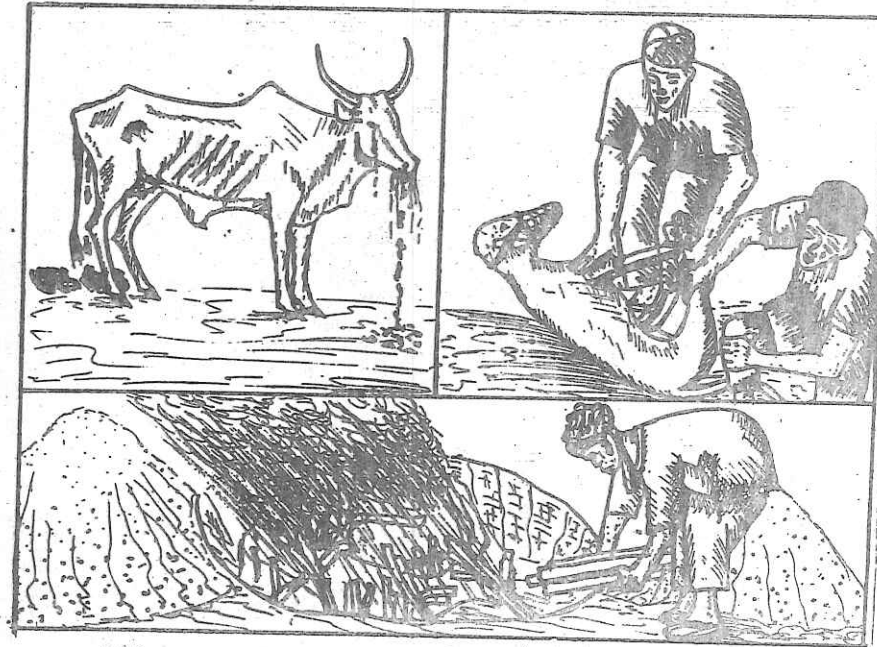


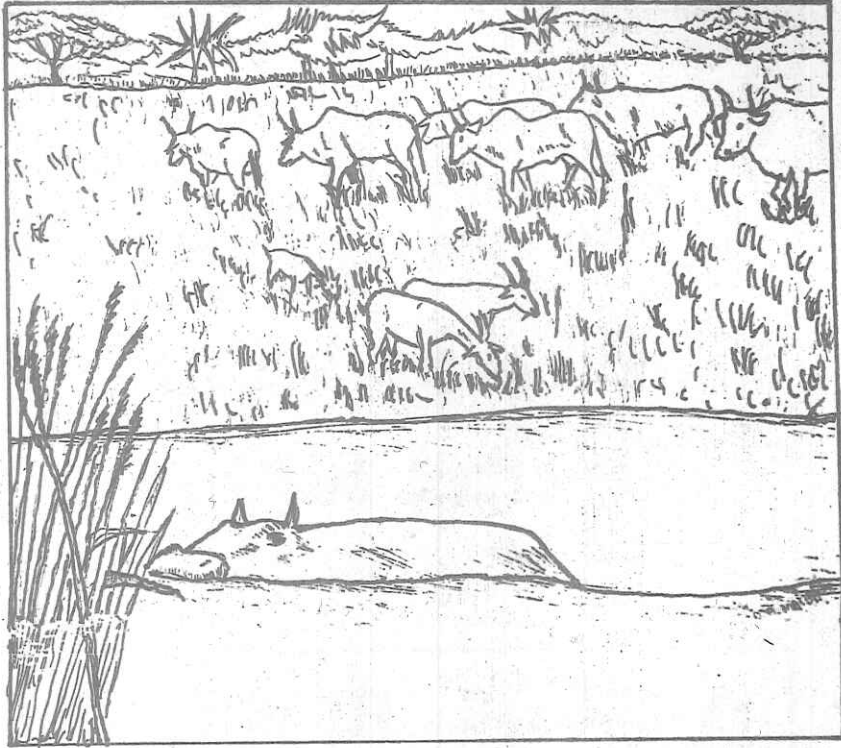
Bayray ka ni duuraa tonton.

Adabba marayan



**Bayray ka ni
duuraa tonton**

Adabba marayan



Zaman jinawey Gaawa nda Tunbutu areežiyonney cindi ka anneema zama koogay mana bay ka duumi i ra jiiri waranka bisantey jine. Zaman boriyey din waate ir kurdogey g'ir wasa, ir jawdoo ga boobo a ga leebe, ir faarey hegaa mo g'ir wasa. Zamaney din ncirpoo ga kaŋ, isaa haroo da ga huru nda woo kaŋ ga kan bine se. Tuuripaa nda ganji hooga kabila boobo goo ir ganjoo ra. Labey kaŋ ir

g'i beeri ga kan, i ga ir muraadey feeri, burgoo nda isaa subu tanawey ga tee nda baayan hamiisa, kaaray, baw, ayu, baŋa wey kul ga duu huna doo ir isaa nda ir isakanbey ra nda ir gaaniyawey ra. Hayey wey kaŋ ir n'i filla kul sabbu se ir gandaa duuraa cindi ka borey wasa. Borey ga gandaa gómnoo juwal bila nda i ma gazayan ka joote a se. Woo ti daliloo kaŋ se ngey hunaa, ngey bankaaraa nda hugu cinayan kul si mongu i se. Waatoo din borey bisa hõ waney gaa-ham-baani.



Jiiri korowey koogaa n'ir gandaa alhaaloo kul barmay : ir jawdoo buu, ir faarey nda ir kurdogey kuma, ir tuurinaney kogu, ir bangey nda dayey here. Koogaa ti daliloo kanj se ganjoo borey jere gaabaa na isaa bandoo ti goro doo, nga sabbu se alfaydantey boona ganda waaney goraa. A na borey ladaboo hunday barmay laalo.

Soŋo borey ma soobay ka koogaa tangam. I ga hima i ma waafaku ka hayey wey juwal henno :

- bangey nda dayey ;
- jawdoo kurdogey ;
- labey kanj i g'i fari ;
- jawdoo kanbeyanoo misaa ;
- isaa gundoo nda saajoo takahayey kanj goo nda nafaw ;

Kawyawey borey ga hima i ma gaabandi :

- ka marga goyyan tee ;
- ka kondayyan cin ;
- ka aruggayan (dig) tee ;
- ka dumarayyan danj ;

Gaawo nda Tunbutu laamawey borey jere gaaba alfari wala jawdikoyyan no.



Adabba marayan goo goy jinawey ra kan Gaawo nda Tunbutu areežiyoney borey g'i tee.

Adabba kabilawey kan i g'i mara ti wey : haw, feeji, molgo, hancin, yoo, farka, bari nda ciraw (gorgo, cirawbi, tuzun). Nafawey kan adabbaa ga kaa nd'ey ti : ngey hamoo, ngey waawa, ngey jiyoo, ngey kuuroo, ngey hinbiroo, ngey haaboo, ngey hilley, ngey guurey (gorgo tondi). Borey ga yee ka ngey gurunbey dan faarey ra, i g'i ka hina.

Amma nafaw boobo si hin ka duwandi adabbaa ra kala a ma nna nda woo kan ga hima, kala a ma safar ka boori.

Adabbaa nuna

1.1. Adabbaa muraadey hunay fonda ra

Adabba foo kul ga muraada :

- nyaayan kan g'a faaba de ka huna sanda nyaayan kan si tonton nga tinna ga, a g'a ganji a ma faabu ;
- nyaayan nafanta kan ga tonton ijinaa ga hala adabbaa ma duu ka beeri tanba : waa ma hun a ra, borey ma hin k'a goyandi, nga hamoo ma boori, a ma hay wala a ma guuri (gorgo tondi) dan.

1.2. Adabbaa muraadey feeriyanoo

Hayey kan ga kate adabbaa ma saajaw ka boori :

- haroo,
- kurdogey suboo,
- subu dunbantey,
- adama-izey nyaahayey subey nda doobey,
- nyaahayey kan adabbawey hunday ga kaa nd'ey,
- loogawey kan g'i nafa.

1.2.1. Adabbaa hanjanoo misaa

Nda boro na adabba hunanta foo tiŋaa zemna hala ce 100 kul war ma bay kaŋ zemna 75 wala 80 kul hari no. Nda haroo hinnaa binde kuma gaahamoo ra kul adabbaa nafao ga nakasi. Nda haroo hinnaa jaasa zemna 40 zemna 100 ra kul adabbaa ga buu. Woo se waati kul adabba ga hima ka duu hari henenanta kaŋ g'a wasa. Woo binde ga sendi ir areežiyoney ra zama kurdo boobo nda hari dogey ga mooru cere. Kaydiya waate hinne no hari ga faala adabbaa se. A ga yee ka duu hari subu tayaa ra. Subu kabilayan ga bara kaŋ ga gay i si kogu. Wey din do Tunbutu areežiyono surguborey nda nga laarabey ga doona ka ngey adabbawey ka koy.

Jiyaw waate adabbawey si hansa ka baa hari. Yoowey, molgey, feejey nda hanciney ga gay i si baa hari jiyaw waate. Nd'a gar i ga duu subu taya fooyan sanda kanahotta, hondu moli.

Koron waate no adabbawey ga hansa ka muraada hari boobo kaŋ ga huru woo kaŋ konnoo g'a kaa gaahamey ra dogoo ra, kaŋ ga subu kogaa kaŋ i g'a ŋaa lundandi gundey ra.

Hari adadey kaŋ ga wasa adabba kabila foo ku se zaari ra ti wey :

- liitar 35 ka koy 40 haw foo se kaŋ jee,
- liitar 50 ka koy 60 yoo foo se kaŋ jee,
- liitar 10 ka koy 15 feeji wala hancin se,
- liitar 30 ka koy 35 farka se.

Hari adadoo kaŋ ga wasa adabba beeroo se emnari taacantoo no ikaccaa ga muraad'a.

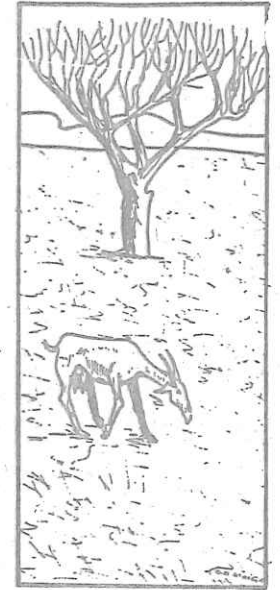
Kurdogey moora sabbu se ir areežiyoney borey ga doona ka :

- hawey haŋandi zaari hinka ka kaa zaari hinka,
- yoowey haŋandi zaari guu nda cere game,
- feejey nda molgey haŋandi zaari hinza nda cere game,
- hanciney haŋandi zaari hinka ka kaa zaari hinka,
- farkey haŋandi zaari hinka ka kaa zaari hinka,
- gorgey haŋandi zaari kul.

A ga boori :

- adabbawey kaŋ fara masi hari haŋ hala i m hunanzam,

- adabba kaɗ nansa ka jew masi hari haɗ cee foo hala jewoo ma hun,
- adabba kaɗ hansa ka heray masi hari haɗ hala a ma ɗaa,
- adabbawey masi hari haɗ zaaroo waati konney ra,
- nda adabbawey na hari haɗ ka ben i ma kur jina i ma koy hugey do,
- adabba kaɗ na hari haɗ ma hunanzam jina boro m'a goyandi,
- adabbawey masi hari ziiba haɗ, sanda bangu hari kaɗ botogu wala day-ize zillantey haroo.



1.2.2. Alaada kurdogey

Alaada kurdogey ra ir adabbaa ga duu nga hunaa jere gaabaa. Jiiroo waatey nda hari dogey alhaaloo bande adabbaa ɗandoo goo :

- Kaydiya waate :

Taka hinka nda adabbaa ɗando ga tee :

- gana-ka-zunbuyanoo nongey ra kaɗ goo nda subu nda hari nda looga,
- kurdogey kaɗ ga borey tuuja dogey wanga ɗandoo.

Jiyaw waate :

Kurdogey nandoo alhaaloo goo adabba abilawey bande (feeji nda molgo wala yoo), a ga ee ka bara kurdogey alhaaloo bande, sanda azawad da tamasna takaa kan waati kul ngey kurdogey ga rzi jiyaw waate. Nongey wey ra adabbawey mma oy kur i ga yeekate ka han hari follokey ga.

Koron waate :

Adabbaa ga kur hondoo ra a ga yee ka isaa iboo naa. Taka foo nda adabba koyey ga hin ka uryanoo misaa boriyandi :

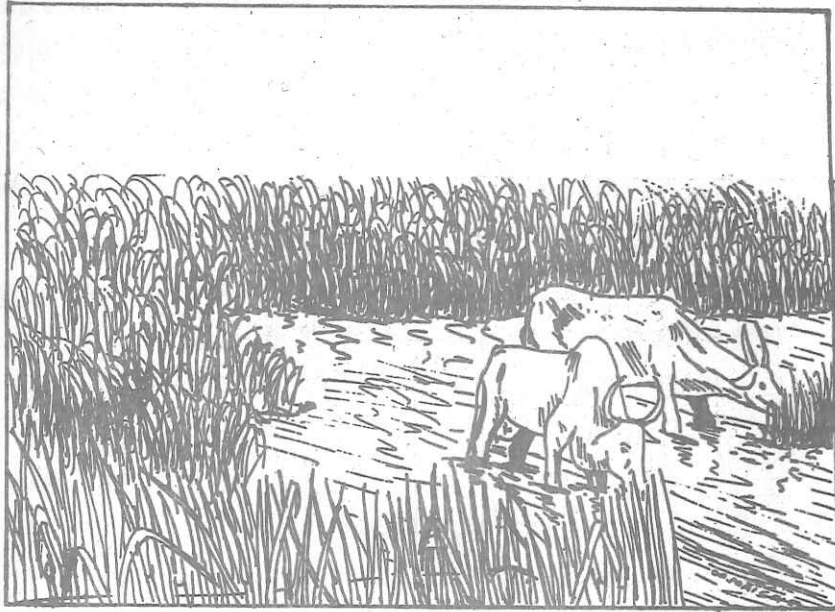
- i ma kondayyan tee koyrawey ra kan ngey hunday m'i juwal,
- i ma waafaku ka koyrawey bonkoyney nda ngey konseyey wala alwakiley kan ga huuja nda duuraa faaba ka kurdogey misaa hansa,
- i ma gaabandi jiiri kul adabbawey ma zemna kurdogey, hari dogey gamey ra nda fondaa,
- ngey alwakiley ma waafaku ka cere noo alhabar kuryanoo fondaa ra.
- i ma gaabandi ka kurdogey barmay harey kan ga duumi manay ga. Woo binde ti haya kan adabba koyey si a tee. Nga yalaayanoo ti

sabbu kan se i ga diray kuku waazibandi ngey adabbawey ga waati kan haroo misaa sendi ngey nda adabbawey kul se. Waati din binde ga gar alfayda sii adabba kaccey ra, a sii wey ra kan ga kun, a sii izeeney ra. A ga yee ka gar laboo cire harey kuma gumo.

Kurdogey kan ga bangey nda dayey wanga misaa ga cattayan waazibandi borey nda cere game.

Borey ga hima :

- i ma hirri kayandi nongey se kan ga i waafaku adabbawey ma kur,
- i ma nongey din affoo kul zemna ka farrey kul bay kan ra kuryan ga hima ka tee waati ka kaa waati,
- i ma nongey cebe kan ra kurkey ga zunbu,
- i ma fondawey kayandi kan ga koy harey do,
- batukawyan ma tee adabbaa se.



1.2.3. Subey kanj ga dunbandi ka jisa adabbaa se

Subu jinaa kanj g'ir goo ti burgoo zama nga no borey ga hansa k'a dunbu k'a jisi adabbaa se. Zaman korowey wey isaborey kanj goo nda adabba huru ka burgoo duma za dii kanj isaa kurdogey goo ma kuma.

Borey ga duu kundoo ra mansi, i ga duu burgoo ra hori, amma adabbawey no ma boobo k'a ka huna. Adabbawey ga hin ka burgoo naa dogoo ra, i ga woo naa kanj dunba ka jisa.

a. Burgoo fariyanoo

Burgoo ga tee nga bonj se isawey kanbey ga, a ga tee gaaniyawey nda tibey ra, a ga tee barey ra. Burgoo si boori kala labu diini dogey ra, a ga yee ka baa hari boobo koyne. Nda boro ga baa m'a zayandi ni ga hin ka izoo say, ni ga hin k'a fiji guusu izeyan ra, ni ga hin k'a tilam.

Boro ga hin ka kundu tayaa mo taama laboo ra.

Burgu kabila hinza ma bayrandi :

- burgu kundu kaaraa kanj si kan, nga kundoo ga kon nda kunahere. A si boobo ka zay kala nongu gurantey ra kanj ga ti labu diini bandankariya.

Haroo kanj ra a ga tee guusaa ga hin ka too santimeetar 70 wala meetar 1 nda jere zaati. Nda nga linjey nda nga kundu korbaa kogu ka ben kul a ga buu.

- burgu kundu ciray sasawanta kaanaa kanj goo nda baali. Labu diini ra a ga boori. A ga hin ka gay hari ra kanj guusaa ga too hala meetar 3.
- burgu ciray kundu warga kaanaa kanj goo nda baali. A ga hansa ka baa labu diini nda hari guusa : meetar 4 wala 5.

➤ Takaa kanj nda dumayanoo ga tee :

Boro mma burgu kabilaa kanj n'ga baa m'a duma horoo ceeci. Horoo si saya kul kala ncirni kanyan banda ga.

- boro ga hin ka horoo say yaada wala m'a šate-šate. Hori kilo 15 ma too ekitar foo. Iboriya ti laboo ma beeri.
- boro ga hin ka horoo fiji guusu izeyan ra kanj gamey ra santimeetar 70 wala meetar foo goo.
- boro ga hin ka teeyan tee a se jina ma kaa k'a duma. Hori kilo 5 tee no ma wasa ekitar foo se.
- kundu korbaa dobey mo ga hin ka zay ka ti burgu.

➤ Teewa

Haroo huruyanoo no boro g'a laasaabu ka teewaa sintin. Sanda awiril buuyanoo ka kaa žuwej buuyanoo. Labu kaana ra a ga huru hari jese ga. Laboo mma beeri jina fangaley ma tee. Fangal foo kuuyanoo ti meetar 2, nga hayyano ti meetar 1. Labo ma kani ka boori fangaley gundey ra.

Nda boro ga baa a ma zay ka boori kul ni mma horoo dan guusu-izeyan ra kanj santimeetar 20 wala 25 g'i fay. Guusu-ize foo kul hori ize 5 hala 8 ga hin ka huru a ra. Dawtaasi nda boro ga guusu-izey too jina m'a hanandi. A ma gar fangaley hanj ka boori cee foo wala ihinka.

Jirbi 4 wala 5 banda ga horoo ga sintin ka zay.

➤ Teewaa kanbeyanoo

War ma gaabandi ka teewaa lakkal waati kul. Alaasar baana ka huru almaari ra kul a ma hanj. Zaari kul fangal foo ga hima ka duu hari liitar 30 dimma.

➤ Tilamo

Hinna kul kanj burgoo too ra a ga tilam zama dobu foo kul ga hin ka zay ka ti kore foo. Kundoo kanj war g'a tilam ga hin ka bara nda dobu boobo wala a ma bara nda dobu folloku nd'a gar haroo kanj ga ti huru a cire si guusu.

Santimeetar 70 meetar foo ma bara korey nda cere game. Woo ra nda haroo kogu burgoo ga hin ka kani laboo ra bila a ma cere ton. Woo ra dobey kul ga hin ka ganje tee. Burgoo ga hin ka koy beene menne doo ra wala a gar zaari kul santimeetar 5 ga tonton haroo guusaa ga. Teewaa hunday ra a mma daaru ka tonton ; woo se dobu foo kul ga linji tee laboo ra.

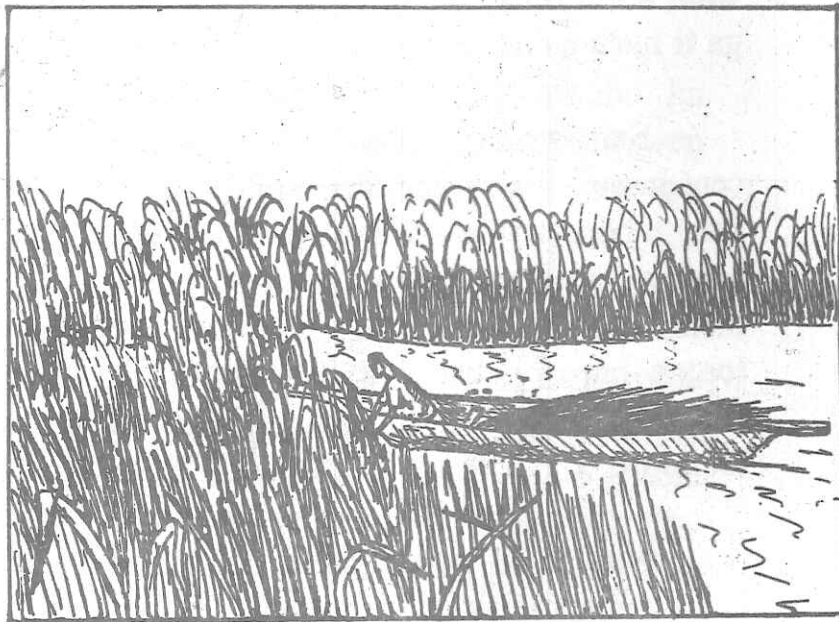
Ninyan si burgu ganji a ma firzi, dobey ga bagu zama kul hinna hari goo.

Nda boro ga burgu. dunbu haroo ra a ga hima ma santimeetar 10 nan haroo se beene. Nda boro g'a dunbu teewaa ra ma santimeetar 5 nan dobu jinaa se beene.

Burgu ga hin ka tilam hari koogay ceebandoo ra a ma zay, amma kala a ma gar laboo ga tay waati kul.

➤ Boro hegaa

Hii nda a ga tee. Bundu nda borey ga jeeney kar hala hori izey ma duu ka kan taaraa bon kan ga yenda hiyoo ra.



➤ Burgoo juwalyanoo nda nga nafaa

Za hanoo burgu dogey cindi ka juwalandi. Waati din borey ga waafaku ka burgoo juwal henna nda taka kan ra adama-izey nda adabbawey kul ga duu nga nafaa, amma za koogaa kaa alhaley barmay burgoo misaa ra zama burgoo hunday kuma, borey mo mana yee ka hegu ka jine tee nga juwaloo se.

Fondawey ti wey kan ga hima ka koy :

- adabbawey ma burgoo nja dogoo ra, i m'a taama nda haroo kogu hala a too santimeetar 5 ka koy santimeetar 10 guusay,
- war masi nan adabbawey ma boobo burgoo bon,
- burgoo si dunbandi kala nd'a cindi waati kan a goo nda santimeetar 15 haroo bon nda boro ga baa burgu taamanta ma linji tee ka boori, woo kan cindi dunbaroo banda ga si hima ka yee santimeetar 50 se banda.

Dummiyoo suubayanoo waate war ma hawgay war masi burgoo izey nda subu tana fooyan izey himandi (hayga, babata, horihori).

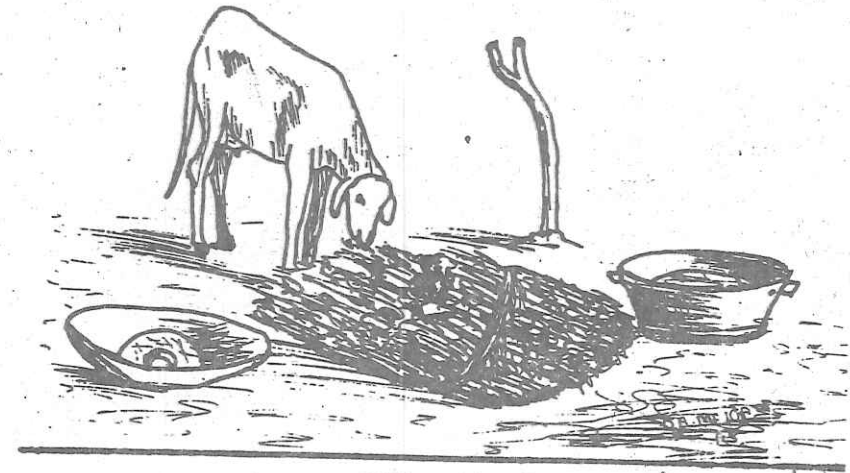
Hondoo borey kan ga moora isaa ga hin ka jine tee subu kabila fooyan se, sanda fiyaw, yoo subu, gansi, takabar wala woo kan se surguborey ga nee tašara nda haya kan ga hima nd'ey.

1.2.4. Nafaa kaṅ ga fatta jawdo nda faarey fonda here

Kurdogey nakasiyanoo ka kate jawdikoyey ma ngey lakkaley yeeti nafawey wey se kaṅ ga fatta jawdoo nda faarey fonda ra :

- hayey kaṅ ga cindi heгаа banda ga ; doobey nda subey,
- adabbawey ṅaahayaa kaṅ ti haabu-ize wala maatiga zanbu.

ṅaahayey wey kul si hun kala Maali areežiyon tana fooyan ra. Miyey ga sendi. I si nondi adabbawey se kala korsol zaman ra wala adabbawey se kaṅ ra alfayda hun nda wey kaṅ too hayyan. Wey banda ga, cirawey kaṅ borey g'i biiri ga hin ka duu hayey kaṅ waayakey g'i fur.



1.2.5. Náfaw si duwandi kala labey kaṅ ra dawciri goo nda ciiri laamudu ra

Wey binde ga wasa nda war na anniya tee ka i no adabbawey se hala ngey laamoo ma hun. Amma kala a ma gar i ga duu hari nda subu boobo. Annasaarawey looga tondoo si nondi kala dawciri nda ciiri jaṅay ra. Looga kul jaṅay ra war ga hin ka adabbawey noo biri durante handey wey waate : žanwiye, me, sektanburu.

2. Adabbaa gaa-ham-baanoo

Waa, ham, goyandiyan, wey kul si duwandi adabba ra kala nd'a ga naa ka kungu, a goo nda gaa-ham-baani.

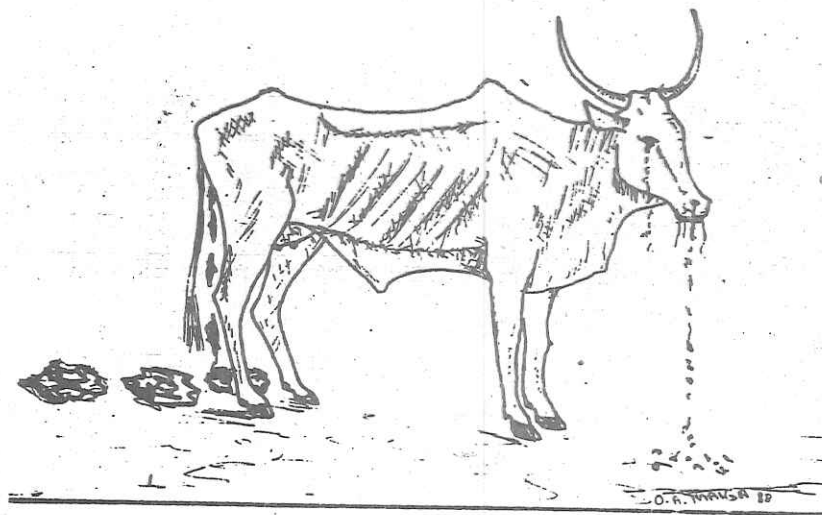
Adaabbawey gaa-ham-baanoo duumiyanoos si yahadar kala nd'a gar koyey ga haya bay ngey wircey fondaara, i ga dabarey bay kan ga wircey ganji, i ga takaa bay kan nda i ga hima ka hunandi.

2.1. Adabbaa wircey

Wircey kan ga hin ka adabba dii ga boobo, ngey ti :

- wirci berantey kan se mikorobey ga ti dalil. Takawey kan nda wircey ga adabba dii mana ti kala.
 - adabbaa ma subu naa kan ra dori izey goo (mikorobey)
 - adabba kan ga saabu nda wircikoynoo ma tuusu cere ga.
- wircey kan se parazitey ga ti dalil. hamney nda nooney wala haya kan ga hima nd'ey no ma tee i se dalil. Parazitey kan goo haroo wala suboo ra mo ga hin ka tee i se dalil.

- wirci berantey kan se mikorobey ga ti dalil hundikoyni kaccilillu fooyan kan se i ga nee mikorobu no ma kaa nd'ey. Boro kul si hin ka dii mikorobey kala nda a na i guna maršin taka fooyan ra kan se i ga nee mikorosukopu. Wirci foo kul goo nda nga mikoroboo.



□ Hawey maššaa

Adabba nda ganji hoogaw kabilawey kan maššaa.g'i dii ti wey : feeji, hancin, jeeri, bura.

Takaa woo nda a ga bere :

- adabba wircikoynoo ma tuusa woo ga kan ga saabu,
- adabba wircikoynoo hanjeroo,
- jinay wala haya tana kan tuusa adabba wircikoynoo ga,
- adabba wircikoynoo hamoo nda nga gunde kuna hayey.

Wala a goo nda baani nbirɗa ga hin ka maššaa noo adabba se. Maššaa sii nda safari. Amma bora ga hin ka dorey safar kaɗ ga kaa a bande. Cufuyanoo maššaa sabbu se ga waazibi adabba koy kul ga. Alman mariyey (feeji, molgo, hancin), ga cufu haway takaa nda safari follokaa.

□ Hawey takusaa

Wirci no kaɗ ga tar ka bere amma a si adabba wii. Nda a na adabba dii kul nusuyan no ma fatta miyoo nda fafey ga, wala kobsey ga. A ga adabbawey kaɗ borey g'i kanbe kul dii, a ga hoogawey dii (tarkunday) a ga boro da dii.

Takaa kaɗ nda a ga bere :

- adabba wircikoynoo nda woo kaɗ ga saabu ma tuusa cere ga.
- wey mo g'a bere : safari jinawey, borey kaɗ g'a safar, cirawey

Safaraa

Safari sii kaɗ ga a gaaray amma boro ga hin ka safari daɗ nusey ga hala ngey hunday ma duu baani. Safari ma huru adabbaa kobsey ga hala han kaɗ a mana yee ka sinbar.

□ Bidoo

Wirci beranta no kaɗ mikorobey no ma kaa nd'a. Adabbaa kaɗ a na dii kul zaɗayyan no ma fatta kuuro, miyoo nda niinoo ga.

Adabba kabilawey kaɗ a g'i dii ti wey : haw, hancin nda yoo, amma a ga hin ka feeji mo dii.

Bidoo bereyano

Takawey nda bidoo ga bere :

- adabba wircikoynoo ma tuusa woo ga kaɗ ga saabu,
- jinawey nda haya tanawey kaɗ ga nga mikorobey huru ma tuusa adabbaa ga kaɗ ga saabu.

Safaraa

War ma gaabandi ka takawey tee kaɗ ga wircey ganji i ma adabbawey dii, adabbawey ma hunnazam. Boro ga hin ka adabbawey noo safaroo kaɗ se i ga nee teeramisin, waani-waani feejey.

Safaroo kaɗ nda i ga cufu bido se ga bara amma Maali si a tee. Alaada safariyan ga bara kaɗ ga baa feeji nda hancin se. Gonburey kaɗ ga tee zaɗawey ga no boro g'i kaa, k'i kogandi jina m'i dur k'i ti hamni. Hamnoo din ra boro ga karji wala sana sufa k'a ka almaanoo cufu haɗaa ra. Nda cufu dogo huru ka almaanoo dor kul cufuyanoo boori. Woo din banda ga boro mmà haɗa follokaa deenoo dunbu.

□ Kunboo

Wirci no kaɗ ga tar ka bere.

Adabbawey nda ganji hoogawey kaɗ a g'i dii ti wey : haw, jeeri, suway nda kooba.

Nga bereyano

- adabba kaɗ ga a goo hunsaryanoo g'a bere woo ga kaɗ ga man á. Woo se war ga hima ka gaabandi adabba kaɗ ga a goo masi huru war waney ra zama a ga sendi adabba kaɗ ga kunbu goo ma duu baani;
- a mana waazibi boro ma ceeci ka kunbu safar. Adabba kaɗ kunbu na wii hamoo ga hin ka ɗandi-amma war masi too gundekuna hayey do. War m'i fiji.
- Hanciney kunboo
Hancin no a ga boobo k'a dii, amma ce foo-fooyan a ga hin ka feeji mo dii.

Takaa kaɗ nda hawey kunboo ga bere da nda iga da ga bere. Hancinoo kaɗ a na wii hamoo ga hin ka ɗandi amma gundekuna hayey ma fija.

Ƴga cufu safaroo ga bara amma Maali si a hansa.



□ Kuri yeya

Wirci no kaɗ ga adabba dii nda taka taaci :

- Woo kaɗ ga kate fuusuyan ma tee adabbaa morkollaa cire, wala tetefewey bojey here wala jiigaley ra.
- Woo kaɗ ga adabbaa dii nda kunbey, waani-waani alman mariyey nda yoowey. Adabba kaɗ g'a goo ga kotokoto a ga hungusi, hilloo g'a maray.
- Woo kaɗ ga adabbaa dii nda gundoo, a ga kate adabbaa gaahamoo ga hansa ka koron, gundoo ga hansa ka zuru, a ga nom tanba. Nga nda ijinaw hinkaa kul ga hin ka marga adabba follokaa ga.

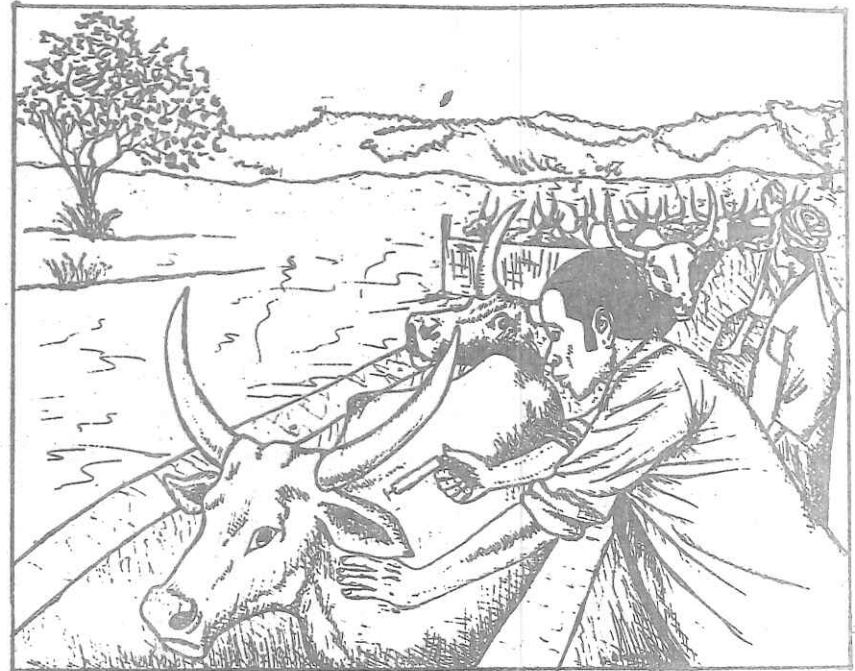
□ Woo kaɗ ga adabbaa ka fiti. Boro si dii nga tammaasa kul adabbaa ga amma nda a buu boro ga dii kaɗ kuroo ga bibi, a ga tar ti firçiti (baka).

Kuri kabila taacaa woo kul ga hin ka marga adabba folloku ga.

Adabbawey kaɗ a g'i dii ti wey : haw, feeji, hancin, yoo. A ga hoogawey mo dii.

Gorgey wanoo mma nusu tee i se sunfaa ga, a ga yee ka gundey zurandi.

Safarey kaɗ ga baa kuri yeynaa se ti antibiyotikey nda sulfamidey. I ma nondi adabbaa se nda baayan. Cufuyanoo ka baa konpirimewey.



□ **Funsoo**

Dori laalo no kaɗ ga funsu tee adabbaa hamoo ra. Adabbaa kaɗ a ga boobo k'a dii ti : haw, feeji, hancin, yoo ; baɗa mo ga hin ka duu a.

□ Adabbaa ga hin k'a gon subu taya bande wala subu dunbanta ra. Doroo ga hin ka huru kuroo ra nda haya kaɗ ga a goo n'a hay.

□ Nga safao ti antibiyotik boobo ma nondi adabbaa kaɗ a n'a dii se.

□ **Wircey kaŋ se annasaarawey ga nee zoono**
Wirciyaŋ no kaŋ adabbawey nda borey kul g'i cere cere ga.

a. Kuri konnaa (sar)

Kuri konnaa ga tar ka adabbaa kaŋ a na dii wii, a ga tar ka bere. Adabbaa kuroo kul no a g'a hasara doo foo wala a ma nongu dorandi kaŋ ma wircoo say gaahamoo kul ra.

* Kabilawey kaŋ a g'i dii ti : haw, feeji, hancin, yoo, hoogaw, baŋa. A ga boro mo dii.

* Mikoroboo ga hin ka gonandi subey bande, a ga hin ka huru kuroo ra nda haya na hay. Mikoroboo ga hin ka bara haroo hunday ra kaŋ adabba g'a (hari laala) haŋ.

* Antibiyotikey kul g'a safar, waani-waani penisilinoo. Nda safaryanoo tar ka tee nda baayan kul adabbaa ga hin ka duu baani.

* War ma gaabandi nda fitiyan tee adabbaa jindoo masi hun, a masi canse, a masi foora hala nga buuyanoo daliloo ma bayrandi.

* Nongey kaŋ ra sorfa tee war masi naanay kuurey nda ham kogey nda a gar war si ngey takaa bay.

* War ma gaabandi ka adabbawey kaŋ kuri n'i wii bukawey, fici.

* War ma moora nongey kaŋ ra wircoo bangay.

* War ma moora bangey nda dayey nda a gar adabba kaŋ kuri n'a wii lasal kaŋ i ra.

Hayey kaŋ ga wircey wey fay : kuri yeynaa, kuri konnaa nda funsoo

Wircey	Wircey Alhaaley	
	Za adabbaa mana buu	nga buuyanoo banda ga
Kuri yeynaa	Tay no ma tee adabbaa bokolkoloo ra. A ga sendi, a ga yey, a si a maray.	Handu gogoriya kaŋ ga tee tayoo ra goo nda hari kaŋ ga hima leemur. Daamaloo ga boori.
Kuri konnaa	Tayoo ga sendi, a ga adabbaa maray, a ga koron.	Tayoo handu gogoriyaa ga bibi, daamaloo ga funsu, kuroo ga bibi a si baka tee.
Funsoo	Funsu konnaa ga tee basoo ra, Funsu ga ban, a ga zollo-zollo.	Hamoo hina, hew goo a ra, funsoo hamoo goo nda hew, daamaloo ga boori.

• **Gandii**

Wirci beranta no kaŋ ga hin ka gay hala a ga adabba wii.

- Nga bereyanoo

Nga mikoroboo ga huru ŋaa haya bande, a ga huru haŋhaya bande, a ga hin ka huru hewoo bande kaŋ boro g'a hunsar.

- Nga safaryanoo

Boro kaŋ a n'a dii ga hin ka safar. Adabbaa safaryanoo ga sendi, a ga hin ka goro a si duu baani, nga almušakkey da ga boobo. Woo se boro ma hunanzam ka baa.

Wircoo ga hin ka adabba dii nda gandey, nda teeloo, nda nga toosi dogoo, nda fafaa. Wey kul ra a ga waazibi koyoo ga a ma alhukumoo alhabaaray. Adabba koy ga hima a ma, witrinerey wala alhukum tana kaŋ ga man á alhabaaray nd'a dii :

- nga hawoo wala nga almanotanaa ga handu gogoriyayaŋ kaŋ sintin ka zay,
- tayyaŋ kaŋ tee nga haylaa (muuši) wala nga hansoo kuuroo cire,
- zaŋayyaŋ kaŋ tee hala' i bangay nga gorga birey ga.

Adama-izey ma gaabandi i masi adabba wala gorgo kaŋ wircoo duu a hamoo ŋaa, i masi alman wircikoyno waawaa haŋ, i masi yadda hansu wala hayla kaŋ wirci n'a dii ma man nga.

Haya kaŋ hun adabba wircikoynoo ra (haykubu, toosi, leesi, waa, kuri) kul war m'i hibi war ga. Jina war m'a ton.

- Wircoo kaŋ ga adabbawey ka zama

Adabbawey wala ganji hoogey kaŋ ga subu ŋaa no a g'i dii. A ga bere tanba, a ga cahá adabba ga amma boro si dii nga alhal kul nda ni na adabbaa zaati guna.

Hayey kaŋ g'a bayrandi borey se ti zamayaŋ boobo kaŋ ga tee adabbawey se, nda haykubey kaŋ si kaŋ, nda dobey kaŋ ga hari tee, i g'i maray kangey here, nda birey kaŋ g'a dor nongu-nonguyaŋ ra. Wircoo mikoroboo ga hin ka huru nda boro miyoo wala kuuroo.

- Antibiyotikey ga hin ka adama-izey wanoo safar.
- Nda wircoo huru adabba ra boro ma gaabandi masi too ngey haykuboo do, ngey toosoo, ngey maaniyoo wala ngey waawaa do.

- Boro masi adabba goyandi kaŋ tafeeda wala woo kaŋ arutarawey gay i g'a dor.
- Yaaru kaŋ cindi kuru wircikoyni ra masi war adabba woyoo tiŋandi.
- War ma adabbawey kaŋ a n'i dii kul wii, war m'i ton.
Iboriyaa ti war ma adabba kaccey (kaŋ mana baaliki) kul canse.

□ Zarwalo

Adama-izey nda adabbawey nda cirawey kul ijey nda a g'i dii hala i ma goro i si hin ka juuti. Irci senda no kaŋ ga tar ka bere, a ga tar ka wiya.

□ Nga bereyanoo

A ga huru nda folgu kaŋ tee kuuroo ra,

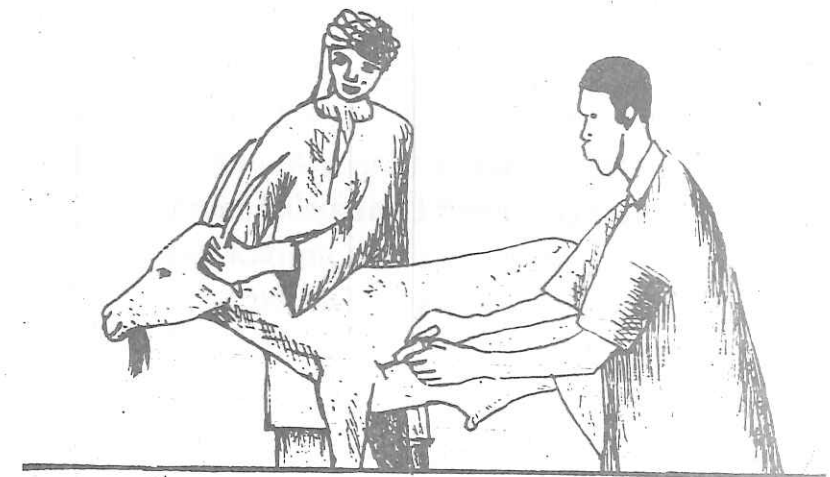
- adabba kaŋ ga a goo jamayanoo
- nda adabba kaŋ ga a goo na boro logu, waani-waani nongu kaŋ guuru.

□ Zarwaloo tammaasawey

- hundikoyni kaŋ ga a goo tabiya kul mma barmay,
- hundikoynoo mma hima hollokom kaŋ ga haabu a ga gum nga tanaa boŋ,

- waati fooyan a mma yay sabay a ga bam,
- haya kaŋ a duu a kul a ga taasi k'a gon,
- nga sennoo wala nga heenoo ga barmay,
- hundikoynoo ga konna haya kul kaŋ ga hima hari,
- cewey here ga goro i si hin ka juuti,
- nga ganda here warkandoo ga kaŋ (miyoo ga hay),
- nga mee haroo ga dandi, a ga boobo,

A ga hansa ka boona jamayan, hundikoynoo gaahamoo kul ma taraku hala a ma buu. Zarwal dumi hinka bara :



- Woo kaɗ ga adabbaa wala bora himaandi hollokom hala a ga gum haya kaɗ goo a jine kul boɗ. Zaari 2 wala 5 no a g'i tee.
- Woo kaɗ g'a ka taraku, a g'a ganji nuutiyan. A ga too jirbi 5 hala 10.

Safari kul si zarwaloo se nda a nin hundikoynoo hamoo ra.

Adabbawey kaɗ ga ham ɗaa, sanda hayla nda hansii hinne no canse ga zarwaloo ganji a ma duu ey.

Boro kaɗ adabba zarwalkoyni na jama ga hima a ma dii lotokoroo tanba.

Nda war na adabba sika nda zarwal kul war ma ceeci k'a daabu hala war ma duu k'a laasaabu jirbi 15 nda cere game.

Nda adabba zarwalkoyni na adabba ham ɗaakaw (hansi, hayla, nzoɗo, kooro) jama kul war ma woo kaɗ jamaandi hunday wii nd'a gar a mana canse.

Nd'a gar subu ɗaakaw ti adabbaa kaɗ jamaandi kul war ga hin k'a ɗaa hala de jamaandoo mana bisa iirbi 5. Nongu kul kaɗ ga adabba na zanka jama a ga hima war ma zanka. Kaa safar tanba ba war si adabbaa sika nda zarwalyan.



War ma baalikoo safar tanba nd'a gar a jamaandi kuntuuroo se beene wala linjey ben dogey ga (kangey nda ce-izey). Nda gaahamoo nongu tanaa no war ga hin ka suuri hala jirbi 15 hala war ma duu ka bay wala adabbaa kaɗ na jama ga zarwal. Amma jirbi 15 nda cere game nda war dii kaɗ adabba zarwalkoyni no, wala nd'a gar adabbaa buu kul war ma bora safar. Nda jirbi 15 bisa war dii haya kul mana duu adabbaa kaɗ jama, kul war masi bora safar.

• **Wircey kaŋ parazitey ga kaa nd'ey**

Hudikoyni kaccuyan ti parazitey kaŋ ga huna adabbaa hamoo ra, wala kuuroo ra, wala gunde kuna hayey ra. I ga adabbaa kaŋ ra i goo wircandi. Parazitey ga ti wircey wey kul se dalil : kursa, tasa nda gande dori fooyan kaŋ se annasaarawey ga nee boronkopenemoni. Adabba kabilawey kul parazitey wircey ga hin k'i dii.

Parazitey wirciyan alhaaaley

Wircey	Nongey kaŋ ra i ga bara	Nongey tammaasawey	Safarey .
kursaa	kuuroo ra	Kaajiyan, kuuroo ga ton-ton, a g'a Kaaji, a ga karaw	porisigam estaafos kaligam
gande wircey kaŋ nooney ga kaa nd'ey		niisi kaarayyan ga hun niinoo ra, a ga kotokoto senda nda boro na gandey here naagu, a ga nom	estoronmisol tibenzol
Teeli doroo kaŋ se annasaarawey ga nee estorogiloz	teeloo kaŋ miyoo nda borkotoo game, borkotoo, teeley	gundezur, nomyan, leesoo ga hima jii, a ga kaaray, a ga hari, a ga paku-paku.	panakur

isa wala tasa	tasaa ra	gundoo ga warga gundezur, nomyan	disitosink
wircey kaŋ se annasaarawey ga nee ostodoz	teeley ra	nooni warga dunbuyan leesoo ra, waani-waani hanoso wonoo adabbaa ga nom.	teeniyamid mikolozamid
yayney	kuroo ra	nusu ize cirayyan ga tee moyey ga, tayyan ga tee gandey here, banda heroo si hin ka nuuti, a ga nom.	tiripamidiyom berenil
kuri dorey kaŋ se annasaarawey ga nee piropalasmoz	kuroo ra	toosoo ga bibi moyey ga woole, a ga nom	beremil
teeli wircey kaŋ se annasaarawey ga nee koksijoz	teeley ra	a ga kuri sorro de, hari ga hun gaahamoo ra, a ga nom.	anporol niwaakin
kuri doroo kaŋ se annasaarawey ga nee espirosetoz	kuroo ra	a ga dusungum, sorraa ga firzi, gani goo hinbiroo ra, nuutiyan ga sendi a ga	peeniselin

Kabila kul wircey kaŋ g'ir goo ga hin k'a dii.

Ŋaahayey bande wirci foo fooyan alhaaley



• Bisaa noonoo

Nooni no kaŋ Tunbutu alfajjaa ga a hay bisawey boŋ. Nda yoowey nda hanciney kaŋ ga kun na ŋaa kul i ga zama. Annasaarawey sii nda a se safari.

Amma i ga war yaamar nda :

- war ma moora nongey kaŋ ra a goo,
- war ma waafaku ka nooney kaŋandi k'i kaa tuurey boŋ jina war m'i wii.
- war ma tunbutu alfajjey hunday wii.

• Wircey kaŋ ga duwandi ŋaahayey bande

Hayayan ga bara adabbawey ŋaahayey ra kaŋ ga hin ka kate i ga wirci nda i boobo wala nda i kuma. Loogawey nda witaaminey goo hayey din r adabba se.

Wircey	Wircey daliley	wircey tammaasawey	Nongey kaŋ nda i ga adabba dii	Safarey
Wircoo kaŋ se annasaarawey ga nee zeroftalmi	Witaamin A jaŋay	gaddanawtaray	moyey	subu taya
diisaw taray wircoo	Witaamin D jaŋay	a si beeri, tayyan ga fatta a ga	birey	hamiisa wala adabba biri hamni
wircoo kaŋ see laarabey ga nee mubereyka	loogo jaŋay	a ga cindi ka kani hala a ma buu.	birey	biri hamni, annasaara looga, ciiri laamudu

Haya fooyan kaŋ se annasaarawey ga nee nitarat nda nitirit ga hin ka bara harey ra kaŋ ga hun laboo cire. Nda war bay woo ga kul war masi war adabbawey haŋandi i ga.

• Misey kaŋ ga ti adabbaa wircey se jejebu adabbakoyey boŋ dabarey

Nda wirci huru adabbaa ra borey hunday ga hin ka dabariyan tee kaŋ ga wircoo ganji a ma hasaraw tee koyne, woo ti bila safariyan, bila cufuyan. Ir ma dabarey guna nda affoo-foo.

a. Wircoo bayraa

Adabbakoyey mma wircoo tammaasawey laasaabu ka duu ka wircoo bay, wala i ma adabbaa fooru ka duu ka wircoo bay. Nda i si naanay ngey boŋ i ga hin ka ihinkaa kul tee.

b. Adabba wircikoyney bayraa

Nda adabba koyey na wircoo bay adabba foo ga i ga hima ka adabbawey kul laasaabu hala i ma duu ka wey kul bay kaŋ ga wircoo goo.

c. Wircikoyney fayyanoo ka hun kurey ra

A ga waazibi war ma adabbawey kaŋ wirci kul fay k'i kaa kuroo ra. Wey kaŋ ga saabu kul ma canse. War masi yadda ba haya kaŋ man iwircikoyney ma too wey kaŋ ga saabu do.

d. Kaarantoo

Adabbawey kaŋ wircoo n'i maray nda wey kaŋ ga wircoo goo, amma a mana haya hasara i se kul ma marga doo foo ngey hinne hala jirbiyaŋ. Woo se i ga nee kaarantoo. Kaarantoo jirbey hinnaa sii kala wircey kabilawey bande. A ga zuru jirbi 15 nda jirbi 40 game wircikoyni koraa banda ga.

e. Adabba wircikoyney wiiyanoo

Adabbawey kaŋ wirci kul no boro g'i wii jina ma i ton. Woo ra ngey mikoroboo si bere itanayaŋ ga.

f. Mikorobey wiiyanoo

Annasaara safari wala alaada safari henna no boro g'a daŋ adabbawey tuuja dogey ra ka mikorobey wii, sanda kaley wala dirgawey ra.

Safari ga hima ka huru :

- jinawey ga kaŋ man dabba wircikoyney,
- goyjinawey ga kaŋ nda i n'i safar,
- adabbawey kaŋ wircoo n'i wii kuurey ga.

g. Parazitey nda ngey himakasiney tangamoo

Tangamoo kaŋ ga tee i se goo nda alhaal boobo

- borey ma hanjeoro kul kuuna kaŋ goo wircoo dogoo ra jina i m'a ton, i ma gana kul ka mooru nongoo kaŋ ra wircoo bangay ;

- borey ma kate hundikoyniyaŋ kaŋ ga parazitey naa, sanda ciraw kaŋ ga bisaa noono naa.

- i ga hima ka lotokor safariyaŋ cecco kaŋ ga hundikoyney kaŋ ga hasaraw wii.

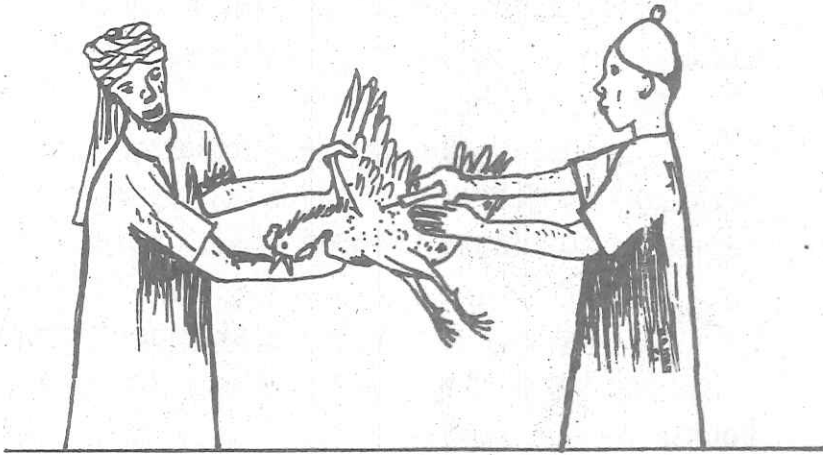
• Dabarey kaŋ ga tee nda lotokor safarey

Lotokor safarey nda boro ga nee i ma adabbaa cufu ka ganji wirci berantey ma duu a.

Wircey kaŋ se Maali goo na cufu safari ti wey :

a. Maššaa

Haw, feeji, hancin kaŋ goo nda handu 3 ka zij kul ga hin ka cufu a se. Jiiri beranta kul cufuyano



Safari hinna follokaa no ma adabba kaccu nda ibeeri kul cufu. Maali ra safaroo ga tee.

b. Hawey kunboo

Maali ra hawey kunboo safaroo da ga tee. I si a ka cufu kala hawizoo ma too handu 6. Jiiri kul a ga hima ka taagandi.

c. Kuri konnaa

Maali ra nga cufu safaroo ga tee. A ga boori boro m'a ka cufu kaydiya sintinoo waate adabbawey kul kaɗa a ga hin ka i dii se. A ma taagandi jiiri kul.

Maali ga cufu safariyaɗ day ganda tanayaɗ ga. I ga cufu hansey zarwaloo se, i ga cufu borey zarwaloo se nda wirci tana foyaɗ

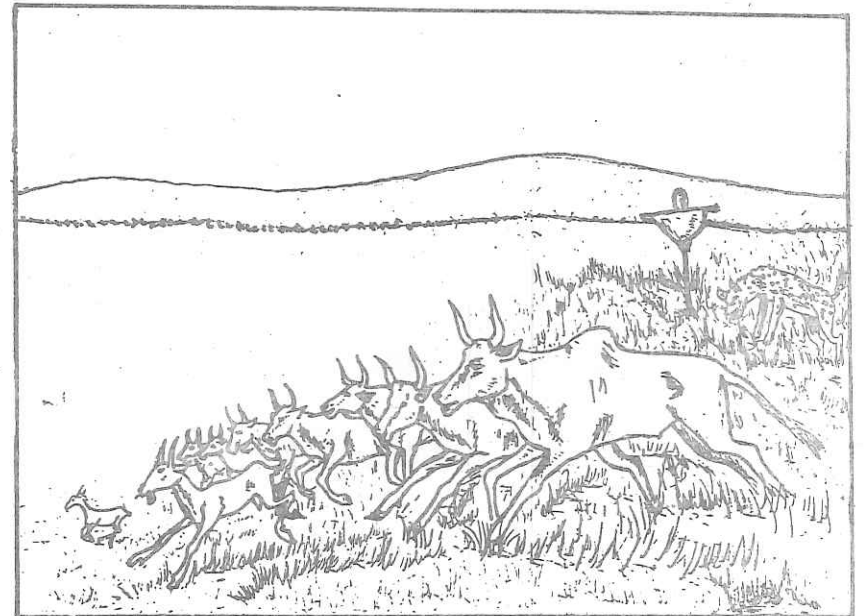
- **Hayey kaɗa waazibi**

A ga waazibi adabba koy kul ga a ma hinoo alhabaaray nda wirci laala na nga adabba foo dii.

Alhabaaroo ga hima ka too witiirineray wala alhukumoo borey do tanba. A goo adabba koyoo ga, a goo kurkaa ga, a goo waayakaa ga, a goo witiirineroo hunday ga.

3. Adabbaa nafaa

Nafaw boobo si duwandi adabbaa ra kala nda a gar a ga ɗaa boori, a ga safar nda woo kaɗa ga hima, a ga saajaw boriyo.



a. Adabbaa saajawyanoo :

Hayey kañ ga kate adabba kurey ma saajaw ka boori ti wey :

- kuru koyey ma yadda ka cette,
- kuroo ma bara nda kurkaw henna,
- adabbawey ma duu kurdooyan kañ g'i nafa,
- i ma duu hari kañ g'i wasa,
- i ma duu n̄aa tanayan kañ ga suboo ton-ton,
- ngey safaraa ma tee nda woo kañ ga hima.

▪ Kurkaw henna

Kurkaw henna ti woo kañ ga saabu, lakkaloo mo ga kani a ga hima a ma nga adabbawey tabiya bay, a ma kurdogey nda haridogey nda loogadogey kul takaa bay.

Kurkaw henna ga hima ka nga adabbawey kul bay nda affoo-foo.

A ga boori a ma haya bay adabbawey safaryanoo nda ngey n̄andiyanoo fondaa ra.

A ga hima ka waani hayey wey teeyanoo : aja, karfu kabila kul, goobay, karaw nda haya kañ ga hima nd'ey. Kurkaw henna si hima ka kurdooyan follokaa tirfa.

Kurkaw henna ga hima ka mossayaada ka nga kuroo boy zaaroo waati yayney ra.

Adabba kañ sii nda kurkaw ga hin ka dere, wala a ma zaytarandi, wala hoogawey m'a n̄aa, wala borey m'a dan furiya ra.

b. Takawey kañ ga kate adabba ma juwal ka boori

A goo adabba koyey ga :

War ma gaabandi adabba woyey ma duu yaaru zaman ra kañ ga kate ngey hayyanoo ma sawa nda suboo waatoo.

Waatey ti wey kañ ra a ga boori adabba kabilawey wey ma hay :

- haw : zuyye ka koy ut,
- feeji : zuyye ka koy žanwiye
- yoo : zuyye ka koy ut.

Handey hinnaa ti wey kañ ga adabba izey ga hima ka daasu :

- handu 6 haw-izoo se,
- handu 3 hancin nda feejiizoo se,
- handu 10 yoo-izoo se.

Handey hinnaa ti wey kañ ra a ga boori adabba izey ma daasu :

- haw-ize : handu 3 wala 4,
- feeji-ize nda hancinize : handu 1.

Amma ir ga bay kañ borey ga haw ize daasu handu 2 nda 4 game, i ga feeji-ize wala hancinize daasu handu 5 ga, i ga yoo-ize daasu jiiri 3 nda 6 game.

Adabba woyey hinnaa ti woo kañ ga wasa yaaru fo se :

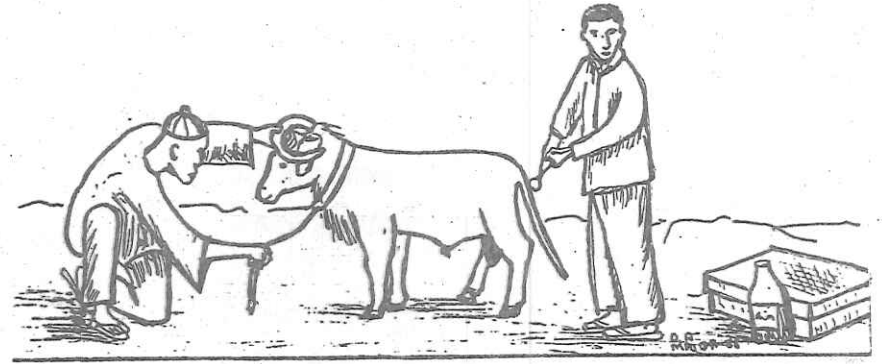
- haw : 25
- hancin : 40
- feeji : 40
- yo : 30 hala 50

Nafawey kaŋ ga duwandi adabba kabila foo kul

ra :

Kabilaa	Nongey kaŋ ra i ga boobo	Nafawey
Hawey	gurma, bangu beerey (lak) gandraa, isaa ceesoo.	ham, waa, kuuru, kobsi, hilli, gurunbu, hinbiri, hanjeri, goyyan
Feejey	gurma, bangu beerey gandraa, azawad.	ham, waa, kuuru, haabu, kobsi, hilli, gurunbu, morgay.
hanciney	bangu beerey gandraa, isaa ceesoo, gurma.	ham, waa, kuuru, kobsi, gurunbu, morgay.
yoowey	akli, azawak, tamasna, azawad	waa, ham, hinbiri, jeejeyan, gurunbu, morgay
farkey	bangu beerey gandraa, gurma, minika	jeejeyan, gurunbu
gorgey	isaa ceesoo, bangu beerey gandraa	ham, guuri, gurunbu

- a ga boori war ma adabbawey kaŋ si hay (daasey nda woyey kaŋ gun) neere waati ra kaŋ i ga naasu.



c. Yaarey suubayanoo adabba woyey se, si kala nafaa bande kaŋ war ga a gaaray :

Waa boobo, ham henna wala goyyan. Woo se war si hima ka adabba aroo kaŋ war ga a hangandi war adabba woyey bande boriyanoo de guna.

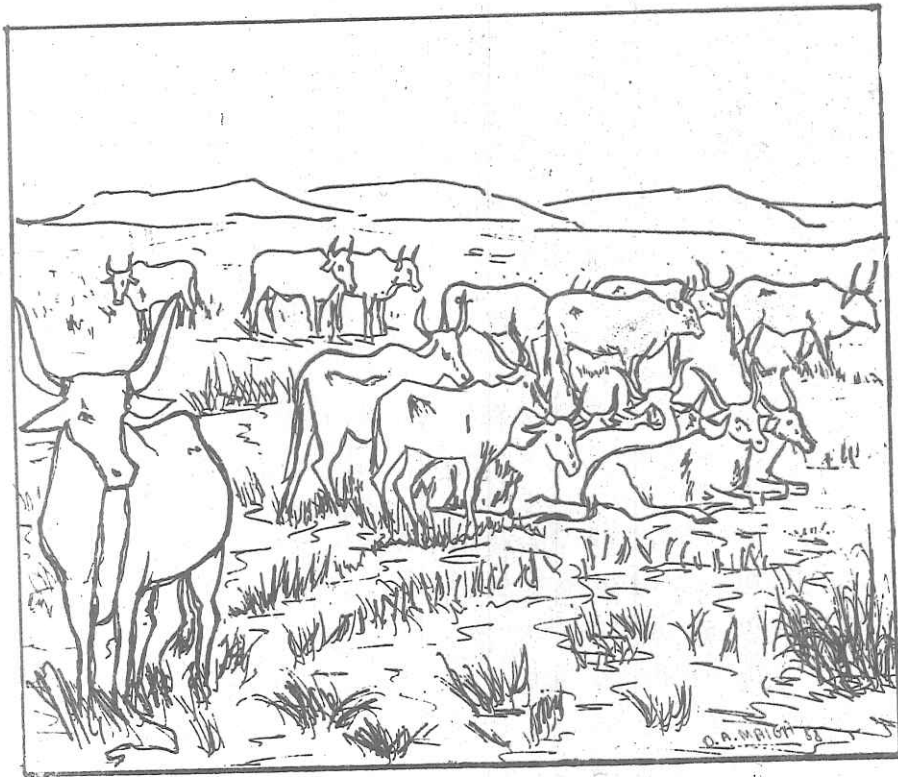
War masi tammahā kaŋ haw kaŋ jeesoo ga beeri si kate waa boobo. War ma gaabandi yaaru kaŋ adabba leybanteyan na hay masi hanga war adabba woyey.

d. Nafawey kaŋ ga duwandi adabbawey ra

Hayey kaŋ ga duwandi adabbawey ra jerey ga hin ka ti borey se hunay, borey ga hin ka cindey neere. Borey ga hima ka ngey laamoo kaa hayey ra kaŋ duwandi adabbawey ra (ham, waa, jii, gaši, guuri), jina i ma hongu ngey neereyanoo. Alaabiina

ti boro kaŋ goo nda adabba boobo ma goro a si ham
naa kala waati ka kaa waati (cibsi, yaw duuyan,
wirci, sargari...) darbay jaŋay mo ga meeri a ga.
War ga hin ka hayey kaŋ cindi hunaa banda ga sanda
ham, jii wala gaši ka waati laaley batu.

Waa jaŋay si tee bora ga kaŋ goo nda adabba
kabilawey kul ra haya : haw, feeji, hancin, yoo.



.. Maamalaa

Boro booboyaŋ si ngey adabbawey neere
wala ka i barmay kala waati kaŋ i siita. Adabba koy
binde ga hima a ma suba honnay. Woo se a ma
gaabandi :

- ka adabbawey kaŋ si hay, i jee neere zaman ra
kaŋ i ga naasu (oktooburu ka koy žanwiye).

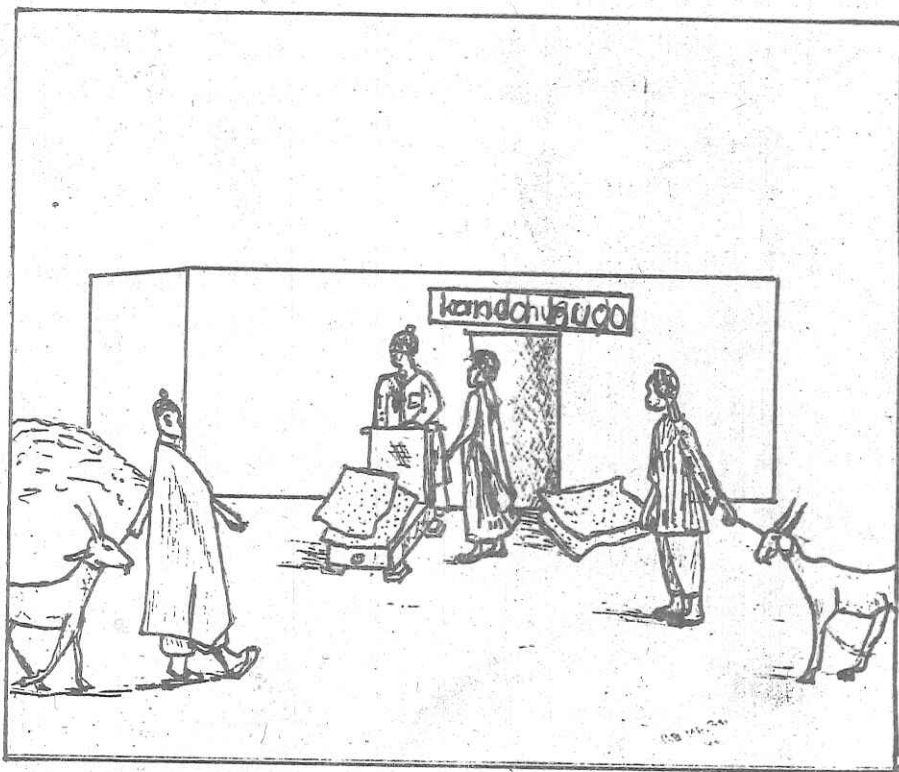
Woo ra i ga hin ka taasu boobo day korsoloo
se, i ma yee ka duu nooru ngey muraadu tanawey se.

I masi gaabu :

- haw ga kaŋ bisa jiiri 10,
- hancin wala feeji ga kaŋ go jiiri 18 se bene,
- yoo nda a na jiiri 20 ho,
- gorgo kaŋ bisa handu 18.

A ga waazibi adabba koyey ga :

- i ma cette ka ngey adabbawey neere cere
bande ne Maali wala ganda tanayaŋ ra,
- ka ngey kuurey, ngey waawaa, ngey jiyoo,
ngey gašoo; ngey guurey wala ngey ham
kogaa neere nda takaa din da.
- i ma maamala ašariyawey bay kaŋ goo Maali
nda ganda tanawey game.



A ga waazibi war ga war ma adabba hinnaa kanbe kaɗ ga hin ka duu hunay.

Adabba hinnawey ti wey kaɗ war ga hima ka hin ka i kanbe :

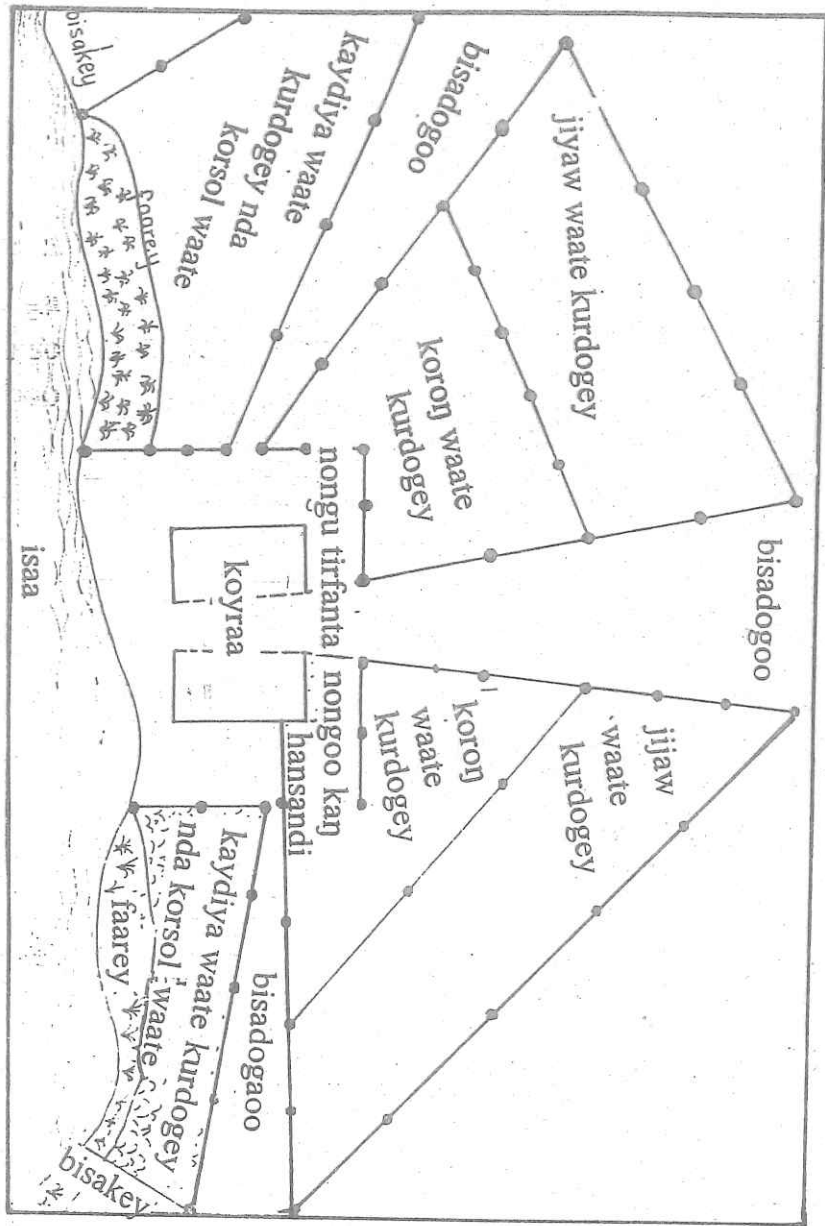
- haw boɗ 100 ka koy 150,
- feeji nda hancin 150 ka koy 200,
- yoo 30 hala 50.

• Laasaaboo

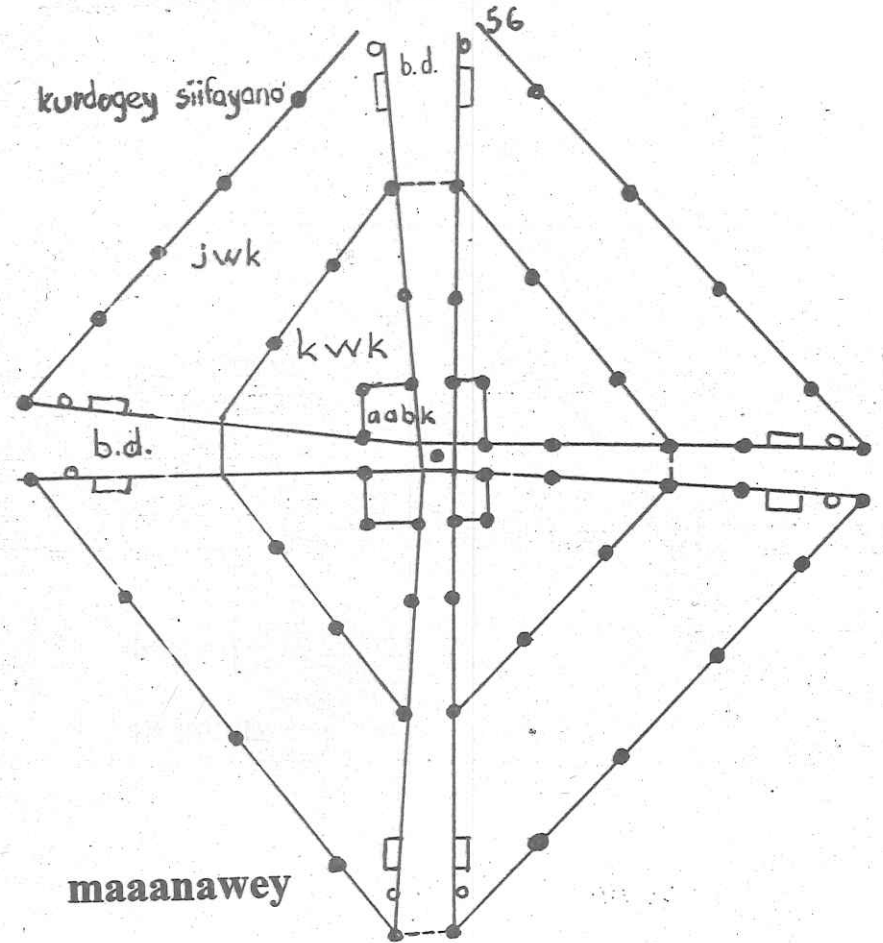
War ma alha naɗ zama alhabar booboyaɗ ga bara kaɗ ir mana hin ka i bayrandi war se tiiraa woo ra. Amma ir ga anniya ka yee kate i ga.

War ma bay kaɗ alfaritaray nda adabba marayan mma cere ton-ton.

Subey nda kunturey kaɗ ga cindi heгаа banda ga wala subu dunbantey kaɗ alfarey ga i kanbe ga adabbawey huna. Doobey nda sasabay mo ga ti i se hunay. Adabbawey gurunbey da ga faarey laboo kaanandi.



gandaa kurandiyanoo alhaaloo



maaanawey

- dey wala bangu kan si kogu
- a.a.b.k. : adabba alfayda beney kurdogey
- k.w.k. : koronj waate kurdogey
- j.w.k. : jijaw waate kurdogey gorodogey
- o : bisakey zunbu dogey
- b.d. : bisadogey
- o : hirrey tammaasawey (seede, tuuri, hondu, farka)

kaydiya waate zunbuyanoo himandoo

