

Meh Lanz duenh neix cungi roxnyinh bakaek miz di in, gig nanz-youq. De bae yihyen yawj bingh, canghyw yawj le, couh hawj de liuziyh, doeklaeng youh bang de haidau. Haidau sat le, canghyw doiq vunz ndaw ranz meh Lanz naeuz, meh Lanz dwg baenz binghngaizcwnq gaenq naek lo, gyaeu mbouj ndaej geijlai ngoenz lo, cei q lai dingj ndaej ndwen ndeu. Haidaeuz, gyoengq lwg nyaenx youq ndawsim, mbouj naeuz hawj meh Lanz rox. Dahnseih, yied canggyaj naeuz mbouj miz gijmaz saeh, meh Lanz yied fatngeiz, aenvih daj ndaw maekda gyoengqlwg, meh Lanz gaenq yawj ndaej ok bingh ndang swheij lo. Dai, de dauqfanj mbouj lau, vunz dai caeux dai geq, cungi ngaiz dai, neix cij dwg gij saeh haethaemh. Hoeng dangqnaj, meh Lanz mbouj nyienh dai, hix mbouj ndaej dai, aenvih de cuengqsim mbouj ndaej bouxsai de.

Meh Lanz caeuq bouxgvan dwg 50 bi gaxgonq youq dieg fwen ndeu roxnaj, song boux daj doiq fwen daengz daeuq fwen, daj daeuq fwen daengz bienq gvanbaz. 50 bi daeuj, song anbaz daj eu fwen daengz sij fwen, seizneix gaenq okbanj liux 9 bonj sawfwen, dangqnaj gaenq cingdoiq bonj daih 10. Youqgaenj mbouj dwg aen neix, youqgaenj dwg gvan swheij mbouj rox cawjgwn, mbouj rox swiq buhvaq, mbouj rox ciuqgoq ga' ndang swheij, de miz binghdangzniu, mbouj miz vunz ciuqgoq baenzlawz ndaej.

Bouxgvan ciuhvunz gyaез fwen, mboujdanh rox aeu Sawgun daeuj sij fwen, hix rox yungh Sawcuengh daeuj sij. Hoeng, seizndat duet buh seiznit dem daenj cix mbouj rox. Bingzciengz saeh hung saeh iq, lohloh cungi hawj de causim. Miz baez ndeu, meh Lanz miz saeh bae ranz caencik, sam ngoenz dauqma, ndaw ranz cungi luenhngaungau. Lwgdaih youq diegrog guh hong, bouxlan okseng seiz, meh Lanz bae daiq ndwen ndeu, ndaw ranz couh dwk dienhvah bae naeuz goenglauх binghdangzniu youh fat lo, youh haeuj yihyen liuziyh. Meh Lanz gaenjgip dauqma. Daeuj daengz yihyen, canghyw naeuz, goenglauх fat bingh, dwg aenvih de mbouj dawzseiz gwn yw. Mwnqz yawj, meh Lanz liz saek ngoenz baenz ma? Meh Lanz



siengi, de youq lij lix mbouj geijlai ngoenz ndawgyang, aeu son gvan rox cawj haeux, swiq buh, dawzseiz gwn yw, caj gvan gag rox ciuqgoq swheij le, de caiq dai bae, daengz seiz haenx, de dai goj dalaep lo.

Youq liuziyh gij ngoenz ndawde, bonjlaiz yihyen haeuxbyaek gig ndei, hoeng meh Lanz mbouj gwn, de hawj gvan soengq haeux, hawj gvan caenndang guh haeuxbyaek soengq

daeuj hawj de gwn. De aeu gwn gvan cauq gij byaek, aeuq gij danggaeq haenx, caenhguenj gvan cawj ndaej mbouj ndeigwn, meh Lanz goj aeu gvan daeuj cawj. Hoeng, gvan cawj gij haeuxbyaek saedseih nanz gwn. Meh Lanz nyaenx mbouj ndaej ciengq hot fwen ndeu daeuj:

Guh fwen baenzneix laeuz
Byaekhaeux cit lumj raemx
Aeu siengi hawj vunz haen

Yungh saem(sim) guh hoeng ranz
Gvan de goj yungh fwen hoizdap:
Baenzgya hajcib bi
Mwnqz liz gou nanzgvaq
Dingq yah song coenz ndaq
Fwen lumj raq fwn doek
Dingq ndaeij gvan baenzneix
haenh, meh Lanz goj mbouj eiqseiq riu lo. De dawz hwnj gvan soengq daeuj gij haeuxbyaek haenx, gwn ndaej diemzsubsub, vanzlij nanz mbouj nanz haenhnaeuz song coenz: Ndei-gwn, ndeigwn. Gvan nyaenx roengz raemxda, yawj de gwn liux donq haeux.

Gvan moix baez soengq haeux daeuj, meh Lanz cungi nyaenx in cam de, buh swiq liux mbouj? Yw dawzseiz gwn mbouj? Goenglauх ngaekngaek gyaеuj.

Bouxgvan rox meh Lanz yungh-eiq, couh daegdaengq daenj gij buh gag swiq haenx hawj de yawj, de yawj le, aennaj hau haenx couh riu ndaej vansubsub.

Lwgluz rox le, couh naeuz, buhvaq daxboh gou daeuj swiq, haeux gou daeuj cawj. Meh Lanz dauqfanj naeuz, lij dwg hawj daxboh mwnqz gag cawj haeux, gag swiq buhvaq ba. Gyoengqmwnqz hwnjban nyaengq lai, caiq naeuz, goenglauх gag rox guh le, gou dai goj cuengqsim lo.

(caengz sat)

Seizhah Mbwn Ndat Hoh Ndang Gaenj 夏季炎热注意保养身体

□Lui Saub/鲁烧

Seizhah aenmbwn ndatlinlin
Hwnz dinj ngoenz raez bak linx sauq
Gwnninz mbouj onj sim fanzcauq
Ninz caeux hwnq romh engq miz saenz

Mbwn ndat nengzbingh heih sanjlah
Gaejngah luenh gwn haeuxbyaek soemj
Noh ndip gaeq seng aeu aeuq naemz
Bitbingh gaeqgaemz ndi luenh gwn

Seiq haih seizseiz aeu mied raeg
Guhhong yietbaeg gaej raegrwz

Lai gwn lwghaemz caeuq lwggwz
Ndang rengz cwxcaih ndei guh saeh

Hwnz ninz mwnqz gaej dan dam liengz
Funghsan baenqciengq mbouj dinghmaenh
Gwnz dungx hoemqcw saek geu man
Mbouj lau hwnj manj mbouj dwgliengz

Ndaw rug baujcz doeng rumz ndei
Hoengheiq singjsien vunz liengzsangj
Ranzriengh seuqcingh doihduz angq

Simcingz vaiqvued engq angqyangz

Donqgwn gaxgonq swiq fwngz seuq
Ma meuz gaej luenh lumh luenh coemj
Gwn miz dinghliengh ndi gwngoemz
Sim soeng vuenyungz vunz vaiqlag

Daengngoenz ndateik diendeih oengq
Ukgyaeuj ngoenhngwd da raiz yaengh
Hoh ndei aenndang engq youqgaenj
Ndang rengz ndang maenh mingh gyaеu nanz

Seizhaenx, de caeuq gij vunzhong henzndang de gamjdanq naeuz: “Hoenx Denbenhfuj mwhhaenx lij mbouj baenzneix fukcab, haemzhoj, dwgrengz.”

Veiz Gozcingh dwg boux vunzsouhhaih “vwnzgwz” ndeu, hoeng de ndaej ndwn okdaeuj guh hong le youh baenz boux vunzhengzguh ndeu. De gangj gvaq di vah mbouj ndei, caemh hengzguh gvaq mbangj cwnqcez “cojgingj” seizhaenx.

Couzbei siujcuj laebbaenz le, Guengjsae ok gvaq mbangj anqienq anqloek. Seizhaenx gizcoj swhcauz caeuq vuzcwngfujcujyi lah doh gwnzbiengz, “haenq gung vunzdig gaihgez” dingz hemqhauh neix hemq ndaej goksasa, baijsingq yied bienq yied naeuh, buenzmienh nanz gaemguenj lai, mbangj dieg lij ok gvaq luenh

gaeb, luenh dub, luenh gaj gij saeh rwixyak neix. Swcigih Gwzming Veijyenzvei laebbaenz le, fat gij doengcei gaenjgip gvendaengz sikhaek ceihdingz luenh gaj vunz, luenh gaeb vunz caeuq luenh dub vunz haenx okbae le, cij ndaej yaengyaeng ceihdingz gij saeh de. Mwh guh “daeuj, bae, gaj”, caemh hawj mbangj dungzci ngaiz haih gvaq.

Gvaqlaeng, Veiz Gozcingh caemh

caijyungh gvaq mbangj cosih daeuj gaijgez gij vwndiz “vwnzgwz” lw roengzdaeuj haenx, hoeng gaijgez mbouj daengzdaeuj geijlai. Veiz Gozcingh diuh ok Guengjsae le, dangjveij ndaw gih laebdaeb gaijgez gij vwndiz neix, bi 1983 youh cienmonz cou seizgan okdaeuj cawqleix de.

Bi 1983, Veiz Gozcingh youq Hoih Daih Cibngeih Gaiq Ngeih Cung

Cienzhohi aendangj raeuz gwnzde, aenvih gij hong seizhaenx, de gag bihbingz gvaq bonjfaenh, nyinhnaeuz Gvangjsih Gwzming Couzbei Siujcuj laebbaenz le, guh hong miz gvaq loek caeuq ceihdingz mbouj ndaej luenh gaj vunz, luenh dub vunz, de guh boux goengdaeuz siujcuj caeuq boux cujyin gwzveijvei, wnggai ngaiz rap gij cwzyin lingjdauj cujyau hwnjdaeuj.

(caengz sat)