

*Medical practices of the Swana.*Doctors:

K32/13

0-16

Dingaka di mefuta e me bedi go tse di tshapya le tse di di naka. Basadi ke di ngaka fela eseng jaaka banna. Ba alafa moletsenya a banyana ba banyane ke ona a kgonoang ke basadi. Dingaka tse di tshapya ke tse di senang di tlhako ke gore bona ba lafa boletse bo motho a bo ipolelang. Ka gore bona ba ka seke ba motlhatlhoba ka ditlhako. Tse dingwe dingaka tse di tshopya ke tse di alafang dikgomo gantsi di ea itse ka fa go alafeng. Fela ge motho a ikakanya gore o bolaloa ke eng, bona ba itse setlhare sa teng. Le kafa ba tla mo alafang. Dingaka tse didinaka dinaka ke tse di tsholang ditlhako, gongoe di tala gongoe tlhabana a kgomo. Tse ke tse di laolang, di bone gore motho o leala boloetse mang. Fela le tsona ga di lekane gona le tse di tona le tse di nyane, mo di taoleng le mo go alafeng. Tse di itseng ke bo mankge ke gore ge a lafila golo, motho wa teng ge a kare oa looa, o tla bona dinala tsa gagoe di kokoropana. Le tsona tse dingaka di ea tshabana, tse dinye di tshaba tse di tona. Bongaka motho oa bo ithuta, ba bangoe ba tsaesa bosoa ba bontata bona ge rile a soa eabe ele ngaka. Motho ea tsaesa bongaka/ba ntatagoe ke eo ntatagoe a neng a ntse a mo roma go epa ditlhare, le go monontsha gore se, se alafa jang. Ke ene eo a tsaesa bosoa eseng ngoang eo a sa tutoang ge ene a rata bongaka a ka ithuta gore e be ngaka ka nosi. Tse dingwe ke tse di alafang maloetse a dikgomo tse dingoe maloetse a dikgomo a di palla. Boloetse bo bo etsang serotsoana le lebetse ke maloetse a itsioeng ke dingaka tse dingoe fela tse di ngoe ga di ea itse. Ge motho a soeloa ke dikgomo di bolaloa ke lebetse leserotsoana o batla ngaka e itseng go bo alafa, fangoe ke motho fela, se gore ke ngaka. Le gona gona le dingaka tse di alafang maloetse a bana, ngaka ge ithuta bongaka go ethute fela mo mothong a le mongoe e ithuta mo batho ba le ba ntsi, fela pele ge e simolla e ithuta mo ngakeng ele ngoe pele. Ge e sena go ithuta di tlhako le di tlhare e be e fioa lenaka la tshitlho.

Janong ke kaogana le ngaka e ntseng e ruta, le eona eapong e tla tsaesae e ntse e ithuta ditlhare dingoe mo bathong ba

3 ba bangoe. Gantsi-ntsi ge ngaka e simolla go ithuta bongaka,  
 e tsamaea le ngaka e ngoe e mo rutang ene o e tsholela dithebela  
 gore ene bone kafa e laolang ka teng. Le kafa e alafang ka teng.  
 Ke gona etlareng koa morago ngaka e tona e ene e roma, ngakanyana  
 e gore e tsamae bongaka e e koa e ka neng, a bidioa teng.  
 Me a fitlhele a tsoaregile ke gona a tla romang ngakanyana ea  
 gagoe. Ge e tsoa ko e tsoanetse gore e fete ebolela  
 gore e alafile jang, le gore motho o boloetse ba gagoe bo bjang.  
 Ge a leala thata, ngaka e tona e tla itlosa go bona boloetse bo  
 Le ge motho a sa loale thata ngaka e tona e tsoanetse goe be i  
 tlose e ebona gore ngakanyana e alafile jang. Ge e bona gore  
 eanong o oa itse a ka alafa, ngaka e tla mo kopa kgomo gore e  
 mo/<sup>ru</sup>tile, e mo rutila ditlhako ditlhare, go alafa, la bofela  
 a mo file lenaka la tshitho. Motho ge a rutoa bongaka o tsaea  
 sebaka oa a ka se bonang a itse, fa gongoe go mo tsaea ngoaga  
 tse pedi gongoe tse tharo, tse nne. Ge ngakanyana e sa rate  
 go kgaogana le ngaka ea gagoe, o na le ene, sebaka so sotlhe se  
 a tla se ratang. Ge a rata go kgaogana le ene, oa kgaogana ge  
 a bona a itse, ditlhako, le ditlhare, le gore batho ba mo itse.  
 Gore oa lafa tota, ge a romile ke ngaka ea gagoe oa lafa tota,  
 motho oa gagoe a tsoge. Ke gona a tla kgaoganang le ngaka ea  
 goe a bona a itse gore o tla kgona nosi.

4 Dingaka tsa setsoana ga di kopane o mongoe le o  
 mongoe o eme ka nosi. Fela di ngaka di etsioe ke ka di kuoane  
 tsa matlalo a di batana. Le meriri ea bona e sa pongoe.  
 Ditlhako tse a laolong ka tsona, o di bona ge a ntse a  
 ithuta gore, ditlhare le tsona fela malo. Fela tse dingoe tse  
 a tlanneng a di ithuta koa morago mo ba bangoe, tseo o tswanetse  
 gore tseo a di lefe.

Practice.

Ngaka e alafa ka nako e ngoe le engoe ea e ratang, go alafa ka eona. Batho ba motse bona, ba tsoanetse gore bona ba itlise ko ene, eseng gore ene gore a balate. Ke gore ba mo itse gore ke ngaka le gona ngaka e na le batho ba gagoe ba a ba alafang, ge ba tlhageloa ke kotsi ba ea ko ene, gore a tlo alafa. Le go tlo le kola bana, ka go itse eana. Ke gona a tla nneng a itsioe ke batho, ke gore ba bangoe ba tla nne ba bolela ba bangoe gore monna eole ke ngaka ge le kaea ko ene o tla le thusa. Ge a lafile motho a re a loala thata, ge a sena go fola, o duelloa ka kgomo fela kgomo e ke eona e dueletseng ruri. Ga goko go tlho go batloa tuelo engoe koa morago . Ge go tla boloetse koa morago o alafa fela ga atlhe a batla tuelo engoe koa morago. Fela ge ba ka mo tlogela baea koa ngakeng engoe eona/ e tla batla kgomo , ka gore ke gona e simolla go alafa. Fagongoe ngaka e ea tsamaea e ise bongaka mo metseng emongoe. Koa teng ge a tsena o tsoanetse gore a e koa kgosing a fete a ipege gore o tsamaisa bongaka. Morena ge a dumela o mmolela gore o ka alafa, fela kgomo e o tla e bonang pele, o tsoanetse gore o tlise koano kgotleng. Ke gona morena a tla bolela gore ngaka e koano kgotleng eo a e batlang a ka tla a e kopa koano. Ngaka ge e ea bongaka ge e lebile motse e tshela noka ea teng e tsoara segoagoana e se loka ka modutsoana e o thiba e tlhakantse le ditlhare. Ge segoagoana se se hupela moa, motho mo motseng o tsenoa ke boloetse. Ge ngaka di begoa, disetse di bile di bidia gore di tlo alafa, eanong ka gore ke boloetse bo di botlisitseng motho oa teng idi mo alafa ka nako e nyane. Fa gongoe gona le di ngaka tsa metsietso. Actual case.

Rantleru monna eo mongoe a bidioa Rantleru e rile e bona di ngaka di duelloa ka dikgomo le ene a be a tsea marapo a re ke ditlhako, a sila mesidi ea ditlhare fela a tlhakanya le mafura are ke di tshitho. / A be a simolla are o ya bongaka, ge a tsena koa motseng oa ntlha a be a seke a ea koa kgosing go ipega. Ntlu eantlha e a tsenang ka eona a fitlhela go loala ngoana fa teng a loala thata, a bolaoa ke setsoafu.

Rantleru a be a itse gore setsoafu se alafioa eang. A be a laola<sup>4</sup>,  
a be a bolela gore ge a ka seke a fodisa ngwana eo, a<sup>K32/13</sup>  
ka latlha ditlhako tsa gagoe. Ba be ba mo kopa gore a ba lafele  
ngwana eo, a be a batla podi e ntsho ea asedumo, podi e be e  
tlhabioa a be a tsea dinama tse dingoe tsa eona a di tlhakanya i  
le ditlhare a be a di latlhela mo mosimeng oa nko ea tlou. Ge  
a sena go dira jalo a be a tsaesa ditlhare tse a itseng di  
alafa setsoafu a be alafa ngoana eole, morago ga matsatsi a  
mmane ngoana a be a simolla go tsameka. Ge beke e fela  
ngoana a be a le botoka, ge kgoedi e fela ngoana a be a fodile.  
Batho ge ba bona ngoana eole a tsogile ba dumela gore tota  
Rantleru ke ngaka, a be a duelo ka kgomo. Monna eo mongoe a be  
le ene a loaloa ke mosadi ge a utloela Rantleru a be a tla a  
sianetse gore a tlo bona mosadi oa gagoe. Ge Rantleru a tla a  
fete a bona mosadi eo kafa a loalang ka teng, a be a bolela  
gore ke ntho e nyenyane fela mo ene. Monna eola a be a mo kopa  
gore a mo mo alafele, Rantleru ge a laola a be are o loiloe ke  
mosadi oa mmuna kgabo, o mo tsere leoto. Ke gore erile  
mosadi eo, a gatile golo, a be a tsaesa mmu fa a gatileng teng.  
Rantleru a be a ba bolela gore go ba tlega nku e ntsho ge nku e  
<sup>tlhabiwa</sup>  
sena go ~~tlhabiwa~~ a be a tsaesa di nama tse dingoe tsa eona, a  
di tlhakanya le ditlhare, a be a simolla alafa. A tsoarafa, a  
tsoarafa, go seke go thusa, sepe. Koa morago ba be ba  
laela Rantleru gore ba tlaea ba batla ngaka engoe. Ge ba sena  
go mo tlogela ba be ba ea go bitsa ngaka e ngoe, ge etla e  
be e laola, ge e sena go laola e be e bolela gore mosadi eo  
o bolaoa ke mala, e be e simolla go alafa, mosadi eole, ge beke  
e fela mosadi a be a simolla go emela ka di nao. Ge kgoedi  
e fela mosadi eole a be a fodile, Rantleru ge a bona mosadi eole  
a fodile a be a re o batla kgomo ea ditlhare tsa gagoe o  
alafile mosadi eo. Monna oa mosadi a gana a mmolela gore ke  
golaetse ge ke eo bitsa ngaka engoe gape eena orile mosadi  
o loiloe. Me ngaka ele eona e boletse gore mosadi o  
bolaoa ke mala, me e mo alafile e fodile, eena boloi bo go paletse  
Rantleru a be a ea koa kgosing a fete a bolela gome o  
alafile mosadi me monna wa gagoe o gana go mo duela.

Kgosi ea botsa ngaka Rantleku gore o tlhaga kae, o tsene eang mo motseng, Rantleru a sene a itse gore a ka rea kgosi areng. Ge a ntse a gakgametse, kgosi ea bitsa monna eole anneng a loaloa ke mosadi gore a tle a boelele ka ga Rantleru. Ge a sena gottla a be a bolela kafa Rantleru a neng a alafa mosadi oa gagoe le kafa a paletsoeng kateng le kafa a boletseng boloetse kateng Ge a sena go bolela ea b e e bitsa dingaka tsa eona go tlo bona gore a Rantleru ke ngaka tota. Ge di tsena di fete di laola fapele ga kgosi le Rantleru di be di mmotsa gore ditlhako tsa reng. Bantleru a palloa ke go tlhalosa ditlhako kgosi e be e bolela gore Rantleru a ntshe diihare le tshitlho ea gagoe. Ge a sena go di ntsha dingaka tse dingoe tsa bedi bolela gore ke mesidi e tlhakantsoe le mafura a mafyi. Kgosi ge e tloa boihoko ea be e laela gore Rantleru ga a bolo go tsietsa batho ba bantsi eanong o tsoanetse go re a bolaoe. Ke ge banna ba tsamaea le ene be ba mmolaea. Ba be ba boela koa gae koa abo ene a lebeloa gore o tlatla a/tlhokofala, le ka jeno ga ise a tle, fela bangoe ba itse gore o bolailoe ke motseng oa Barokologadi, a ba tsietsa gare ke ngaka.

Ngaka ge elaoa e laole ka fa lapeng gongoe mo ntlung. Ke gore batho ba seke ba bona gore go dirang. Le gona ge ngaka e laola ga e botse, e bolela pele, ge e sena go bolela ke gona e tla botsang, koa m rago gore ga go anna jalo. Ge go ntse jalo batla bolela ealo, ge go sanna sepheko se bidioa motlhala oa di taola. Ge ele gore mmotla gore a ka simolla go alafa, ge ele gore o tshotse di tlhare tso tsotlhe eo simolla go alafa ka eona nako eo, ge a sa di tshola o tla simolla go alafa ka mosho gongoe mantsiboa ge letsatsi le simolla go kokobela. Ge a simolla go alafa, pele a tla hunolla kgetsana ea gagoe ea ditlhare o tsoanetse gore a ba bolela gore ene kgetsana ea gagoe e hunolloa ka eng. Ge ba sena go ba bolela gona eanong a ka sebetsang, fela e ga seeona tuelo, tuelo e santse e tla tsoa koa morago ge moloetse a sena go fola. Khunolla moraba fa gongoe ke podi fa gongoe ke nku jajo fela ka fa go batlang ngaka.

Motho ge a loetse sebaka se setona, tuelo ea duelang ka eona ke kgomo ke gore ngaka e bolela gore e tsere matsoenyego a matona gore e mofodise. Ge ele bloetsenyana fela bo eseng ba sepe, fo e tla batla sedimo. Ge ele gore e theea motse gongoe ntlu e batla kgomo le ge e le lesaka, kgomo ke eona e tsoanetseng gore e duele. Le ge dirala motho lenaka la tshitho ea ntlu ea gagoe ke kgomo ke gore ea be e thatafaditse motho mo di mpeng tsotlhe. Fela ge motho a tlhapihoa ene ga antshe kgomo o ntsha podi gongoe nku e bolaiwe mosoangoa oena o tlhakangoe le ditlhare janong motho eo a tlhape ka ona mosoang o. Janong di pati le madimabe a tla mo tlogela. Tuelo ea di ngaka tso tsotlhe ke kgomo eseng go fete fo. Ge ngaka e alafile motho me a pala go mo duela ngaka e na le thata ea go mo isa koa kgotleng. Le go na motho ga a tsoana go gagapala le ngaka ge motho a alafilwe a fodile, ke tsoano ea gagoe gore a batle tuelo ea kgomo fela ge motho a sa gola. Fo ngaka ga ena matla a gore e kope tuelo ka gore motho o ntse a loala. Batho ba gagoe ba santse ba tla senyegela le dingaka tse dingoe fo di ngaka di ea itse gore di tsoanetse gore di alafe motho go fithela a fole. Ke gona ba ka batlang tuelo ea bona pele ga fo, nyaea ga eo.

Actual case.

Ramatsidinkane o kile a lafela monna eo mongoe bidoa Nakedi ngoana le lekolane la mosimane, ge mosimane a sena go fola boloetse bole a neng a bolola ba seebana. Nakedi a gana go duela Ramatsidinkane koa morago ge Ramatsidinkane a ntse a lebeletse Nakedi a be a isa kgetse koa kgoelting. Ge a tsena koa teng a fete a bolela morena kafa Nakedi a ganang go mo duela ka gona. Morena a botsa Ramatsidinkane gore ngoana o na a loala eng. A bolela gore ngoana ona a loala boloetse ba seebana. Janong o fodile ga atlhe a idibala, fela ge ke raea ragoe gore ntuele o oa gana. Morena a be a bitsa Nakedi gore a tle a bolele gore ke eng ge a pala go duela ngaka e sena go mo alafela ngoana. Nakedi a tsena koa kgotleng a fete a bodioa gore a Ramatsidinkane o mo alafetse ngoana Nakedi a dumela gore e ngoana oa gagoe o ne a loala boloetse ba seebana.

eanong o fodile Ramatsidinkane o mo alafile, morena a mmotsa  
gore ke eng ge Ramatsidinkane are o pala o mo duela. K32/13

12

Nakedi a bolela gore ga agane, fela o tla mo duela. Morena  
a mmotsa gore a o moleletse gore o tla mo duela. Nakedi are  
"nyaea ga ke ea mmolela" Morena a motsa gore o diretseng jalo  
motho a sena go go thusetsa ngoana, Nakedi a ingoea  
tlhogo morena a fela a santse a mmotsa gore oa itse gore ge  
ngaka e go alafile o tsoanetse go re o e leboge. Nakedi are"  
Ke ea itse, fo re tla go athola kgomo tse nne, go na le kgomo  
elengoe. Nakedi a tlholoa kgomo tse nne, tse tharo ea nna tsa  
lekgotla ea bone ea fiao Ramatsidinkane. Tsa lekgotla tsa  
jeoa fa kgotleng. Morena a be a bolela batho gore ge ngaka e  
go alafile o fodile o tsoanetse gore o e duele. E go thusitse,  
esegore o tloge o tsameke ka eona. Fela ge o sa fola ke gona  
o ka sekeng oa e duela ka gore o santse o tla nne o senyegelo  
fela mo dingakeng tse dingoe tse o tla nneng o di batla.  
Le dingaka le tsona a di bolela gore ge ere o alafa motho me  
a ise a fole, o re o batla tuelo, motho o ga a tsoana gore a  
go duele. Ke gore o santse a laola, ontse a batla dingaka fela.

13

Diagnosis:

Dingaka di boleloa ke ditlhako boloetse gore motho a  
loala, ditlhako di tla mmolela gore boloetse bo a bo loala ke  
eng. Fa gongoe ge motho a tsamaea leeto a rata go itse gore  
a le siame, o batla ngaka gore e laole e bone gore a leeto  
la gagoe le lokile. Gongoe tlare e latlha ditlhako ea  
fitlhela motho eo a loala gore a tla tlhageloa ke boloetse gongoe  
tsietse. Ke gona ngaka e tla mmolela dilo tse, gore leeto  
le siame, ge a loala, le gona e tla ne e mmolele gore monna o  
mo leeto fela o oa loala, gongoe o tla tlhageloa ke tsietsi.  
Ke/ditlhako tse jaaka ge a tse a laola ditlhako tse dingoe  
ka gore di na le maina a le mantsi. Tse dingoe di bolela se  
tse dingoe se, jalo fela go fitlhela. Le ge di bolela selo se  
le sengoe, tse dingoe ea be di ne di bolele se sengoe se motho  
a neng a sa segopole. Ke ka mo batho ba bangoe bareng di ngaka  
tsa rona di bolela maaka.

Ruri di bolela nnete ga gona ngaka e kareng e itse ditlhako ea bolela maaka. Motho ge a ~~ba~~ loala o laola ke ngaka ka ditlhako ke gore ene moloetse ka nosi o tsoanetse gore a tse ditlhako ka diatla tsa/gagoe le gore a be a di kgoele moea oa gagoe ke gona eanong ngaka e tla simolla go di laodisa le go di tlhalosa, a ntse a di boka kafa a itseng kateng, a di bolela ka maina a tsona. Maina a ditlhako ke ea:-

Tsoene, = emetse ba bina tsoene.

kgabo, = emetse ba bina kgabo.

tlou 2 emetse ba bina tlou.

thakadu 2 emetse ba bina thakadu

koena = emetse ba bina koena.

setlhako = se emetse ba tsamai

Modimo = o emetse badimo

noko = emetse ba bina noko.

leoatle = e emetse leoatle.

Tse dingoe di ngaka di tshola ditlhako di le dintsi di etsioe ke beng ba tsona. Fe la le go bokeng ga tsona, o mongoe le o mongoe o di boka kafa a itseng ka teng, le kafa a rutiloeng ka te.g. Leboko ke le: Bare ke mosimane o siameloa ke dilo, mosimane o bolaea tlholoe a tlholloe, mosimane o bolaea phala a phale ba bangoe.

Ditlhako ge di betloa go betloa marapo a tala a selo phologolo e tlhabiloeng ke gore ke ona a siame, ge a peiloe ga a siama. Bare a fedile/matla le go bolela sengoe a ka seke a tlhe a bolela sepe. Ditlhako a di bolele boloetse fela, di bolela sengoe le sengoe ge o tšameletsoe, ke kgomo gongoe sengoe fela, di tla se go bolela le ge o tla se bona le go ka seke oa se bona. Le ge o tsoeng oa ke baloi di tla go bolela.

#### Actual case:

Monna eo mongoe Matlankobane o kile a fitlhela tsatsi le lengoe a tsoga kgomo ea gagoe ea poo le kgaotsoe mogatla, a seke a itse gore o kgaotse ke mang. A be a tsamaea a eo bitsa ngaka ge ngaka e tla e feta a laola, ea be e mmolela gore mogatla oa kgomo ea o bona, fela bothata se bo. Batho ba epetse naoa fa kgoroaneng me ge naoa e, e tla simolla go tloga, le tla soa ba bothhe.



309

Matlankobane a be a re e re supetse gore e fa kae, ngaka ea be e fete ere epang fa. Ge ba ntse ba e epa, ba be ba e bona. Ge ba sena go e bona, ngaka ea ba bolela gore ke eo. Matlankobane ke gona ge are ea ngaka gore o mo tsoanele ntlu le lesaka. Ngaka ea molela gore eona ge e le gore e tsoere motho ea dirileng jalo o tla soa, Matlankobana are dira, ngaka ea be e simolla alafa be e fetse. E be e bolela

16 Matlankobana gore a lebele. Morago ga malatsi a ka etsang kgoedi mosadi eo mongoe a soa, ge beke e feta bana ba bedi ba a soa morago ga malatsi a mararo monna oa ntlu le ene a soa. Lapa leo la be la tsoaloe batho na teng ba fela ba t botlhe. Ngaka ea tla go Matlankobana ea mmolela gore o mpone ntsha kgomo, Matlankobana a e ntsha kapele a itumetse, a bone gore ngaka Rantsimane ke ngaka toja.

Manipulations and treatment.

Motho ge a robegile o oa fapioa, ke gore marapo a gagoe a tsoanetse gore a kopangoe, me a tloge go tseioe makoati a ditlhare a patisoa ka ona a fapioa ka di kgobati, ge di kgobati tse di onala le ene o tla be a fola. Ge le a tsibogile marapo fela fateng. O tsoanetse gore a gatisioe ka metsi a bothitho fela, go tseioa tllaga ea tshoang, e inoe mo metsing a bothitho eanong ba e go ea phatsioa gore madi a tshologe le boladu bo tsoe. Gongoe ge boruruga bontse bo pala go gatisioa ka boloko ba kgomo, go fitlhela go botsoa janong ke gona go tla phungoang gore maladu a tsoe. Ge motho ele gore letsogo la gagoe le robegile

17 mo eleng gore ga/le na go fapioa, le e a kgaoloa, ke gore o tsoanetse gore a santse ele gona e robegang be be le kgaoloa, le a lafioa kafa ba itseng kateng. Le motho eo a mo alafang a tlhokomele gore diboko di sele tsanna mo teng. Ge ele motho a tlhabiloa ke phatsa fela a gatisioa fela ka boloko, le go tsheloa mogato, go fitlhela e fola ke gore jaaka e gatisioa, e tutela ka pele, le go soa bokidi gore motho a seke a utloa botlhoko thata.

Knowledge of Properties.

Ditlhare tsa melemo ke tse:  
Mogato, Masigomabe, Lengana, Sekaname, Mogaga, Monokomabele,  
Mositatlou, Mongolo, Lesitloane, Selaole, Selaole.

Dingaka di di bitsa dipheko gongoe melemo, gongoe medi, tse dingoe di ea peisa, tse dingoe di ea silloa, di tlhakangoe le metsi motho a noe. Tse di ngoe di tlhakangoe le mafura di sebedisang ditlhare tsa bona ka teng. Ngaka e laola motho e itse gore omo fe setlhare sa mohuta, ofe, le gore e ka moalafa jang. Ge motho a loala mala, o fioa setlhare sa mala, tse dingoe di ea peisa tse dingoe di tlhakangoe le metsi di sitsoe, motho a noe.

18. Preparation of Medicines;

Dipheko di epioa ka nako e ngoe le engoe e ngaka e rata go di epa ka eona. Malatsi a mangoe ngaka e tsaama mo nageng mo, e epa di tlhare ge e sena go nne e di epa e simolla e dithuga, tse dingoe e disetla, ka kika, tse dingoe di besa, e silla mesidi e ea tsona. E di olla ka mesega (Matlalo) ea di nakedi le boramofye gore e tle ere ge a ntse a lafa, ditlhare di be di le teng. Tse dingoe di ea peisa tse di apeioang tsona di apeioa fela ge motho a laola, se apeioa ga bedi ga raro. Ke gona se tla lathioang, ditlhare di epioa ka nako e ngoe le engoe ge motho a se batla o oa se epa, a be a se sebedisa ka eona nako eo. Tse dingoe di be ioa fela entse ele medi, ga e silloa, ga e bisioe. E sebedisoa fela tsatsi le motho a batlang go di sebedisa ge se apeioa, o tla se apaea ge se silloa o tla se silla, a senoe. Ditlhare go na le modi sebeledioang teng, ga apeioe ka pitsana engoe le engoe. E ba paeang ditlhare ka eona ba ebela koa thoko, gore batho ba seke ba e tsaee. Tse dingoe di ea tlhakangoa le tse dingoe kafa dingaka di itseng kateng. Ditlhare tsa setsoana gantsi-ntsi ke tse di noang, ke gore motho eo mongoe le eo mongoe ge a tsenoa ke boloetse, o fioa setlhare gore a noe. Le gale gona le tse dingoe tse motho a tle a tlhapa ka tsona. Fela ge motho a tlhapa ka ditlhare ea be ele ge ele gore lefatshe ga le ea morobala, ele gore le tle le morobale. Le tse di tloloang di teng le tsona. Ditlhare tse tota di thasang motho goge le ge baloi ba re ba leka ba palloe, ke tsa tshitho, tse o, motho oa tlhabeloa ka tsona, mo mmeleng

diatla, maoto, melala, magetla, ditokollo tso tsothhe  
 tsa mmele, di ea tlhabela. Ngaka e tsepa thipa ea legare, ge  
 e tlhabela, e tloge e tshase tshitlho. Ge e sena go tlhabela  
 motho, e be e nathe kgopana ea tshitlho e ne motho gore a  
 metse, e be e motshase maoto ka koa tlase gore ge motho a  
 kare o mo tsaea leoto, a tlholoe,, gongoe go gofale ene.  
 Tse dingoe dingaka ge di sena go tlhabela motho di be di tsee  
 letlalonyana di phuthele tshitlho ka lona a e apese motho mo  
 molaleng. Ke gore eona e mo thibelela di fatlhi. Lenaka la  
 tshitlho lona le na mo ntlung, le ea fitlhoa, leo, ke gore ngoana  
 o mongoe le o mongoe eo tla tsaloang o tsanetse gore a tle a  
 tsoaroe ka lona, le dikgomo fela jalo. Fa gongoe eona tshitlha  
 20 e tshasica mo di mapong di kokotelo fa fatshe, fo ke ge  
 motho a thaea ntlu gongoe lesaka, ke gore lemapo le disitse,  
 bhaloi, le magadima.

Causes of disease and misfortune:

Maloetse a mantsi-ntsi ga go itsioe gore a tlisioa ke  
 eng, fela maloetse a e tsang a boloi, ona a tlisioa ke batho.  
 Ke gore ge motho a sa rate motho o mongoe, a ka moloa ka ditlhare  
 tse ene a di itseng gore ge a di sebedisa di tla bolaea motho  
 Batho ba bangata ba sule fela ba bolailoe ke boloi fela.

Fela bomadinabe bona bo tlisioa ke badimo ge motho a  
 ne a sa utloe bontatagoe ba santse ba phela le ene.  
 Motho eo, o tla tlhaphaga mo lefatsheng o tla re ke tsoara,  
 se , se senyega, are ke tsoara se, se senyaga. O be a fitlhela  
 a kgarakgatshega fela, a tsietsoe ke koa a kaeang teng.  
 O tla tlhoka, se a ka ithusang ka sona le ge basadi ba gagoe  
 ba ne ba humile, di kgomo gongoe mabele a tla phatlala ka nako  
 e khutsoane fela.

Actual case.

Monna o mongoe a bidioa Samuele batsadi ba gagoe ba  
 ne ba humile dikgomo le mabele, nku mo nkung, malata a sebetsa  
 fateng. Fela Samuele a seke a utloa batsadi ba gagoe,  
 ntatagoe a be a soa, koa morago le mmsgoe a be le ene a soa.  
 Samuele a tsoara di kgomo tsele a senye thata, a sa di  
 tlhokomele. Tsaea ka nakonya a gore le malata a be a itsamaele.

21 Ka jêro ge o mmona o kare o tsetsoe ele modidi eo ntatagoe a neng a sena kgomo. Ke gore moea oa ntatahoe le mnagoe ga oa robala koa o leng teng. Ke ka mo e beng lefatshe lemo tsamaea eona.

Actual case.

Monna eo mongoe le ene ona a bidioa Phiri monna eo o ne a ratoe ke ntatagoe thata gofeta bana ba botlhe ba gagoe. Ge makgoa a sentse a fitlham mono, a be a ea makgoeng, go sebetse ge a fitlha koan teng lefatshe la modumela a sebetse tota gore a be a laole tiro ea makgoa le bona ba mo rata thata. A tsamaea ka kariki ea di mouloe tse nne, a phutha kgomo ga tlala, tlala. Ntatagoe tsatsi le lengoe a be tsenoa ke boloetse aloala thata. Ge a setse a tla soa a be a batla phiri ngoana oa gagoe a romela motho gore a eo mmitse, Phiri a seke a tla, a romela motho a be a romela motho Phiri a seke a tle. Go fitlhela ntatagoe a soe. Ntatagoe o sule ka pelo e botlhoko ge a sikile a buoa le Phiri-<sup>ngoana</sup> ~~sega~~ wa gagoe. Phiri ge ntaatagoe a sena go soa, lefatshe la be le mo emelela ka di nao, ap phatlalatsa dilo tsa gagoe ka makgoa o makatsang, a tsamaea a tsietsa batho a ba tseela dikgomo. A hutsafatsa batho le bantsi. Go tloga fo p Phiri ke/motlhaphegi mo lefatshe, gaana sepe, la bofela a be a tlhala mosadi oa gagoe ka bana. Fela ge motho aoloea ba bangoe le bona ba tle ba mmotlele dingaka gore le bona ba be nne ba mmolae.

Diseases known.

Mala, Tlhogo, Gala, Mafatlha, Setsoafu, Ngope. Mala a tsoara motho ge a ja thata, gongoe a ja sengoe le sengoe ka nako ele ngoe. Ge motho a tsoeroe ke mala o sileloa segoete a se nosioe mala a tla didimala.

Gala e tsara motho gantsi ntsi ge a ja maungo a ditlhare a sentse a le matala gongoe e santse ele makgela. Ge motho a tsoeroe ke gala o nosioa mo thubiso lekoati la morekhuri le apeioe le motlhodi motho a tloge a o je. O tla mo thubisa lego tlhatsa o tla tlhatsa gala.

Ngope. Ke madi a gareng ge a tsoa motho a tsee

Ngope:

K32/13

13\*

Ke madi a eareng ge a tsoa motho a tsee sebaka a ntse a tsoa. Ona ga go itsioe gore a ntshioa ke eng. Ona a na le batho ba ba itseng go a alafa. Eseng di ngaka dingaka tse dingoe ga di itse gore a lafioa ka eng. Gantsi-ntsi go alafa batho fela. Ba ba/<sup>ru</sup>tiloeng ke bontata bona, le basadi ba bangoe ba itse gore ngope e alafioa eang.

23.

Protective and other Medicines:

Pheko e e thibelang di fatlhi ke tshitlho ke eona setlhare se se golo jaaka ke boletse koa tse dingoe ditukisong tsa ditlhare. Ke eona mothee oa motse, oa ntlu, lesaka le batho fela jalo. Le ge motho a tsamaea ea go tsona, o tshamola thobane ea gagoe ka tshitlho ea naka la gagoe. Le ge aea go lema, o tshamola peo ka tshitlho le ge a sena go kotula o tsoanetse gore a ne a tsoare mabele a ka tshiltho.

Go na di pheko tse dingoe tse motho a di sebedisang ge a sebetsa le ba bangoe ke mosoalo. Ke gore peko e, e tsoanetse gore e tlietse motho matlhogono, gore ge a sebetsa a bone se a se sebetsang. Gona le lesalo la mabele, le la dikgomo le la gore motho a ratioe ke ba bangoe. Ge monna a sebetsa a sena lesala a ka seke a bona gore o sebetsa eng. Le ge a ka nne a bona dilo di le dintsi di tla fela, a seke a itse gore o dira tiro, a ne are, nkile ka be ke ne ke le se sebetsi, me ga go bontshe sepe se a se sebeditseng o buoa fela ka molomo.

Maleupana.

END. S 399