

Fwen Guhyoux Conzdzungj Bouxcuengh

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Sai: Gofaex lij miz mingz,
Gonjrin hix miz coh;
Dahsau gvailolo,
Vihmaz coh mbouj an?
男:树木还有名, 石名有人定;
姑娘多乖巧, 怎没名没姓?
Mbwk: Gou gangj dwg saedvah,
Cingqgyaq cix caengz an;
Seizneix daengz gou cam,
Beix caemh an maz coh?
女:我实话交谈, 名字未曾安;
现在到我问, 哥名叫啥样?
Sai: Nuengx heuh gijmaz coh,
Mwngz ciuqsoh baez gangj;
Caiq mbouj ndaej daengz ranz,
Byaij doxnyangz yaek heuh.
男:妹名雅或俗, 你如实道出;
不讲就到家, 相逢要招呼。
Mbwk: Coh gou heuh daxniq,
Naeuz beix nyi yaek geiq;
Byaij loh doxfungz seiz,
Heuh yienghneix cix han.
女:我名叫达尼, 告诉哥要记;
走路相逢时, 这样叫应你。
Sai: Beix cam nuengx mwngz ni,
Geijlai bi nienzgeij;
Gou cam mwngz saedsaeh,

Gangj caen'eiq dwk nw.
男:哥问阿妹你, 有多少年纪;
我问你实情, 讲实话就记。
Mbwk: Gou guh vunz hwnjdaej,
Vah gangj yaeh mbouj miz;
Ngeihhaj noix song bi,
Faenh mwngz ni beix hae?
女:我处世过活, 假话没讲过;
廿五少两岁, 哥年数几多?
Sai: Faenh gou caemh vijsij,
Naeuz mwngz nyi saedvah;
Coh cieng ndaej ngeihhaj,
Lienz yah cungj caengz aeu.
男:我生贫寒家, 给你讲实话;
来春到廿五, 娶妻没人嫁。
Mbwk: Cam it mwngz dap ngeih,
Cam seiq mwngz dap gouj;
Ngeihhaj yah caengz aeu,
Gven gijmaz gou saeh.
女:问一你答二, 问三你答四;
廿五未娶妻, 关我什么事。
Sai: Gou saedvah baez naeuz,
Nuengx baenzyouq mbouj ngvanh;
Mwngz nienz ngeihseiq sam,
Ngeix caemh langhdangh gou.
男:我把实话陶, 妹何不思考;
你廿三四岁, 我单思徒劳。

Mbwk:Gou daengq faenh mwngz beix,
Gaej yungh ngeix baenzyung;
Lajmbwn daihbaj vunz,
Gag mwngz maz beixlungz.
女:我嘱大哥记, 别过多忧虑;
天下大把人, 单身不止你。
Sai: Gwn cieng haeuj ngeihhaj,
Lumj duzmbaj gag youq;
Ngoenz mbouj gyaeh gwn haeux,
Ngeix daeuj caemh siliengz.
男:春节廿五岁, 像蝴蝶单飞;
日不思饭茶, 想来也凄悲。
Mbwk: Ngeihhaj nienz lij noix,
Heiq guhmaz baenzyung;
Yawj seiqhamq dinmbwn,
Lij miz vunz guhdoi.
女:廿五年轻汉, 别太多烦恼;
看四周天边, 还有人作伴。
Sai: Roegvaek caengz miz rongz,
Youq gag gongz hamqdah;
Ngeihgeij caengz miz yah,
Ngoenz maz gvaq seiqvunz.
男:水鸡尚无巢, 河边自嚎啕;
二十几未娶, 此生太难熬。
Mbwk: Doengz dwg ban neix vunz,
Mbouj un lo ha beix;
Gaenq nienz ndaej ngeih geij,
Gag haeujheiq haeujsim.

女:同一辈年纪, 大哥别再提;
年龄二十多, 自己多留意。
Sai: Sai mbouj yah caemh ranz,
Baz mbouj gvan caemh rouh;
Gag ninz gag gven dou,
Ngeix simdaez caemh vaih.
男:男无妻共屋, 女无夫同住;
自关门独睡, 想心乱欲哭。
Mbwk: Gou hongz mbwn ha mbwn,
Faen mbouj ywnz(yinz)
daengz laj;
Ngeihgeij caengz ndaej haq,
Miz vunz ngah dem lawz.
女:我向天声讨, 分配不公平道;
廿几尚未嫁, 是否有人要?
Sai: Raeuz song boux youq neix,
Gou gag ngeixlinlin;
Siengj cam mwngz baengzcingz,
Lau sim mbouj doengzeiq.
男:咱俩在这里, 我独自忧虑;
欲问你朋友, 担心不同意。
Mbwk: Miz gijmaz soh ngeix,
Coenz lawz ndei cij lwnh;
Sawq cam mwngz beixlwnz,
Ij yaek lwnh gaiqmaz?
女:有啥尽管想, 哪句好才讲;
试问大哥你, 还想说那样?
(caengz sat)

Seizdoeng Hab Gaenx Dak Denz

冬季宜勤晒被褥

Seizdoeng mbwn nitngaungau, daj ciengx ndang gakdoh daeuj gangj, hab gaenx dawz denz ok dak. Gaenx dawz denz ok dak miz sam daih ndeicawq:

1、Ndaej siu cumx. Ciuq gujsuenq, boux vunz raeuz moix hwnzngoenz aeu daj naengnoh daih'iek baiz ok 1000 hauz—swngh raemxhanh, moix aen singhgiz lij daj naengnoh iemqok 40 daengz 60 gwz youzlauz. Gyanghaemh ninz seiz, denz rox nem aeu gij raemxhanh caeuq youzlauz neix, seizgan nanz le couh mbaeqcumx lo. Danghnaeuz ciengzgeiz hoemq gij denz neix, doiq ndangdaej gengangh cibfaen miz haih. Seizdoeng ginggvaq dawz ok dak ndit le, denz doq sikhaek hoizdauq hawqsauj, vunz hoemq seiz rox gamjdaengz cwxcaih raeujrub, mbouj yungzheih ndaej bingh.

2、Ndaej mied nengz siudoeg.

Seizdoeng aenvih doucueng ndaw rug mbouj ndaej ciengzseiz dajhai, ndaw rug couh sanj miz haujlai nengzbingh. Gij nengzbingh caeuq veizswnghvuz gwnz denz rox ingbaengh gij raemxhanh caeuq youzlauz daj ndaw ndang bouxvunz iemq okdaej haenx gig vaiq bae sanjlah. Dawz denz ok dak le, swjvaisen ndaw ndit ndaej siudoeg gajdai gak cungj nengzbingh caeuq veizswnghvuz. Ndigah, seizdoeng dak denz gawq ndeiraeuh dangqmaz caemhcaiq ndaej mbaet cienz mied nengz.

3、Ndaej hawj denz lai mboeng unq.

Gij denz ginggvaq ndit dak le, engqgya mboeng unq, hoemq youq gwnz ndang rox hawj vunz gamjdaengz engq cwxcaih ninz ndaek vaiq.

Cin Nit Aeu Fuengz Fwtdai

春寒要预防猝死

Ngamq gvaq seiz—doeng, yamq haeuj seizcin mbwn lij nit, bouxlaux aeu fuengz fwtdai.

Seizcin, bouxlaux aeu daegbied haeujsim fuengz rumz fuengz nit bauj raeuj. Riengz aenmbwn bienqvaq gaengawq aenndang cingzgvang dem gemj buhvaq. Gaiq ien siuj gwn laeuj lai gwn raemx, gaej gwn gijgwn manhget, baujciz gwndaenj miz



gvilwd, guhhong yiet—naiq doxgiethab, bauj—cwnng ninz gaeuq caeuq yietnaiq ndei, gemj—mbaeu atlig, gyagiengz lienhdang daeuj daez—sang rengz dingj bingh aenndang. Gij boux—laux baenz gvanhsinh—bing caeuq gij boux—laux baenz hezyaz sang haenx, bingzseiz aeu haeujsim gwnndoet caeuq gwn yw, neix doiq yawhfuengz fwtdai gig miz bangcoh.

Seizdoeng Boux Baenz Gvanhsinhbing

Hab Haeujsim Swnghhoz Baujgen

冬季冠心病患者宜注意生活保健

Yihyoz yenzgiu swhliu byaujmingz, binghsimdaez bouxvunz raemhrwnh fat baenz sim geuj in、simlwd mbouj doengz bingzciengz、simdaez fwtdai, seizdoeng fatbingh dwg seizzah song boix lai. Doengzseiz, boux baenz gvanhsinhbing youq bi ndeu dauqndaw dingzlai dwg youq ndaw seizdoeng dai bae.

Youq seizdoeng swnghhoz ndawde, fat baenz gvanhsinhbing hougoj cibfaen youqgaenj. Ndigah, boux baenz gvanhsinhbing seiz—doeng wng haeujsim swnghhoz baujgen. Gidij cosih lumj baihlaj:

Daih'it, haeujsim bauj raeuj, gaej hawj dwgliengz. Moix ngoenz yawj densi、gvangibo, gibseiz liujgaij moix baez rumznit seizlawz daeuj daengz caeuq daeuj geijlai ngoenz, guh ndei fuengz nit bauj raeuj cosih. Boux baenz gvanhsinhbing seizdoeng guh ndei bauj raeuj cibfaen youqgaenj.

Daihngeih, “ninzringz buenq diemj cung, gvanhsinhbing siuj sam cingz”. Miz vwnzyen baudauj naeuz, mox ngoenz ninzringz buenq diemj cung beij boux mbouj ninzringz baenz gvanhsinhbing dai bae fatbinghlwd doekdaemq 30%, yenzzinh dwg caeuq mwh ninzringz hezyaz doekdaemq, simlwd gemjmenh, hawj gyangngoenz hezyaz gauhfungh okyienh duenh seizgan doekdaemq ndeu mizgven.

Daihsam, fuengz “mohgvej seizgan”. Swnghvuzcungh cietlwd yenzgiu byaujmingz, hwnzngoenz ndeu 24 diemj cung ndawde, gyanghaet 6 daengz 11 diemj dwg duenh seizgan fatbingh gipsingq sim saek、fwtdai ceiqaen ndeu, deng heuhguh “mohgvej seizgan”. Neix caeuq gyauhganj sinzgingh fat angq、simlwd gyavaiq、hezyaz swng sang、ndaw ndang hauq yangj lai、hezsiujbanj comzrom demlai mizgven. Ndigah, bouxlaux baenz gvanhsinhbing haemq naek haenx, gyanghaet hwnqmbonq le aeu daezgonq gwn yw, gyanghaet gaej anbaiz hozdung daiq lai.

Daihseiq, sam aen buenq faen cung, bauj diuzmingh bingzan. Yenzgiu byaujmingz, mbanj bingh sailwed sim uk gyanghwnz oksaeh roxnaeuz fwtdai caeuq gyanghwnz sawqmwh hwnqcong ok haexnyouh, aenndang gaijbienq daiq vaiq cauhaenz yaepseiz sim uk soengq lwed mbouj gaeuq mizgven. Gyoengq conhgyah genyi naeuz: Mwh gyanghwnz ndiusingj seiz, wng sien ietnonx gwnz mbonq buenq faen cung, liuxle hwnq naengh buenq faen cung, caiq song fwngz gaemh bien congz buenq faen cung cij bae ok haexnyouh.