

Fwen Guhyoux Conzdungj Bouxcuengh

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Mbwk: Mwngz naeuz mbouj miz yah,
Vunz da raen gyanghgyangh;
Caemh gwed liengj bae mbanj,
Caez gangjgangj riuriu!
女:你说没有妻, 人亲眼目击;
同打伞串村, 两人乐无比!

Sai: Caengz miz yah doxgaen,
Sau luenh haenh luenh naeuz;
Cauh vah daeuj yug gou,
Suenq banjdaeuz mwngz daih.
男:尚无妻随我, 妹胡编乱说;
造谣来辱人, 算你花招多。

Mbwk: Ngoenz haenx bae Hawloeg,
Lij roeb sou ndaem naz;
Rag cag lienz vanq gyaj,
De dwg yah mwngz mbouj?
女:那天去陆圩, 见你俩插秧;
拉绳抛秧苗, 不是妻谁帮?

Sai: Lwg Majsanh roengzdaeuj,
Gou cix goq de ndaem;
Moux seiq cib maenz ngaenz,
Caemh caen yah gou la?
男:马山女下来, 我就雇她插;
一亩四十元, 也算我妻吗?

Mbwk: Bak naeuz caengz miz vunz,

Suenq mwngz lai ak cau;
Bohmeh mwngz caiq laux,
Yienghyiengh causim mwngz.
女:嘴说没人帮, 算你多能干;
你父母又老, 样样得忧烦。

Sai: Gou goq lwg Bincou,
Mbouj ndaej naeuz coenz naek;
Guhguh caiq yietbaeg,
Caengz laep cix haeujma.
男:我雇宾州人, 一句不能说;
千千又休息, 天大亮收活。

Mbwk: Lwgmbwk cix bingz daiz,
Lwgsai caiq bingz hoq;
Gwn gaiq bya gaiq noh,
Heuh caeuq boh gangriiu.
女:女儿平台高, 男孩又会跑;
吃鱼肉鸡肉, 还与父嬉闹。

Sai: Lienz yah caengz ndaej aeu,
Lwg gou lawz bingz mbaq;
Gwn gaiq noh gaiq bya,
Laep da dwk cij ndwnj.
男:连妻未曾见, 我儿怎平肩;
吃块鱼块肉, 闭眼才能咽。

Mbwk: Lwglwg liux caiq baz,
Gyuk baenz laz ok hei;
Lumj doengh faenh gou nei,

Dangq mbawcej nyig rumz.
女:儿女又妻娇, 喧哗似锣闹;
像我这孤女, 如纸逆风飘。

Sai: Bak gangj cix ciuq sim,
Dwg cingqging saedvah;
Hojsik lo nuengx ha,
Cam mwngz haq mboujcaengz?
男:按良心话你, 是正经实语;
可惜呀阿妹, 要嫁到哪去?

Mbwk: Caeuq mehsimj gou gwn,
Dang seiqvunz lwgyax;
Yaek haq vunz mbouj ngah,
Ngoenz youzyaz gyang luengq.
女:与婶谋生计, 当一辈孤女;
欲嫁人不要, 日来串村里。

Sai: Cinfaen caengz doek gyaj,
Laebhah aeu maz ndaem;
Ciuq faenh gou daeuj daengz,
Ngoenz maz baenz vunzseiq?
男:春分未播种, 立夏怎插秧;
照我这情形, 何日像人样?

Mbwk: Vunz ndaemndaem caiq ndai,
Gou ra vaiz caengz dauq;
Vunz ndaem heusausau,
Gou caengz dauj goenqfiengz.
女:人插秧又耘, 我找牛未见;

人苗绿油油, 我尚未犁田。
Sai: Meh mwngz seng saundei,
Geijseiz cij ndaej haq;
Yauqgonq cam mwngz ga,
Sengj vihmaz mbouj han?
男:你娘育美女, 几时能出嫁;
前阵子问你, 为何不答话?

Mbwk: Soengq vunz cungj mbouj aeu,
Mbouj dwg gou mbouj siengj;
Yienzaen baenzlawz yiengh,
Vunz mbouj siengj caemh nanz.
女:送人都不要, 不是我不干;
究竟是何因, 人不爱也难。

Sai: Roxnaeuz nuengx miz gvan,
Vunz yaek cam caemh yaenq;
Rox de gyaj rox caen,
Gou da raen cij saenq.
男:或妹有夫君, 不敢再探询;
管她真或假, 我眼见为准。

Mbwk: Mwngz naeuz gou miz gvan,
Cam vunzmbanj yawjgaeuj;
Caz seiqhamq baengzyoux,
Gou haq laeng bouxlawz.
女:你说我有夫, 去问众村民;
访四周朋友, 我嫁给何人。
(caengz sat)

Seizcin Hawqsauj Mbouj Ndaej Lanhyungh Yw'nyinhhoz

春燥不可滥用润喉药

Seizcin vunzraeuz cungj gamj-daengz bak sau j linx hawq, cungj siengj ra di yinhouben、conhbei daengj yw daeuj gwn nyinh hoz. Canghyw daezsingj naeuz, mbouj ndaej lanhyungh yw'nyinhhoz.

Huhgizgoh conghyah gaisau naeuz, yinhouben dwg gij yw gwnz linzcangz ciengz yungh haenx, mbanj yinhouben vuedsingq daih、rengz gaj nengz ak, ndaej hanhhaed nengz caeuq gaj nengz. Danhseih,

gig nemmuck conghbak haemq youqgaenj. Boux miz denj gominj roxnaeuz mehdaiqndang、mehcijlwg cungj mbouj hab hamz ndaw bak gwn. Boux miz denj gominj danghnaeuz gwn gij yinhouben neix, rox fatseng gominjsing fanjying, okyienh diemheiq gaep、fajnaj haumiek、naengbak heuaeuj、naengnoh hwnj diemjhoengz daengj yienghsiengq, mbanj lij okyienh daengx ndang dumz gyoet daengj

cingzgvang dem. Mehcijlwg hamz gwn yinhouben, rox yingyangj lwgnding fazyuz. Neimungzgij Yihyozyen Cangh Sezfungh gyausou gienq naeuz, conhbei ndaej siu ndat nyinh bwt、vaq myaiz dingz ae. Danhseih cijdan yungh daeuj yw ndat ae, bingq mbouj dwg naeuz sojmiz ae cungj gwn ndaej, itdingh ginggvaq canghyw duenq gvaq cijndaej gwn yungh.

Seizcin Fuengz Aiz Lai Gwn Coengsuenq

春季防癌多吃葱蒜

Youq ndaw cunghyih yawj daeuj, seizcin cingq dwg seiz cei q ndei ciengx daep, ndaej lai gwn di coeng、suenq、lwgmanh ndeu, yienghneix mboujdanh ndaej sw nh ciengx hei q daep, lij ndaej fuengz baenzaiz dem.

Coeng (baugvat yiengzcieng)、suenq、lwgmanh heu yienznaeuz haemq manh, danhseih de hamz liuzvavuz haemq lai, ndaej gig conghsaej, hawj vunz lai gwn ndaej doxgaiq, caemh ndaej bangcoh cei hyw baenz foeg. Mwh cawx seiz caenhliengh senj cawx gij coeng、suenq naeng aeuj, yienghneix yingzyangj gyaciz engq sang, gwn

bouj yaugoj haemq ndei. Seizcin haujlai doenghgo ngamq hainduj did nyod, lumj nyod gocin、raet daengj, ndawde nyod gocin rang hamz vezlieng yenzsu haemq sang; raet cix hamz dangz lai, song cungj huq neix cungj ndaej daezsang menjyizliz, hawj aenndang dem rengz, hab boux baenz foeg gwn. Doengzseiz lij ndaej lai dem gwn veziswnghsu A、veziswnghsu C、veziswnghsu E dem, hix ndaej lai gwn di lauxbaeg nding、makyungz caeuq rangzngox、byaek-bohcai、lauxbaeg、maenzdoengz-lingz、byaekgathau daengj dem.



Bouxlaux Lai Gwn Byaekbohcai Ndaej Yawhfuengz Ndok Raek

多吃蔬菜可预防老人骨折

Bouxlaux aenvih bi'ndwen ciemh ngoenz ciemh geq, ndok hix yied daeuj yied soeng byoiq. Bouxlaux baenzlawz yawhfuengz ndok raek ne? Raeuz aeu rox, gai caeuq aenndang soemjndaengq doxdaengh miz maedsaed gvanhaeh. Mwh gwn haeuj danbwzciz daiq lai seiz, aenndang soemjndaengq couh mbouj doxdaengh lo, gai deng baiz ok rog ndang daeuj couh lai. Danghnaeuz lai gwn di byaekbohcai ndeu, couh ndaej cungfaen bouj gai caeuq mej hawj aenndang, bangcoh vezicz soemj-ndaengq doxdaengh, gai couh siuj baiz ok rog ndang daeuj, doiq goetndok gengangh cibfaen miz ik.

Veizswngshu K ndaw byaekbohcai ndaej coi goetndok habbaenz geng-ndongj. Veizswngshu K cujyau youq ndaw gij byaek mbaw heu caeuq ndaw youzdoenghgo. Byaekbohcai dwg doengh cungj byaekheu hamz veziswnghsu K cei q lai ndawde cungj ndeu. Mehmbwk cungnienz caeuq mehmbwk geq moix ngoenz gwn haeuj 109 vezigwz veziswnghsu K doxhwnj, ndaej hawj fatseng ndok raek doekdaemq 30%. Hix miz yenzgiu byaujmingz, moix ngoenz gwn haeuj 200 vezigwz veziswnghsu K, couh ndaej hawj goetndok maj ndaej engq dei h engq saed. Hix couhdwg naeuz, moix ngoenz gwn mbouj daengz 100 gwz byaekbohcai, couh ndaej dabdaengz aen yaugoj neix.