

Fwen Guhyoux Conzdungj Bouxcuengh

壮族传统对唱恋歌

□ 关仕京 搜集翻译

(接上期)

Sai: Song raeuz caez miz sim,
Gwnz rin bae ndaem suenq;
Gou dem mwngz dahnuengx,
Dwg ityiengh simdaeuz.
男:咱有心结伴, 种蒜在石上;
我和金妹你, 心思都一样。
Mbwk: Ciuq faenhgou aensim,
Dik rin guh baiz geiq;
Miz sim gyau mwngz beix,
Dai gvaqseiq menh lumz.
女:依照我心意, 刻石碑标记;
有心来交哥, 过世不忘去。
Sai: Raeuz caezgya mbouj lumz,
Dai roengz gumz cungj geiq;
Daj doq daenj buhceij,
Gaek sigbei aeu mingz.
男:咱俩不忘情, 死后仍记清;
就算穿纸衣, 刻石碑留名。
Mbwk: Mbouj lumz caez mbouj lumz,
Dai roengz gumz lij siengj;
Daj doq mbwn bibuengq,
Cungj mbouj siengj faenliz.
女:大家不忘去, 埋下还惦记;
即使天摇晃, 也不想分离。
Sai: Song raeuz gij cingzaen,
Mbouj naek gaen cungq buenq;
Dai bae cungj mbouj duenh,

Seizseiz siengj ndaw hoz.
男:我俩这情分, 没一斤也半;
死也不分开, 时刻记心坎。
Mbwk: Naek mbouj gaen cungj buenq,
Caez mbouj duenh cingzeiq;
Daihcaez mbouj faenliz,
Cien bi cungj geiqniemh.
女:重一斤或半, 不让情断线;
两人不分离, 千年都记念。
Sai: Song raeuz caez miz sim;
Dwk rin hwnq ranzlaeuz;
Miz sim gyau baengzyoux,
Byaek mbouj youz cungj feih.
男:我俩都有心, 破石起楼房;
诚心交朋友, 菜无油也香。
Mbwk: Song raeuz caen miz sim,
Aencingz laeg baenz haij;
Caen ndiepgyaez dahraix,
Raeuz cix byaij haemq deih.
女:咱俩真有心, 恩情深似海;
心十分相爱, 咱就勤往来。
Sai: Aeu caezgya miz sim,
Dub rin hwnq giuzgungj;
Daj doq laux gaemh dwngx,
Cungj bae rumj guhcaemz.
男:大家有心交, 打石建拱桥;
即使老扶杖, 也追去同游。
Mbwk: Raeuz baenzlai miz sim,

Aencingz mbouj hawj duenh;
Cibngux ronghndwen mbiengi,
Cungj mbouj duenh faenliz.
女:咱这般有意, 不让断情谊;
十五月亮缺, 也不会分离。
Sai: Deq daengz seizlawz bae,
Vafaiz ndaej ok aen;
Daengz seizlawz ha ngaenz,
Ndaej guhcaemz eu fwen.
男:要挨到哪天, 竹果枝头连;
等到几时呀, 同歌笑开颜。
Mbwk: Miz sim caez miz sim,
Miz cingz caiq miz eiq;
Song raeuz caez guhdoi,
Lau mbouj heih maz doengz.
女:有心同有心, 有意再有情;
咱俩结成对, 干啥都能行。
Sai: Daj caiq mingh mbouj hab,
Song raeuz gag doxhaengj;
Seiq neix gyau mbouj baenz,
Daengq daihlaeng yaek byaij.
男:即使命不合, 我俩仍相爱;
此生结不成, 嘱后辈重来。
Mbwk: Seiq neix mbouj baenz daemz,
Louz daihlaeng guh dah;
Caiq mbouj baenz gvanbaz,
Cungj doxcaj guhcaemz.
女:这辈不成塘, 留后世做河;

若不成夫妻, 也一起玩乐。
Sai: Ciengx bya ndaej caemh daemz,
Guhcaemz ndaej caemh luengq;
Caenh ndaej yienghneix nuengx,
Cij suenq raeuz miz sim.
男:养鱼同池塘, 玩耍共巷里;
能娶回阿妹, 才算有诚意。
Mbwk: Cawj byaek caemh mboenjgyu,
Go'mbu caemh daemz-boengz;
Ronghndwen dem daengngoenz,
Doxgaen bae fatrongh.
女:煮菜同缸盐, 莲藕共泥塘;
太阳和月亮, 相随放光芒。
Sai: Miz baenz mbwn fwjheu,
Mboujmiz geu fwj cab;
Lajdeih miz vunz bak,
Song raeuz gag doxgyaez.
男:有全天蓝云, 没其它云彩;
地上人千万, 咱俩自相爱。
Mbwk: Song raeuz gag hab'eiq,
Fukheiq mbouj lau laeng;
Song raeuz ndaej doxgaen,
Dangq fwngz gaem ngaenz fanh.
女:咱俩都合意, 不怕福迟来;
我俩能相随, 胜万贯家财。
(caengz sat)

Seizhah Beij Seizdoeng Engq Aeu Miz Yingzyangj

夏天比冬天更需要营养

Ok hanh lai sied bae hauilai yingzyangj doxgaiq. Mbwn ndataeng seiz, aenndang vihliux sanqfat gij ndat ndaw ndang okdaeuj, ngoenz ok hanh 3 daengz 10 swngh baenzlai. Gij hanh lae okdaeuj haenx, cawz cien faenh cih 99 dwg raemx le, lij miz cien faenh cih 0.3 dwg naz、gyaz、gai、meij daengj veizlieng yenzsu caeuq vuzgihyenz. Gij huq neix doiq ndang vunz gig youqgaenj. Linghvaih, ndaw hanh lij hamz miz yujsonh、niusou、anh、anhgihsonh daengj doxgaiq; ok hanh daiq lai rox hawj veizswngghsu C、veizswngghsu B₁、veizswngghsu B₂ ndaw ndang sied bae lai.

Mbwn aeng seiz, daihliengh ok hanh youh hawj raemx ndaw ndang sied bae lai, yingjyangj raemxsiuvaq iemqok; gwn raemxgoenj lai youh heuz saw veisonh, yinxhwnj vunz amqbak mbouj ndei, doengzseiz goengnaengz congghsaej hix deng cigciep gemjnyieg, rengz siuvaq supsou doxgaiq doekdaemq. Bouxlaux、boux bingh lai ndang nyieg caeuq boux guh hongnaek couh yungzheih okyienh yingzyangj mbouj ndei, caemhcaiq miz foegfouz、noh hoet、rengz dingj bingh doekdaemq, yungzheih baenz gak cungj bingh.

Aeu guh ndei fuengz hwnqg yangq raeuj.

Conhgyah daezok, vih an'onj doh gvaq seizhah, mboujlwnh dwg gijmaz vunz, cungj aeu haeujsim gaijn dei gunghcoz caeuq swnghhoz vanzging, guh ndei hong fuengz hwnqg yangq raeuj; caemhcaiq haeujsim gwn di gijgwn yingzyangj、ndang vunz aeu miz haenx, habdangq lai gwn gij doihduz hamz laianhsonh lai he, lai gwn lwgmak hamz veizswngghsu lai haenx, daeuj baujcwn g aenndang sup aeu baiz ok sihyau.

Seizhah Lwgnyez Hwnj Bitfiengj Haj Geih

夏季儿童生痱子五忌

Seizhah, mbangj lwgnyez daengx ndang hwnj bitfiengj, humzhaenz swgswg. Vihneix, bohme hix simgip dangqmaz, siengj banhfap siu bitfiengj lwgnyez, hoeng, lwgnyez hwnj bitfiengj aeu haeujsim haj geih:

It、Geih gaeu humz. Ciengzseiz gaeu humz ciengz rox yinxhwnj sigin ganjyenj, bienqbaenz doeg bitfiengj caeuq baezngong.

Ngeih、Geih duet buh. Ciengzseiz duet buh lohgangh, rox hawj naengnoh noix luep henhoh ndeu, engq yungzheih deng ndit gig, bitfiengj hwnj



engq lai engq deih.

Sam、Geih buhvaq gaeb. Seizhah buhvaq lwgnyez wng gvangq unq, fuengbienh raemx-hanh fwifat. Danghnaeuz buhvaq daiq gaeb daiq geng,

rox mboujduenh nucat gig naengnoh.

Seiq、Geih raemxgyoet caemxndang. Yungh raemx-gyoet gig naengnoh, sailwed congghbwn raemhrwnh sousuk, congghbwn sikhaek hup haeuj, raemxhanh fwifat mbouj ndaej, bitfiengj couh hwnj engq lai.

Haj、Geih seizbienh luenh yungh mbabitfiengj、vahlusuij cat ndang. Yungh mbangj mbabitfiengj, wng sien sawq lwgnyez dwg mbouj dwg hwnjnwnj. Mwh yungh seiz, mbabitfiengj caeuq vahlusuij ceiq ndei gyonjgyoeb yungh.

Ndaw Rug Cuengq Maz Ndaej Gyaep Nyungz

寝室放什么可驱蚊

Seizhah nyungz lai, ndaw rug cuengq maz doxgaiq ndaej gyaep nyungz ne? Lajneix gaisau geij cungj fuengfap gyaep nyungz:

1、Hai fa geij hab funghyouzcingh、cinghliengz-youz cuengq ndaw rug, roxnaeuz led di byaek-homnyaueuq he hwnj gwnz bangxciengz bae.

2、Faet di yanghsuij he hwnj gwnzndang roxnaeuz

gyaeujswiz bae.

3、Youq batva ndaw ranz ndaem go daengz song go makyungz, mbaw makyungz fat ok cungj heiq he ndaej gyoep nyungz deuz.

4、Youq laj daeng venj gaem coenghom ndeu, roxnaeuz aeu daehsa cang geij dug coeng venj laj daeng, gak cungj non nyouq daengz gij feih neix le gag rox mbin deuz.

5、Aeu ceijbohliz saek-



nding roxnaeuz baengzcouz nding sup haeuj daengbau bae, duznyungz ceiq lau cungj rongh saeknding neix.