

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Sai:Rox de duz maz iu,
Mboujluih roeb nuengxlwnz;
Gekliz boux mbiengj mbwn;
Mboujluih fungz mwngz doih.
男:不知谁约定, 在此逢妹金;
相隔半边天, 不料遇妹银。

Mbwk:Daihgya cungj mboujluih,
Lumj iu daeuj raen naj;
Gou dem mwngz beix ha,
Hauj guhmaz vuenheij.
女:大家没料见, 像约来会面;
我和阿哥呀, 尽情乐翻天。

Sai:Dingq gij vah nuengx gangj,
Hailangh dangq vayungz;
Ngoenzneix daeuj doxfungz,
Aensim yungz baenz faiq.
男:听妹这番话, 笑脸美如花;
今天能相逢, 心倍感荣华。

Mbwk:Dingq gij vah beix gou,
Rang baenz laeuj oemq gang;
Daeuj daengz neix doxnyangz,
Gangj diemzvan baenz ndwq.
女:听阿哥开腔, 香似酒正酿;
来到此相会, 话甜如蜜糖。

Sai:Ngoenzneix daeuj daengz neix,
Roeb byaleix diuq vaengz;
Daengz neix nyangz mwngz

ngaenz,
Gangj guhcaemz mbouj mbwq.
男:今日到此玩, 见鲤鱼跃滩;
这里遇妹银, 讲笑不会烦。

Mbwk:Duzbya youq ndaw daemz,
Raemxmoq daengz cix diuq;
Roeb vunz mbouj gangriju,
Guhgiu hixnaeuz gaengq?
女:鱼儿在塘里, 新水来跃起;
逢人不说笑, 摆谱或傲气?

Sai:Youq mbanj mbouj doxdep,
Caemh nanz neb doxcimh;
Raeuz ganggjoj miz cingz,
Aensim gag hailangh.
男:住地不相靠, 也难以寻找;
咱聊天有情, 心里乐淘淘。

Mbwk:Ndaej doxfungz ha beix,
Seiq ngeix seiq hailangh;
Ndeiyak vah cungj gangj,
Yied gangj yied miz cingz.
女:能逢哥如今, 越想越开心;
好坏话都说, 越讲越有情。

Saiq:Daj gyae yawjraen va,
Mbouj rox va maz yiengh;
Yienz dauq roeb mwngz nuengx,
Mbouj rox fueng lawz vunz.
男:花儿远处望, 看不清模样;
今与妹重逢, 不知人何方。

Mbwk:Mbouj dwg vunz Guengjdoeng,
Gangj coenz coenz ciuq soh;
Mbouj lwnh mwngz mbouj rox,
Youq fwenloh laj gai.
女:不是广东人, 句句如实陈;
不说你不知, 住街边歌屯。

Sai:Cuengq duzbit roengz dah,
Duz gvaq laj gvaq gwnz;
Mbanj youq lawz lo lwnz,
Cungj caengz fungz mwngz gvaq.
男:放鸭下河里, 有游来游去;
妹住哪个村, 从未见过你。

Mbwk:Mbanj laj dem mbanj gwnz,
Doxfungz mwngz mbouj cam;
Byaij roen lij doxnyangz,
Mwngz da sang mbouj yawj.
女:上村与下村, 相逢你不问;
走路还相遇, 你眼高是真。

Sai:Cang ndeiyawj dangqmaz,
Rwzgim caiq goenhfwngz;
Gou ndaej baenzlai hung,
Caengz fungz mwngz saek baez.
男:打扮得好美, 金手镯耳坠;
我长这么大, 未见你一回。

Mbwk:Mbouj gyae guhmaz law,
Ok haw lij raen mwngz;
Ngoenz haenx bae aeu fwnz,

Lij doxroeb gwnz giuz.
女:相距不太远, 赶圩还相见;
那天去打柴, 还相遇桥面。

Sai:Raen nuengx ndei ha ndei,
Lumj valeiz hai amq;
Beix miz vah yaek cam,
Hix gannanz aj bak.
男:妹美丽端庄, 像梨花初放;
哥有话要问, 有口却难张。

Mbwk:Caenzgya youq mwnq neix,
Raen ndei mwngz guenj vah;
Naeuz mwngz nyi beix ha,
Gaej guh maz baenzlai.
女:咱在此见过, 合意你就说;
告诉阿哥呀, 别纠结太多。

Sai:Roegfek youq gwnz ndoi,
Mbouj miz moiz nanz doj;
Nuengx heuh gijmaz coh,
Beix mbouj rox cix cam.
男:鹧鸪栖山沟, 无媒难相斗;
妹叫啥芳名, 哥愿藏心头。

Mbwk:Aenvih gyadaej gungz,
Mbouj ndaej hwnj hagdangz;
Mingzcoh caengz ndaej an,
Heuh dahsam dahniq.
女:因为薄家底, 无法上学去;
名字尚未安, 叫达三达尼。

(caengz sat)

Seizdoeng Gwnndoet Aeu Rox 冬季饮食常识

Seizdoeng gwn gijmaz ne? Seizdoeng byaekheu noix, binjungj danduih. Ndigah, vunzraeuz ciengz dwg gvaq seizdoeng le ndaw ndang veizswnghsu mbouj gaeuq. Mwh ndaw ndang siuj veizswnghsu C seiz, mbouj siuj bouxlaux couh okyienh baenz conggbak biux naeuh、nohheuj foeggawh、ok lwed、baenz haexgaz daengj binghyiengh. Seizdoeng byaekheu noix, ndaej habdangq gwn di lwgmaenz caeuq maenzdoengzlingz ndeu. Lwgmaenz caeuq maenzdoengzlingz hamz veizswnghsu C、veizswnghsu B lai, daegbied dwg ndaw ndang noix veizswnghsu A



seiz, lwgmaenz simhoengz hamz huzlozbuzsu haemq lai, gwn de ndaej siu ndaw ndat、cawz doeg raq. Linghvaih, cawz gwn byaek-heu le, lij ndaej gwn di lauxbaeg hau、lauxbaeg nding、ngaz duh-henj、ngaz duh-heu、byaek-youzcai daengj, gij byaekheu neix hamz veizswnghsu haemq lai. Cijaeu ciengzseiz vuenh gwn binjungj, hableix dapboiq, lij dwg gaeuq aenndang bouxvunz sihyau da. Seizdoeng mbwn nit, bouxlaux aenvih souh daengz siuvaq supsou caeuq ndaw ndang baiz ok yinhsu yingyangj, ciengz dwg noix gyaz、gai、naz、diet daengj yenzsu, caiq gyahwnj seizdoeng ndang vunz nyouh lai, geij cungj yenzsu gwnzneix riengz nyouh baiz ok hix lai, ndigah, ndaej lai gwn di gijgwn hamz gai、diet、naz、gyaz daengj doxgaiq ndeu, lumj nyauh、byuk nyauh、ciengq lwgraz、daepmou、gyoijhom daengj. Boux ndaw ndang noix naz haenx, mwh cauq byaek seiz dwk gyu loq hamz di couh ndaej.

Seizdoeng Baujgen Sam Fap 冬令保健三法

Raemxraeuj cat heuj. Yihyo z conghyah doiq diuzheuj swnghdai diucaz ndaej rox, diuzheuj ndaw conggbak youq mwh 35 daengz 36.5 doh seiz naengz cingqciengz sup aeu caeuq baiz ok. Naengh diuzheuj ciengzseiz deng rwd ndat rwd gyoet daeuj gig, nanz le couh rox yinxfat baenz heuj in caeuq nohheuj foeggawh. Ndigah, hamz 35 doh raemxraeuj riengx bak, mizleih diuzheuj gengangh, hix ndaej cingcawz gij haeuxbyaek caeuq sigin saek youq geh heuj, dabdaengz hoh heuj caeuq gemjsiuj conggbak baenzbingh.

Raemxgyoet swiq naj. Seizdoeng naengnoh fajnaj aen-

vih deng mbwn nit daeuj gig, sailwed conggbwn sousuk. Yungh raemxndat swiq naj, dangseiz yienznaeuz gamjdaengz raeujrub, danhseih gij ndat siu bae le, sailwed conggbwn youh hoizfuk dauq gaeuq, baenzneix baez hoet baez iet, naengnoh fajnaj yungzheih bienqbaenz nyaeuqnyat. Haetromh yungh raemxgyoet swiq naj, yaepyet couh gamjdaengz uk singj da raeh. Raemxgyoet daeuj gig gawq ndaej gaijndei lwed fajnaj lae baedauq, youh ndaej hawj naengnoh fajnaj miz danzsingq. Gij baujgen cozyung de gawq youq laeng demgiengz rengz dingj bingh aenndang, youh

ndaej yawhfuengz baenz dwg-liengz caeuq ndaeng haenz, doiq boux sinzgingh hawnyieg baenz sinzginghsing gyaeuj in haenx daeuj gangj hix miz ndeicawq. Dangyienz, raemx-gyoet vwnhdu mbouj hab daemq lai, loq sang gvaq 10 doh couh ngamj.

Raemxndat cimq din. Yaek haeujninz gaxgonq yungh 55 daengz 70 doh raemxndat cimq din, gawq ndaej gaij naet youh ndaej coi vunz ninz ndaek vaiq. Hezvei fajdin vunzraeuz gig lai, cimq raemxndat ndaej soeng nyinz vued lwed, gyavaiq lwed lae baedauq, caemh ndaej fuengz binghywbingh.

Boux Baenz Binghnyouhdangz Seizdoeng Hoh Din Miz Sam Hab 冬季糖尿病患者护脚三宜

1、Hab bauj raeuj. Vahsug naeuz: “Nit daj laj din hwnj.” Aenvih angjsin lizhai simdaeuz gyae, lwed gunghawj haemq siuj, youzlauz biujmienh mbang, bauj raeuj naengzlig ca, baez deng liengz le, gig yungzheih baenz dwgliengz、aek in、hwet in din naet. Daegbied dwg gij bouxlaux baenz binghnyouhdangz haenx, din yungzheih dekleg deng nit sieng, hab daenj gij mad yungh faiq guh youh na haenx daeuj bauj raeuj.

2、Hab seuqsak. Genhciz moix ngoenz swiq din, yaek ninz gaxgonq aeu raemxndat cimq din saek 10 faen cung, ciengzseiz vuenhmad.

3、Hab lienhdang. Fajdin youq gwnz ndang vunz deng heuhguh “aen simdaeuz daihngeih”, de liz simdaeuz cei q gyae, danhseih de cix cigciep cozyung youq laeng aen simdaeuz. Boux baenz

binghnyouhdangz gimq dinghdingh naenghsoengz daiq nanz, ndaej gaengawq aenndang gengangh cingzgvang ciengzseiz genhciz guh di yindung fajdin ndeu. Daegbied dwg youq ndaw seizdoeng, gaej dungx byouq bae yindung, caemhcai q guh daengz dinghseiz dinghliengh. Vih hawj aen siuvaq hidungj goengnaengz mienx deng yingjyangj, wnggai gwn ngaizromh gvaq 30 faen cung le caiq bae yindung. Boux baenz binghnyouhdangz ndang youh haemq ca haenx, haethaemh okbae yindung mbouj ndaej siuj gvaq 30 faen cung. Danghnaeuz mboujmiz seizgan okbae yindung, hix wnggai youq ndaw ranz menhbyaij 5000 lai yamq. Baenzneix ndaej gaijndei fajdin lwed lae baedauq, demgiengz rengz dingj bingh, hawj vunz mbouj yaeuhfat baenz bing-fazcwn g.