

Fwen Guhyoux Conzdungj Bouxcuengh

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Sai: Daengj gou naeuz mwngz nyi,
Caensim cix saedvah;
Gou iq cix guh gyax,
Haengj haq daeuj cix aeu.
男:等我告诉你,讲真心话语;
我从小孤儿,肯嫁我就娶。
Mbwk: De hong caen mbouj baenz,
Gangj daengz dwg saedvah;
Ma buenqgyang mbouj ngah,
Ndaqndaq caiq boenq deuz.
女:她不会干活,实话跟你说;
怕半途不爱,谩骂又“退货”。
Sai: Aeu miz vunz ndaej daeuj,
Bouxboux gou cungj haengj;
Guhhong mbouj daih baenz,
Gou ma daengz menh son.
男:只要人嫁到,哪个我都要;
不太会干活,娶回再引导。
Mbwk: Hongreih dem hongnaz,
Gauq vunzbaz daih’it;
Gaiqgaiq mbouj lauzlig,
Lau mwngz vit saek ngoenz.
女:田地里农活,妇女是主打;
样样不在行,怕哪天弃她。
Sai: Mwngz bae cam de gaeuj,
Gou baenzbaenz doengzeiq;
Guh moiz ndaej baenz ndei,

Gou geiq maenh aencingz.
男:你探她心底,我肯定同意;
介绍能成功,大恩我牢记。
Mbwk: Danghnaeuz caen haengj aeu,
Daengj gou cam dahsau;
Daeg vunz mwngz baenzmbauq,
Mbouj baenzsau mbouj ngah.
女:如果真想娶,我帮问姑娘;
你相貌英俊,尽想要漂亮。
Sai: Gaej doenq sam dauq seiq,
Vaiq bae cam yawj gaeuj;
Mbouj baenzsau cungj aeu,
Caenh miz boux cix suenq.
男:别颠三倒四,快去帮探听;
不靓丽也要,人嫁就答应。
Mbwk: Ciuq yienghneix daeuj naemj,
Gangj caen rox gangj gyaj;
Ma mbouj baenz liux ga,
Mwngz gaej ndaq gou aeu.
女:照这样来看,讲假或讲真;
娶回又分手,对我别怨恨。
Sai: Roxnaeuz lau cauifanz,
Mbouj bae cam dem laeu (lo);
Caen cojgvaq baengzyoux,
Faenh mwngz daeuj caemh goj.
男:抑或怕麻烦,不想帮打探;
若可怜朋友,你来我也干。

Mbwk: Caen dwg bang nuengxheiz,
Mwngz fan ngeix daengz gou;
Yienghceij caiq mbouj gyaeu,
Mwngz aeu gou vaih ciuh.
女:真是帮小妹,你却想到我;
样子又不好,娶我划不过。
Sai: Raen bouxvunz mwngz gyaeu,
Seiq gaeuj (yawj) seiq hab da;
Ndaej aeu mwngz guh yah,
Angq dangq a ndaej goep.
男:看你很秀气,越看越欢喜;
能娶你回家,乐似鴉得鱼。
Mbwk: Gaej guh yienghneix siengj,
Gou liengh mbaej lumj lwnz;
Beix caeuq nuengx gietvaen,
Vaih seiqvunz mwngz nw.
女:别这样思考,我不如你好;
哥和妹结亲,你一生糟糕。
Sai: Dingq coenz vah baengzcingz,
Gou aensim caemh siengj;
Nuengx miz ngamq doiqsiengq,
Beix muengh dawz gvaq henz.
男:听朋友一言,我沉思心间;
妹若有对象,哥盼放一边。
Mbwk: Lau beix miz lingh dah,
Nuengx miz maz doiqsiengq;
Danghnaeuz sim mwngz siengj,

Raeuz song mbiengj caez damz.
女:恐哥有姑娘,我哪有对象;
倘若你有心,咱俩就相商。
Sai: Yawj baenzsau caiq gyaeu,
Daeuj laeng gou guh yah;
Lau bet sien roxnaj,
Cij ndaej aeu dah mwngz.
男:你漂亮伶俐,嫁给我为妻;
恐认识八仙,才能娶到你。
Mbwk: Naj beix ndei hoengzdauz,
Noh hau lumj saceij;
Dah lawz miz fukheiq,
Cij ndaej bae laeng mwngz.
女:哥面色红润,肤似纸白皙;
姑娘谁有福,才能配给你。
Sai: Nuengx nyok coenz vah ndei,
Sim beix hai vavengj;
Ndaej gyau mwngz baenz lengj,
Dangq roegenq ok cin.
男:妹赠句好话,心开金樱花;
能交你靚妹,像春燕恋家。
Mbwk: Siengj gvanbaz gaepcaeuh,
Yaek caez maeuz gyageiq;
Dauq cam mwngz ha beix,
Gauj seng’eiq gaiqmaz?
女:想结为夫妻,要共谋家计;
试问你大哥,搞什么生意?
(caengz sat)

Seizcin Gwnndoet Haeujsim Gijmaz?

春季饮食注意啥?

Boujcong youhciz danbwz-ciz. Seizcin aenmbwn bienqvaaq daih, nit ndat gig danbwzciz ndaw ndang bouxvunz faengaij okdaeuj vaiq, rengz dingj bingh ndang vunz doekdaemq, boux-vunz couh yungzheih cienzlah roxnaeuz fukfat baenzbingh, ndigah aeu boujcong youhciz danbwzciz gijgwn hawj aen-ndang, lumj gyaeqgaeq、nohbya、nohgaeq、gij huq aeu duh daeuj guh daengj.

Bouj gwn veizswnghsu caeuq vuzgihyenz hawj gaeuq. Byaekhau、byaekyouzcai、mak-yungz、makgam、makcengz daengj hamz veizswnghsu C gig lai, ndaej dingj binghdoeg; lauxbaeg nding、byaekroem



hamz veizswnghsu A lai, ndaej baujhoh caeuq demgiengz nem-muek sanghuhgizdau caeuq diemheiq gi’gvanh bizsibauh goengnaengz; lwgraz、byaek-gienjsim、byaekreuz daengj hamz veizswnghsu E lai, ndaej daezsang menjyiz goengnaengz bouxvunz, hawj aenndang lai

dingj ndaej bingh.

Gijgwn aeu cit guhcawj. Seizcin heiq daep cei q hoengh, heiq daep hoengh cix yingyangj daengz aenmamx, yungzheih okyienh beizheiq hawnyieg daengj bingh. Ndigah, seizcin hab gwn gijgwn manh、diemz、raeuj, geih gwn huqsoemj huqsaep; gwnndoet aeu cit guhcawj, siuj gwn gijgwn youz nywnx、ndip gyoet; boux baenz ganhyenz geih gwn hakgyaeq, aenvih ndaw hakgyaeq hamz miz daihliengh youzlauz caeuq danj-gucunz, gij huq neix aeu youq ndaw daep daeuj baiz ok, baenzneix couh gyanaek fudanh aen’dap lo, doiq hoizfuk goeng-naengz aen’dap fouz leih.

Seizcin Gwn Meiq Ndaej Siucawz Naetnaiq

春季喝醋消除春困

Dingzlai vunz youq ndaw seizcin cungj gamjdaengz naet-naiq, ndaej gwn di raemxmeiq ndeu daeuj siucawz. Meiq mboujdanh ndaej bangcoh siuvaq, gij feih soemjndaengq de lij ndaej gig ndang vunz. Danhseih cigciep gwn meiq rox sienghaih nemmuek aendungx, cei q ndei dwg heuz raemxgoenj

gyoet caiq gwn. Caiq gangj, naetnaiq caeuq raemx ndaw ndang bien soemj mizgven, lai gwn gijgwn ndaengq ndaej cunghab mwh ndang noh naetnaiq seiz canjseng gij huqsoemj okdaeuj haenx, hawj vunz siucawz naetnaiq. Meiq yienznaeuz dwg soemj, danhseih ginggvaq ndang vunz baiz ok

le dauqfanj bienqbaenz huq-ndaengq. Doengzseiz, yungh gij meih soemjndaengq de daeuj gig aen’uk daezsaenz, gig ndang vunz sinzgingh hawj vunz lai gwn ndaej doxgaiq, doengzseiz ndaej vaiqvet daezsang menj-yizliz, soengset hoizfuk rengz-ndang, yienghneix couh ndaej siucawz naetnaiq lo.

Gij Vwndiz Boux Baenz Yizganh Seizcin Aeu Haeujsim Haenx

乙肝患者春季应注意的问题

Simcingz: Aeu baujciz vaiqvued hailangh, swnh’wngq seizcin heiqdaep swngfat daegdiemj, hawj heiqlwed huzswnh. Simcingz nyapnyuk、naemjngeix gvaqbouh rox yingyangj aen goengnaengz bwtdaep caeuq beizheiq, okyienh mbwq gwn、aek ciengq、baenzsiq daengj siuvaq mbouj ndei cingzgvang.

Yietnaiq: Ciengx daep naek youq haeujninz, seizneix mbangj vunz ciengzseiz ngaizhwnz, aen-daep deng sienghaih youqgaenj. Dingzlai vunz aen’dap miz bingh dwg ngaizhwnz ndaej daeuj, itbuen daeuj gangj, boux ciengzseiz ngaizhwnz dingzlai dwg song da ndinghoengz, neix couh dwg huj daep swng hwnj cauxbaenz. Ndigah, boux baenz yizganh cei qndei dwg ninzringz diemj cung ndeu, gaej ngaizhwnz.

Yindung: Itbuen daeuj gangj, geiz ganhyenz hozdung aeu dinghdingh ninz gwnz mbonq yietnaiq. Mwh caemcingx seiz ndaej habliengh guh di yindung ndeu, baujciz doengh cingx giethab. Gaej yindung haenq lai, mienxndaej lwed aen’dap cung gawh. Boux daep miz bingh aeu haeujsim yietnaiq ciengx ndang, mienx deng gyanaek fudanh aen’dap le yinxbaenz aen’dap deng sieng.

Gwnndoet: Seizcin wng lai gwn di gijgwn raeuj bouj heiqyiengz ndeu, lumj makdaihcauj、maenzcienz daengj. Coeng caeuq byaekgep hix ndaej hoh daep. Seizcin gwnndoet aeu cit、raeujndat, gaej gwn huqndip huqgyoet caeuq nohma、yinzsinh、luzyungz daengj huqbouj. Laeuj yungzheih sieng daep, aeu siuj gwn di. Boux miz yiengz daep hoengh seizcin yungzheih baenz gyaeuj in、da raiz, ndigah naek youq nyinh yaem bouj lwed, fuengz baenz hezyaz sang caeuq mauhfung. Ndaej senj gwn di gyoijhom、makcengz、makleiz、duhheu、byaekginzcai ndeu dem.