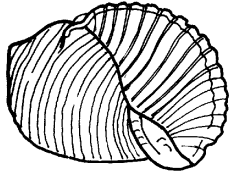
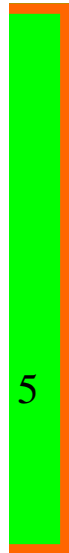


KISAHU KYA KITABBU



BWECUMI BWA MUNTU



5



Lugungu

Health



**BWECUMI BWA MUNTU**  
**Personal Hygiene**

Translated by:  
Businge Makolomi Robert

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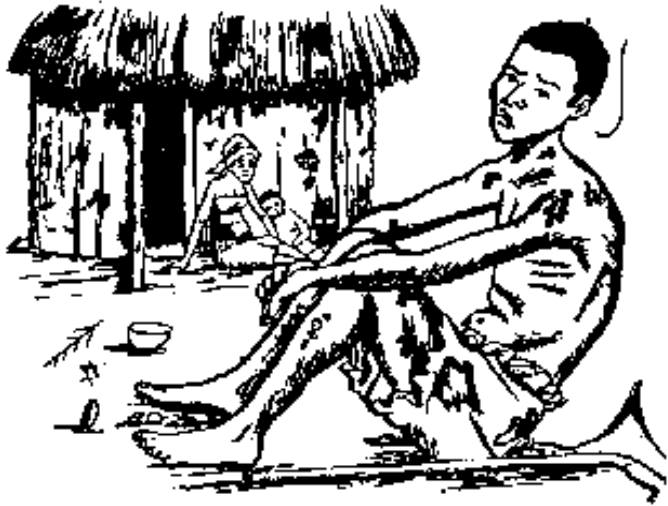
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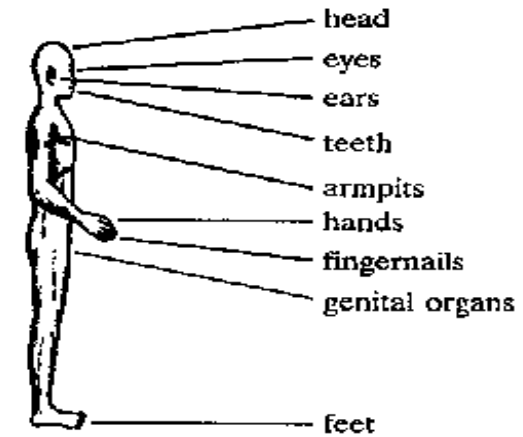
**Bantu ba mug̃i gwa Bitadoori bali beecumi kandi bali mu h̃womi h̃urungi. Basemereerwe.**

Bantu ba mug̃i gwa Bitadoori hati beegiri bya kukora kubba mu h̃womi h̃urungi kandi kwicala nibali boomi kurungi. Beegiri kukora mbaliira gidoolidooli aleke basobore kugula mibazi. Bantu ba mug̃i gwa Bitadoori basemereerwe kandi bali mu h̃womi h̃urungi. h̃womi h̃urungi kili kimwej ha byetaagu bya nzicala girungi gya muntu.



Mu mug̃i gwa B̃itadoor̃i ħuli muntu eicala m̃urofu. Ngoye za B̃itadoor̃i na za bantu ba mug̃i gwamwe ziicala z̃irofu kandi z̃itemũku.

Banza owone B̃itadoor̃i na mug̃i gwamwe. Ngoye zaabũ zili z̃irofu kandi z̃itemũku. Beicaara hansi kwitehe kandi nibalibata magulu gasa. B̃wire ħwensei beicala bajwahũ kandi baseeri.



Kwecumira mubiri gwamu na ngoye zamu kitangiza nseeri.

Twehala nseeri nituwoneera mibiri myetũ ħũkyeri ħwiziri kandi nituhondera biragiro bya ħwecumi. Mu m̃l̃ingo gugu tukusobora kukora milimo myetũ kurungi kandi bantu ba mu m̃igi myetũ nibeicala basemereerwe.



**Bantu ba muḡi gwa Bītadoorī balwala nkeḡto Kwehala kwingirirwa ḡisiisasiisa.**

Mabi ga bantu banja mu nsaka ḡundi na ḡundi gabamwona ḡugina ḡwa ḡisiisasiisa. ḡutagatu na ndagali bikoonyera ḡugina ḡuḡwo kwatuura bisiisa. Būsiisa ḡuḡwo ḡwingira bantu balibata mu bicweka biḡyo batalweri nkeḡto. Kwehala kikiyo kizuḡu, Bītadoorī aguliiri bantu ba muḡi gwamwe bensei nkeḡto.



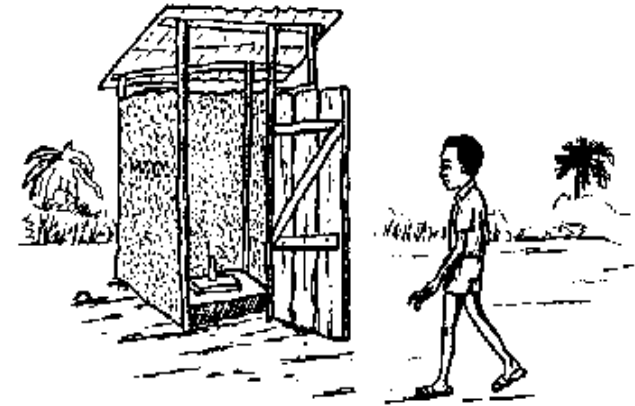
**Kijangi kya musaali kihutaaziri kigulu kya Bītadoorī . Kihuta kifookiri kihote kinyaamapo kandi kikununka kubiibi.**

Kyani kibbeeriho? Bītadoorī ali na kihote kinyaamapo haḡwakubba tanaaba. Mu nyumba gyamwe sabbuuni na muḡbazi gukwita ḡisiisa byahimwo. Bītadoorī atakanaabe kihuta kyamwe hati kimufokeeri kihote kinyaamapo.



**Baana ba Bītadoorī bali na ɣulehe na bizombo.**

Baana ba Bītadoorī bali na ɣulehe na bizombo, haɣwakubba babyerū baaɣu batakabeegesye mīlingo mya kwecuma. Haɣwakubba bantu ba muḡi gwa Bītadoorī baagumiriiseenī biragirow bya kwecuma, balinakugyenda kwirwaru kandi bazihulūkye nsimbi mwa kubba kurungi.



**Bītadoorī akoorī kyoroonī. Bantu ba muḡi gwamwe tibacakali na bizokazoka.**

Bītadoorī amaarī kwetegereza kabi karuga mu kunja mu nsaka: kuharuka, kwingirirwa bisīsa, na bindi na bindi, yaabimba kyoroonī kili na kiina kilei kandi yaakibbumba kurungi aleke nsehera ziteingiramwo. Kandi bantu ba muḡi gwamwe bakiwoneera hoj aleke kiicale nikili kyecumi. Murundi gumwej ɣuli sabbiiti Bītadoorī abbwomamwo muɣazī mwa kwehala nsehera na nsinya.





**Ɓwohutaara, osemereeri kũnaabya kihuta nahaahwo Ɓuloho Ɓuloho na meezi na sabbuuni.**

Ɓuli Ɓwire Bitadoori Ɓwatunga kihuta, akĩnaabya nahaahwo Ɓuloho Ɓuloho na meezi na sabbuuni kandi nakibboha na kagoye keecumi (bbandeeji). Mu mulingo gugu kihona Ɓwangu, kandi tikimwetaagisya kukitwala kwirwaru.



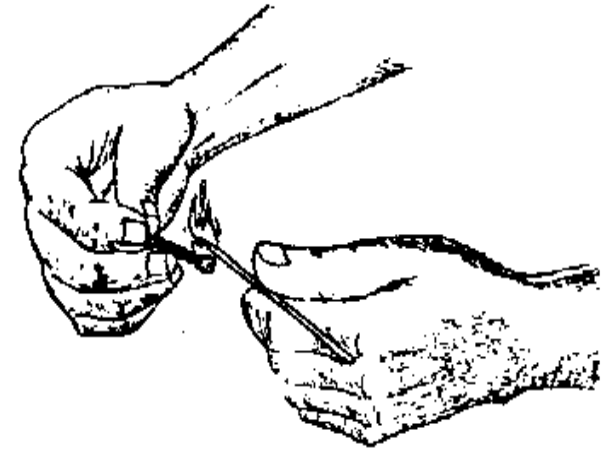
**Kiro kimwei kwirwaru, Bitadoori yeegwa nti Ɓurofu Ɓwohwo Ɓumuha kuhimba.**

Kwirwaru, mujanjabi yaawoneeri kimwei mize mibiibi mya mugĩ gwa Bitadoori. Yaaragira Bitadoori agyende kusoma mu mu kitebe kyegesya bya Ɓwomi. Bitadoori amaari kwetegereza bikyani bikumwetaagisya akore, na hataati, yaamaari kadei kugula kituli kya sabbuuni.



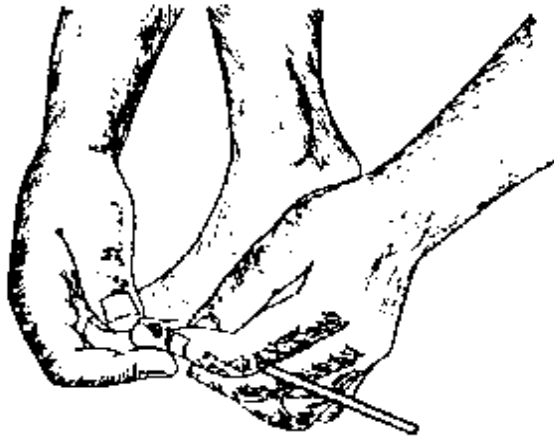
**Hataati Bitadoori ahindikiri. Yoolokya baana baamwe milingo myakubba beecumi.**

Banza owone bantu ba mugi gwa Bitadoori nka kubahindikiri. Ngoye zaabu zili zinaabye, mibiri myabu mili myecumi, bakulwala nkeito na mawaabu asemereerwe.



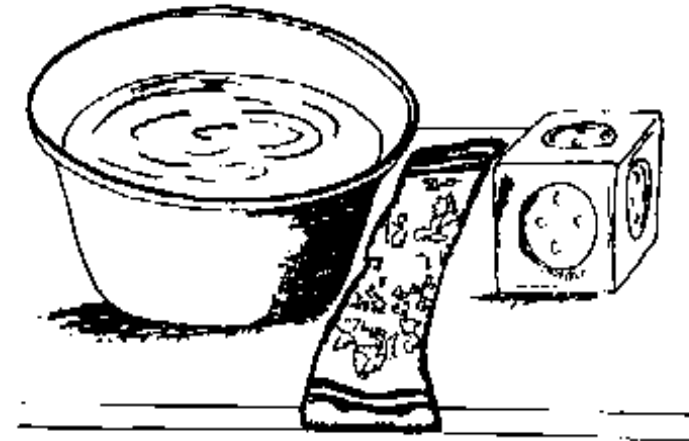
**Nyineeka na mma bonse beegiri kwokola njunze rundi ihwa kandi nibeehala kuhimbisya luzala.**

Nyineeka na mma bonse bookola njunze rundi ihwa na nkwasu gynecumi. Heinyuma banaabya kihuru habookoori njunze rundi ihwa nibasiigaho makuta ga nte bundi luzala nibalubboha na kagoye keecumi (bbandeeji). Osemereeri kukora yatyo aleke bisiisa biteingira mu kihuta bikakihimbisya.



Nyineeka na mma bonse bakebera na hwegyendereza magulu ga baana baabu. Kandi tibatigamwo njunze rundi mahwa.

Osemereeri kwezokola njunze hwangu kubba gyakanyeetira mu luzala gikwiza kutandika kugumiramwo magina nakulukabya. Ihwa litya hoj kandi kihuta kyalyo kisobora kufooka kihote; naha<sup>h</sup>wakikyo lyokolemwo hwangu. Nyineeka na mma bonse bawoneera magulu ga baana baabu na hwegyendereza hwa maani hoj.



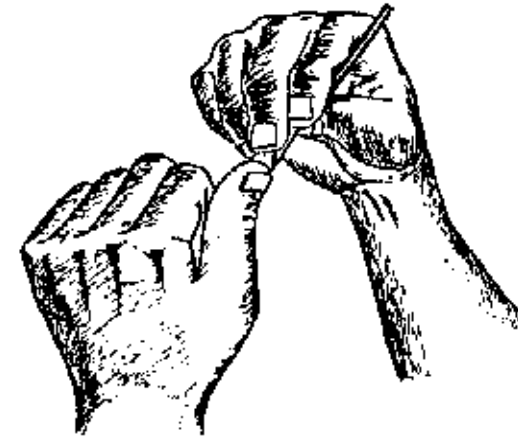
Sabbuuni gitangiza nseeri kandi giita bisiisa.

Sabbuuni ginaabya budembu hwa mubiri na mejja, giita bisiisa kandi gitangiza nseeri zinene kukanyiira muntu. Sabbuuni giteekwa kukoresehwa ha<sup>h</sup>wa hwecumi hwa muntu.



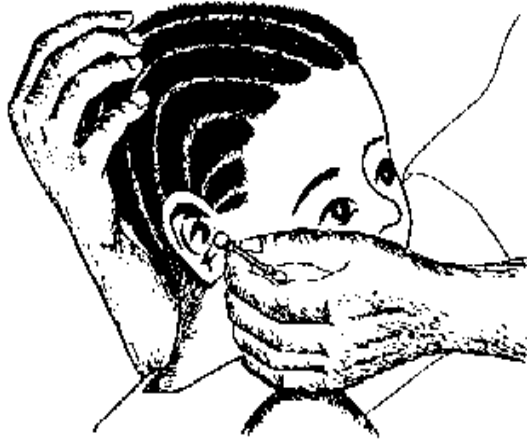
**Bitadoori anaaba huli joojolo na sabbuuni.**

Bitadoori akora huli kiro kandi atuyya kyakalasanu. Ha mperu gya kiro, anaaba na sabbuuni kandi nalwala ngoye zecumi. Kunaaba kumukoonyera kwebbaka kurungi.



**Nono zirofu zibiika hisiisa binene.**

Hisiisa byebisa mu nono zirofu kandi bileetereerya kikuta kya mubiri kuhimba hupwezaga. Njunze zingira kwansi wa nono zaamu. Hukyeri hwiziri osemereeri kunaabya nono zaamu za mu ngalu na za mu magulu nakuzisaaliira.



**Ḑuli sabbiiṭi osemereeri kusukusula mapokopo gaamu. Ḑwegyendereza... otakoresya kintu kyobi.**

Murundi gumweṭi rundi mibiri Ḑuli sabbiiṭi osemereeri osukusule mapokopo gaamu. Kwata mwoza gwa nkoko oiṅgiirye katwe kaagwo mwipokopo kasi weepiripe. Ḑwegyendereze otagusindika maani munda weipokopo, haḥwakubba osobora kuhudula mma ipokopo.

**IZUKA! KWINGIIRYA MWOZA GUGWO ḐUTAKIRA HA KASONGA KA LUZALA LWAMU LWA MPEREERU HAKASAMBIIRA MWIPOKOPO.**



**Ḑitadoori abimbiri kinaabiro keinyuma ka nyumba gyamwe.**

Nka kwokuwona, Ḑitadoori abimbiri kinaabiro keinyuma ka nyumba gyamwe. Mma bonse akoresya kikyo kinaabiro hoṭi kandi akyagiirye nikili kya mugasu. Aleeta meezi kuruga ku mugira rundi nalegya ga ndagali gakuserengeta kuruga ku kabindi ka nyumba gyaḥu. Ḑwire Ḑwenseṭi anaaba na sabbuuni.



**Buli kiro mma bonse anaabya nkerembe kandi nagiwoneera kurungi hoj.**

Nkerembe tizeekoonyera. Zeetaaga kuziwoneera kurungi hoj. Mma bonse anaabya nkerembe gyamwe buli kiro na meezi ga kideideide. Aginaabya meiso na mapokopo. Kandi bwagiicya hansi, agiicya ha mukeeka gwecumi.



**Meino nago geetaaga kuwoneerwa. Geetaaga kugasuuta buli mwakya na joojolo.**

Muswaki tigugulwa nsimbi zinene kandi gukoonyera meino kwicala nigali haḥwa kugatoolamwo ḥusigalira ḥwa bidyo. Ḥusigalira ḥwa bidyo ḥuleetereerya ḥisiisa kwingiira meino kandi bikagahudulamwo ḥuhuruhuru ḥugaleetereza kukudya hoj. Otalikunyukulisya meino mukebe rundi cupa; okusobora kugabinya rundi kugahutaliza kinyaamali.



Osemereeri kunaaba ngalu zaamu heinyuma gya kuruga mu kyorooni.

Nseeri zimweji na zimweji zisobora kutulirwa kuraba mu byorooni. Kwita bisisa osemereeri kunaaba mu ngalu zaamu na sabbuuni huli kuruga mu kyorooni.



Osobora kwita hulehe na bizombo nakunaabanga na sabbuuni huli kiro.

Baana bahandaho baleeba hadei. Bukyeri hwiziri bo banaaba na sabbuuni kwetangiza kukwatwa hulehe na bizombo.



**Kunaaba na sabbuuni kutoolaho mejja ga lutuuyo.**

Buli kiro osemereeri kunaaba bimpaha byamu na meezi na sabbuuni. Bkyeri hwiziri osemereeri kuhingisya ngoye zookulwala haɓwakubba lutuuyo luzinunkisya kubiibi.



**Bantu ba mu mugɪ bensei banaaba ngalu zaabu batakabbeerɪ kudya.**

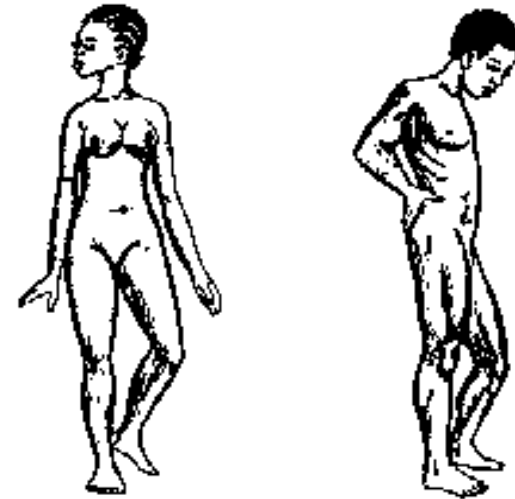
Mma bonse yeegesya baana kunaaba ngalu zaabu batakeiziri ha meeza kudya. Bwire hwensei mu nyumba heicalamwo meezi na sabbuuni bya kunaaba ngalu.





Naaba ngalu zaamu nolimukugyenda kutimba bidyo kandi de otakabbeerī kutandika kudya.

Mma bonse anaaba ngalu ze atakatandikiri kunihiriirya nyeni liiraguru. Bidyo abiteekaniriza mu hwese hwecumi. Bijuma bya musaali byaha baana abanza kubinaabya.



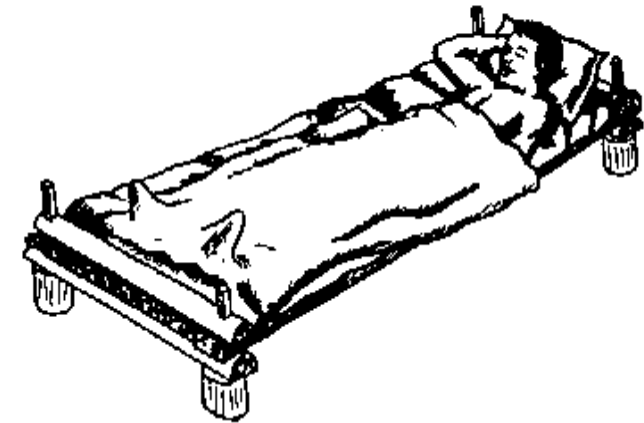
**Bicweka byamu bya kwambiri bisemereeri kunaaba huli kiro.**

Otagumirisana kunaaba bicweka byamu bya kwambiri na meezi na sabbuuni. Būkyeri hwiziri weetaaga kuhingisya ngoye za mu nda (pajami, huleega, veesiti, peti, na zindi zindi). Weetaaga kumwa ntumbu na byoza kakubba hagwamwo mada.



**Ngoye za kukooramwo nazo zisemereeri kuzeecumira.**

Ngoye za kukooramwo kadi zaakabba ziguluusa, zisemereeri kwicala nizili zeecumi kandi zitakununka kubiibi. Kibba kirungi hoj kulwala ngoye zeecumi huli mwakya.



**Masuuka ga kulaalamwo gasemereeri kunaabiwa hukyeri hwiziri. Waanikira mifaalisi na mabbulangiti hanzei mu lyoba.**

Bisiika byakulaalamwo nabyo bisemereeri kwicala nibili byecumi. Huli sabbiti waanikira mifaalisi myamu na mabbulangiti gaamu hanzei mu lyoba. Naabya masuuka ga kulaalamwo heinyuma gya huli sabbiti ibiri.