

Fwenbaiz Yougyangh

右江排歌

Fwenyoux (doiq hoiz)

情歌 (译注)

□ 杨兰桂 整理翻译

(接上期)

Sai: Fwen byai daengz neix doek
Fwen goek daengz neix daengx
Cij nuengx gag bae ranz
Fwen mbouj cag mbouj ndaej
Roeglaej daej ra ranz
Lwglan daej ra meh
Gwndaenj miz boux deq
Cij ndaejgeiq goj nanz
Nanz biek le biek nangz
Fan laeng ngoenz lawz caj
Fan naj ngoenz lawz deq
Hawj go deq ngoenz lawz
Nuengx yaek bae cix bae
Ndiepgyaez mbouj ndaej ha
Geijseiz haep raemxdah mbouj lae
Geijseiz gaem aen sae youq fwngz
Geijseiz gaem nuengx mbouj bae
ranz
Maij nuengx hamj bae ngamz
Gvang lij gyaez mbouj duenh
Biengz luenh goj mbouj lumz
Go youq neix caj mwngz

Aensim mwngz laeg viq(lumz)
Mbouj ndaej caemh hokranz
Sim lij haemz daengz geq
Sij ndaej lwi
男: 山歌唱到此 至此话分别
妹要回家去 归去唱分离
麻雀哭找家 小孩哭找娘
妹管家油盐 哥念妹也难
别妹难又难 何时再相邀
何时再相约 何日再相会
妹要走难留 爱你不能连
何时抽刀断水流 何时田螺抓手中
何时牵妹不分离 妹背影消失
哥思念不止 乱世都不忘
哥在此等你 妹可别忘记
不能同家室 哥抱憾终生
舍得吗

Mbwk: Nuengx daengq it mwngz geiq
Nuengx daengq ngeih mwngz
gvang
Roeg bae ranz cauh denh
Enq bae rog cauh rongz
Song duz roeg dangq faex

Mbouj ndaej gyonj caemh go
Dai daengz ciuh mbouj cuengq
Ndiep daengz ciuh raeuz muenx
Biengz luenh mbouj lumz gvang
Gyaez mwngz gvaq loegit caetsam
Loegit ok caucang
Caetsam ok ngaenz hawj
Hai saeuh bouj haeuxliengz
Aenyienz raeuz gonqnduj
Couh ndaej uq(youq) caemh ranz
Beixnuengx sim hongzhanz
Hawj nuengx sim liengzlih
Ciuh neix daeuj lajmbwn
Lajdeih mbouj ndaej mwngz
Youq lajmbwn doengz yiangq
Caen ienq mwngz lo gvang
Saek ngoenz dai gonq go
Ndaej youq doq faeuj sang
Goekcoj youq ranz doz
Cawhoz youq ranz geiq
Aenngaih laj goek byoem
Nuengx youq laj deq ngaenz
Gvang daengz couh sienghoih

Caemhdohi byaij gvaq giuz
Boux bomq mbaq boux riu
Song raeuz ndwn gwnz giuz
Bae ndij souj gwn yiang
Bae ndij sien gwn mak
Aeu faexvag guh ranz
Guh gvanbaz geij ciuh
女: 妹嘱咐一二 哥莫相忘却
鸟归林筑窝 燕回屋筑巢
两只爱情鸟 不能同树栖
致死不放弃 爱一生一世
乱世不忘哥 爱你过六一七三
六一做寿帐 七三封寿钱
设个香炉补寿粮 姻缘天注定
命合能结交 妹心乱惶恐
妹心凉着急 人生这一世
若不能嫁你 欢喜共一家
怨你一辈子 若妹先哥逝
得哥守灵柩 至死想着哥
时刻挂心头 情谊留发根
妹阴间等哥 等哥来相会
奈何桥上过 相偎笑盈盈
奈何桥上看风景 天庭氤氲赏香火
分享神仙果 通心木筑屋
快乐永相伴 (sat)

Seizdoeng Habliengh Gwn Laeujmakit Ndeicawq Lai 冬季适饮葡萄酒好处多

Daih' it, seizdoeng habliengh gwn di laeujmakit he ndaej bang fuengzceih bingh sim sailwed. Seizdoeng mbwn nit, sailwed ndang vunz yinhsoengq deng gaz, hezyaz hix gaenriengz swng sang, boux baenz hezyaz sang caeuq boux baenz binghsimdaeuz demlai. Ndaw laeujmakit hamz miz gak loih gvangvuzciz caeuq lai cungj veizswnghsu, ndaej gyangqdaemq danjgucunz hamzliengh ndaw ndang, hawj ndang vunz mizyauq dwk bae yawhfuengz baenz bingh sim sailwed.



Daihngaih, ndaej bangcoh fuengzceih baenz dwgliengz. Seizdoeng mbwn hawqsauj caemhcai nitgyoet, haujlai vunz yungzheih baenz siengfung dwgliengz. Ndaw laeujmakit daegbied dwg laeujnding hamz miz daihliengh dohfwnh doxgaiq caeuq veizswnghsu, ndaej bang vunzraeuz dingj binghdoeg dwgliengz, daezsang menjyizliz.

Daihsam, ndaej bang vunzraeuz baujhoh dungxsaej. Seizdoeng mbwn nit, ndang vunz yungzheih cauhaenz heiqliengz hawnyieg caeuq beizheiq hawcaep, ndaw laeujmakit hamz danhningz lai, ndaej diuzcez gij goengnaengz gezcangz(结肠), baujhoh dungxsaej.

Laeujmakit yienznaeuz ndei gwn, danhseih lwgnyez, boux daep miz bingh, mehdaiqndang, boux dungx miz bingh mbouj hab gwn, mboujnex aendungx deng gig le bingh engq haeuj naek.

Gwn Hojgoh Caemj Suenqnaez Ndaej Fuengz Aendungx Baenzaiz

吃火锅蘸蒜泥可防胃癌

Mwh gwn hojgoh seiz, byaek mbouj hab ndat lai, conggbak caeuq nemmuek aendungx vunzraeuz itbuen ngamq dingj ndaej 50 daengz 60 dohndat, danghnaeuz ndat lai, nemmuek couh rox deng sieng yinxhwnj baenz gipsingq saihoz in caeuq gipsingq dungx in. Mwh gwn hojgoh seiz, wng sien nip roengz deb iq bae langh liengz caiq gwn. Boux haengj gwn haijsenh

hojgoh ceiq ndei lingh au deb raemxmeiq ndeu caemj gwn. Raemxmeiq ndaej bangcoh siuvaq, ndaej gemjmbaeu gij fudanh conghsaej. Gyaejsuenq hamz miz son' anhsenh caeuq sonmeiz, ndaej hawj veizswnghsu B₁ louz youq ndaw ndang vunz nanz di, mizleih aenndang supsou leihyungh veizswnghsu B₁, caemh ndaej siucawz ndang vunz naetnaiq, dem-

giengz rengzndang, ndigah mwh gwn noh seiz ceiq ndei boiq gwn di gyaejsuenq ndeu. Linghvaih, yenzgiu yinz-yenz ginggvaq yenzgiu fat-yienh, au gyaejsuenq ndip ronq baenz gep mbang roxnaeuz daem yungz le gwn ndip, mizleih simdaeuz gengangh, caemh ndaej coi lwed ndaw ndang riuздоeng, daj neix daeuj baujhoh aendaep.

Seizdoeng Ndaeng Ok Lwed Ndaej Aeu Hohngaeux Baek Raemx Gwn

冬季流鼻血可用藕节煮水喝

Miz haujlai vunz mwh gwn ngaeux seiz cungj haengj gveng hohngaeux bae, saed-saeh ha hohngaeux dwg meih yw ndei dingz lwed ndeu, mboujdanh ndaej yw ndaeng ok lwed, caemhcai ndaej yw ae ok lwed, rueg ok lwed, nyouh ok lwed, haex ok lwed caeuq mehmbwk dawzsaeg ok lwed daiq lai daengj bingh dem. Seizdoeng mbwn hawqsauj, ndaeng yungzheih ok

lwed, mboujfuengz au hohngaeux baek raemx gwn daeuj yw. Aeu hohngaeux yw ndaeng ok lwed fuengfap gig genjdanh, couh dwg ngoenz-naengz au 3 daengz 5 aen hohngaeux swiq seuq dwk raemx baek song baez, moix baez baek buenq diemj cung, doeklaeng au song baez ywraemx gyonjgyoeb dang caz gwn, gvaq 3 daengz 5 ngoenz

couh raen miz mingzyienj yaugoj.

