

Fwen Guhyoux Conzdungj Bouxcuengh

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Sai: Dajswh gyau mwngz lwnz,
Youq ngoenz hwnz cungj ngeix;
Beix ndiep nuengx lainoix;
Youz deihdeih gag dwen.
男:自与你相恋, 日夜都惦念,
哥爱妹多少, 天地有证言。

Mbwk: Ndiep mbouj raen beix gou,
Gag youq dangq vunzloengz;
Gwn haeux dangq gwn oen,
Youq hwnzngoenz cungj muengh.
女:爱不见哥乖, 独自在发呆;
吃饭如吃棘, 日夜盼哥来。

Sai: Ndiep mwngz nuengx simlangx,
Mbouj ndaej gangj ok sing;
Mbouj raennaj mwngz gim,
Haemh ninz mbouj gyaez cangh.
男:爱妹心如焚, 无法讲出声;
不见金妹面, 夜睡懒翻身。

Mbwk: Gak boux youq gag mbiengj;
Youq siengj yaek daimaez;
Songsam leix roen gyae,
Cungj mbouj ndaej raennaj.
女:各人在一地, 想来要昏迷;
两三里路程, 却见不到你。

Sai: Ndiep nuengx mbaej caeuq gangj,
Sim caen fanz lai lou;

Diem din ok bakdou,
Nandang fouz mbouj gyaez yamq.
男:爱不能交谈, 实在太心烦;
要跨出门口, 身浮迈步难。

Mbwk: Beix ndiep nuengx cibngeih,
Nuengx ngoenz ngeix cibhaj;
Mbouj ndaej bae guh yah,
Cungj hoj gvaq seiqvunz.
女:哥爱妹十二, 妹日想十五;
不能去当妻, 这辈太难度。

Sai: Ndiep nuengx mbouj raennaj,
Ndei diuq dah diuq vaengz;
Mbaej raen naj mwngz ngaenz,
Byaij ndei laemx gyang luengq.
男:爱妹见不到, 急得上下跳;
没能见到你, 走路总跌倒。

Mbwk:Daj caeuq beix gyaucingz,
Nuengx aensim cix luenh;
Youq ngoenz siengj hwnz siengj,
Vaih bae mbiengj simdaeuz.
女:自与哥相恋, 心乱如麻线;
日想夜更想, 心头坏半边。

Sai: Gwn haeux dangq gwn oen,
Ndwnj mbouj roengz daengz laj;
Ndiep nuengx mbouj raennaj,
Yaek ndei cax gvej hoz.
男:吃饭如吃棘, 无法咽肚里;
爱妹不见面, 欲把脖割去。

Mbwk:Ndiep ha ndiep baenzseiq,
Caenh ndiep beix mbouj lumz;
Daj doq dai roengz gumz,
Cungj caeuq mwngz guhdoi.
女:爱呀爱情郎, 一辈子难忘;
就算死埋地, 仍与你同堂。

Sai: Ndiepgyaez mbouj raen nuengx,
Youq sim luenh daraiz;
Ndiep nuengxgim lailai,
Saek ngoenz dai mbouj dingh.
男:真爱不见妹, 眼花又心乱;
爱金妹多多, 哪天死难断。

Mbwk: Gou doiq beix ndiepgyaez,
Gag maez caiq gag singj;
Ndaw hoz ngeixringring,
Yaek haeb linx daimaez.
女:我对哥深爱, 自醉自醒来;
心中想入迷, 欲咬舌断开。

Sai: Ndiep nuengx lai ha lwnz,
Lwed giet dungx baenz goenj;
Ninz mbouj gyaez haeuj congz,
Haeuxdonq mbouj gyaez gwn.
男:爱妹情浓浓, 血结块肚中;
夜不愿入睡, 饭茶不思用。

Mbwk: Beix ndiep nuengx dohmaz,
Gou gya ngeix mwngz lai;
Daek haeux ma daengz daiz,
Ngeix beix lai cix cuengq.

女:不只哥爱妹, 我想你更多;
装饭不肯吃, 思哥多难过。

Sai: Ndiep mwngz lai ha gim,
Gau roengzninz hix loq;
Iet ga caengz ndaej soh,
Loq raen nuengx geij cauq.
女:爱妹意绵绵, 睡下就梦见;
脚尚未伸直, 梦妹好几遍。

Mbwk: Ndiepgyaez mwngz baengz—
cingz,
Haemh daengz ninz gag daej;
Duzroeg youq gwnz faex,
Cungj daeq gou siliengz.
女:珍爱朋友你, 夜来自哭啼;
树上那鸟儿, 也替我悲凄。

Sai: Haet hwnqdaeuj swiq naj,
Yawj gvaq mbiengj baihoeng;
Ndiep mbouj raen mwngz doengz,
Daej da hoengz ok lwed.
男:清晨起洗漱, 遥望过东部;
爱而不见妹, 悲哭血泪出。

Mbwk: Rox mwngz ndiep mbouj ndiep,
Gou hix ndiep hix ngeix;
Ndwen miz samcibngeih,
Gou geiq seiqcib ngoenz.
女:管你恋不恋? 我又爱又恼;
月有卅二日, 我思四十天。

(caengz sat)

Seizhah Ga Foeg Gwn Danglwglimz

夏天腿肿喝红豆汤

Hozbwz Swngj Cunghyihyen Siuhva Neigoh Yez Sungh gyausou gaisau naeuz, lwglimz singq bingz、feih vansoemj, ndaej cangq beizheiq leih raemx、siu ndat cawz caep、siu foeg gejdoeg. Yienhdaih yihyoz yenzgiu hix byaujmingz, lwglimz ndat noix, hamz veizswnghsu E、gyaz、meij、linz、sinh、sih daengj vuedsingq cwngzfwn lai, dwg gijgwn hamz gyaz lai haenx, ndaej gyangq hezdangz、hez Yaz、hezci j, doiq yw saej humz、baenzsiq、baezfoeg yaugoj haemq ndei.

Seizhah ndang vunz yungzheih baenz foegraemx, gwn danglwglimz ndaej siu foeg. Boux baenz foegraemx itbuen nyouh noix, danghnaeuz ngamq baenz foegraemx seiz baek lwglimz gwn, ngoenz daihngeih foeg couh siu bae, lien z gwn 6 daengz 7 ngoenz couh ndeidingh. Bouxlaux seizhah din ga baenz foegraemx, ndaej aeu lwglimz ngauz cuk gwn.

Yez gyausou naeuz, seizhah vunz amqbak mbouj ndei caeuq baenz dungxraeng, cingqciengz sup haeuj yingzyangj doxgaiq couh noix, aenndang daise luenhyab, caemhcai q yinxhwnj aenndang noix yingzyangj roxnaeuz baenz cungj bingh wnq. Ndigah, cawz haeujsim bouj yingzyangj le, lij aeu lai gwn di gijgwn cing ndat、leih caep he dem. Lwglimz dwg huqn dei cawz caep, aeu n yaq lwglimz caeuq naeng makdoengj cawj gwn, roxnaeuz aeu lwglimz caeuq haeuxlidlu baek dangz gwn, hix ndaej leih caep. Aeu lwglimz caeuq haijdai caez cawj gwn, ndaej gaijn dei haexgaz; boiqhab daeuhfouh caeuq mbaw gosijsu gwn, ndaej coicaenh dungxsaej cingqciengz yinhsoengq, coi lwed lae baedauq, caemh ndaej byom ndang.

Yez gyausou daegbied daezsingj naeuz, cawj lwglimz seiz, cei q ndei aeu dangzndaem caeuq dangznding daeuj daiqlawh begdangz dwk roengz, hoeng boux ndang byom caeuq boux nyouh lai mbouj hab gwn lai.

Seizhah Geih Ciemz Heuj

盛夏时节忌拔牙

Seizhah, boux heuj miz bingh bae yihyen siengj ciemz heuj, canghyw itbuen mbouj haengj bang ciemz. Gohyoz gaengawq miz song diemj:

Daih’it, seizhah mbwn ndat, vunz ok hanh lai, gig yungzheih deng ganjyenj. Nandang vunz vihliux youq ndaw seizhah naengz veizciz cingqciengz sengleix hozdung, aeu gyagiengz gak aen diuzcez gihci daeuj veizciz cingqciengz ndangraeuj, cungj fanjying neix hawj giz baksieng heuj engq yungzheih deng sign ciemq haeuj.

Daihngeih, ciemz heuj le camhseiz louz miz aen baksieng ndeu, daegbied dwg giz gaenh diuzheuj. Seizhah, aenvih nemmuek cong h bak baihdaw sailwed cong h bwn mingzyienj mbegvangq, lwed sei qhenz sailwed cong h bwn nanz gietgongj, gig yungzheih ok lwed roxnaeuz foeg lwed. Seizhaenx, danghnaeuz siudoeg mbouj yiemz, sign couh



rox youq giz foeg lwed sengmaj、sanjlah, yinxhwnj ganjyenj. Baez deng ganjyenj, couh rox vaiqv et yiengq sei qhenz noh、giz unq caeuq giz miz geh haenx mbegvangq, cau hbaenz cujciz laj nemmuek ganjyenj、gawhfoeg caeuq insep youqgaenj. Doeklaeng bak aj mbouj ndaej, daengx ndang hawnyieg.

Boux sai Ciengz Gwn Caz Ndae j Yawhfuengz Cenzlezsen Baenz Aiz

男人常喝茶可预防前列腺癌

Ceiqgaenh, Meijgoz gohyozgyah doiq caznding caeuq cazloeg guh caenh’itbouh yenzgiu byaujmingz, song cungj caz neix ndaej gemjmenh cenzlezsen aiz sanqhai.

Geij bi daeuj, gyoengq gohyozgyah foenfoen hainduj yenzgiu gij goengyauq caz fuengz aiz. N dawde aen yenz yinh he couh dwg, aen guek lawz gyoengqvunz maij gwn caz, vunz

giz noix baenz mbangj cungj aizcwn g.

Gyoengqvunz yenzgiu haenx doengzseiz gienq naeuz, gij yenzgiu cwn g zgoj de bingq mbouj dwg naeuz dan gwn caz couh ndaej fuengz cenzlezsen baenz aiz. Gwnndoet sibgvenq ndaej ndei, lai gwn byaekheu caeuq lwgmak, bingzseiz ciengz gwn caz, cijndaej hwnj daengz fuengz aiz cozyung.