

**Malaliya**

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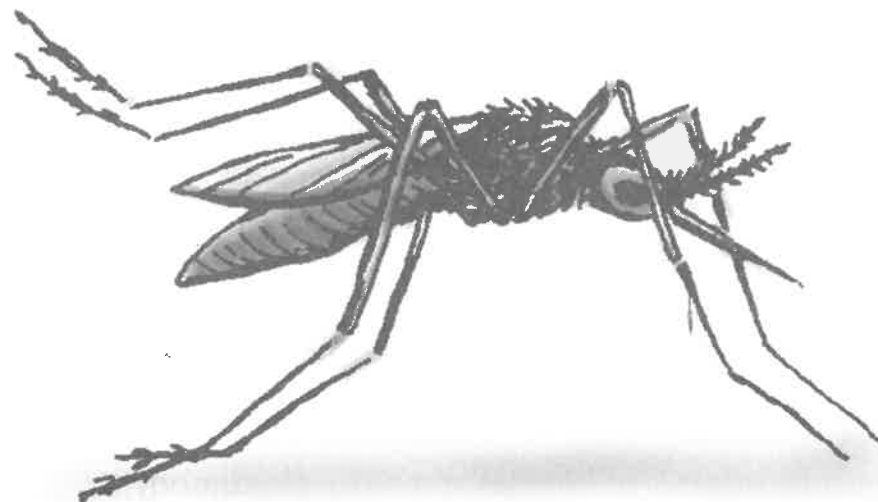
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## Malaliya

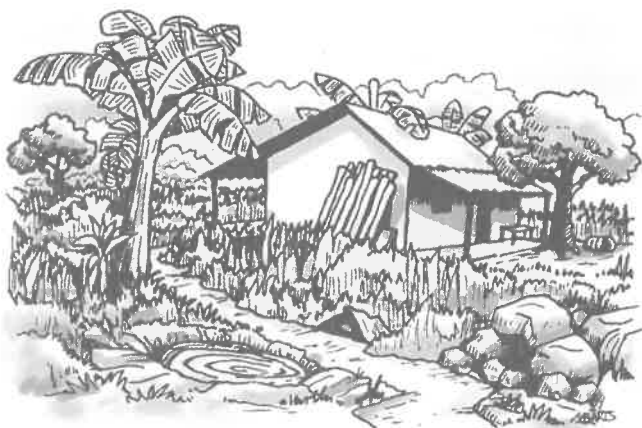
Malaliya ni shilwele shimo shambukisha na njanjema. Mumyaka uti vanu vandapata shilwele ashi. Kula mwaka, shilwele kenga ashi, shinkuvapedya vanu voe namene. Vadyoko vadikidiki vandapata shipajelo malaliya.

Pakulota kumalidya malaliya, kutuvaikidile shitandi, tumanye ni shilwele shani.



## Malaliya ankwaloka dashi?

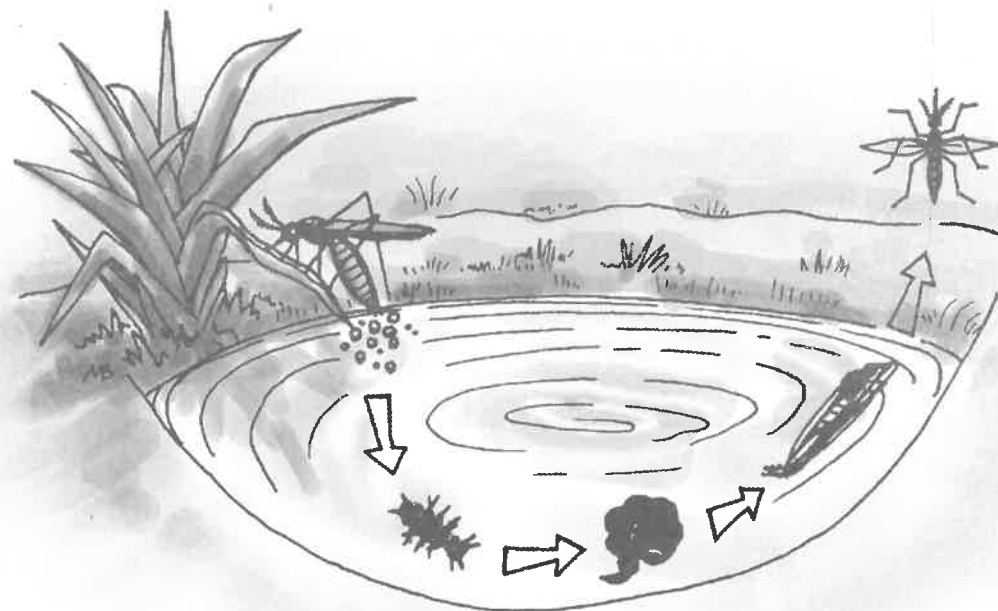
Vanjanjema vakongwe ni vambukisha shilwele sha malaliya.



Vanjanjema ava vankunama mumautu akunyata, a ntukuta, akudidimanga, na mwavele medi akunyata na akwikalanila.

Njanjema nkongwe ataila mayi ake pashanya medi. Njanjema nkongwe pakulota kutaila mayi ankulota myadi ashonde. Ni apala, likawika lyulo andauma apita alambela myadi vya munu ashonde.

Muwakati wankodya munu ankunshonda myadi. Mui, njanjema alikondya mmautu akudimba, kenga muudani wakukulumuka, mwina digoli na mmatununa a ing'ande.



Mayi avataila vanjanjema pashanya medi akwikalanila, anatima shinu kutanona. Vanjanjema vakukulumuka, vandaleka kwikala medi na vandauma vapita valambela myadi. Njanjema nkongwe ankukanao mushu kutaila mayi na shitendo kenga ashi shindaujila.

## Njanjema ankwambukisha dashi malaliya?

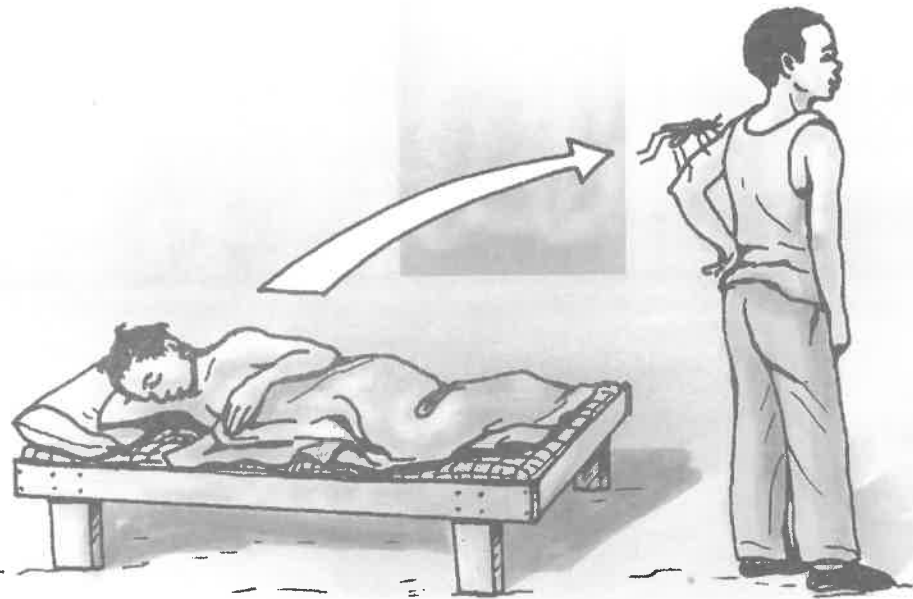
Malaliya ankwaloka na dimbunya. Dimbunya dya malaliya dinkuva didikidiki namene. Dimbunya dinkwaushanga myadi vya munu, na dimbunya kenga adi atunaulula kwona na meo mala. Pakulota kwona dimbunya dya malaliya vankupima na shombo sha lina "mikoloshikopiyu".



Nshuwawu ni nnemba mumi. Myadi vyake avivele na dimbunya dya malaliya. Muwakati wanuma njanjema anamumya myadi padiki. Kanji aneka shinu mbunya wa malaliya.

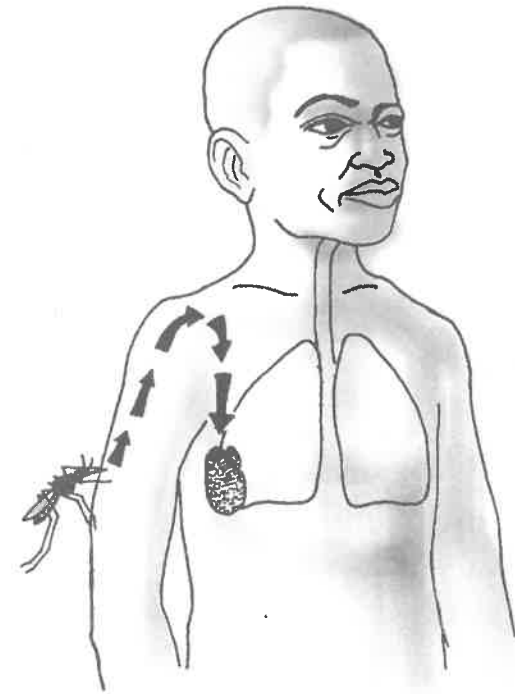


Njanjema ankunuma Maliya. Maliya ankuvanao Malaliya. Myadi vyake vinkuvanao dimbunya dya malaliya. Njanjema andishonda myadi na andyumya dimbunya dyoe namene.



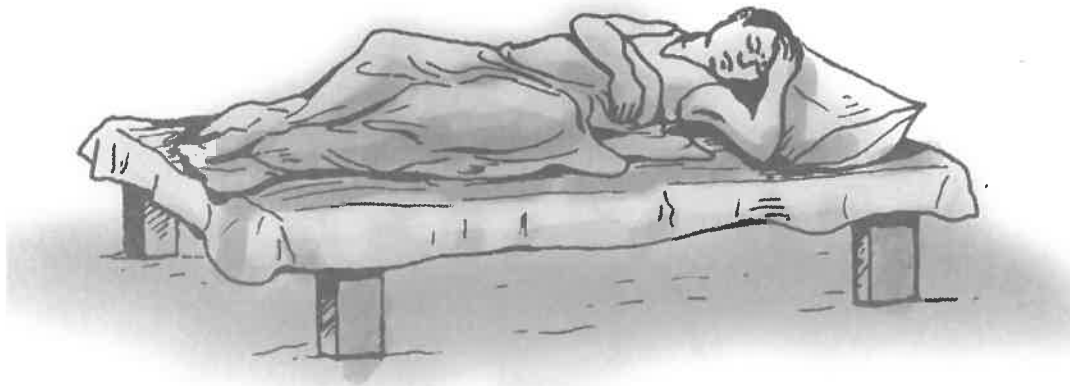
Kwa maduva padyoko badae, njanjema jojo aninuma kavili Nshuwawu. Mwanda awu, njanjema andivaleka vambunya vamyadi vyake Maliya mummyadi vyake Nshuwawu. Akapita maduva kumi badae, Nshuwawu andavanao shilwele sha malaliya.

Njanjema atwala dimbunya dya malaliya mummyadi vya munu nwele na namwambukisha mumi.



### **Shitandeka nyamani baada ya dimbunya kwinjila mmyadi mwake?**

Vambunya vamaalaliya ni vadikidiki namene. Atuulula kuvona na meo mala. Kanji vankuvanao dimongo namene. Vankuwena mmyadi mpaka ndawika mulitogwa. Mwanao, vankukulumuka na vankuvalakananga. Shimotomoto shosho, Nshuwawu andava nwele.

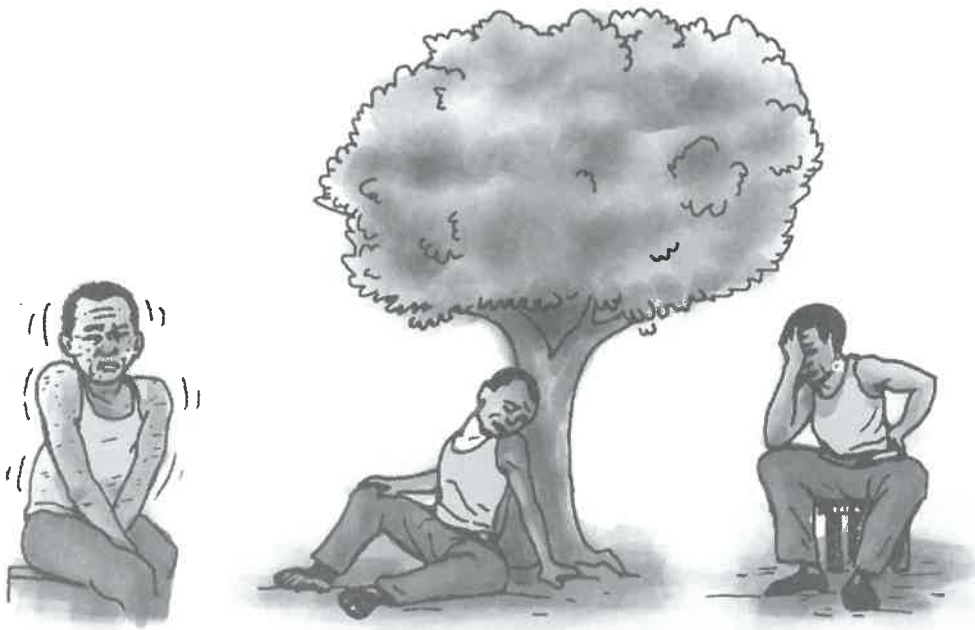


Myadi vindijavanika mwoe. Shinkupagwa shipinga sha myadi vyanaui uti. Myadi avi, vinkunyakula imepo yakupumula na vitamina kwa mili uti.

Vambunya vamalaliya vankuma mulitogwa, na vankuujila mummyadi. Vankupita mmili uti vatenda ing'ondo shipinga sha myadi vyanaui uti. Nkati mummyadi vyanaui uti, vambunya vamalaliya vankutenda ing'ondo dishemu didikidiki. Na pavedoni, myadi vyanaui uti avinaulula shinu kutwala imepo yakupumula. Na doni, kupiya kwa mili kunkutunduvangila newu. Padiwanga dishemu dyangolo mummyadi, mbunya waambi wamalaliya ankuma, na ankutunduvanga kutenda ing'ondo dishemu dinji dyangolo dya myadi.



Ivele na maana kulaula shipajelo shilwele sha malaliya. Ukanalaula shipajelo vambunya vamalaliya vandatawala mili uti. Na yadao vandabyaa myadi vyanaui uti, na munu andava nwele namene. Na yadao, nae vinamwova myadi, kwodananga na myadi vindyambukishwa na vakoko.



### Vimanyikilo vya malaliya

Tunkuulula kumanya munu ikava kenga andipata shilwele sha malaliya akavanao vimanyikilo kenga avi:

- 1- Inamwida imepo - mili kupiya na kudukila ngwengwe.
- 2- Alota kuva munu wakudobadombanga namene na kunagwela kulala kula wakati.
- 3- Unampwateka muti na magwanga (ndimindi).
- 4- Andatapika kula wakati.
- 5- Avanao shimu mweshe.

### Vimanyikilo vya shijoidyo!!!

- Ikava kenga munu andatapika myanda mitatu kwa liduva;
- Akanaulula kupindikula;
- Akatenda kenga shalala;
- Akawawatanga.

Avi ni vimanyikilo vya shijoidyo. Ankuulula kuva malaliya a muututuli kwali ing'angadoka. Vilwele avi ni vya shijoidyo.

Munu akava na malaliya kuvaikidile kuntanga medi madidi mili na kumwinikidyanga na dinguvo dya kulova. Kuvaikidile kuntwala shipajelo kumukanao kushipitali shivele pepi na paunama pakulota apate kulauligwa.

### Kulaula kwambone ni kwa kwashi?

Vinkupagwa mitela vyoe namene na vyakuvilingananga vitumikana na kulaula shilwele sha malaliya.

Mitela uti vyavakupele pakulota kumila aunaleke kumila ata ukalyona kudyanga. Kundivaikila uvabyae uti vambunya.



Kundivaikila upate midimu vya kushipitali vilangudya mwashi mwakumilila mitela. Kula lyutu lya mushilambo sha payi vinkutumikana mitela vyakuvilingananga.

Kwa mpano, mitela vitumika pakulota kulaula malaliya ku Apilika ya kushanya, kenga ku Guiné, vindivilingananga na vitumika ku Apilika ya Kwina, kenga Mosambiki.

Baada yakutumila inamuna imo yantela, kwa wakati woe dimbunya dinkuulula mene kuwa.



Vakongwe vavitumbo na vana valwele vankuulula kulya mitela pakulota kulishilidya na malaliya. Talatolo kwali mmadengo wakushipitali, andaumya midimu vivaikidile.

Ivele na maana kwomba mwaa na nae pakulota kumanya ntela shani utumile na mwashi mwakutumilila.





## **Tutende dashi pakulota atunapate malaliya?**

Kaladao ni shambone kulishililidya kuliko kulauligwa baada ya kupata shilwele.

Tukatumila ntela tunkuulula kulishililidya. Yadao inkuululika kutenda vinu vinji kenga vida mushu:

1. Lishililidye pakulota vanjanjema avanakupate mu lyuto lyaunama.
2. Shililidya pakulota vanjanjema avanataile mayi.
3. Tenda dimongo pakulota vanjanjema avanawike paing'ande pako.
4. Mwakulishungila na kuluma kwa dinjanjema.



## **1. Lishililidye pakulota vanjanjema avanakupate mulyutu lyaunama**

Pyeka na limanga udani uvele paing'ande pako. Kenga doni vanjanjema avavanao shinu lyutu lya kulikondya. Limanga na pyaila, shimulanga madilisha pakulota injile imepo yambone. Pyekanga shana udani uvele nanyenje vima, ding'ulu na matanda akwimba. Ukatenda kenga doni, vanjanjema avavanao shinu lyutu lyakulipiya, pepi na mautu avanataila.



## 2. Shililidya pakulota vanjanjema avanataile mayi

Kukuvaikidile winikile medi a milongo, vima, matanda, matangi, mapipa na vyombo vinji vivele mwandwa.



Ivilangila dinywashwa panda paing'ande yako. Ni shambone kwivilangila mapondo mwaikalanila medi baada yakupyaila.



Ivilangila mapondo na ding'ulu. Kenga doni ikatonya imbula, apagwa shinu matanda, dinjanjema adivanao lyutu lya kutaila mayi.

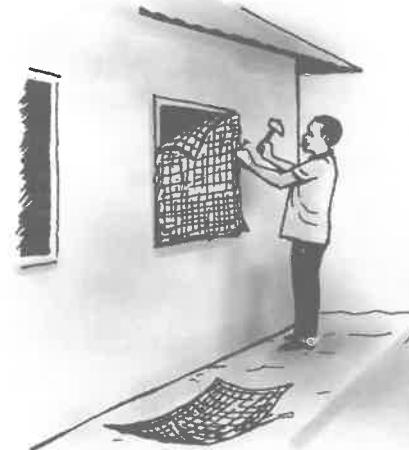


Langa samaki shilya dinjanjema didikidiki.



### 3. Tenda dimongo pakulota vanjanjema avanawike paing'ande pako

Taya moto mamba ankaliishi kwali unkuulula kutumila "Baygon" ntela wakuvabyaa vanjanjema.

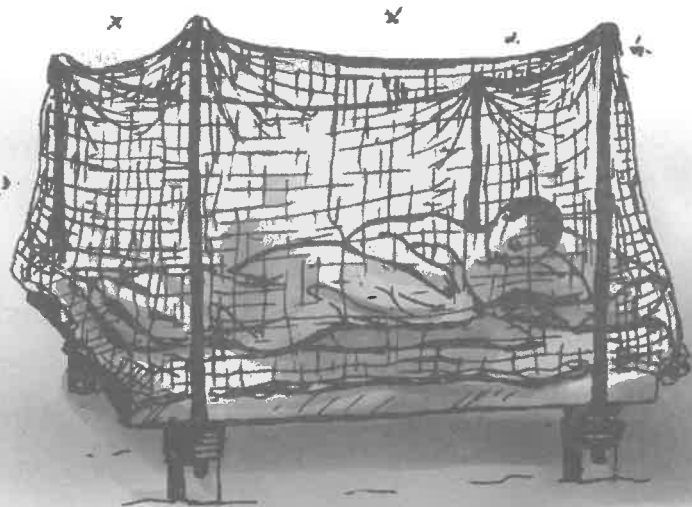


Vika lungawu lwansha-kasheke mudwidi na madilisha. Yadao unkuulula kutunga vyuma na kulandedya madi-lisha pakulota kuvanyemya. Vanjanjema kundavakama-dyangidya kwinjila.

#### 4. Mwakulishungila kuluma kwa dinjanjema

Likawika lyulo gwala dinguvo dinikidyanga mikono na madodo.

Aunalale vila, linikidye inguvo kwali vika shandaluwa. Adi ni dindila dyambone kwa vadyoko. Vanao vankuvanao mili wakupapeka namene. Ukatenda doni vanjanjema avavaluma. Ikaululika taya, ntela shandaluwa.



Vaungangile vanyama voe-voe (ding'ombe, dimbudi, dingandolo) ukavanao, palyutu lya vanaikaalanga vanjanjema pepi na ing'ande yaunama. Vanyama ava, vandalya udani wavandalikondya dinjanjema.



Tenda shinu shikuvaikidile pakulota kunyema shilwele sha malaliya. Ni shambone kutumila mwaku unyema shilwele kuliko kutumila mwaku ukanyilidya kulaula.

## Vyakudya:

1. Nyamani shituvaikidile tutende pakulota tushembye dinjanjema mumauto atunama?
2. Inamuna shani ya ntela ituvaikidile tutumile pakulota tupone shilwele sha malaliya?
3. Shilwele sha malaliya shinkwaloka na: medi akunyata, dinjanjema kwali ding'avanga?
4. Nyamani shituvaikidile tutende pakulota atunapate shilwele sha malaliya?
5. Tulota kumanya dashi ikava kenga munu ankuvanao malaliya?