

KIHARUKO



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Lugungu

Health

Makuru ga bigambu bikoresebeerwe

Kiharuko – Buseeri bwa kuharuka lwizi

Kwomangana – Mubiri kumalikwamwo meezi

Kintu kikunywebwa na munwa

Bisiisa kaleeta nseeri – Bisiisa budoolidooli

(butawonwa na meiso) buleeta
nseeri

Mukeru gwa mukwa – Mukwa gwozoola na

kimankumu na luzala lucumya

Lukinki lwa sukaali – Sukaali gyozoola na ngalu

rundi gya bijiiko binei bya caai

Kikatu – Nkinzo rundi mubazi gubatoonya mu

munwa kutangiza nseeri

Kiharuko
Diarrhoea

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Lugungu

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Mwana waamu akuutiirwe bikatu byensei?

Weerinda mwana waamu atakwatwa nseeri za
kabi. Kihandu mwana waamu kumukuutisiya
bikatu, kwerinda atakwatwa nseeri nka: luseru,
poliyo, kakonko, nkohoro gya kusika mutima, na
nseeri zindi nka zizo.

Mwana waamu waamutweri mu bikatu?

Bikatu bitangiza Luseru, poliyo, kakonko, nkohoro
gya kusika mutima, na nseeri zindi nka zizo.

Kyonkei, bikatu tibitangiza kiharuko!

Kirungi kwonkya nkerembe



Mukali yonkya nkerembe gyamwe, abba agyerindisiirye kukwatwa nseeri. Kakubba kisoboka, nkerembe gisemereeri gyonke kukira ku myeri mukaaga. Nkerembe bugyonka, gitunga maani kandi, gibba na bwomi burungi.

Ndagiiro gya Kitabbu

Bantu bakukira ha 40,000 mu Uganda, babaza Lugungu niluli lukobo lwaḅu lunyakubabyala. Bagungu bakukira ḅunene beicala nagwa ha mitanda mya matemba geitaka lya mwita Nzige. Beitu kandi, bandi beicala hakyendi wa kikonko nagwa magyenda Hoima na magyenda Masindi. Mu ḅuhangwa ḅwaḅu, Bagungu beicala bahiigi, balobi, kandi balimi. Bagungu baliisya nte mu ḅunene, kandi de, nibasuubura na bantu ba ndimi zibahereeri.

Kuruga nibagumya kitabbu kyolokya mahandiikire ga Lugungu mu mwaka gwa 2005, Bagungu banene, hataati bali na bihika bya kusoma Lugungu. Mwa kubaha gugwo mugisa gwa kulusoma, bitabbu binene hataati bilimukuhandiikwa. Kiki kyokweti, kili kimwei mubyo. Tukwenihiza nti, kiki kitabbu kikugyenda kukusemeera kukisoma, kandi de nti, okugyenda kutwala gugu mugisa kugula bitabbu bindi, nabyo obisome.

LUBITLA

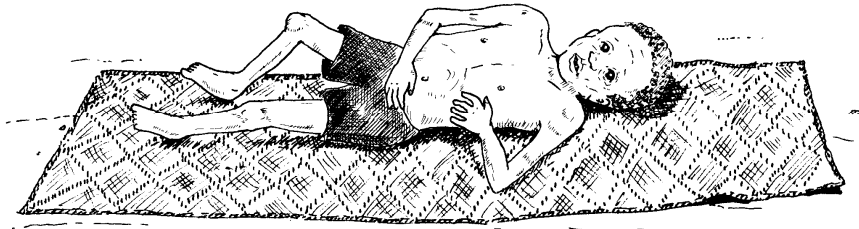
Preface

The Lugungu language is spoken as mother-tongue by more than 40,000 people in Uganda. The Gungu people primarily live along the North-East shores of Lake Albert with some also in areas above the escarpment towards Hoima and Masindi. Traditionally hunters, fishermen and cultivators, they now keep many cattle and are engaged in trade with neighboring people.

Since the orthography was stabilized in 2005, many Gungu people are now eager to read Lugungu. To facilitate this, a series of books are now being produced. This is one that you are now holding. We hope that you enjoy reading this book and that you take the opportunity to purchase others and read them also.

LUBITLA

Kiharuko



Kiharuko, buli buseeri buleetera mwana rundi muntu muhandu kuharuka lwizi lusa mirundi misatu nakukiramwo mu kiro kimwei. Bundi na bundi, baseeri baḅwo batunakambe kandi nibadiibwa nda. Baana bato bakwatiirwe kiharuko, bamalikirwa meezi na mukwa mu mibiri myaḅu. Bagyenda nibaceka mpula-mpula, kandi de, basobora kukwa.

Wensei banzanga kunaaba ngalu zaamu otakabbeerī kudya



Kirungi buli muntu kunaabanga ngalu zaamwe kandi nakwicala mweumi bwire bwensei kukiramaani, nalimukutimba bidyo, rundi atakabbeerī kudya. Naabanga ngalu, buli waakabbanga weezagiri, rundi weekwetī na ngalu mapokopo rundi nnindo.

Bihuta bya ku ngalu byensei bibbenge bisembe na bbandeji (pulasita). Nono za ngalu zisalenge; zibbe zihhi, kandi ziicale nizili zeecumi.

B̄usiisa kaleeta nseeri, b̄kusbora kubba mu mabi ga mwana, rundi ga muntu muhandu. Nahabwakikyo, kirungi bantu bensei bakoresye kyorooni kandi na mabi ga baana, hoho de gasemereeri gagumwe, rundi gaziikwe. Olinakuwona nti, mabi gagwo tigadiibirwe mbwene.

Kandi muntu agumiri mabi gagwo mu kyorooni, nayo asemereeri heinyuma anaabe kurungi ngalu zaamwe na meezi na sabbuuni nka b̄undi yooyo yaakali agyendiri kunia.

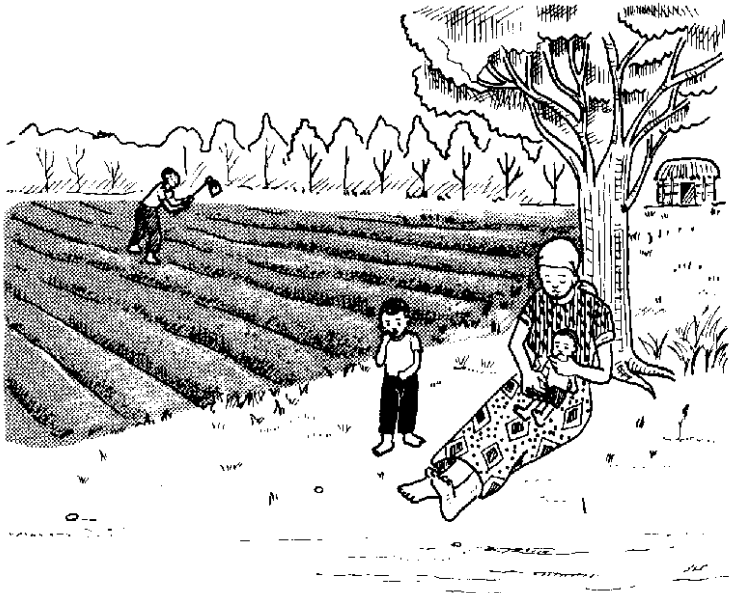


Kyani kileeta Kiharuko?



B̄useeri b̄wa kiharuko, b̄uleetwa b̄usiisa b̄ubwingira mu mubiri gwa muntu, niburaba mu kudya bidyo bitecumirwe kurungi, rundi muntu bwadya atanaabiri mu ngalu.

Milingo mindi mikusobora kusaasaanja kiharuko

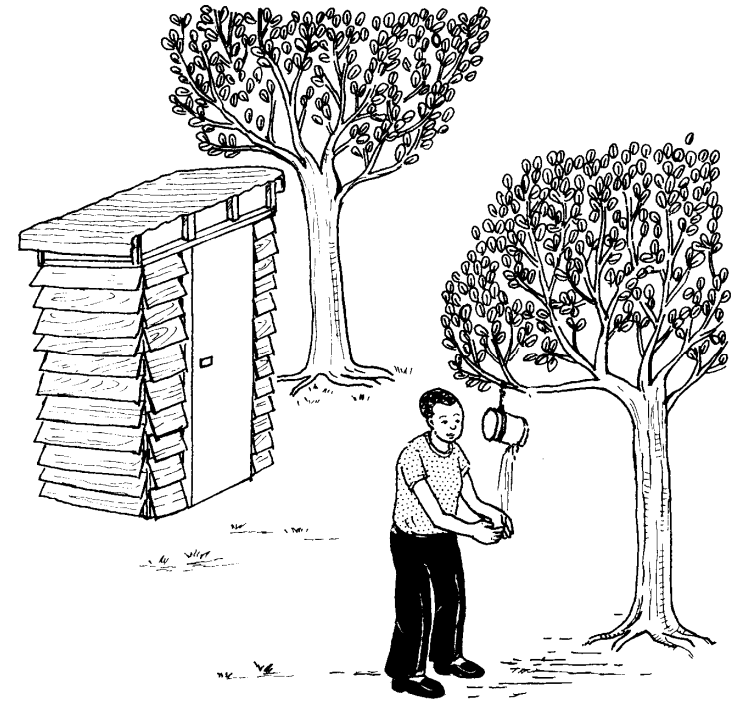


Muntu bwaruga mu ndimiro rundi mu kyooroni nakadya atanaabiri mu ngalu, akusobora kudiiranamwo busiisa buleeta kiharuko.

Kandi de, kili kya kabi kudya bintu byokomiri kuruga hansi nka bijuma (miyembe, nsumu, ntuuha, mbumbuula, mapeera) otabanziri kubinaabya.

Na kindi, kili de kya kabi, kudya bidyo bitimbe nka kabaragara, mandaazi, ngura, bicooli, byata, bya bakali bamweji batunda bitali bikuunyuke.

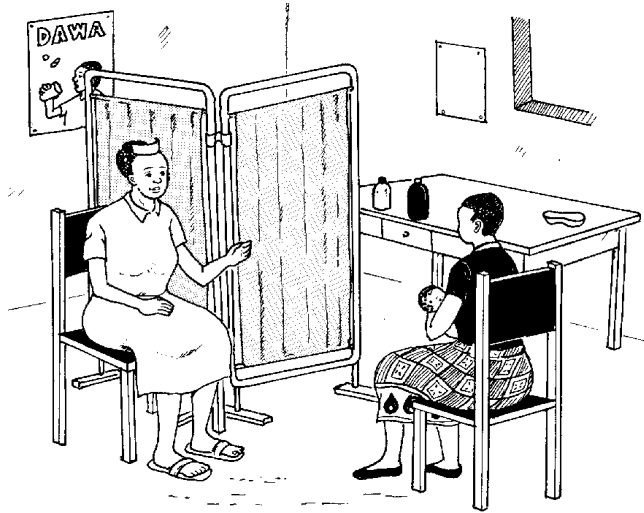
Milingo mya kwerinda kiharuko



Kirungi kwerinda kukira kujanjaba.

Naaba ngalu na meezi na sabbuuni buli kuruga mu kyooroni.

Bba na kapiira ka meezi hehi na kyooroni. Buli kiro, izuulya kapiira kakwo na meezi gecumi.



Museeri ali na bibi, atekwa kutwalwa, mu bwangu, mu kicweka kibajanjabiramwo:

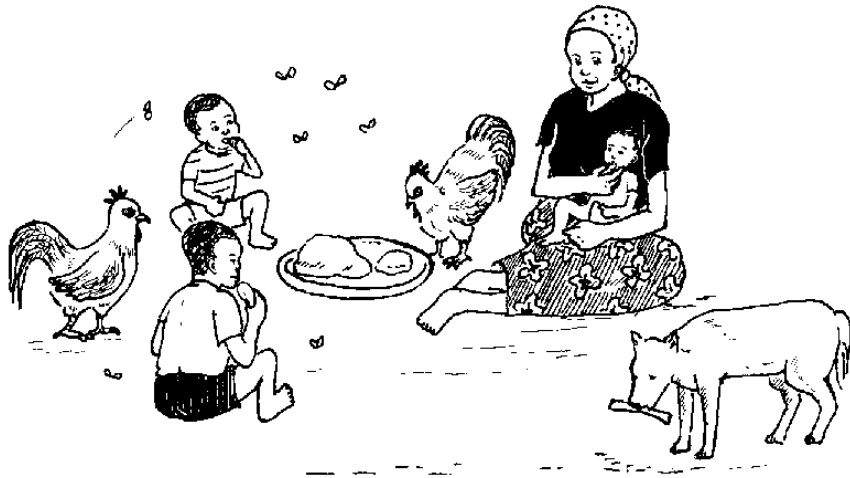
- kakubba abba na kiharuko na muswija;
- kakubba abba nakuharuka ibbanga;
- kakubba abba atakusobora kudya rundi kunywa;
- kakubba abba atakweyongera kusemera rundi kuhona;
- kakubba mubiri gwamwe gubba gumalikiirwemwo meezi, (soma mpapura namba 8 na 9).

Meezi ga kunywa ogataha hanya?



Muntu akusobora kukwatwa kiharuko kakubba anywa meezi garofu. Meezi garofu gakusobora kuruga mwitaka, migira, bikemu, mazuba, mazuba ga midimo, rundi mazuba genseenya gatalingiriirwe kurungi. Otakakoreseerye meezi ga ndagali, banza ogumye nti, kwo geecumi.

Kisemereeri bidyo bibbe byecumi



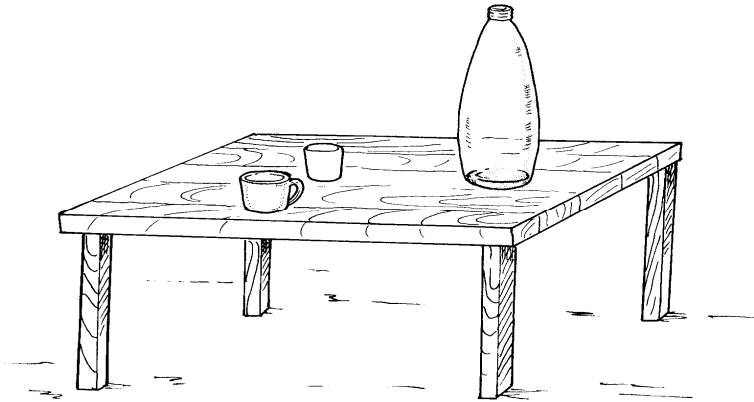
Busumi hukukira hunene, bantu bakwatwa kiharuko habwa kudya bidyo birofu. Bijuma na manyeni geiraguru, bisemereeri kubinaabya kurungi. Na bidyo bindi byensei, bikusemeera kulindwa kurungi, kandi, nibili bikuunyukiirwe, aleke bitadwebwaho nsehera, nkoko, mmese na mbwene.



Muntu ahimbiri kiharuko, akusemeera kuheebwa bintu binene bya kunywa na meezi nka: meezi gahyangye na mukwa na sukaali (DAROOZI), micungwa mikamule, busira, mate rundi caai. Mwana akwonka, akusemeera yeeyongere nakwonka. Kakubba museeri atunaka, banza omuleke habwa kasumi. Kyonkei heinyumaho, wongere kumuha meezi gagwo. Kihandu de, museeri kweyongera nakudya bidyo bindi. Bidyo nka: nyeni liiraguru, bitooki, muceeri, rundi nduwa bikwiza kumwiryamwo maani. Kyonkei, adyenge kadooli-dooli nahonderenja.

Kadi kuharuka kwakabba kwemereeri, atekwa kweyongera kudya, aleke asobore kwiryamwo maani gaafereerwe nali museeri.

Mugasu gwa meezi_gahyangyemwo sukaali na mukwa (DAROOZI)



Museeri aganywe mpula-mpula. Muntu muhandu akusobora kunywa nkuta ibiri rundi kukiraho kakubba abba nakusobora. Alinakunywa lita ibiri buli saaha makumi gabiri neinei. Mwana muto, muhe kicweka kya gama mpula-mpula nokoresyanga kijjiko. Mwana muto, muhengenge kicweka kya gama nokoresya kijjiko heinyuma gya buli kuharuka. Alinakumala kicweka kya lita mu saaha makumi gabiri neinei.

Meezi gakubba gasigeeriho heinyuma gya kiro kumalika, gakankadwe, gandi gateekanizibwe buhyaka.

Weetegereza kabi ka kiharuko



Mubiri gwa muntu ahimbiri kiharuko, gumalikwamwo meezi bwangu hoj. Kili kya kabi, mubiri kumalikwamwo meezi kukiramaani, mibiri mya baana bato. Muntu amalikiirwemwo meezi habwa kiharuko, abba na minwa myomeresenu, meiso gagiziru, matama gabboopu, kandi bwalira, meiso gaamwe tigabbamwo maliga. Tanyaala. Kandi bwakoba kunyaala, atoonyia tukali tutoonyie.



Mubiri gukwiza kuhwerera, kandi kikuta kyamwe kya mubiri bukisikwa, tikikubayo bwangu. Busyo bwa nkerembe, bukwiza kubba bwingiriru. Museeri bwadwa hahwo, atekwa kutwalwa bwangu mu kiikaru kibajanjabiramwo.

Bipimyo bya lita gimwei



Mu cupa gya lita gimwei rundi kilo gimwei, taburamwo mukwa gwa kijiiko kimwei kya caai na sukaali gya bijiiiko munaanei bya caai.

Cupa gigyoy gicuka-cukye aleke mukwa na sukaali byehyangye kurungi. Hati meezi gagwo, gahe museeri aganywe kadooli-dooli.

Bipimyo bya kicweka kya lita (guraamu 500)



Mu kicweka kya lita rundi guraamu bitaanu, teekamwo mukwa gukudoosya kacweka ka kijiiko kya caai. Gugwo gwogwo mukwa gwosobora kuzoolesya kimankumu na luzala lucumya. Kasi wongereho sukaali gya bijiiko binei bya caai.

Meezi galimwo mukwa na sukaali



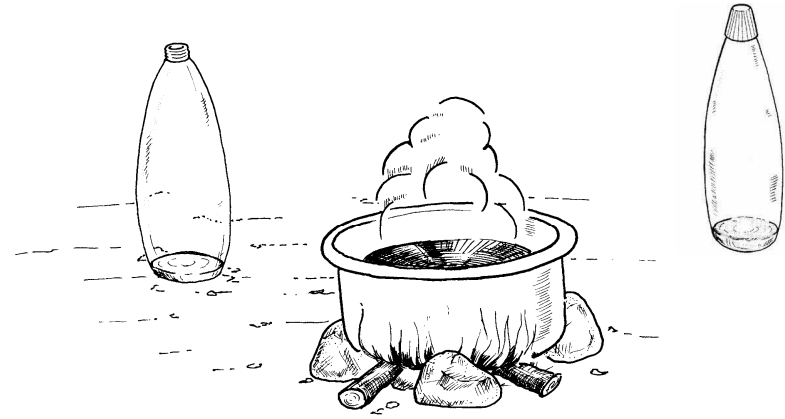
Muntu wa mubiri gumalikiirwemwo meezi, atekwa kunywesebwa meezi gahyangiirwemwo mukwa na sukaali. Meezi gaga, geehyangya bwangu hoj kadi na kwamugi. Kyonkei, okusobora kugatunga nigali mu bupakiti (DAROOZI) kuruga mu biikaru bijanjabirwamwo rundi bitunda mibazi. Meezi ga kiwaacu, goodede gasobora kukoonyera muntu ali na kiharuko.

Mulingo gwa kuhyangya mu meezi sukaali na mukwa (DAROOZI)



Muntu akugyenda kuhyangya meezi gagwo, atekwa kubanza kunaaba ngalu zaamwe na sabbuuni.

Bikwatu bya kuteekanirizamwo meezi gagwo



Meezi gagwo, gaakabba nigali ga kuteekebwa mu bupakiti, olinakubba na cupa gya kicweka kya lita rundi kikwatu kindi kyensei kikudoosya kicweka kya lita rundi lita gyensei.

Cupa gigyoo, ginaabye na meezi gecumi na sabbuuni. Wongere kuginaabya na meezi gecumi kudoosya gyakabba gisyeni.

Meezi gookugyenda kuhyangisa, banza ogahyohye mu sefuliya. Gamaari kuhola, kasi ogate mu cupa.