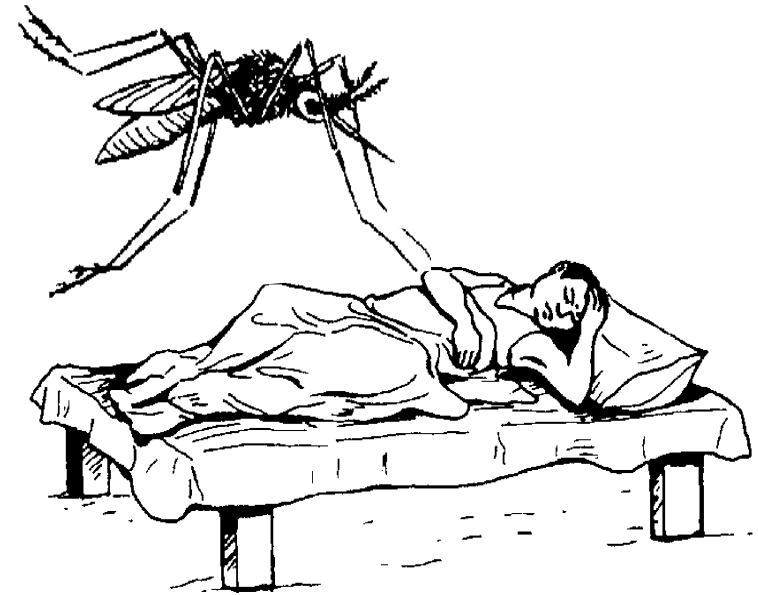


MUSWIJA GWA NSINYA



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Health

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Translated by:
Businge Makolome Robert

Lugungu

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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 bahigi, balobi, kandi balimi. Bagungu baliisya nte mu ḅunene, kandi de, nibasuḅura 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 kyokwet, 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.

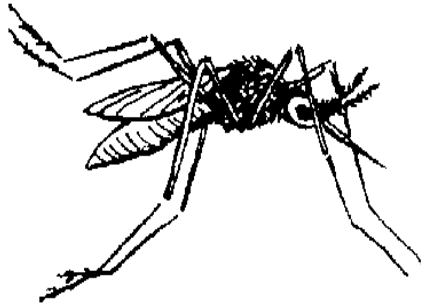
LUBITLA

Muswija gwa nsinya guhimbisya bantu banene hoi. Kandi, kwokwo de gwita baana yaatyo huli mwaka. Gukira kurumba nkerembe na baana bato, hawakubba, mibiri myabu mibba nimicakali kutunga maani ga kugulwanisya.

Tukusemeera kubanza kugwetegereza, muswija gwa nsinya, aleke tugulwanisye kurungi.

Muswija gugwo guruga hanya?

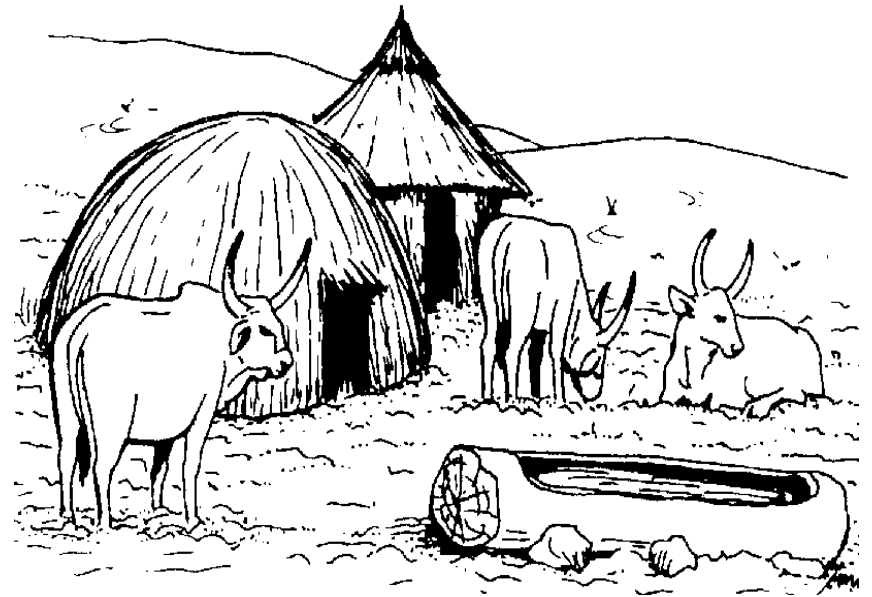
Muswija gugwo guraba mu nsinya zikali.



- Tubuka bisolo bya mu maka hakati wa nyumba na bicweka caali nsinya zisobora kubyalira.

Bikore hataati kutangiza muswija gwa nsinya! Kirungi kuhulukya nsimbi ha kutangiza kukira kuzihulukya ha kujanjaba bantu ba mugwi gwamu nibali bahimbiri. Okwiza kuhulukya nsimbi zinene ha kujanjaba nseeri kukira zookwiza kukoresya ha kuzitangiza.

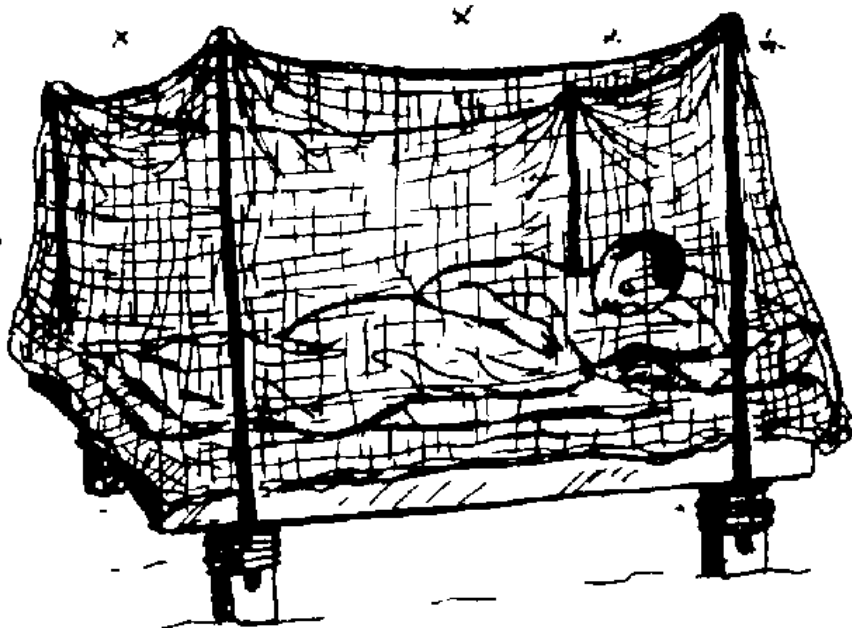
Kora kyensei kyokusobora, kuhaahaarya nsinya kuruga mu kyaru kyenyu!



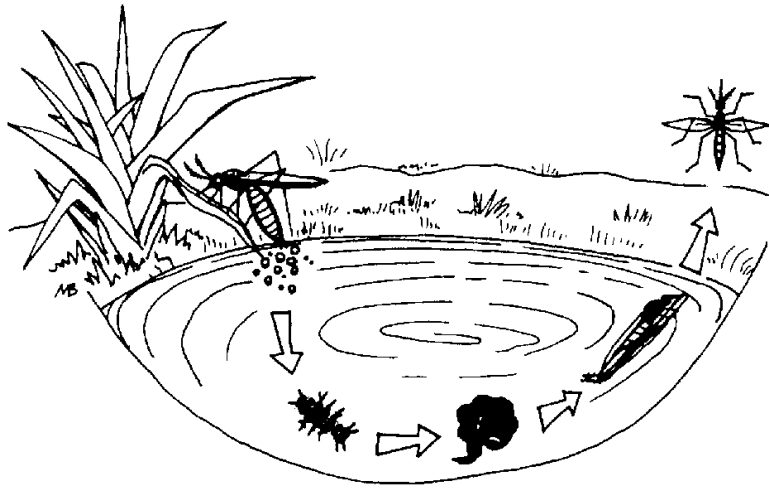
Tangiza nsinya butakuluma.

- Ijolo lwala ngoye zikukubbumbira kimweji mikono na magulu.
- Laala mu tandarwa. (Kiki kihandu HOI kukiramaani haḥwa baana bato haḥwakubba, mibiri myaḥu mibba myoroḥu nimisobora kulumwa ḥwangu). Kyakabba kisobokiri, tandarwa gyamu gibbe giḥbike rundi ginaabye na muḥbazi gwita bisisa.

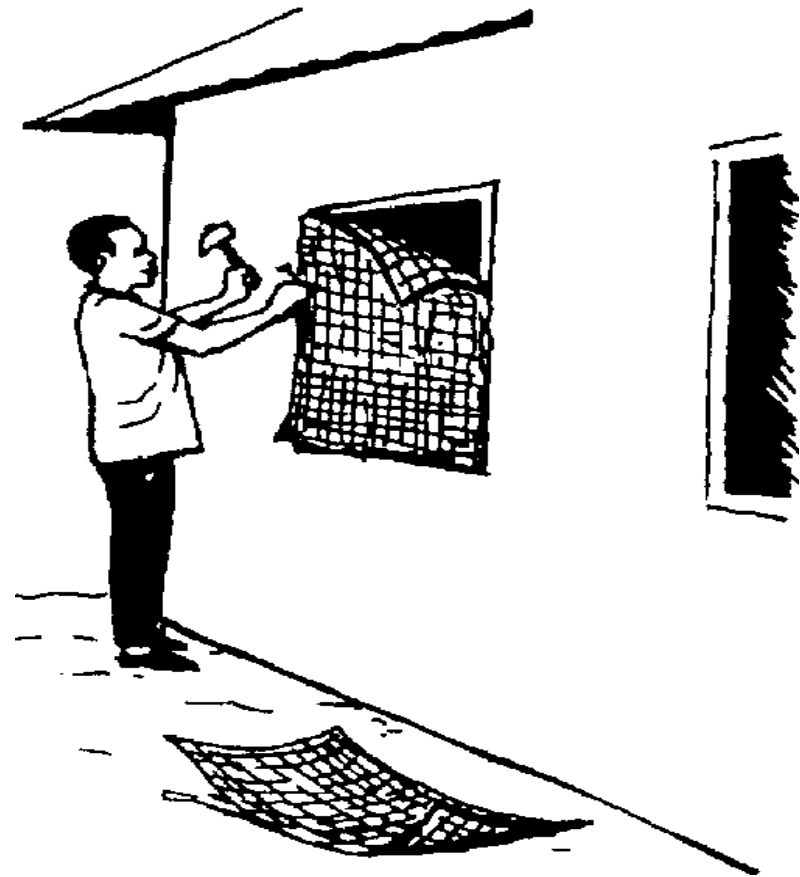
Nsinya zizo, zaagiḥwa mu biikaru bihyo, bili na tuutu kukiramaani, heehi na meezi gateekiri rundi ga bikemu. Nsinya zizo, zeetaaga ibbanga aleke zisobore kuhandya magina gaazo. Nahawakikyo, na kasweku, zitandika kuhiiga muntu gizaaluma. Hati huzimuluma, zisika ibbanga kuruga mu mubiri. Hati hwire hupukya, zitoolya heebbumbu ha zeebisa nka: mwisubi lilei, rundi inyuma gya ntebe, rundi mu hulungulungu hwa bitabbu mu manyumba.



Buziguma magina mu meezi, nigakaatuura, nsinya zihanda bwangu hoj mu biro bidooli. Buziruga mu meezi, zigyenda kutoolereerya ibbanga. Bwangu ziira kuguma magina. Gugwo mulingo gwa kuguma magina, gakaatuura, nsinya zikagyenda kutoolereerya ibbanga kandi zikabunja zikeira kugumamwo magina buhyaka, gwicala nigwire-iramwo mpaka yaatyoyaatyoya.

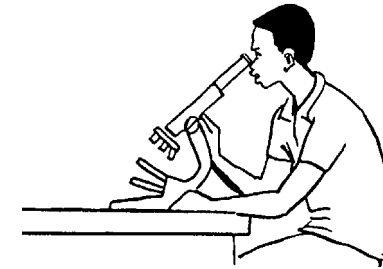


- Mu madirisa na mu milyangu, otemwo bukeekeeya rundi odengeetyemwo mahuzi galimwo nkwanzi gookusobora kuhiga nokarabamwo kyonkei kandi, nsinya zitakusobora kurabamwo.



Tangiza nsinya ɓuteingira mwamu

- Ijolo, wootereerya mu nyumba na ntobbotobbo, ɓusei, ɓusenseetwa, rundi moosikwito koilu.

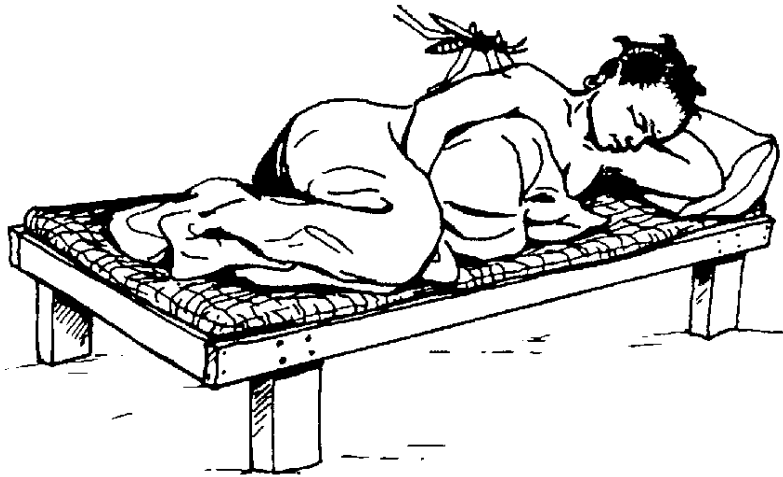


Nsinya gileetera teetei muntu muɓwija?

Muɓwija gwa nsinya guleetwa ɓusiisa ɓudooli ɓuɓwingira mwibbanga lya muntu. ɓubba ɓudooli hoi, tosobora kuɓuwona na meiso, kutoolaho okoreseerye kyoma kinyeetya ɓuntu ɓubbeebbe kyetwa maikurosikoopu.



Kankabi ali musigazi munyeete kandi mwomi. Neibbanga lyamwe tililimwo ɓusiisa ɓuleeta muɓwija gwa nsinya. Nsinya ɓugimuluma nigikamusikamwo ibbanga, tigili na ɓusiisa ɓuleeta muɓwija gwa nsinya ɓugitwaliranamwo haɓwakubba ɓwahimwo.

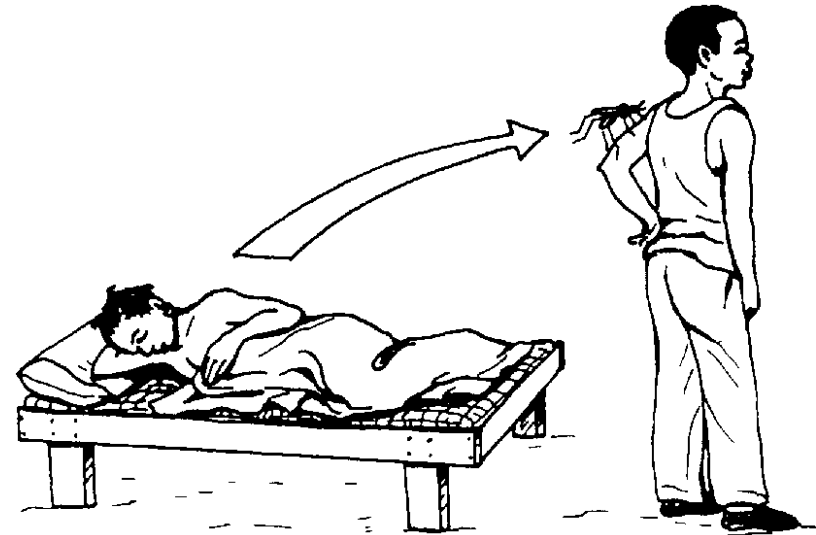
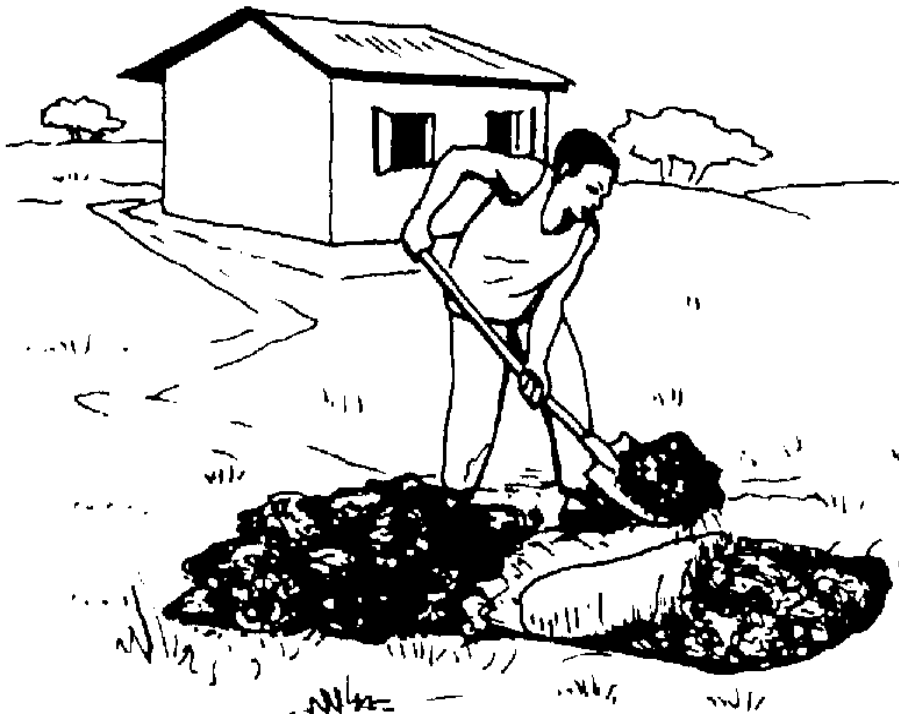


Kyonkei, Nyangele ali na muswija gwa nsinya. Ibbanga lyamwe lilimwo busiisa bwa muswija gugwo. Hati nsinya bugimuluma nigikamusikamwo ibbanga, gitwaliranamwo busiisa bwa gugwo muswija.

- Waakabba noli na bidiba bya nsu, icalyamwo nsu zidya nsinya nka nzogoro na mabbisa.



- Ijaara biineina na minyangaara aleke bitateekamwo meezi mu bwire bwa ndagali.



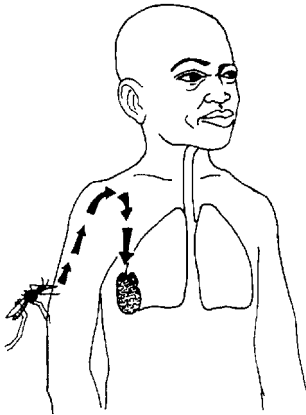
Bwire budooli heinyuma, nsinya gimwei gyogyo giira kuluma Kankabi. Ha murundi gugu, gimutamwo busiisa bwa muswija bugyatoori mwibbanga lya Nyangele. Mu biro nkeikumi, Kankabi akwiza kubba niyeezegwa buseeri bwa muswija gwa nsinya.

Nsinya gitoola busiisa bwa muswija kuruga mwibbanga lya muntu aguhimbiri, nigibufurura

mwibbanga lya muntu mwomi.

Kyani kikubbaho hati busiisa bwa muswija buli mwibbanga lyamwe?

Kadi bubu busiisa bwa muswija gwa nsinya bwakabba nibuli budooli hoi butakusobora kuwonwa na meiso, buli bwekambu hoi. Butandika kulibatira na mwibbanga lya Kankabi kudoosya budwerereeri inihi lye. Kukwo butandika



- Bisasiro byensej biziikwe hadeiho na kuruga ku nyumba. Kirungi bidyo bisigeeri kubiziika mwahumwahu kandi nobibbumba na butehe budooli.



Tangiza nsinya butaguma magina.

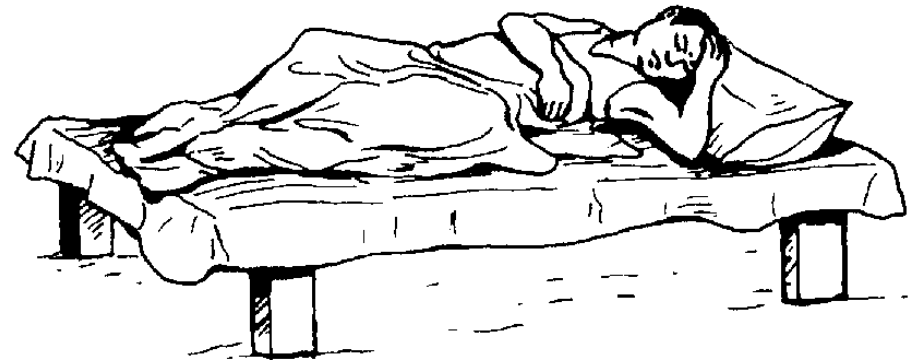
- Kuunyuka byese bya meezi, mazuba, matangi, na bintu byensei bilimwo meezi.



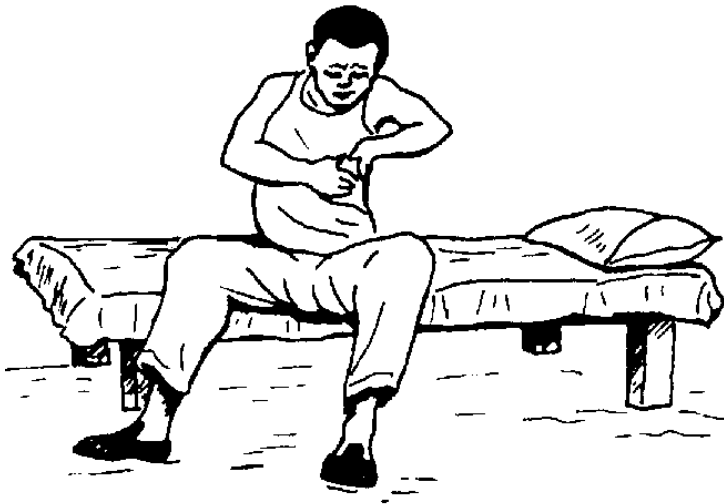
kumuhimbisya.

Mwibbanga lya muntu, heicalamwo bicweka bwahukanu hubeeta butuluguma bwengu. Butuluguma bubu, bulibatya bidyo na mpehu gitwingiirya mu mubiri, kugyenda mu bicweka bya mubiri bikwahukana.

Butuluguma bubw, bwobwo burumbwa busiisa bwa muswija gwa nsinya, bubw busiisa, buhubba burugiri mwinihi nibukabunia kwira mwibbanga. Butandika kukanya mukati wa butuluguma bubw, nibudwa ha kubuhuuliikya hati butuluguma bubw, nibutacakasobora kutwala mpehu na bidyo mu bicweka bya mubiri. Hati hahwo, hooho muswija gwa nsinya gutandikira. Bbumala kuhuuliikya butuluguma budi, busiisa bwa muswija butandika kurumba bicweka bindi byeibbanga bisigeeri.



Kili kihandu hoi, kujanjaba muswija gugwo, mu bwangu; aleke busiisa hwa muswija hutongera kusaasaana mu mubiri gwensei, ni bukahenera hutuluguma bwensei. Museeri yogwo akwiza kubba neibbanga lidooli, habwakubba, linene busiisa bukwiiza kubba buliheneeri. Kanyakimwei keinihi lyamwe, kakwiiza kuzimba, kateketeere, kandi kamudye, habwakubba, kakwiiza kubba nikakukora na maani hoi, kwiryaho ibbanga.

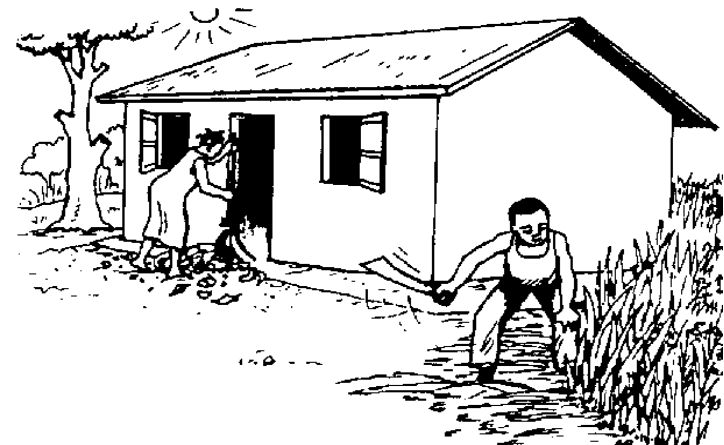


Tukusobora kukora kyani kutangiza muswija gwa nsinya?

Haloho milingo mya BULI MUNTU akusemeera kwerinda kwongereza ha kutunga mibazi mya kujanjaba muswija gwa nsinya. Kirungi kugwerinda kukira kugujanjaba niguli gumaari kukukwata!

Lemesya nsinya kwicala mu kyaru kyenyu.

- Saaha isubi lilei lilei kwelogleerya nyumba aleke nsinya zitunga ha kwebisa mu bwire hwa mwinsi.
- Weecumira nyumba gyamu kandi owone nti, mu bwire hwa mwinsi, gili na mpehu na kutangaaza (kuhweza) kwa lyoba bikumala.
- Saaha isubi lihereeri bikemu na biina biina caali nsinya zisobora kwebisa kandi nizikaguma magina gaazo.



Bantu bamwe nka: bakali ba nda, na baana bato batali mu bwomi burungi, bakusobora kutunga mibazi mikubatangiza butakwatwa muswija gwa nsinya. Magezi gagwo gasobora kutungwa kuruga hali bakori ba mu bicweka bijanjabirwamwo. Kihandu kubeebuulyaho bunene bwa mubazi gwakwejanjaba huli kiro.



Buwonero bwa muswija:

Okusobora kwegu nti, muntu ali na muswija habwakubba akwiza kubba na buwonero bubu:

1. akubba na mpehu na muswija gunene kandi natuuyirana heinyuma gya huli biro bidooli,
2. mujwahujwahu kandi niyeezegwa nakwendya kwicala aleeri bwire bwensei,
3. nadiibwa mutwe kandi niyeegwa burumi mu ngingo,
4. kutunaka-tunaka, kandi
5. butendya kudya



BUWONERO BWA KABI!!!

Kakubba muntu atandika kutunaka kukira mirundi misatu mu kiro, abbangaleeri icoti, mubiri nigwejaaka-jaaka nka wa nsimbu, rundi natandika kulogozana, weega **KWO MUSEERI**. Muswija gwa nsinya gusobora kubba gumwingiri mu bwongu rundi ahimbiri murarama — zensei nseeri za kabi hoi!

Akwetaaga kumuholya mubiri na kumumiisa-miisiranga meezi geinyamu rundi na kumusuta-suutanga na kigoye kiinyamu. Mu bwangu hoi, atwalwe mu kiikaru kibajanjabiramwo baseeri.

Bujanjabi kyani bukiira kimwei burungi?

Halohoona mibazi minene hoi mikoresebwa kujanjaba muswija gwa nsinya nimili mya bujuma. Museeri akuteekwa kumalayoona bujuma bwensei na mu mulingo gubakubba babumuheereerimwo (kadi nabuyaakabba yeezegwiri nali kurungi atakabbeer kuhumala), habwakubba, alinakwita **BUSIISA BWENSEI** bwa muswija gwa nsinya bukwiza kubba nibuli mwibbanga lye.



Alinakubuulya ha kicweka kijanjabirwamwo mubazi kyani guyaakoresya. Kubba huli mubazi gukora kurungi mu bicweka bikwahukana. Kandi de, busiisa bwa muswija gugwo, bugyenda nibutunga maani gakugaana mubazi gugwo, kukora kakubba gubba gumaari mwanya gulei nigukoresebwa mu kicweka kikyoo.