

Kwelinda Bulofu



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Lubwisi

Health/ Hygiene

KWELINDA BULOFU

PERSONAL HYGIENE

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Ka ya Kakusi eli kulungi kandi edheedheeuwe.

Ka ya Kakusi emaniye eki ebhonganuuwe kukola niikuwo eleke kulwala-lwala. Bamaaniye mulingo bangutegheekelamu niikuwo batunge mubaji

Ka ya Kakusi eli kulungi kandi bantu baamu bakuukalagha badheedheeuwe. Bwomiili niyo ndughiiliilo ya nkulakulaana.

Kwanjula

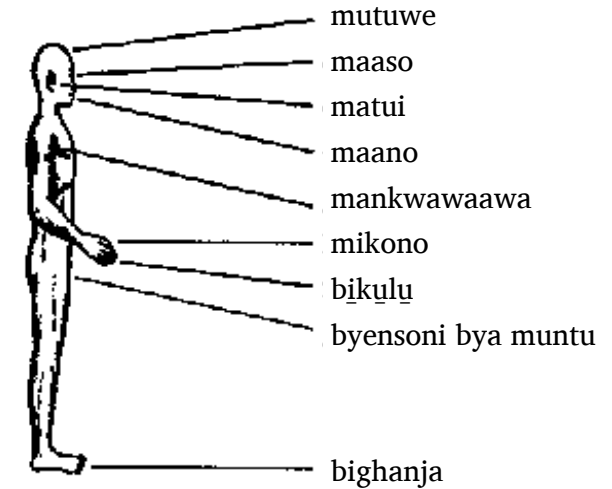
Kani nkatabo aka buli muntu angukoleesiya. Bakuukalagha mu Disitulikiti ya Bundibughiyo mu Uganda. Bahikiye nga mitwalo 200,000 obaliyemu n'abali Kongo DRC. Tukunihila tuti katabo kani kakukudheedha, kandi na butumuwa bwa Makulu ghasemeeye ghaa Luhanga aghalimu, bukuukudheedha.

Osome kitabo kini kandi oghambil'o bantu boomukitwike kyewaanu ebi weeghiye mukitabo kini niikuwo nabo bagubhe kukoone luwa.

Preface/Foreword

This is a book which every one can use. The Babwisi stay in Bundibugyo District in southwest Uganda. They are about 200,000 people including those across the border in Congo DRC.

Please read this book and share the information in your community.



**Ngoye syawe kuukala syeliye kandi kuukala
onaabiye kikutangagha ndwala kukukwata.**

**Haa ka ya Kakusi, buli muntu akuukalagha
ali mulofu. Ngoye syabo sikuukalagha
syelaghuuye kandi sitobhongokiye.**

**Olole Kakusi na bantu be boona, ngoye
syabo syelaghuuye kandi syatobhongoka.
Bakusitamagha eetaka kwonka kandi
tibakulwalagha nkaito. Bakuukalagha bali nga
bantu balwaye kandi baluwakakiye.**

Twekwelindagha ndwala obu tukuukalagha
tulooleeeye mibili yaatu kulungi ntukwamiliila
ebi kitongole kya bwomiili kikutweghesiyagha.
Mu mulingo ghuni, tukugubha kukola milimo
yaatu kulungi kandi maka ghaatu
ghadheedheeluwe kimui



Aboo mu Ka ya kakusi bakuukalagha balwete nkaito habwakwelinda njoka.

Bantu banamunji baghonjiye kukoleesiya kisaka nga kyalooni, bhaatuni omu niimuwo njoka syomunda sikwebisilagha. Obu mbula ekughuwagha, kandi niyaasendiya migoli, dumbi njoka syomunda esi sikuhumbuukagha sitaaha abakwete kulubhatanga batalwete nkaito. Kwelinda njoka syomunda, Kakusi akaghulila abeekaye nkaito.



Kikaaka kikhutaaliya Kakusi haa kughulu kuwe, kibbodhe nkyatana, kimalakaka kughulu kwona kandi kitandika kununka kubhi-kubhi.

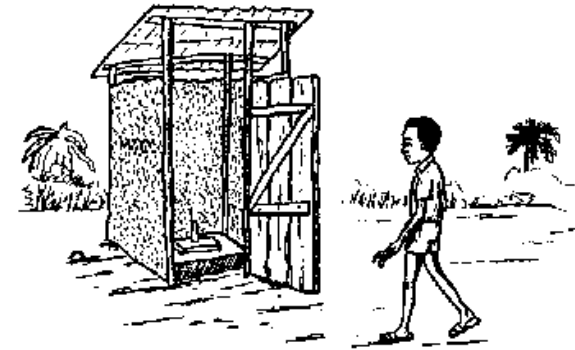
Mbiki bikwete kuboho?

Kakusi ali nakibbode nanga taakunabagha haa mubili ghuwe. Taali na sabbuuni mu numba yee kandi taali na mubaji oghukutambilagha bibbodhe.



Baana baa Kakus̄i balwaye Buhele na Njoka syomunda.

Nanga babyaye baabo tibaabegheeseeye mulingo ghwakwelindilamu bulofu. Baana baa Kakus̄i bali na buhele nanjoka syomunda nanga ka ya Kakus̄i bakaghaya bilaghilo ebikweghesiyaghoho buyonjo eki niikiyo kilekiye mbaghenda bulikilo mu kiliniki kutwalila bali sente syabo esingubakooneeye.



Kakus̄i ali na kyalooni. Ka ye teeli nanjoka ngambeele.

Kakus̄i akamala kwetegheeleliya kabhi akali mu kukoleesiya kisaka nga kyalooni. Okuuyaghamu bulwaye nga kusanda saghama nabinji n'ebinji.

Kakus̄i akalima kyalooni aakitobheeleliya kandi akuswikilagha haa munuwaghwakiyo niikuwo nsoola sitagubha kutaahamu.

Ka ya kakus̄i ekuukalagha eloleeleeye kyalooni kyayo kulungi. Nkundi nansoola tasikutahaaghamu nanga bakuseesaghamu mubaji.



Niwaaneejombiye, obhonganuuwe onaabe haa kibbodhe eki bwangu-bwangu na sabbuuni.

Bwile bwona obu kakusi aatungagha kibbodhe, aanaabagh'o na sabbuuni bwangu-bwangu kandi abooho bbanda. Mu mulingo ghuni, kibbodhe kyakilagha bwangu-bwangu kandi taaghendagha mu sipaatala bbaa.



Kilo kimui Kakusi akaba aghendiye mu kiliniki, niibuwo aaghuuye mbaghila bati bulofu niibuwo bukulekagha aakala naalwala-lwala.

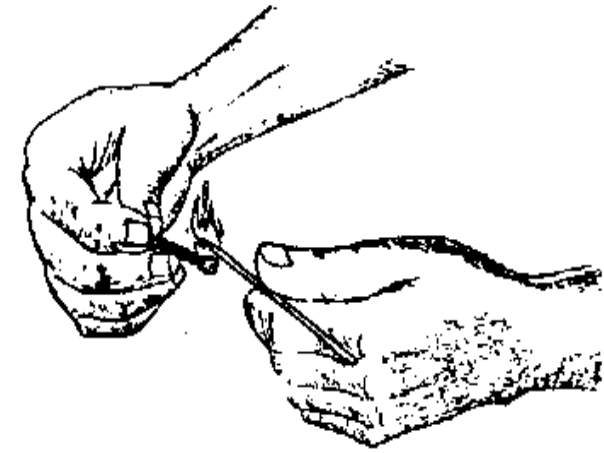
Baanaasi bakabeela Kakusi baamajima bamughila bati bulofu niibuwo bukulekagha bantu baawe baakala mbalwala-lwala. Bakaghambila Kakusi kuukala kughenda kutegheeleliya bantu abakweghesiyaaghoho byabuyonjo.

Kakusi-i akeetegheeleliya eki abhonganuuwe kukola kandi kumanya neetegheleleeye akaghula sabbuuni.



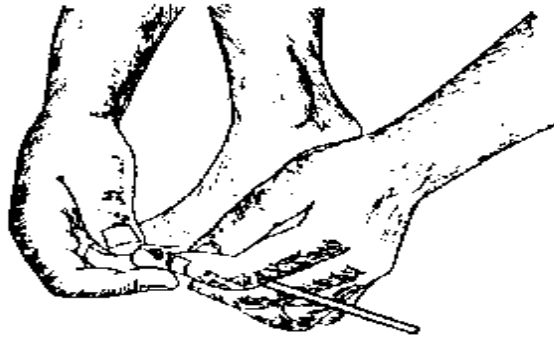
**Hati Kakusi aamaliye kwetegheeleliya.
Akughambilagha baanabe mulingo bangukala
bali bayonjo.**

Olole nanguki ka ya Kakusi yabaaye yambaghanija
nanga kuba bayonjo. Bakukuukalagha bogheeye
ngoye syabo kandi baakala banaabiye haa mibili
yabo, bakuukalagha balwete nkajito kandi ninabo
akuukalagha adheedheeuwe.



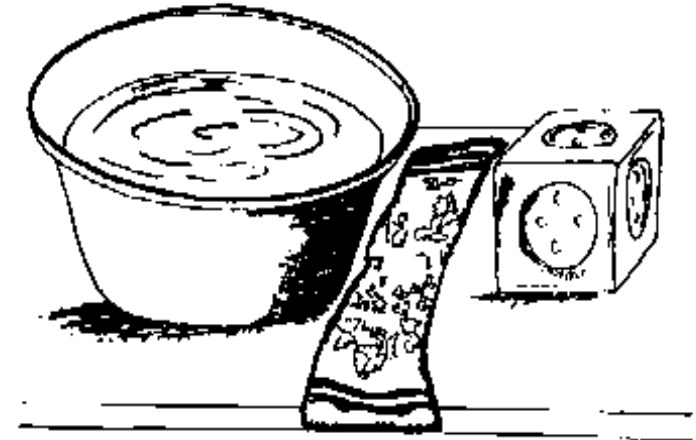
**Babyaye mubhonganuuwe kumanya kuuya
njunja mubighele bya baana baanu.**

Ooye njunja mu bighele nookoleesiya kahiiyo.
Kiina eki waahiyemu njunja, okilinde kulungi,
niikuwo buhuuka obukuleetagha ndwala
butataahamu.



Babyaye muloolleelelaghe bikulū bya baana baanu kulungi. Muuyaghemu njunja na bihuwa ebibataahiye.

Obhonganuuwe ooyaghemu njunja etakakusiye, atali eki, ekukusa kandi etandike kubyala na sinji dumbi sikuhegiye bighele. Babyaye muloolleelelaghe bighele bya baana baanu kulungi.



Sabbuuni ekutangagha ndwala, ekwitagha buhuuka obukulwaliyagha muntu.

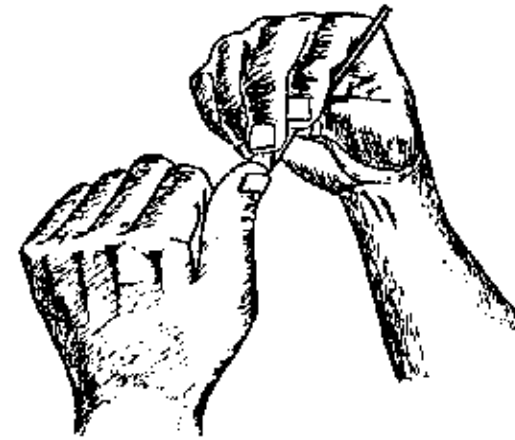
Sabbuuni ekukuyaghoho bulofu bwona, ekuyoho kisu kyoona ekikuliyo, eeta buhuuka obwangukulwaliya, kedha obwanguleka muntu aleka kukula. Sabbuuni ebhonganuuwe kukoleesebuwa haa bwabuyonjo bwawe.



Buli lwaghola, Kakusi akunaabagha Sabbuuni.

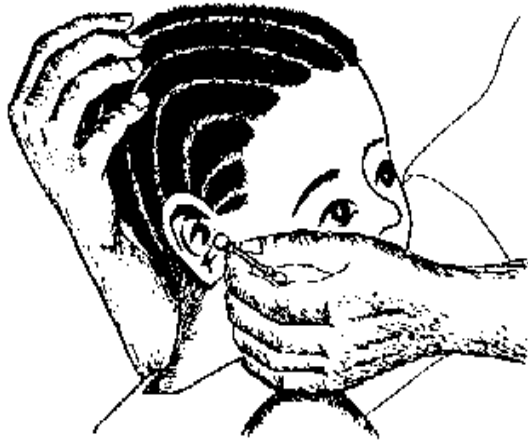
Kakusi akukolagha bulikilo kandi akutuwigaha kitungutano munu-munu. Lwaghola akunaabagha na Sabbuuni kandi aluwala ngoye sinji sibbeniye.

Kunaaba kukumuyambagha kulaala aghwesaghiye.



Bikulu byelaghuuye bikubisagha bulofu mu ngaalo.

Bulofu bukwebisagha mu bikulu kandi binguleetela mubili ghwawe bulwaye niweeyaghiye mun-munu. Njunja sikwebisagha mu bikulu. Obhongaanuwe kujombagha bikulu bya mungalo na bikulu bya mumaghulu bwile bwona.



Buli wiiki obhonganuuwe onaabiyaghe matui ghaawe. Weelinde kukoleesiya kintu kisongooye.

Otahiyaghemu kuheleliya nambali nsonga ya kyala kyawe kikuhelela.



Kakusi akakwela kinaabilo kiye enuma syanumba yee.

Nanguku oboone, Kakusi akweye kinabilio kiye enuma syanumbaye. Ninaa baana akukoleesiyagha Kinaabilo obu akubaagha naanaaba. Eki akabona kisemeleeye kimui. Akuheekagha maasi kughaaya ekyambu kandi akuleeghiyagha maasi ghambula. Kandi buli kunaaba, akukoleesiyagha sabbuuni.



Mukali oni akunaabiyagha manawe bulikilo kandi amuloleelela kusemeeye.

Baana tabakugubha kwekoonela bonka.
Bakwetaghisibuwa kulooleleluwa kulungi.
Mukali oni akunaabiyagha manawe oni bulikilo namaasi ghataghatiye. Akunaabiyaagha mwana wee haa liiso kandi amunaabiya mumatui. Obu akubaagha namuta hansi, akumusitamiyagha haa mukeka.



Maano ghabhonganuuwe kughaloolelela kulungi. Obhonganuuwe otilaghe maano ghaawe buli nkyambisi na buli lwagholo.

Muswaki taghukughuwagha sente sikaniye bbaa, bhaatu ghukutukoonelagha kuleka maano ghaatu ngaakala ghabbeniye nakuuyamu biliyo ebikuukalagha haa maano. Biliyo ebikuukalagha haa guuli yaa maano ebi, bikulekagha maano ghagunda kandi ghabamu bihulu-hulu kandi ghaakala ngasaalila buli saaha yona. Otagigubha kuughula jupa ya sooda na maano ghaawe okuba nooghacekiya ebilo n'ebilo.



**Obhonganuuwe onaabaghe mungalo haa
numa ya kulugha ekyolooni.**

Ndwala sinji sikuleetuwagha bulofu bwa Mukyolooni. Kwita ndwala esi, obhonganuuwe onaabaghe sabbuuni buli kulugha mu kyolooni.



**Okugubha kukiliya buheele nanjoka
habwakunaba sabbuuni bulikilo.**

Baana bakuliye, bakunaabagha sabbuuni bulikilo niikuwo buheele nanjoka bitabakwata.



Kunaaba na sabbuuni, kukuyaaghoho kisu kyakitungutano.

Onaabaghe mu mankwa-waawa bulikilo na sabbuuni. Kandi ohindulaghe ngoye nanga kitungutano kyanguleka ngoye syawe sinunka.



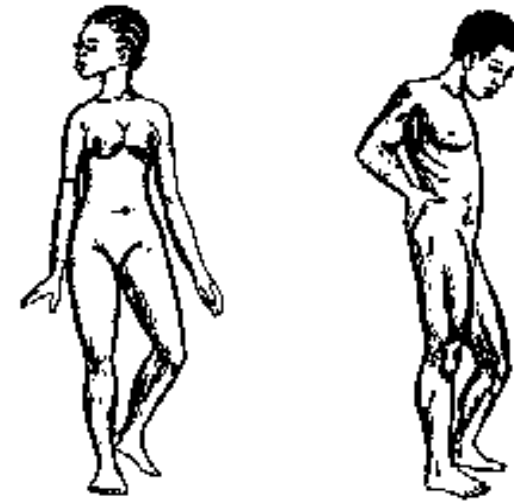
Bantu beeka eni bakunaabagha mungalo batakaliye.

Mukali akweghesiyagha baanabe kunaaba mungalo batakatandikiye kuliya. Sabbuuni ekuukalagha munumba eghi bantu baa ka eni bakunaabagha mungalo.



Onaabaghe mungalo syawe niwaamaliye kuteeka byokuliya, kandi onaabaghe mu ngalo otakaliye biliyo.

Mukali akunaabagha ngalo siye atakatandiikiye kusomboola bulaala buwe. Akutaagha biliyo mu bhakuli syeliye. Akunaabiyagha miyembe kulungi dumbi aghiha baanabe kughiliya.



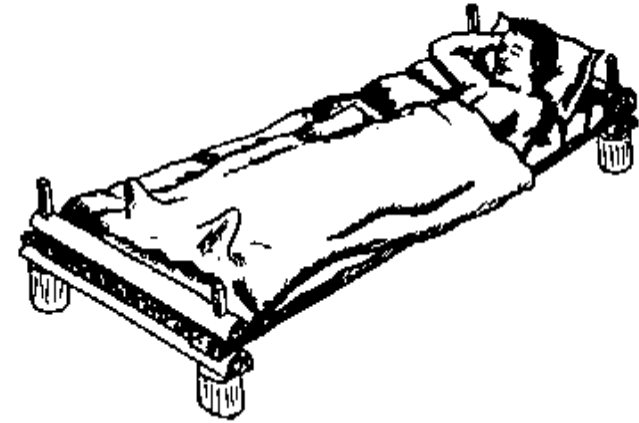
Mpaali yaawe yomukati oghinaabiyaghe bulikilo.

Toobhonganuuwe kunaghilija mpali yaawe ya mukati, oghinaabiyaghe na maasi na sabbuuni. Kandi ohingiisiyaghe mpaali syamukati buli kilo. Oghembaghe nsiya syawe nanga buukpeekpu busitaahamu.



Ngoye esi okukoleesiyagha haa musili oikaghe osiiyemu kandi sikalaaghe sibbeniye.

Noobela ngoye esi okukoleesiyagha bili biitaabbu, dhee biikaalaghe bibbeniye, tabibhonganuuwe kuukala mbinuuka. Nkibhi munu-munu katalwalagha ngoye sibbeniye buli nkyambisi.



Siiti syaawe, osyoghⁱyaghe bulikilo. Waanikilaghe bb^ulagiti, siiti na mufaaliⁱ haa musana.

Kisiika kyawe kiikalaaghe kibbeniye. Akili waanikilaghe bilaalilo byawe buli wiiki. Akili wooghⁱyaghe siiti syaawe haa numa ya wiiki ebili.