

Fwenbaiz Yougyangh

右江排歌

Fwenyoux (doiq hoiz)

情歌 (译注)

□ 杨兰桂 整理翻译

(接上期)

Sai: Cij gvang ndaej mwngz doq
Cij gvang ndaej mwngz nangz
Gyanghaemh mbouj liuh ranz
Gvang roengz ranz saek haemh
Hujgeiq gaemh hawj ninz
Gvang cix naeuz mbouj vangq
Yamqdin doq daengz ranz
Ndiep nangz lumj lwgdog
Ngoenz ok rog ok ndae(ndaw)
Bae rog de goj gyae
Bae ndae gvang goj muengh
Muengh lumj boh bae haw
Ngawz lumj meh bae daiq
Haiq mwngz lumj ngaenzgim
Cim daengz dai mbouj mbwq
男: 若得妹为妻 若得妹同宿
晚上门不出 偶尔串门去
伙伴硬留宿 哥定说没空
匆匆返回家 疼妹像独子
妹每天出入 哥怕路途远
小别望穿眼 像盼爹回家
像盼娘回来 当你是宝贝
看到死不腻

Mbwk: Cij nuengx ndaej mwngz go
Cij nuengx ndaej mwngz gvang
Sam ngoenz doq ngveihcuj
Gouj ngoenz doq ngveihdieng
Gwn naed ndeu goj imq
Gwn vangzlienx goj van
女: 妹若嫁得哥 妹若嫁情郎
三天分吃一粒籽 九天分吃半粒糖
吃一粒也饱 吃黄莲也甜

Sai: Cij raeuz ndiep dox ndaej
Cij raeuz ndaej doxaeu
Haet doq raemx swiq naj
Haemh doq raemx swiq din
Haeuj rug caemh sing gangj
Buh nangz hawj go ra
Fuz nangz bae hwnj mbonq
Caemh guh naz doq cih
Caemh guh reih doxhenz
Henzdin bae coh gyak
Nuengx mbak go couh ndai
Cij nuengx mingh mbouj lai
Cij nangz dai gonq go
Go dwk benj sam caengz
Cij go dai gonq nangz
Gvang dwk baengz sam luep
Dwk sam luep baengzfonx
Dwk song gunj sawmingh(betcih)
Nding bae laj doxaeu
Song raeuz gyaeuj doxcoh
Mingh hoj lwg hoj cing
Boux ing boux guh maenh
Boux baengh boux guh rengz
Boux bang boux dai viz
Aensawz faen boux donh
Gaiq noh ronq guh song
Guhhong mbouj lau naiq
Dazfaiq mbouj raeujninz
Cij gim naengh doek daengq
Gou muengz yamq bae yo
Byoem hoij hoz go bued

Mbwk: Guhfwen daengq ndei daengq
Daengngoenz haemh le gvang
Raeuz goj baenz bae ranz
Fan neix raeuz bungz naj
Ndeq fan naj ngoenz lawz
Nuengx biek go bae gyae
Ndeq ngoenz lawz ndaej daeuj
Cam siengj raeuz rox nauq
Cij ndaej daeuj saek ngoenz
Cij biengz yak bi ca
Ngoenz yaq(ngamq) ndaej
roen ndeu
Gaem gen ngoenzneix dauq

Baenz hauh unq maij neix
Coenzgangj ndei mbouj rox
Coenzgangj goj liux caez
Nuengx goj youq laj maeh
Cijnaeuz mbouj bungz moq
Mbouj ndij go caemh ranz
Aensim nuengx lij haemz
Aensim nangz lij ienq
Doek lajdeih lajmbwn
Lajdeih mbouj ndaej mwngz
Youq laj mbouj doengz yiengq
Nuengx caen siengj mwngz
gvang
Mbouj ndaej caemh hog dauq
Mbouj ndaej dauq caemh ranz
Nangz yied bae yied naiq
Ndwjn myaiz mbouj roengz hoz
Caen gyoz(ndat) lumj feiz ongq
女: 歌越唱越甜 天色却已晚
咱已该归去 今日喜相逢
何时再相见 妹别哥远去
何日再相逢 问哥想妹否
怕有缘相见 逢乱世流年
山崩断前路 今日手相牵
爱哥情连连 甜蜜道不尽
情话说不完 妹独自思量
若我俩无缘 不能共家园
妹心恨涟涟 妹心怨万千
妹今世一生 不得哥共枕
不得共白头 千万般不舍
不得结为伴 不得同家堂
无奈别离去 气咽不下喉
急如被火烧

(caengz sat)

Seizdoeng Wng Ciep- cungj Feiyenz Yizmyauz

冬季应接种肺炎疫苗

Seizdoeng dwg aen geiqciet baenz feiyenz hoengh ndeu, ciepcungj feiyenz yizmyauz couh ndaej mizyauq dwk yawhfuengz baenz feiyenz.

Cawz lwgnyez caeuq bouxlaux aeu ciepcungj yizmyauz le, gij vunz 2 daengz 59 bi buenx miz baenz binghmenhsingq、boux menjyiz goengnaengz deng sieng、boux aenmamx deng sieng roxnaeuz boux deng gvej mamx gvaq cungj wnggai ciepcungj yizmyauz.

Miz geij cungj vunz mbouj ndaej ciepcungj yizmyauz: Boux doiq cungj cwngzfwn yizmyauz lawz cungj miz gominj haenx mbouj ndaej ciepcungj yizmyauz; danghnaeuz gaxgonq ciepcungj cungj yizmyauz neix miz

gominj fanjying mbouj ndaej caiq ciepcungj; boux baenz fatndat、gipsingq ganjyenj、binghmenhsingq gip-singq fatbingh wng doiceiz ciepcungj; daiqndang geizgan 3 aen ndwen gaxgonq wng doiceiz ciepcungj. Ciepcungj le, mbangj vunz gojnwngz miz fatndat、giz bakkim foegniding daengj cingzvang. Danghnaeuz fatndat youq 38.8 doh dauqlaj, caemhcai mbouj raen miz foegniding youqgaenj、insep caeuq gengndongj, dingzlai de gag rox genjmbaeu. Danhseih baez fatndat mauhgyaq 38.8 doh, okyienh hohdaez in、noh insep、hoh in、naengnoh hwnjcinj、baenz cinzmazcinj daengj seiz, wnggai gibseiz bae yihyen duenq yw. Linghvaih, ciepcungj yizmyauz dangngoenz cei ndei gaej caemxndang, caemhcai mienx deng giz bakkim bungq daengz raemx, fuengz baenz ganjyenj.



Mehdaiqndang Gvaq Doeng Gaej Laepda Luenh “Daihbouj” Dangnoh

孕妇过冬不能盲目“大补”荤汤

Mehdaiqndang youq ndaw seizdoeng wnggai haeujsim yawhfuengz baenz dwgliengz caeuq ndok soeng ndok byoiq daengj bingh. Doengzseiz hix gaej aenvih laepda bouj naengzlienx cix “daihbouj” gwn dangnoh.

Ndang vunz aenvih youq seizdoeng sanq ndat haemq lai, ndigah meh-daiqndang aeu beij aen geiqciet wnq lai gwn di yingzyangj doxgaiq ndeu. Danhseih mbouj dwg naeuz heuh mwngz laepda luenh bouj, yingzyangj aeu hableix bouj gwn, dapboiq doxdaengh, gwn lai

cungj lai yiengh cijndaej baujcwnq lwgndawdungx aeu ndaej yingzyangj doxdaengh.

Gyoengq conhgayah genyi naeuz, mehdaiqndang mwh ngamq daiqndang aeu daegbied haeujsim bouj gwn yezsonh(叶酸), lai gwn byaekbohcai、byaekyouzcai、lauxbaeg nding、makgam daengj. Linghvaih, dang byacaek、cijvaiz、gij huq aeu duh daeuj guh caeuq lai cungj byaekheu cungj aeu haeujsim dapboiq, cijndaej dabdaengz aen muzdiz bouj gai、bouj diet、bouj yingzyangj haenx.

Lai Gwn Seiq Cungj Gijgwn Ndaej Fuengz Liuzganj

多吃4种食物防流感

Gyaeujsuenq: Naez gyaeujsuenq ndaej gaj dai gij binghdoeg baenz dwgliengz haenx. Guh byaekliengzban caeuq guh ciengq diuzliuh seiz dwk di gyaeujsuenq ndeu, byaek ndei gwn youh ndaej bauj ndang vunz gengangh.

Gyoijhom: Gwn gyoijhom ndaej daezsang menjyizliz. Caeuq yenmwz-ben(燕麦片) caez gwn ndaej dingj binghdoeg dwgliengz ganjyenj.

Lwgmanh: Gwn lwgmanh ndaej heuz saw raemxniu ndaw ndaeng, bangcoh dajdoeng baenz dwgliengz

ndaeng saek, hawj diemheiq engq swnh, mizleih dwgliengz ndei vaiq. Linghvaih, ndaw lwgmanh hamz miz veizswnghsu C gig lai, ndaej demgiengz rengz dingj bingh naengzlig, mizyauq dwk fuengzceih baenz dwgliengz. Mwh cawj dang roxnaeuz cawj byaek seiz ndaej dwk di mba lwgmanh ndeu.

Lwgmaenz: Gwn lwgmaenz ndaej bangcoh ndang vunz lai caux bwzsibauh, dingj ndaej binghdoeg dwgliengz ciemq haeuj ganjyenj. Lwgmaenz ndaej naengj、saz roxnaeuz dumq gwn.