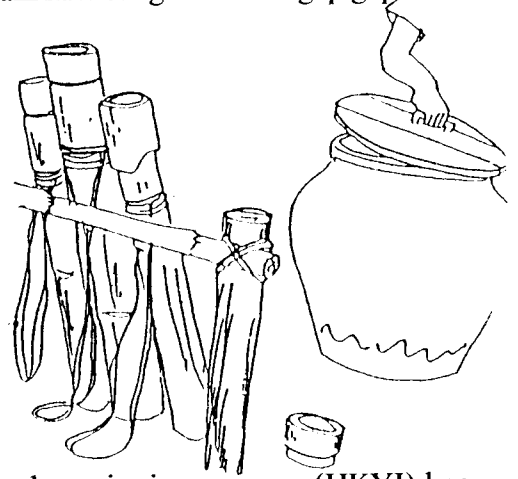
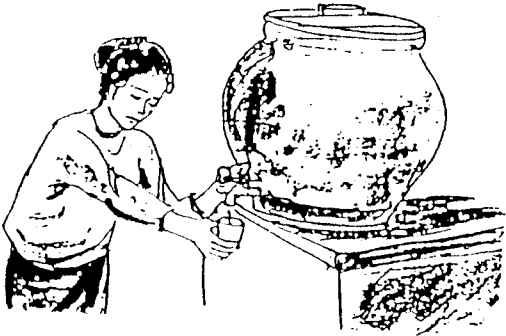


13. De a ntsa, pa pa re ai nlung ni hte dip gamyet da u.

14. Yawng pawng jahkum ngut jang hka bang dat u. San tsawm ai hka pru wa ai du hkra di u. Nlung, zaibru ni hpe shawng gashin nna hka jen yam de bang u.

Hka jen yam hpe akyu jashawn ai lam:

1. Hka ja la mayu ai shaloi yam hta hka jahpring bang dat u. San tsawm ai hka pru wa na ra ai.
2. Zaibru hpe galoi mung a-madi nga hkra hka ayan e jaw ya u. Zaibru hkraw mat jang hka hpe jasan ya ai hkrung kanu ni si mat wa lu ai.
3. Hka jen yam hpe nlang ra ai aten hta magap da u. Jigrawng, latung, numhpu ni nshang na matu re.
4. Hka nau hkanu ai rai yang minutes 10 daram naw tawn da, hka hta waw nga ai maza ni dung mat ai du hkra la u. Dai hpang hka jen yam de ru bang dat u.
5. Zaibru hkyep ni a lapran kaw hkrung kanu ni rawng nga ai, dai ni gaw hka hpe alawan nhkrat na matu shing dang da ya ai re. Hka hkrat nau lanyan jang ntsa na wan n-ga tawng nkau mi hte zaibru nkau mi hpe shaw nna kashin ngut jang mi na hte maren bai bang u.
6. Jen ngut ai hka hpe atsawm sha san seng ai yam kaw bang da nna magap gap da u.



NAMDUM GALAW AI LAM.

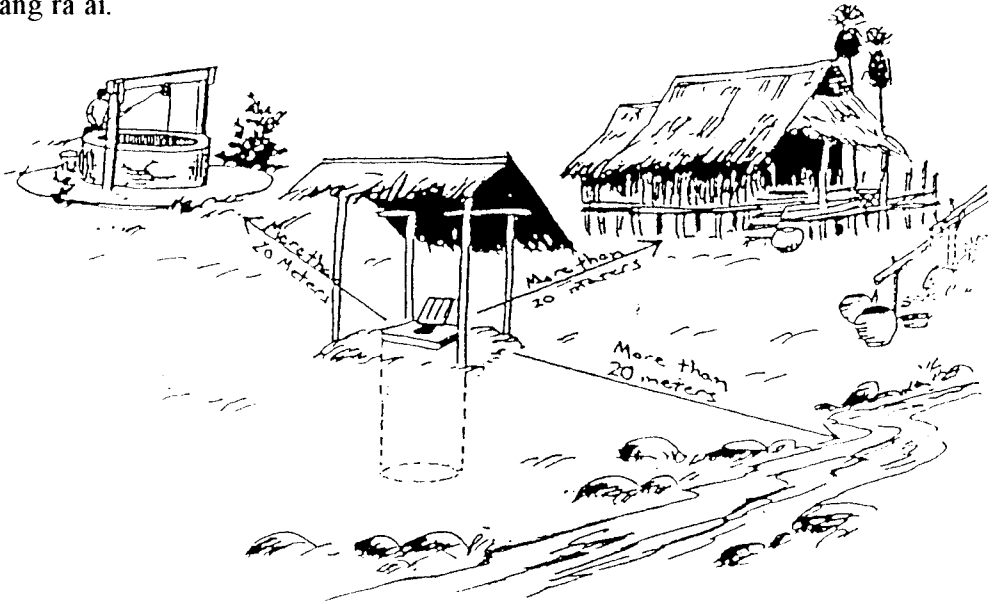
Kahtawng masha ni mamdum chye galaw lang ai rai yang maza (HKYI) hpe U,wa, jinu ni ahpre nlu ai majaw machyi makaw ana ahkya nbra ai rai nna hkamja lam hpe makawp maga la ai hte bung ai. Namdum lang ai lam gaw, mare kahtawng hpe san seng shangun ai, hkam kaja sha-ngun ai lam rai nga ai. Rai timung kahtawng masha ni yawng chye lang rai yang she akyu nga ai. Namdum galaw lang ra ai lam hpe kahtawng masha shagu (kahtawng ting) chye na ra ai. Namdum lang ai masha nlaw yang mung machyi makaw ana ahkya chyam bra ai lam yawm wa na nre.

Namdum hpe hpa majaw lang ra ai lam hpe mare salang ni gaw mare masha ni

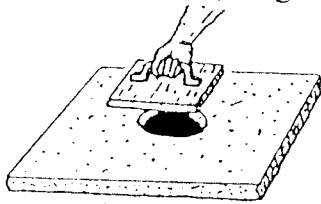
hpe chyena hkra tsun sang lang dan ra ai. Nta shagu namdum lu ra ai lam mare salang ni nan chyena ra ai. Dingsa mat sai, n-gaja mat sai (hpring gapat mat sai) namdum ni hpe nmai lang ai.

Namdum htu ai lam:

1. Nta, hkahtung, (shing nrai) hkaja ai shara the yawm htum (metre 20) a latha tsan gang ra ai.



2. Nhkun gaw kaba de metre 1-3, sung de 2-3 rai ra ai.

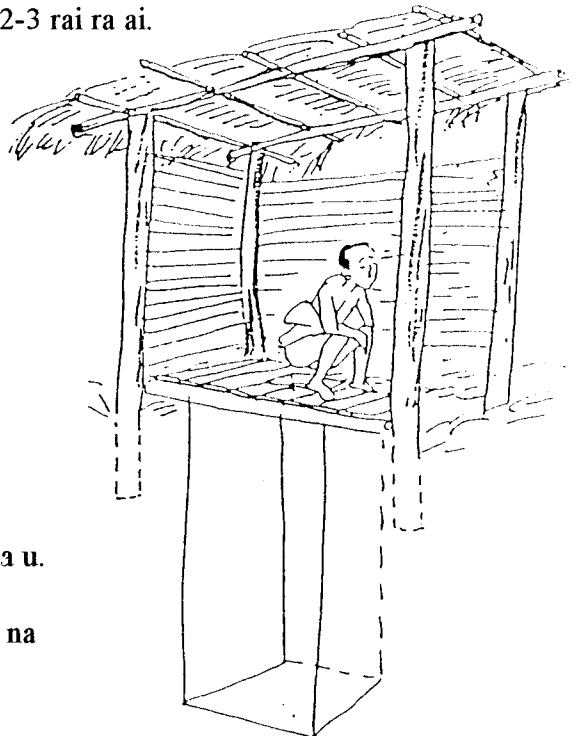


3. Pilat CONCRETE shing nrai kawa chinghkyen hte magap da ra ai. Magap a ka-ang yang kaw hku langai jahku tawn u. (Letma 10) kaba nna hku waw da na.

4. Jinu, pru pru shang shang nrai na matu dai hku hpe magap ai baw galaw tawn u.

5. Dai namdum hku hpe ntsa ginsum gap da u.

6. Namdum sa ngut ai hte maidangt kashin na



hka dibu, shing nrai maisau mung tawn da ya u.

Namdum hpe akyu jashawn ai lam:

1. Namdum hku magap hpe hpaw dat u.
2. Dai hku ang nna nyi jahkrat u.
3. Namdum sa ngut ai hpang dap shing nrai namhtun (Acid) ntsin ni hte ru bun da da di u.
4. Gatsut ngut ai hte tinang a lata hpe satbya hte atsawm sha gashin kau u. lata gashin ai shaloi gawm, zawn re hpe hka dibu a shinggan de kashin ra ai, hka dibu kata de lata tsing bang nna nmai gashin ai.
5. Namdum hpe san san seng seng lang u. Namdum a dun hpe ayan na gashin ya ya di u. Ma ni hpe mung namdum kaw chye sa hkra sharin shaman ya ra ai.
6. Namdum nhkun hpring wa jang nnan langai bai htu u. Namdum dingsa hpe namdum nnan htu yang na ga shingbut hte magap kau u.
7. Laika sharin jawng. Nawku jawng ni hta mung namdum galaw tawn da lu yang grau kaja ai . Madu a ginra buga hta hpe baw ra ahkyak dik re hpe jep sagawn tawn u.

KAHTAWNG A SAN SENG LAM HTE HKALA NBA LAM.

Mare kahtawng ni yawng gaw san san seng seng chye nga ra ai. San seng ai rai yang she kahtawng hta machyi makaw hte hkala nba nau n-nga ai. Mare Up hking hpung, Jawng Komiti, Nawku hpung Komiti ni hku nna mung mare a san seng lam magam bungli ni hpe woi-awn galaw mai ai. Mare kahtawng hta lit lama ma gun hpai ang ai wa gaw tinang a kahtawng grup grup wam hkawm nna, hka ja shara, hkashin shara ni a masa hpe ayan na yu nga ra ai. Lawu na lam ni hpe yu ya u.

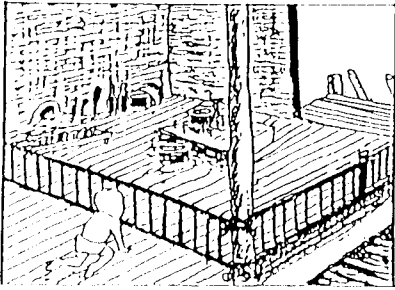
- * Mare masha ni jahkrat da, malap da ai nhtu nhkyi zawn re ni taw ntaw.
- * Pat chyen pat hkyep ni taw ntaw.
- * Gawa chye ai gwi ni nga n-nga.
- * Law la ai maza sumpum ni nga n-nga maza mala gaw yu, jinu ni hpe shaga ga-hkyin ya ai shara re.
- * Marang htu ai ten hta hka ja ai shara de dusat hkyi, masha hkyi ni yawng zup wa ai kun?
- * Gung, nang chye ai baw hpun tu ntu.
- * Ma ni ginsup chyai shara kaw n-gam, nhkap shing nrai, hkala nba shabyin ya chye ai rai zawn re nga n-nga.
- * Hka ing taw ai shara nga n-nga.
- * Ma ni hka hpungyawt chyai ai shara hka sung nsung.

Mare salang ni gaw mare a matu shimlam n-nga shanun ai myit tsang shangun

ai shara ni hpe jahpan galaw matsing tawn, gara hku hparan kau ra ai lam hpe daw dan ra ai.

Nta dinghku shagu gaw tinang a nta kata hte nta a grupyin hpe ayan jep sagawn yu ra ai. Nta nhku kata yu ra ai lam ni gaw:

- * Ma ni dep ai shara kaw wan chyi nga ai kun?

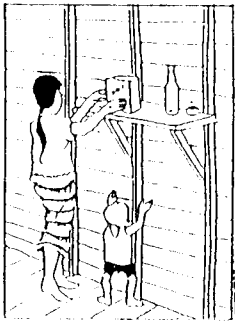


Yes

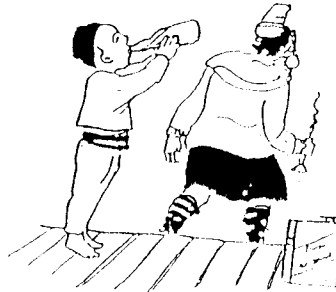


No

- * Tsi ma-wan wansau ye-nan hte seng ai baw arai ni ma ni dep ai kaw nga n-nga.



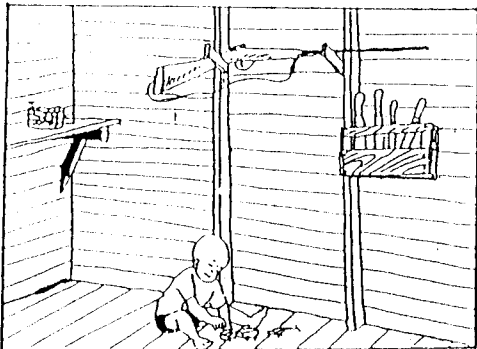
Yes



No

- * Ma ni di hkrat na zawn re waranda, lakang ni nga n-nga.

- * Ma ni dep ai shara sanat, nhtu, nri zawn re nga n-nga.



Yes



No

- * Kawp nlawm ai shing nrai tape hte n-gayawp tawn ai wan sumri (magri sumri) nga n-nga, dat gang chye ai baw arai ni ma ni dep-hkap ai shara kaw nga n-nga.

Dinghku mahsa shagu gaw tinang a nta shim lam hpe yu nga ra ai, grau nna ma kaji ni a matu yu ya ra ai.

SHADAW HKAN YU NLUNG NA MATU (SAFE GUARD) GALAW SHAKAP AI LAM:

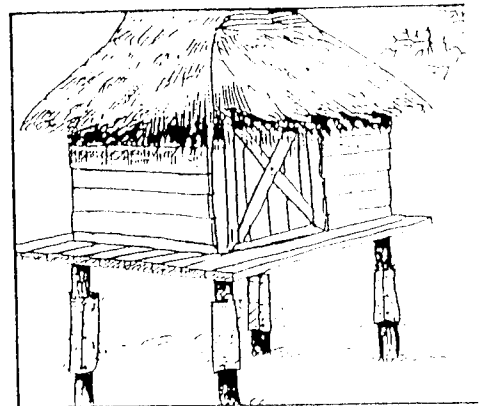
Yu gaw ana ahkya hpe gun shabra hkawm ai, masha ni a sha hpa (mam, hkainu zawn re ai) hpe hkan sha jahten ya ai baw dusat re. Shadaw kaw (SAFE GUARD) shakap tawn ai rai jang ntsa de yu ni nlu lung ai majaw, shat gawk, mam dum kata de yu n-sa jahten lu ai.

Shadaw hta dai (SAFE GUARD) shakap da jang yu ni nlu lung ma ai. Masha nkau mi gaw (SAFE GUARD) hpe shadaw pawt maga de kaba nna, lahta maga gaw chyum rai shadaw hpe kayawp shakap da chye ma ai. Htumpa malawng mat ai hkapung dingsa ni hpe mung (SAFE GUARD) hku akyu mai jashawn ai. Hpri pa loi mi hpa ai hkyep ni hpe shadaw hpe kalang bat gayawp shakap ai hku mung mai ai. Yu gaw dai hpri pa hpe n-gawa waw kau lu ai, bai hpri pa a ntsa hku mung nlai hkawm lu ai majaw nhku de yu nshang lu ai. Shadaw shagu kaw (pole guard) shakap da u. Galaw ai lam gaw:

1. Hkapung dingsa langai hpe htumpa malawng waw kau u. Dai hpang, makau de gahtam di kau u. Dai hpang shadaw hpe gayawp dat u. Mahka gaba ai maga hpe npu de tawn nna gayawp u. Mahka kaji ai maga hpe shadaw hte yep di hpri hte dit shakap dat u.



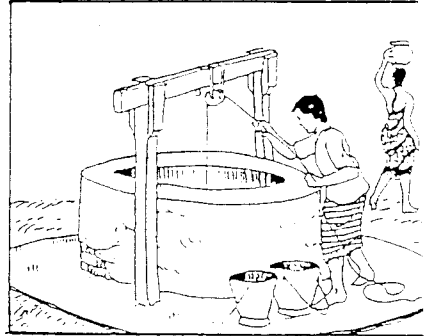
2. Bai lai myu mi gaw, shadaw kalang grup na daram pa nna pe mi galu ai hpri tsut pa langai tam tawn u. Dai hpri pa hte shadaw hpe gayawp nna lawu lahta matu kaw hpri maina hte dit shakap u. Ma-un hpun ni kaw mung shadaw kaw shakap ai zawn shakap mai ai. Shaloi ma-un si hpe yu ni nlu lung sha jahten lu ma ai.



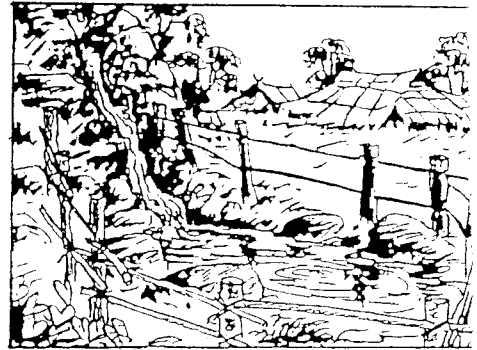
HKAJA SHARA SAN SENG HKRA YU LAJANG AI LAM

Mare agyi wa gaw mare ting na hkaja ai shara hpe yu lajang ya na matu masha langai san tawn ra ai. Dai wa gaw hkaja shara hpe nhpan kum ang yang kum ya let san san seng seng rai hkra lit la lajang ya ra ai.

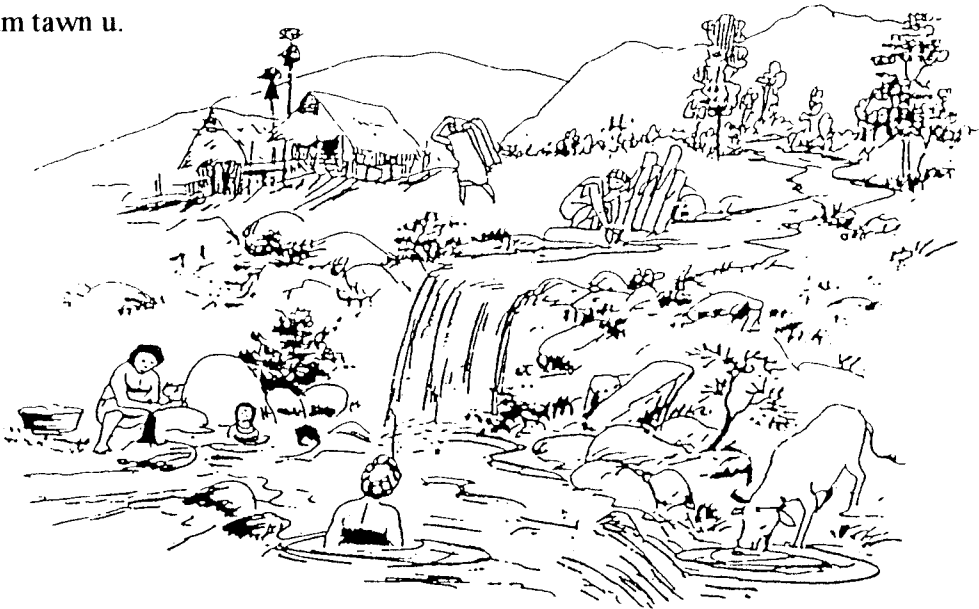
Mare masha ni gaw hka htung kaw nna ja lu ai rai yang hka- htung hpe pilat konkrit, wut hte kum kau ra ai. Shinggan na nsan nseng ai kha ni hka htung de nshang wa na matu re. Marai langai ngai lit la nna hka-htung hpe bat mi hta kalang htawk kau ya ra ai.



"Hkahpawk" hka hpe akyu jashawn ai rai yang dai hka hpawk a grup grup nhpan kum da ra ai, dai makau hkan dusat ni nmai dat tawn ai. Pilat KONKRIT shing nrai wut hte lawu lahta (3) maga hku hka hkawng zawn di gaw ya ra ai.. Kawng de na lwi yu wa ai hka hpe hka hpawk de nshang na matu shing dang ya ai lam re.



Hka shi, hkanu kaw na ja lu ai rai jang, Mare lahta (baw) loi tsaw ai shara hpe hkaja shara hpu masat da u. Dai shara hte de a lahta hkahku maga de hka shin, rai hkrut ai lam n-galaw na matu masha shagu chye na myit hkrum lam lu la hkra nhpan kum tawn u.



HKANAWNG HKA LA-ING NI HPE GAPUT KAU RA AI LAM

Jigrawng gaw hkali, mahkawng, bawnu lam ana ni hpe shachyam shabra ya nga ai, Jigrawng gaw hka kaw di di nna mayat maya wa ai baw re majaw hka-ing nga ai hka hkawng kaji, lahkyawk ni hpe hka nrawng hkra kaput jahpring ya, shing nrai hka hkawng htu nna shaw kau ra ai. Dai zawn galaw ai rai yang machyi makaw jigrawng a mayat maya lam yawm mat wa lu ai.

Hka-ing taw ai shara hkan hkahkawng htu nna hka shap kau ya u. Ga shingbut hte hka-ing ai hkan gaput jahpring dat u. Nta npu madi manyap re ai shara, hka-ing ai shara hpe mung dai hte maren galaw ya ra ai. Nta makau madi ai shara nkau mi hpe nam law namlap hkai na shara shatai kau mai ai.



Jigrawng gaw hka loi mi sha rawng ai kaw mung kraw wa lu ai. Nhpan shadaw ndung hkan hka rawng nga ai rai yang mung zaibru bang jahpring kau ra ai. Namdum, hkathung, hkayam zawn re ai hka-ing loi na arai zawn re ni yawng hpe magap hte magap tawn ra ai. Nam tsing ni galu jang mung dai lapran hkan jigrawng mayat wa lu ai re majaw mare makau, nta makau mayang hkan tsing nau galu nam nau htat wa jang hkyen kau ya ra ai.

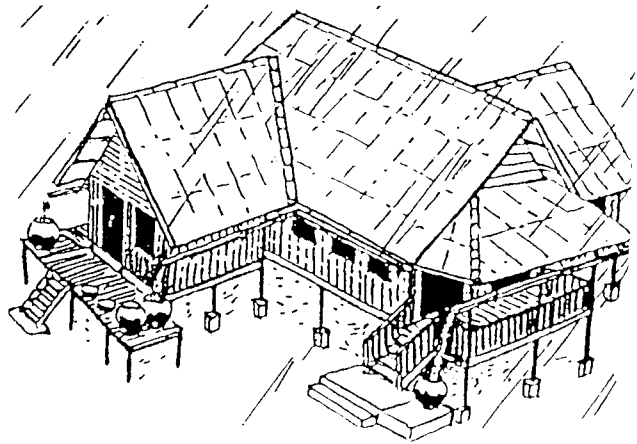
Marang htu ngut ai hpang mare grup grup hkan yu ra ai hka-ing ai shara ni nga jang kaput kau, htawk kau ya u. Mare agui wa gaw dai ni yu lajang lit la na masha san tawn da ra ai.

MARANG HKA MAHKAWNG AI LAM.

Marang hka gaw san seng ai lu hka kaja re. Marang hka mahkawng ai lam amyuu myu nga ai. Lam myu mi hpe lawu de madun dat ai. Na a nta hta marang hka gara hku ja mahkawng la lu na ngu ai gaw nang ua nna galaw la u.

1. Nta kaw na lwi hkrat wa ai marang hka hpe na-ang brang di ga tawn ai kawa chyen hka shawn(singgat) hte ja tawn nna yam de len bang la lu ai.

2. Yam de kalang ta rai nja bang ai sha, loi mi na hkra shalaí kau u. Hka singgat hte nta numgaw shawng gashin kau u-ga Hka kaw maza mala nlawm hkrat wa ai shaloi she yam tha ja bang u.

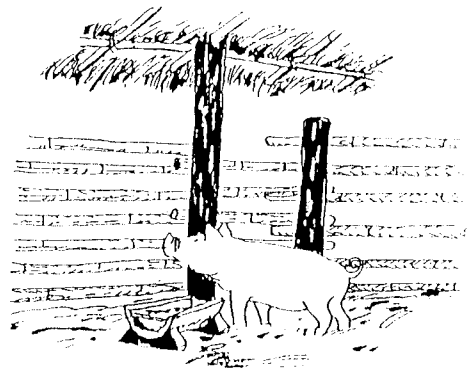


3. Hka yam hpe magap hte atsawm sha magap tawn da u. Yam hta hka na na rawng nga jang hkrung kanu ni di di, kraw wa lu ai rai nna hka nsan seng chye ai. Dai majaw bat 2-3 daram na jang kalang yam hpe kashin kau ra ai. Mai byin jang, dai hka yam hpe mung hka jen yam zawn di galaw tawn nhtawm ja lu yang grau kaja ai.

Aten na na marang nhtu jang uam kata naw rawng ai hka mung ntsawm mat wa lu ai. Shaloi dai hka hpe minute 10, 15 daram shadu nna lu u. hpunlum shadu na ju hpun hlu ai rai yang, hka hpe palin kaba (3) hta (Tincture IODINE PLIN (4) gayau bang nna hkying hkum (2) daram taw nna lu u. IODINE gaw hkrung kanu ni hpe sat kau lu ai. (Sadi) taun da ai hta lai nna Tincture nmai bang ai. (Hka 100% hta IODINE 2% gayau da chyalu, Tincture ntsin hpe ngu mayu ai re.

DUSAT NI HPE LAWNG KAW RAWNG DA RA AI LAM

Dusat hkyi kaw nna masha haw (Hook worm) manu chyinghkyi rawng nna kan hkyeng ana ni byin wa lu ai. Mare hahtawng kaba dusat ni hpe n mai dat tawn da ra ai. Marang htu jang dusat hkyi, maza mala ni hkaja ai shara de yawng shang wa chye ai. Dai majaw nga lawng, wa lawng u lawng ni hpe hkaja shara hte nem ai shara kaw galaw da ra ai.



SHINGRA NAMHPUN (NATURAL) GALAW AI LAM.

Simaw simai hkaisun hta bang na matu dusat hkyi, namlap chyayat ni hte nam - hpun galaw la lu ai. Shingra namhpun gaw ga hpe gaja wa shangun nna, hkai nmai hpun ni hpe gaba wa shangun lu ai hta n-ga manu jahpu mung dat namhpun hta grau hkyamsa nga ai.

Ginra namhpun galaw na arung arai ni:

Namlap chyahkraw ginlang, hpun hpyi lakung lakying ni, zingret hkyi, n-gawng hkainu ginlang, namsi shapre kawp, udi kawp, hkainu kawp, namlap katsing, namsi hpyi, dusat hkyi mam ginsa, wan dap/wu, tseing chyahkraw, lasi kawp/ hpyi.

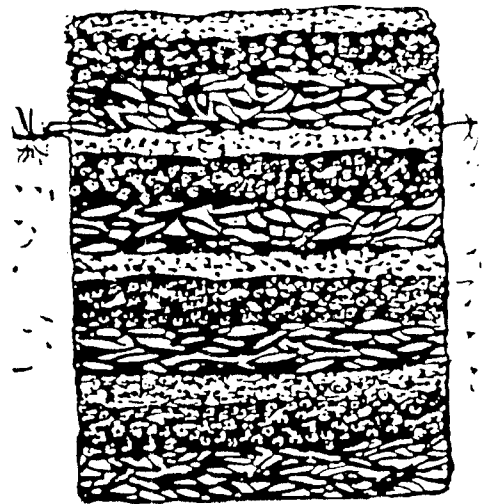
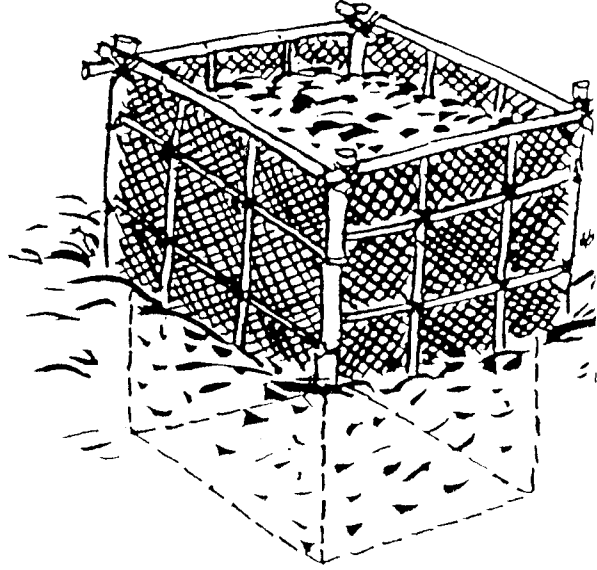
Gara hku galaw na:

1. Ra ai arung arai ni hpe law hkra tam mahkawng tawn u. Nhkraw mat na matu magap na nga hkyi mung la tawn da u. Sun galaw na shara makau kaw laban bat (6) dalam jau nna galaw tawn ra ai.

2. Hka hte mung ni ai shara rai ra ai. Sung de pe (3) gaba de pe (4) galu de pe (4) re ai nhkun langai shawng htu tawn u. Nga dumsu ni nshang jahten shalau lu na matu nhkun grup grup nhpan kum da u. Dang lu yang nhkun a kata maga de palastic hte kum tawn u.

3. Nhkun htumpa daw kaw namlap ni hpe tawk nhtawm (letma) 6" htat hkra nep dat u. De a ntsa 3" htat hkra nga hkyi bang u. De a ntsa, ntsa ga hpe lam 1" dalam bang u. Shing-rai mi na hte maren bai galaw nna nhkun mahka pe mi tsaw hkra galaw mai ai.

4. Namhpun yawng madi ra hkra hka jaw ya u. Dai hpang langa lap hte magap ya u. Nmai hkraw ai, galoi mung amadi nga ra ai. Ra jang ra ai hku hka the madit ya ya di u. Jan hkra jang namhpun nau nkaja mat na re. Namhpun ntsa ginsum gap ya u, shing nrai hpun kaba nhpang jan nhkra ai shara kaw galaw u.



5. Namhpun bum kata grai kahtet nga na re. Bat (3) daram na jang shalau ya u. Dai h pang mi na hte maren bai magap tawn u. Bat 3 na shagu shalau ya u, shaloi mut mut chyang chyang san wa na ra ai. Bat 6,9 rai wa jag sun kaw bang ram sai. Nhkun nhtu ai sha, mailak dit kawa chyinghkyen hte kum nna mung mai htun da ai. Lahta de tsun madun da ai hte maren sha lam hte lam di sumpum da mai ai.

6. Hkai bawng bawng na nhkun kata de letma (lata yungkyi 1/2) daram namhpun hpe bang u, dai h pang makau na ga bai bang nhtawm kayau dat u. Lamu mung ai shani hta bang ai gaw kaja dik rai nga ai. Jan hkra jang namhpun hkraw lawan ai namhpun hkraw taw ai rai yang hkai hpun a matu akyu nau n-nga na re.

Mare kata, ndai baw namhpun galaw na aroung arai hkum hkra nlu mai ai rai yang mare salang ni gaw ga ai lam hte seng nna bawng ban daw dan ra ai.

SIMAI SIMAW SUN

Nta dinghku (htingaw) shagu, hpaji jawng shagu gaw simai sun lu tawn ra ai. Namlaw namlap sha ai gaw hkamja lam hpe garum a hta n-ga, machyi makaw hpe mung ning hkap ya lu nga ai. Laning mi tup di sha lu na aatu nau nkaba ai sun kaw nna pyi shapraw ya lu ai. Jawng hkaisun hpe jawngma ni nan galaw la. lajang la lu nga ai. Shani shat a matu shatmai mung dai kaw nna di sha shadu sha lu nga ai.

Hpabaw hkai na?

Namlaw namlap gaw hkai yang loi ai hta n-ga hkumhkrang a matu mung lu sha kaja rai nga ai. Namlaw namlap myu hte myu mi di sha ten, (ngai) ni ten nbung ai re majaw shaning tup di sha lu na rai nga ai. Alap sha ai baw, aru sha ai baw, asi, pu sha ai baw myu hkum hkra hkai dat mai nga ai. Hkumhkrang hpe akyu jaw ai, n-gun sha-byin ya lu ai baw namlaw namlap ni hkai tawn u.

Hkumhkrang hpe n-gun jaw ai baw (Yangyi, n-gu, naisam, nawkyum hkainu.)

Myi a matu n-gun jaw ai baw (Vitamin A lu ai baw gaw, machyang si) makhpyit bawm, hkhkum si, naisam, nawng lap.)

Hkumhkrang hpe gawgap garum ai baw, (shapre amyu myu, ga lasi, nawhkun.)

Machyi makaw hpe ana ahkya hpe shingdang ninghkap ya ai, Vitamin C dat rawng ai baw: Chyinghkrang, shakau hkyeng, hkranghkyi pawt.

Machyi makaw hpe shingdang ninghkap ya lu ai, Vitamin C, dat rawng ai baw: Shapre

amyu myu, naisam lap, machyang lap. (Spinach) tsit chyang ai namlaw namlap ni.

Langu, lamuan, sanghpaw zawn re namsi namsaw hpun ni mung hkai da mai ai. Sama manam ai shakau, shaban amyu myu mung hkai tawn da ra ai, dai shakau shaban ni a sama gaw latung ni hpe gawt kau ya lu nga ai.

Galoi hkai na

Namlaw namlap nkau mi gaw asak galu nna, kau ni asak kadun ma ai. Ndai myu lahkawng yan hpe ayan hkai u. Shaloi ayan e di sha lu na ra. Hkai bawng bawng na shara ni masat tawm nna amyu mi ngai ai ten hta myu mi bang dat u. Matut manoi di sha lu na hku galaw mai ai re. Gara ten hta hkai yang grau kaja ai gaw shi shara hte shara nbung nga lu ai. Rai timung chyau man bu kaw san la lu ai.

ASAK KADUN HPUN NI!

NAMLAW NAMLAP HPAN

Shapre :	50 - 65 ya
Chyinghkrang:	30 - 40
Kumgyin si:	35 - 45
Nawkyu galu:	40 - 70

NHTOI

ASAK GALU AI BAW HPUN NI

Chyinghkrang makai:	60 - 70 ya
Shapre amyu myu:	65 - 70
Bahkri si:	70 - 100
Shakau hkyent:	90 - 150
Shakau hpraw:	100 - 140
Hkainu:	68 - 70
Machyang:	90 - 100
Naisam:	90 - 120
Nawkyu amyu myu:	65 - 75
Tauba taudwi:	75 - 100

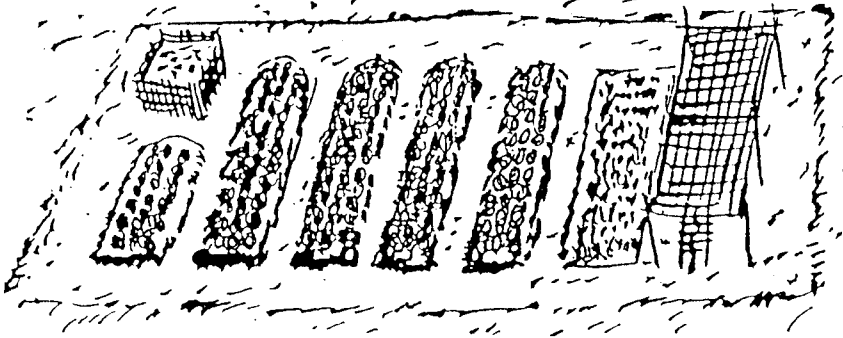
GARA HKU HKAI NA!

Hkaisun hkai na lam law nga ai. Na a shara hta hpa baw hkai yang kaja na chye ai masha, yi sun hkauna galaw sha ai ni kaw san la u. Lam myu mi hpe lawu de madun da ai.

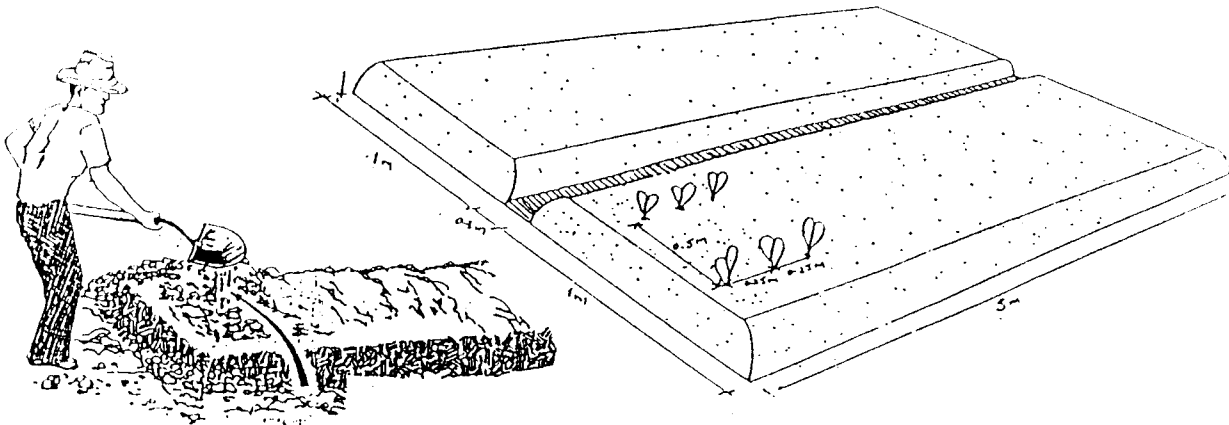
1. Sun galaw na shara kaja shawng tam tawn u. Jan atsawm hkra ai shara, ga sau

rawng ai shara, hka hte ni ai shara rai ra ai.

2. Pe 20 x 40 kaba ai shara gaw dinghku masha (6) daram nga ai htinggaw amatu shaning tup na simai simaw shapraw ya lu nga ai. Sun a man maga mi de pinra ra ai baw kakhum, kumgyin, tauba zawn re ai ni shalun nna pinra ra tawn tawn u. Dai pinra a shingnip kaw shanam, naisam zawn re shingnip kaw hkai ai baw namlaw namlap hpe hkai u. Kaga maga mi de gaw ra wa yang na matu namhpun nhkun galaw tawn u. Dinghku masha law nlaw hta hkan nna tinang dang na daram galaw u.



3. Sun kata na namhpun ni shinggan de nbra, nyawng mat matu sun a grup grup lakma 6"-8" sung ai hkahkawng kasha htu shingdang tawn u. Dai hpang pe (3) kaba, pe (6) galu ai ga-bum ni yan hte yan galaw tawn u. Langai hte langai a lapran 8" sung nna 11" kaba ai hka hkawng zawn di galaw u. Ga shingbut hpe hkai hpun bang na shara ni de bang u.



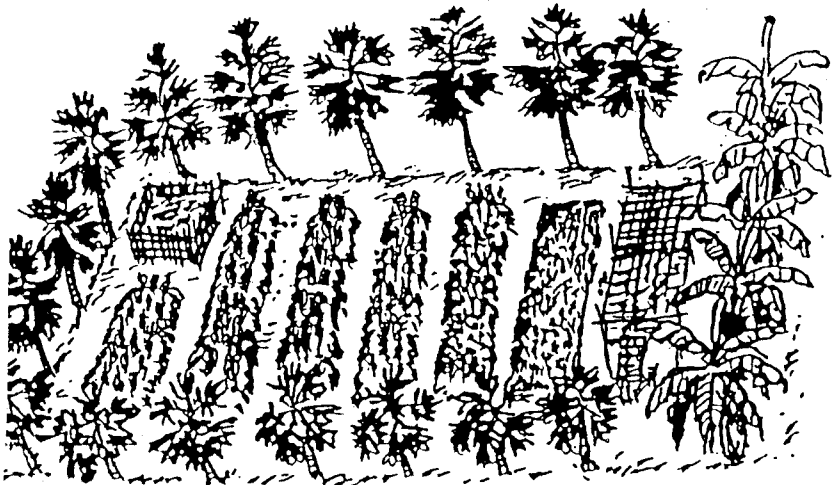
4. Hkai bawng ni garai nhkai yang namhpun shawng bang nna gayau la u. Shawng shaning hta (mai byin yang) 3" htat hkra namhpun bang gayau ya u. Hpang shaning hta 1" htat hkra rai nhkai yang jau nna bang ya u. Dap, nra shingmun udi kawp zawn ra ni mung bang ya u. Ginhawng ta marang nhtu ai aten, hkai hpun ni a lapran hta yihku ni hte ga hpe magap ya u. Shing nrai tsing chyahkraw mung mai ai, ga amadi nga na matu re.

5. Sun a htam 3 kaw na htam mi hpe kaba lanyan ai baw namlaw namlap hkai, kaga htam mi hpe alawan kaba wa ai baw namlaw namlap ni hkai u. htam mi hpe hkai bawng bawng na shara ngam tawn u. Hkai bawng kasha ni lap lap shada da hkra hkai wa nna kung wa ai shaloi hkai na shara de htawt hkai dat u.

NAMLAW NAMLAP HKAI HPUN LANGAI HTE LANGAI GANG RA AI LAM

2" - 4"	6" - 8"	12" - 15"
Chyinghkrang pawt :	Nawkyu:	Chyinghkrang makai:
Shakau hpraw:	Chyinghkrang	Kumgyin:
Shakau hkyeng:	Salat:	Chyinghkrang makai pu ai baw:
Shapre:		Machyang:
Spanach:		
18" - 24"	30"	
Hkainu:	Kahkum	
Shata pan:	Tauba:	
Gyin shau si:	Hkumli tsing:	

6. Sun a makau grup grup snghpaw hpun jangwawm, langu shing nrai kumshu ni hkai u. Sama manam ai baw shakau hkyi, shakauhpraw, shingtawn pan zawn re ai shakau shapan ni hkai u. Shi a sama gaw latung ni hpe shachyut kau ya lu ai.



7. Di sha ten du na shata mi ra ai kaw nna man nga ai shara kau kaga nyu mi bai hkai dat u. Di sha ten nbung a namlaw namlap ni hpe hkai ai shaloi, amyu bung ai, asak bung ai hpe san san shara mi kaw hkyawm rai hpung hte hpung di garan hkai u. Laika man (25) de madun da ai hpe mung hti yu u.

8. Namhpun bang ai. hka jaw ai. tsing magang ya ai lam ni ra yang ra ai hku galaw ya

u. Nli la jang grau kaja ai hpum kaw na la u.

NLI HTE SENG NNA HPAJI JAW AI LAM.

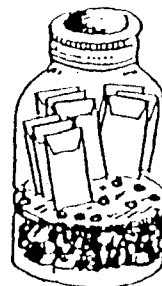
Hpun kaw na sai, ahape tum, namlaw namlap kaw na sai, tum ni nli hku nna tawn da mai ai. Kaja dik ai hpun hta na sai hpe la tawn ra ai. Namsi tum la na rai yang sai grai si ai hpun, sai kaja ai hpun, latung nsha ai hpun na sai hpe la u. namlaw namlap nli la jang, nsam tsawm nna namchyim grau nga ai hpun kaw na la su. Nau ginsa nat sai hpun kaw na ali nmai la ai.

- * Hkrak kung sai sai hpe la u. Asak gaba sai (ginsa) lata kau ai hpun kaw nna hkum la.
- * Shi hkrai laksanakan tu ai hpun (shing nrai) ana kap ai majaw lata kau ai hpun kaw nna hkum la. Dai zawn re ai hpung gaw n-gun kya chye ma ai.
- * Ntsawm ai hpun, nsam hpoi ai, kaji kyip kyip re ai hpun kaw nna hkum la.
- * Ali la tawn ai hpun hpe masat matsing da u. Dai hpun na ali hkai dat ai shaloi hpun grauja grau kaja wa ai rai yang dai hpun hpe ali la na hpun madung shatai u.
- * Ali la na rai yang atsawm hkrak kung nna nau n-ginsa yang di tawn u.
- * Maibyin yang hkunhkraw ai shata hta li la da u. Dai gaw hkai hpun hta byin wa chye ai ana ahkya hpe shingdang ya ai mung rai sai
- * Hkai na ladaw rai ndu yang shata lahkawng jau nna ali kaja nkaja shawng hkai chyam yu u. (atsawm tu, ntu chyam yu u.)

ALI TAWN DA AI LAN.

Nhtoi na na lam chyahkraw da ai nli gaw ntu wa chye ai. Nhtoi nau nna ai cha lam chyahkraw da ai nli hpe magap lawm ai baw ndum, hpri bu, palin zawn re hta bang nna magap tawn u. Ali tawn da ai lam nkau mi gaw:

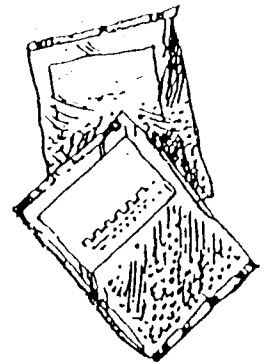
- * Li nnan, kung sai, kaja ai tsawm ai, hkraw ai rai u ga. Hkraw ai kaw na gatsi ai shara e hkai na ten du hkra bang da u.
- * Hkraw ai nli gaw hka hpe aloi sha chyup lu ai rai nna yat mat, tsam mat loi ai. Dai majaw hpri bu, palin, plastic sumbu zawn re ai baw hta, maisau sumbu kaw shawng bang, dai hpang palin kaw bai bang nhtawm atsawm sha magap kau u. Dai palin kata de hka salu chyup ai baw, hkraw ai wan n-ga, maisau, shi laika, zawn re ni palin a htam 4 a htam mi daram bang u. Dai hpang maisau hkyep hte madin din, de a ntsa hkai li tum rawng ai sumbu ni hpe bang dat, ngut jang magap



hte atsawm magap nna hkai ten du hkra tawn da u. (Hkai na ladaw rai ndu shi yang hkum hpaw yu.)

- * Nli hpe, ra wa ai hta hkan nna latung ninghkap arai ni bang ang yang bang u. Latung nhkan lu ai baw lama ma nlu sumbu hte rau bang tawn u.
 - Nli joi (6) daram hta "NAPHTALENE" tawng 1-2 bang ya u.
 - Nli hpe dap chyahkraw hte gayau nna tawn da u.
 - Nli hte machyang si hpe htu shingmun nna bang da u.
 - Nli 1 kg (hkan 6) hta ma-un sau (hpalap) chyaw 1 gayau bang u.
 - Nli hpe sama gyai manam ai baw lap (shingtawn pan.....) ni hte gayau nna tawn u.

Lahta kaw na lam langai ngai hpe glaw nna ngut jang ndum zawn re baw hta magap htep rai tawn da u.



- * Durin, Mangosteen, Rambutan, lamung hte htawbat si zawn re ni gaw kaga tum ni hte nbung ai, 2 ya daram jan lam chyahkraw tawn nna plastic sumbu daw mi bang, dai hpang nbung gawut jahpring bang nna tawn ma ai. Salu chyup na matu wan n-ga shing nrai zingret hkyi shing nrai zaibru chyahkraw ni mung sumbu kata bang dat ya mai ai.

- * Dai sumbu hpe lani mi kalang dang hpaw ya u. Nbung nnan shang u ga.

LAWU DE NAMSI NAMSAW LI TAWN DA AI LAM MADUN DA AI. NA A GINRA HTA HPA BAW NAMSI NI TU AI KAU?

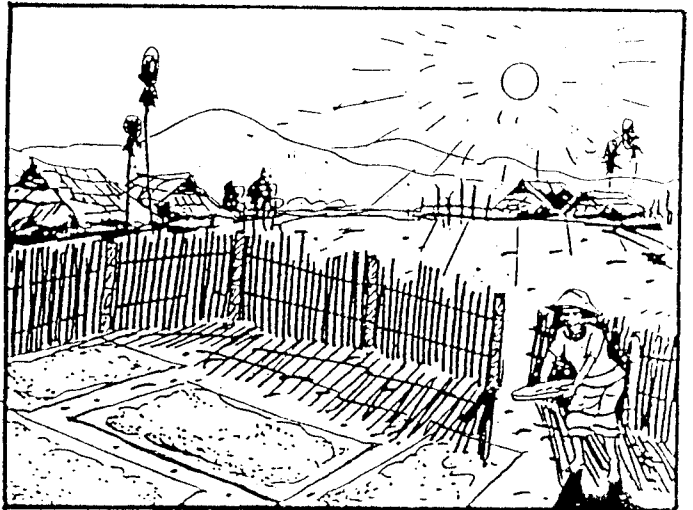
NAMSI HPAN	GARA HKU TAWN NA.	GADE NA TAW DALU AI
Cashew	2 ya lam tawn da kaga hpa n-galaw ra ai.	1 ning mi.
Ma-un si	hpa n-galaw ra ai.	Shata 16.
Durin si	Plastic sumbu hta bang da.	Bat 2-3.
Malaka.	Bat 1 lam chyahkraw, ndum hta bang.	15 ning.
Lwi hkri	Plastic sumbu kaw bang gatsi ai shara kaw tawn.	?

Lamung si	Plastic sumbu kaw bang gatsi ai shara kaw tawn	Bat 13
Sanghpaw si	2 ya lam ndum hta bang.	1 ning
Gala si	Magap rawng ai baw hta bang gatsi ai shara kaw tawn.	Shata 9
Mangosteen	wan n-ga hte rau plastic sumbu hta bang.	Bat 16
Magyen si	Jam kaw lam da. Kaga lam hpa mung n galaw ra ai.	Shata 6.

Hkai na matu, shing nrai tawn na matu gara hku shawng galaw ra.

A. Pods or coner:

1. Jan prang kaw chyahtai ntsa garai lam u. Ahpyi ni shi chy u ga ga-prang wa na ra.



2. Dai hpang lata hte anut shing nrai lagaw hte gabye, shingna hte daup nna, gata na tum hpe shaw shapraw la u.

3. Dai hpang kawp ni, hpyi ni hpe layit hte yit hing nrai hka-awn hte ga-tsap nna tum hte kawp lata kau u.

4. Lu ai tum ni hpe hka kaw bang dat u. Tum nhpring ai ni gaw hka ntsa waw wa na re dai hpe gabai kau u. Kaja ai tum ni gaw hka gata lup mat



na te. Dai hpe jan hta lam chyakraw nna nli tawn da mai ai. shing nrai kalang ta mung hkai mai ai.

B. Namsi namsaw hte namlaw namlap:

1. Kung sai asi hta na atum hpe shaw la u.
2. Tum hpe kya hkra 2 ya daram hka hta tsing tawn u.
3. Atum ni pru wa hkra lata hte anut ya u.
4. Hka hta waw nga ai tum ni hpe gabai kau u.
5. Hka hta lup nga ai tum ni hpe sai la, gashin, jan kaw 2 ya lam.
6. Tum hpyi ni hpe ga-tsap kau.

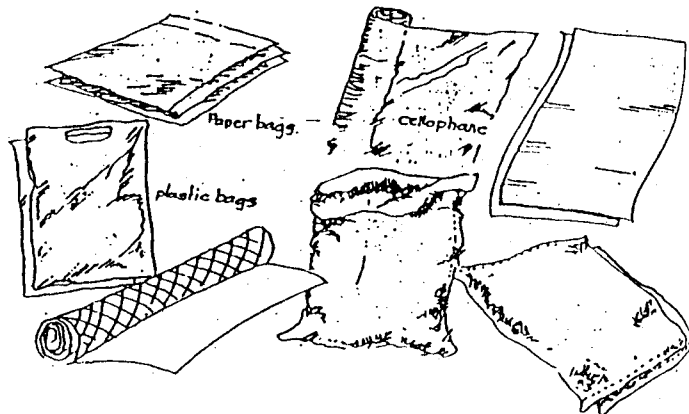
C. Nli/tum ni hpe jan lam chyahkraw ai lam:

1. Nli tawn da na rai yang tum law malawng hpe 1-3 ya shawng jan lam da ra ai. Rai timung Rumbaton, Durin, Mangosteen, Lamung, Ndung si tum ni hpe ja kaw nlam ma ai.
2. Shani tup jan hkra ai (jan prang) shara kaw chyahtai hta garai lam u.
3. Chyahtai ntsa ara sha loi hpa hpa di garai lam u.
4. Lani mi 4 lang dang shalau ya u.
5. Jan nau ja jang shani ga-ang kaw nna 2:00 pm du hkra jan shingnip kaw tawn da u.
6. Jan rai nshang yang, shing nrai marang rai nhtu yang gun tawn u.



NAMSI HKALUNG HPE GAWN LAJANG AI LAM.

Namsi hkalung ni hpe plastic sumbu hte dagraw ya u. Namsi hpe shingtai nsha na matu makawp maga ai lam re. Shing nrai gayawp da ya jang latung tsi n-gat ya ra ai. Maisau sumbu, plastic subu, shi laika dingsa, sumpan hte gayawp dat ya u.



GAYAWP YA NA MATU KAJA DIK AI ATEN NI GAW:

Lamung: Asi tai ai 15 ya kaw na.

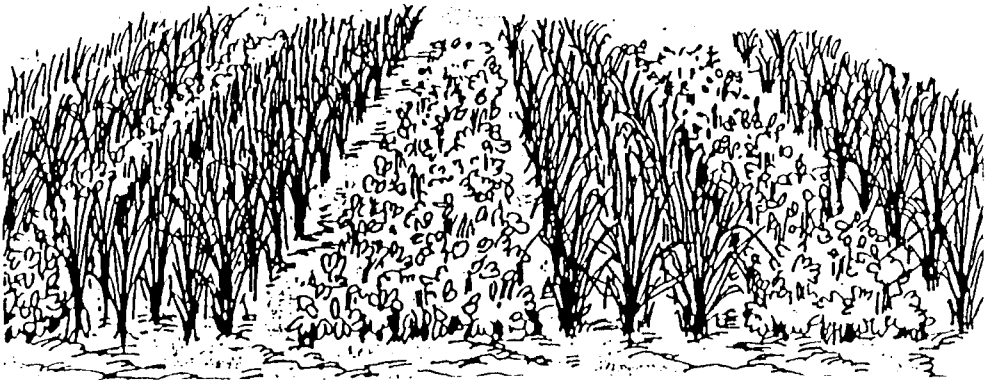
Langu si: Langu chyaw la kau ya ai hte gayawp ya.

Ndung si: Lata latup daram gaba ai hte rau gayawp ya.

Malaka si: Asi byin wa ai hte rau.

NSI NAISI (NAI MAM) NI HPE SHARA MI KAW SHA RAU HKAI AI LAM

Nbung ai nsi naisi amyu lahkawng hpe shara mi kaw rau hkai mayu jang sumla kaw madun tawn ai hte maren hkai u. Lapran kaw gahti galai bang nna hkai u. Mam yan masum daram hkai ngut ai hpan shapre, lasi zawn re ni yan (3) hkai, dai hpan mam yan (3) bai hkai u.

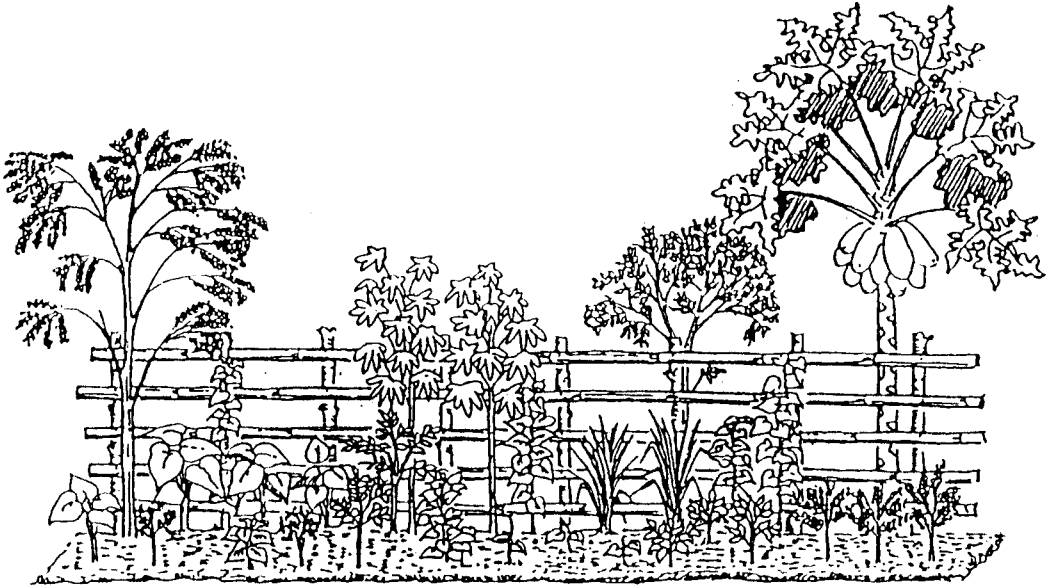


Shapre gaw ga hpe haja shangun ai hta n-ga hkai hpun ni a matu lu sha kaja (namhpun kaja) rai nga ai. Nsi naisi hpe lahta de madun tawn ai hte maren hpan mi hpe yan di hkai (Allernating) lai gaw hkai hpu hta byin wa chye ai baw nan hte latung shingtai ni hpe shingdang ya lu ai.

NTA WANG HTE NGA LAWNG, WA LAWNG MAKAU HKU NANSI NAMSAW HKAI AI LAM

Dusat dat da ai shara gaw dusat hkyi kaw na namhpun lu ai majaw, gasau gaja wa lu ai. Nta wang nhpan dusat rawng ai makau hku namsi namsaw hpun ni hkai da mai nga ai, nga hkyi, wa hkyi gaw namsi namsaw hpun hpe tu kaba wa shangun lu ai.

1. Nhpan makau hku Pe 1.5' x 1.5' re ai hka hkawng htu dat u.
2. Dai ga shingbut hpe dap, namlap chyayat, dusat hkyi zawn re ai hte gayau nna mi na hka hkawng de bai bang u.
3. Dai shara kaw namsi hkai bawng ni hkai dat u. (Hkai tum ni bang dat u).



NSI NAISI HKAI NA MATU LAJANG AI LAM.

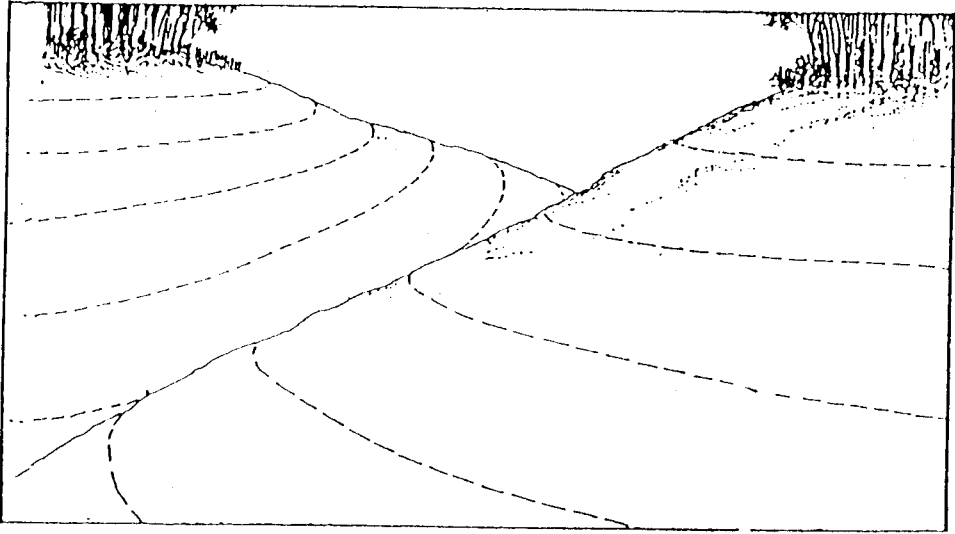
Namsi namsaw hkai phun ni gaw amyu bung ai hte maren shanhte ra ai ga-sau mung nbung nga shajang nga ma ai. Namsi namsaw hkai hpun amyu kau mi gaw n kaja sai lamu ga hpe kaja hkra lajang ya lu ai. Hkai nmai hpe gahti galai hkai ai lam gaw lamu ga hpe gram ya ai hta n-ga hkai nmai hpu8n ni hpe atsawm sha tu kaba wa shangun lu ai. Gara shata hta hpa baw hkai yang grau kaja ai lam gaw sun galaw chye ai masha ni kaw san sagawn la lau ai. Sun kaga ga kaw hkai nmai ni hpe gahti galai hkai lu ai lam lawu de gasi kau mi madun da ai.

HKAI NA LADAW

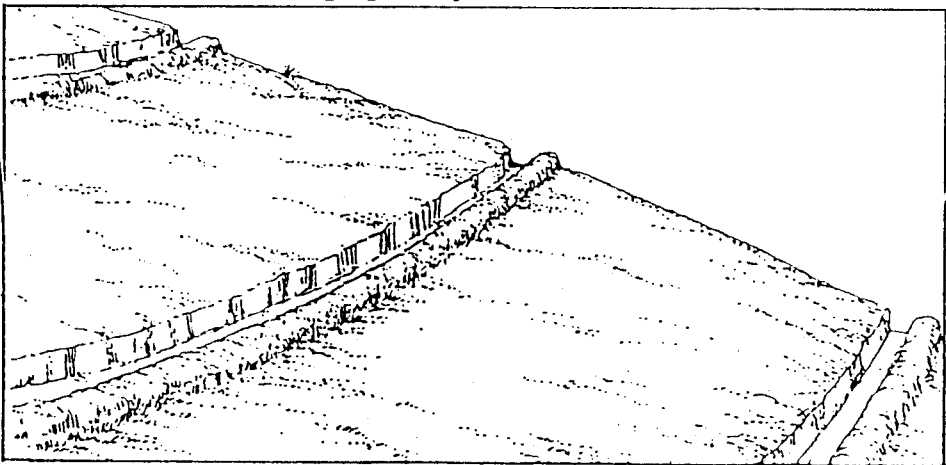
	1.	2.	3.	4.
1.	Alap sha ai baw namlaw	Machyang, ka-hkum.	Ru sha ai baw sakau yangyi	Shapre nawhkun ga lasi.
2.	Machyang nawhkun	lap sha ai baw hpun ni	Ga lasi nawkyu	Ru sha ai baw shakau, yang yi
3.	Ru sha ai baw, shakau	Machang, ka-hkum	lap sha ai baw namlaw namlap	Shapre ga lasi.
4.	Nawkyu galasi.	Ru sha ai baw ni.	Machyang ka-hkum.	Alap sha ai baw.

BUM, KAWNG NHKREM YI SUN NI HPE HKA HTE NHTU SHA KAU NA MATU MAKAWP MAGA AI LAM

Kawng nhkrem yi sun ni hta hka hkawng zawn de htu ya ai gaw, ga sau hte namhpun n-yawng mat na matu garum ya lu ai. Dai hta n-ga namlap ni hpe shayat ya lu ai majaw namhpun grau shalaw ya nga ai. Bum nhkrem yi sun ni hpe shaning na na galaw sha lu na matu ndai lai ladat hpe akyu jashawn mai nga ai. Marang hka ni gaungwi lwi yu wa hkra bum kawng nhkrem hpe nda bat rai hkahkawng kasha ni htu ya u. Maren ren gaba ai hka-hkawng ni yan hte yan rai bum kawng lagaw de htu yu wa u. Hka-hkawng hpe nau mung nga dawng ai sha htu ya u.

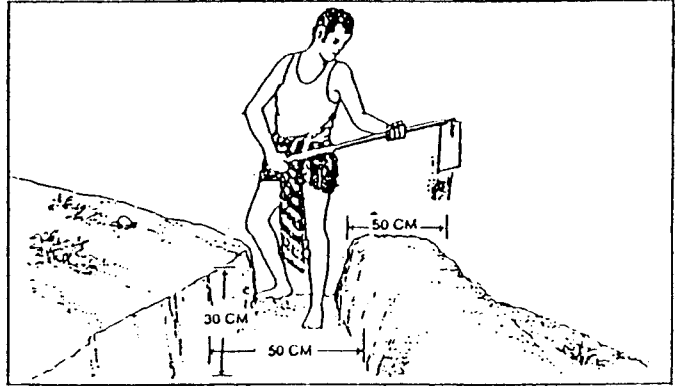
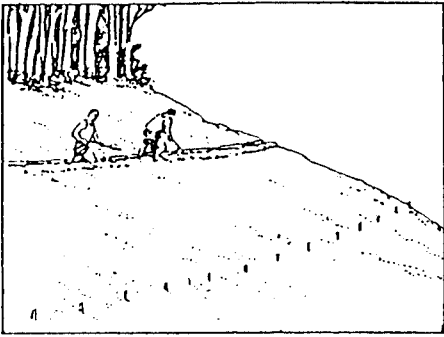


Hka-hkawng yan mi hte yan mi pe 15 gang u. Ntsa lam ga htat ai rai yang loi sung sung htu ya nna ga shingbut hpe nyem ai maga de sumpum ya u. Hka hpe atsawm chyup lu na matu ga hpe garum ya ai lam re.

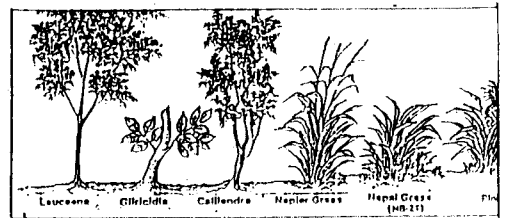
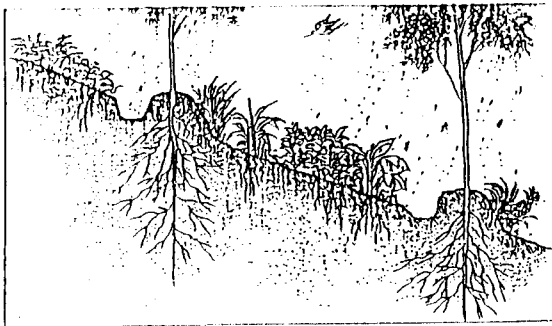


Kawng a tsaw ai daw de na shawng galaw hpang let 1" sung nna 1.6" daram kaba ai hka shingdang hka hkawng kaji ni htu ya u. Shi a ya shingbut hpe hka hkawng

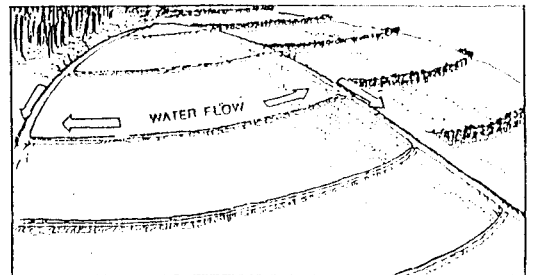
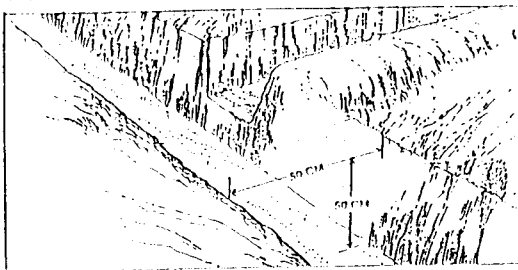
a mahka (nem ai maga de) sumpum ya u. Dai hka shingdang hkin-gau ntsa hpun kaji ni hkai kau u. Marang hka e ga hpe n ahtu sha kau na matu makawp maga ya ai lam re. Hkai na hpun gaw akyu rawng ai (asi sha mai ai hpun amyu) hpun ni hkai lu yang grau kaja ai. Lasi zawn re ni gaw ga sau hpe kaja shangun ai. Hkai hpun ni hpe htep htep di hkai ai gaw hka e n ahtu sha lu ai.



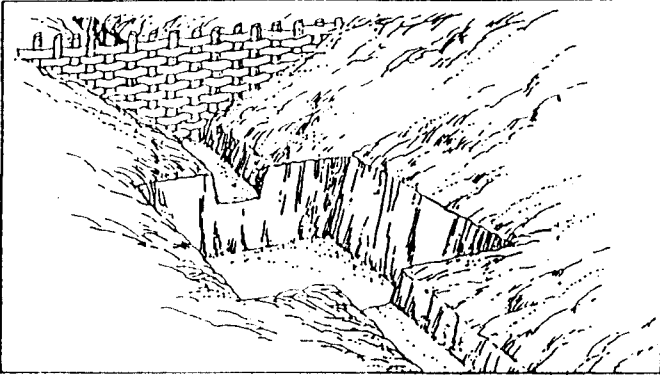
Htu sumpum dat ai ga gaw ntsa lam ga hpe jat dat ya ai lam re. Namhpun galaw lu ai hpun ni hpe hkai u. Hpun ni hpe Pe 3-4 daram kaw na kran daw hau ya nhtawm dai kaw na alap, laking ni hpe ga hte gayau dat u. Hpung ni hpe nau galu, nau kaba hkra shum tawn da. Tsing zawn re ni lama hkai tawn da ai rai yang, ga hte htep htep hkyen kau nna dusat ni hpe jaw sha kau u.



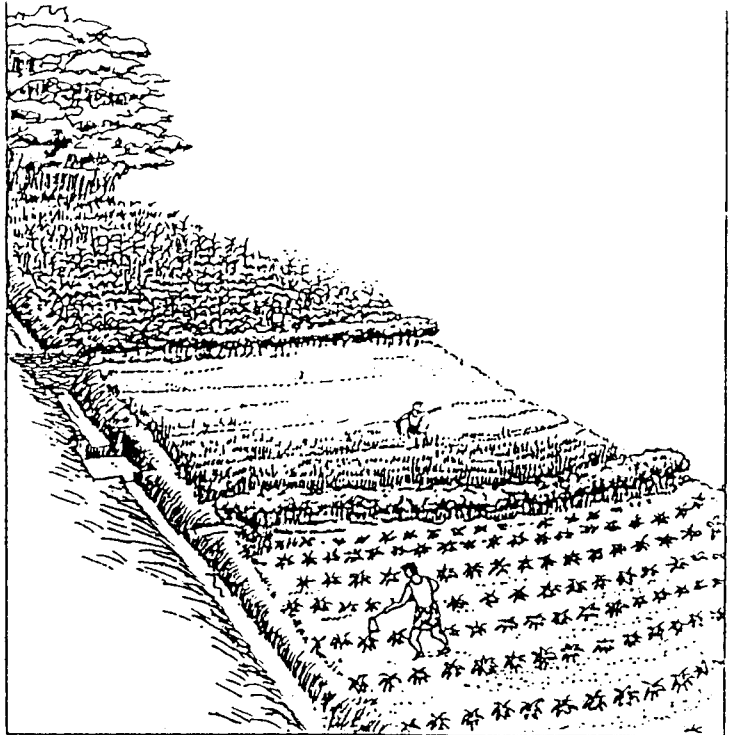
Hka hkawng htu tawn da na mung ra ahkyak nga ai. Dai hak-hkawng hpe 1.6" kaba nna 1.6" sung hkra htu ya u. Dai kawng nhkrem na hka ni gaw hka shingdang ai hka hkawng ni kaw du zup wa nna, dai kaw nna bai hka shaw hka hkawng de lwi mat wa ai.



Dai hka hkawng hku lwi yu wa ai marang hka gaw n-gun hte jinghkyen wa ai rai nna, ga hpe htu sha kau lu ai. Dai re ai majaw yat sha lwi mat wa na matu kawa chyen hte din pat da ya ra ai. Shing nrai, hka hkawng hpe gabat nna kaba de 3" daram re hka hkawng zawn di htu da u. Hka hta yawng wa ai namhpun ni hkap shing-dang ya na matu re. Madim kaw maza ni hpring wa jang tsan kau di u. Hka lawng nhkun kata ga hpring wa ai rai yang, ga hpe shap shapraw kau nna hkai hpun ni hkan bang ya u.



Ndai lai gaw na a sun hpe shaning na na hkai sha lu hkra garum ya lu ai re. Namlaw namlap hkai nmai hpun law law mung hkai sha lu ai re.



LATUNG (SHINGTAI) TSI LANG AI LAM

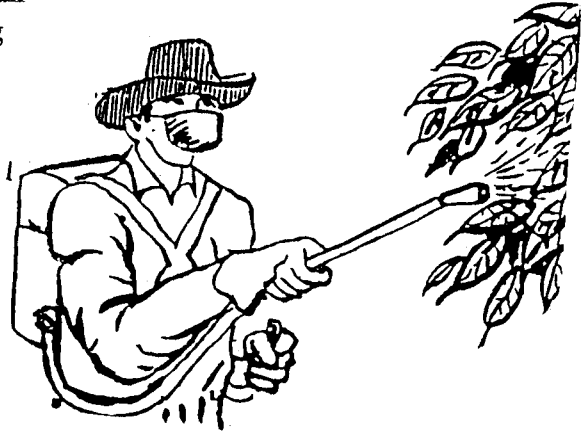
(Latung tsi (Chemical) lang ma ai kun?)

Latung tsi gaw guag myu mi re, sadi sahka let lang u.

TISI GAYAU AI LAM.

1. Tsi matsun hpe shawng atsawm hti yu u. Nchye hti jang chye hti ai ni hpe hti shangun nna matsing tawn u. Rai njum, nlang yang de a lam stsawm chye tawn da ra ai.

2. Shingtai (latung) sat tsi marawp hkrup jang, shing nrai hpyi hkan hkra myi hkan shang jang si wa lu ai. Tsi nhkra hkra ma-kawp maga ai baw, ta-za, ta shawn, (gloves) n-gup. ladi pat, palawng ta galu, labu galu, gyepdin galu, lagup, myi set, ni bu hpun sumraw tawn ra ai.



3. Nang tsap ai maga de nbung wa ai hku hkum nga.

4. Shi a shadawn shadang hku hkrak gayau u.

5. Hka ja ai shara, hka htung, hka hku hte grai nyi ai shara hkan tsi nmai lang, nmai gayau ai.

6. Tsi kayau ai shaloi lang ai aroung arai ni hpe atsawm sha makoi tawn u. Lating tsi gayau ai kaw lang ai arai ni hpe kaga shara hkan nmai lang ai, sadi u.

7. Tsi gat aroung arai ni hpe lang ngut ai hte rau atsawm kashin nna tawn da u.

TISI GAT AI LAM

1. Lahta de madun da ai hte maren bu hpun tawn u.

2. Tsi gat na rai jang lawu na matsun hpe hkan shatup u. Jahpawt daw, shing nrai shana daw (gatsi ai aten) hta gat u.

3. Nbung nau wa ja ai aten tsi nmai gat ai. Nang tsap ai maga kaw na shinggan de poi mat na hku gat u.

4. Tsi lang nga ai aten lama ma lu sha ai lam hkum galaw u. Tsi hte seng ai aroun arai ni hpe n-gup hte nmai hkra ai.

5. Na a tsi gat au rai ni yawng hpe atsawm kashin tawn u. Nang mung hka shin kau u.

TSI HPE GARA HKU TAWN DA NA?

1. Shingtai (latung) tsi hpe magap hte ngang ngang mangp tawn u.
2. Lu hka, shing nrai sha hpa nga ai makau hkan tsi nmai tawn da ai.
3. Chemical dat hte seng ai tsi rai hpe ma ni ndep ai shara kaw tawn dau.
4. Chemical tsi rai ni hpe shi a palin, bu hta nan bang da nna nang ai baw ra lam mai-sau hkyep kasha hte ka shakap da u.

TSI PALIN GAMAN NI HPE SENG KAU RA AI LAM.

1. Latung tsi gaw tasi hkra kashin yak ai baw re. Tsi bang ai palin kaman ni hta hka nmai bang da ai.
2. Tsi palin kaman. tsi bu kawp ni hpe mare shinggan de la sa nna nbung zim ai aten hte wan nat kau u. Wan nhkur ai baw arai rai jang hka hte garu kau, magap hpaw, htumpa malawng kau nhtawm ga kata lup kau u.
3. Hka ja ai shara hte ni ai kaw nmai lup da ai. Shingra hpunlaw hpunlap ni hte mung latung sat tsi galaw chyam yu mai ai. Lemon grass, hte Neem tree, lap hpe htu nna mai galaw la ai. Htu tawn ai tsi 3 kg. (joi 2) daram hpe hka pung 4-5 daram hte gayau nna hkai hpun kasha ni hpe agat ya u. Latung shingtai ni hprawng yen mat na re.