

Bukuli ndi la....

tsiku

ndondomeko yakamwedwe ka mankhwala

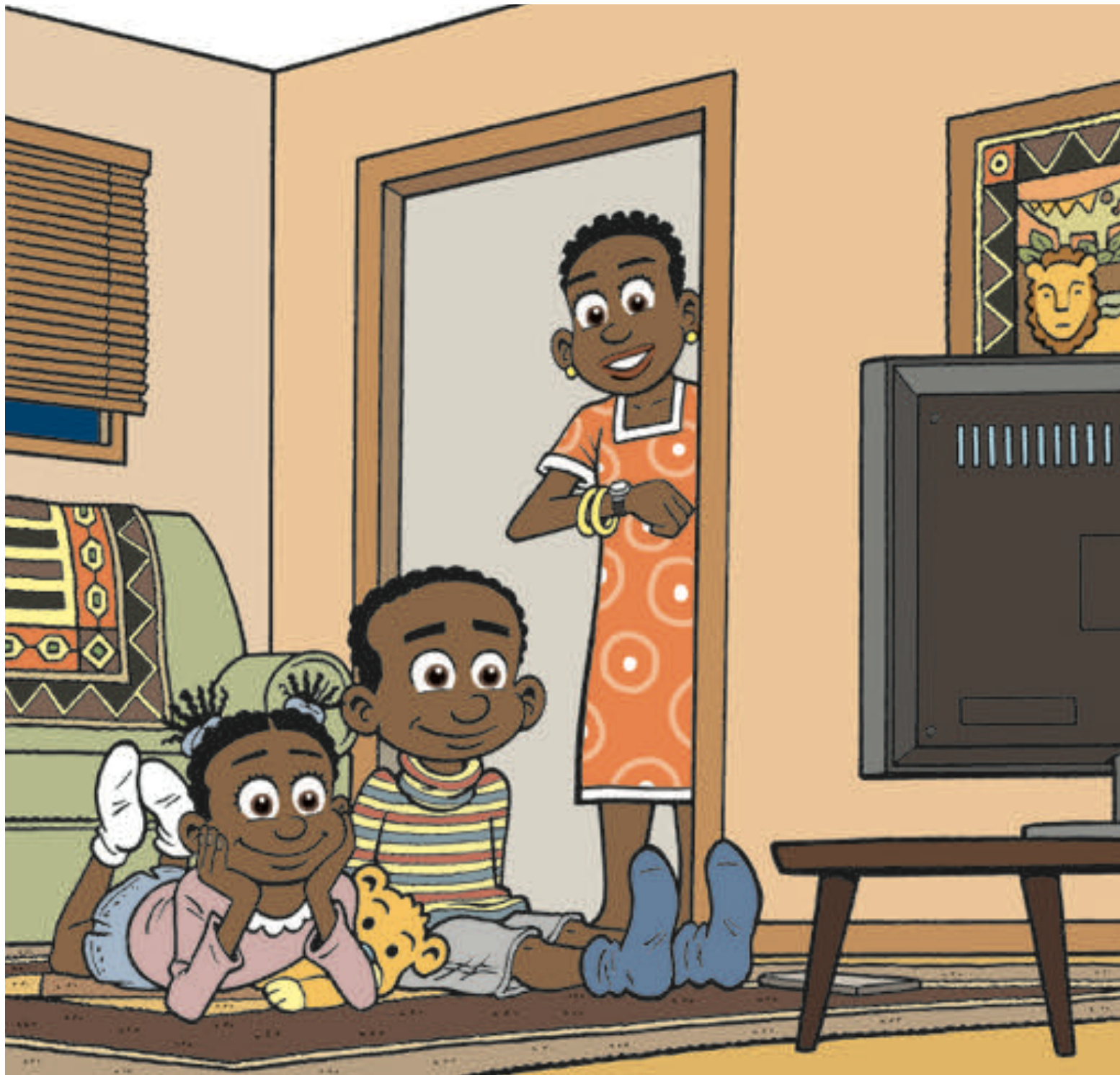
dzina

tsiku

ndondomeko yakamwedwe ka mankhwala

dzina

Baylor College of Medicine and Texas Children's Hospital, both located in Houston, Texas, operate a network of clinical centers that focus on child and family-centered healthcare and education in 6 countries in Africa as well as Romania.

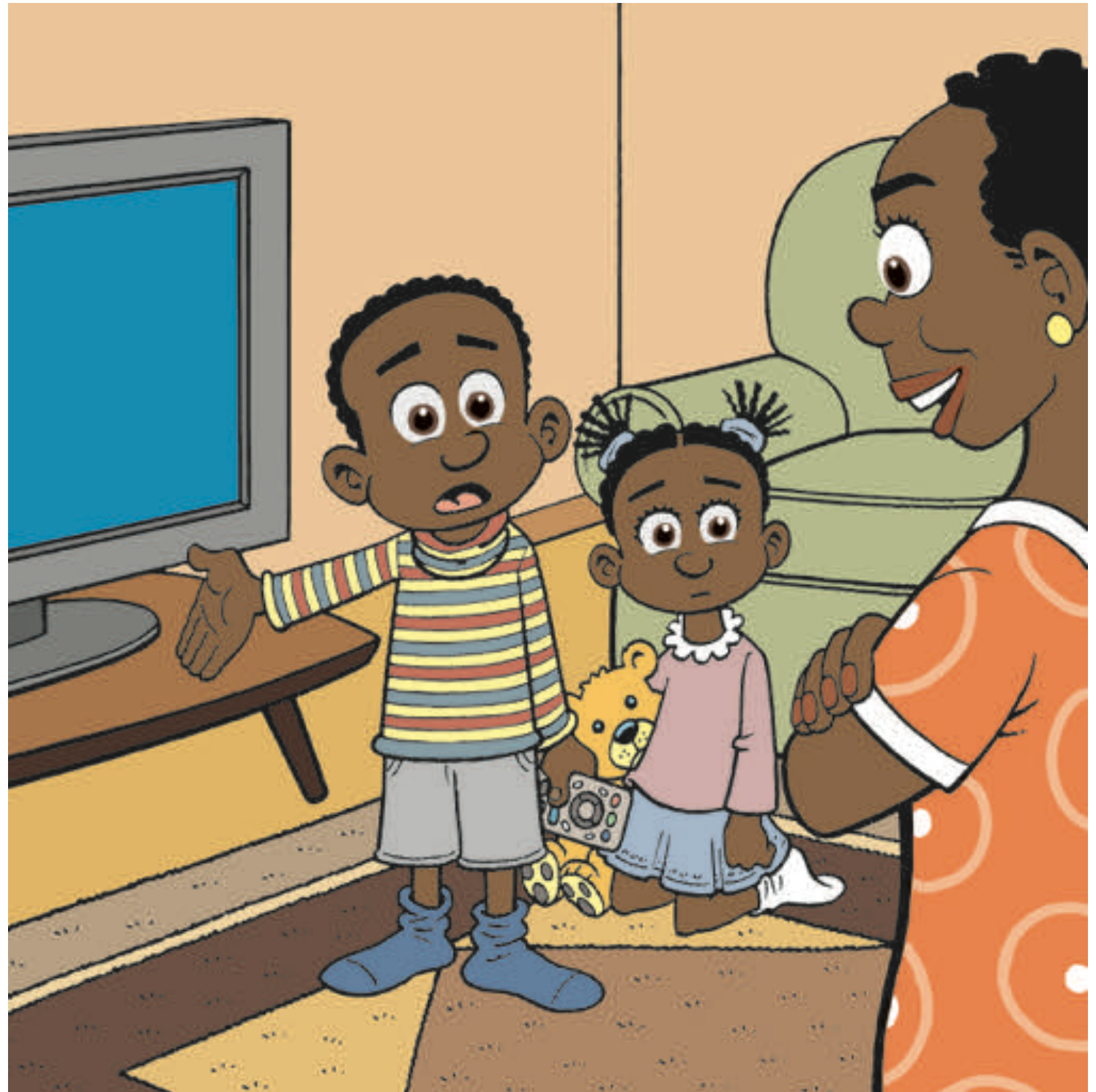


“Chinsisi ndi
Chimwemwe,
thimitsani kanema.
Nthawi yanu yogona
yakwana.”

Chinsisi anakhumudwa nayankha nati, “amayi, simungatilore tipitilize kuonera kanemayu kwa nthawi pang’ono chabe?”

Mayi wa anawa anamwetulira nati, “Mwana wanga, ukudziwa kuti 8 koloko ndinthawi yanu yoti mukagone. Mukuyenera kukagona kuti mawa mukonzekere kusukulu nthawi yabwino.”

“Ndi nthawi yoti mukatsuke mano ndi kumaso kwanu kenaka mumwe mankhwala. Tiyeni tsopano.” Anatero mai awo kwinaku akumwetulirabe.





“Amayi, ndingafunse nawo?” Anatero Chimwemwe kwinaku akutsuka mano.

“Inde mwana wanga ukhoza kutero.” Anayankha mayi awo

“Ndi chifukwa chani usiku uli onse tisanagone timamwa mankhwala?”

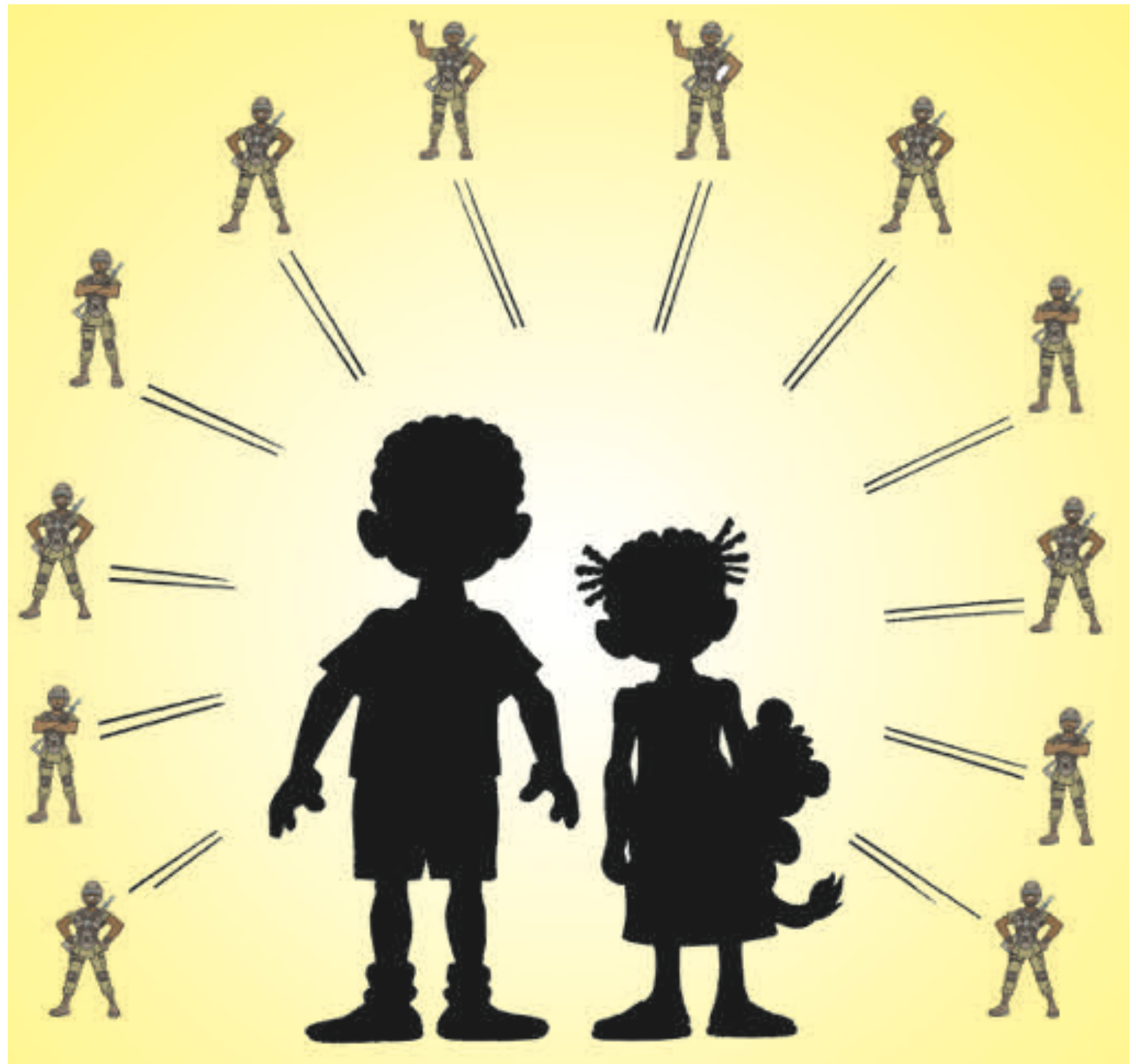


Anakali muchipinda chosambira ndipo Chinsisi atamaliza kutsuka mkamwa, amayi a anawa anati, “Ana anga mukuyenera kumamwa mankhwala tsiku lililonse kuti asilikali ang’onoang’ono amene ali m’matupi anu akhale amphamvu.”

Chinsisi anali odabwa atamva izi ndipo anafunsabe, “Amayi, asilikali ang’onoang’ono nde chiyani? Ine sindinaonepo asilikali ang’onoang’ono.”

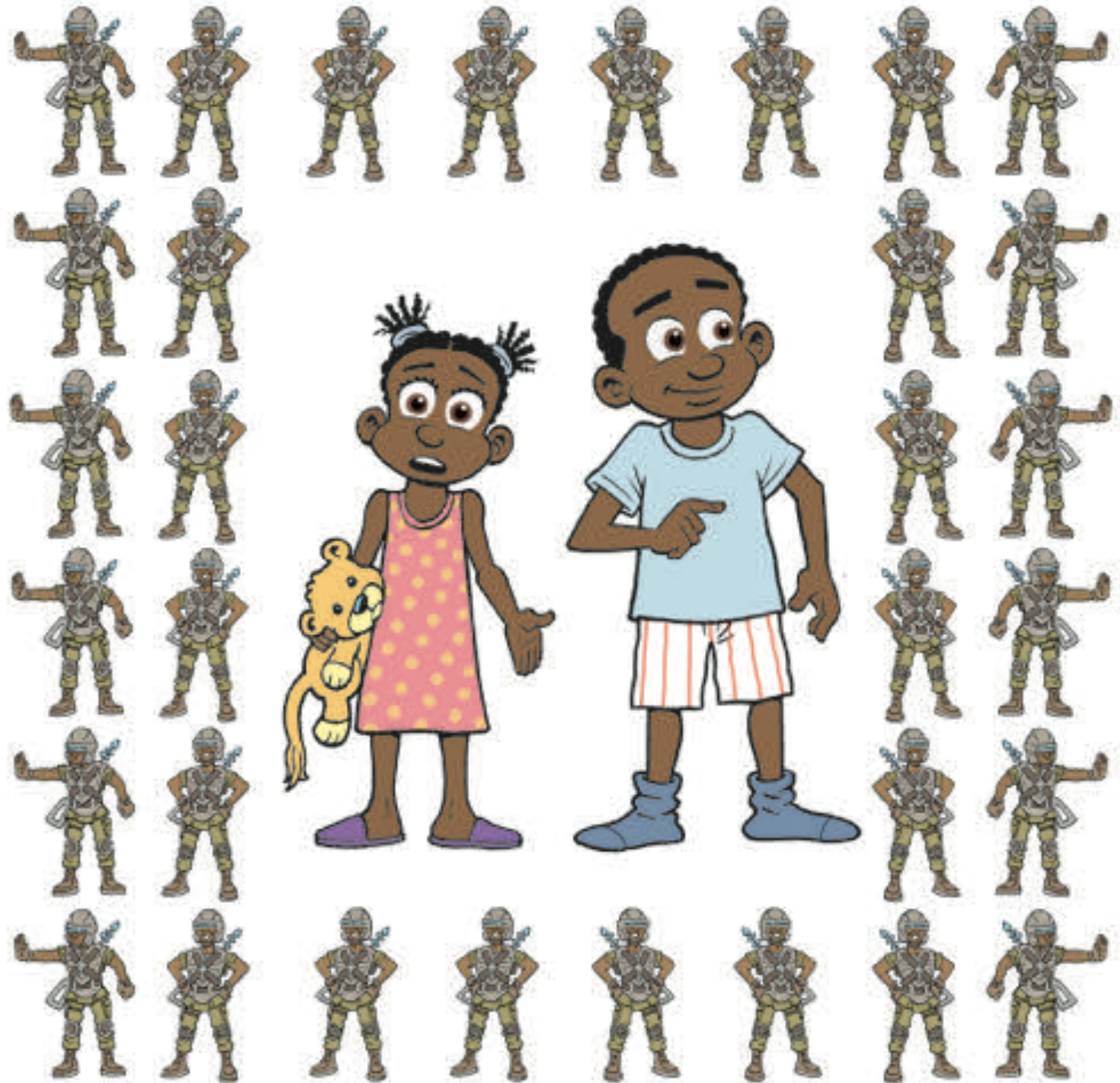


“Wanena bwino
Chinsisi,” mayi
awo anayankha.
“Simungathe
kuwaona asilikaliwa
chifukwa ndi
aang’ono kwambiri.”



“Mkati mwa matupi
anu muli asilikali
ang’onoang’ono
ambiri. Kulikonse
kumene mungapite
asilikaliwa
amakhala
nanu ndipo
amakutetezani
nthawi zonse.”

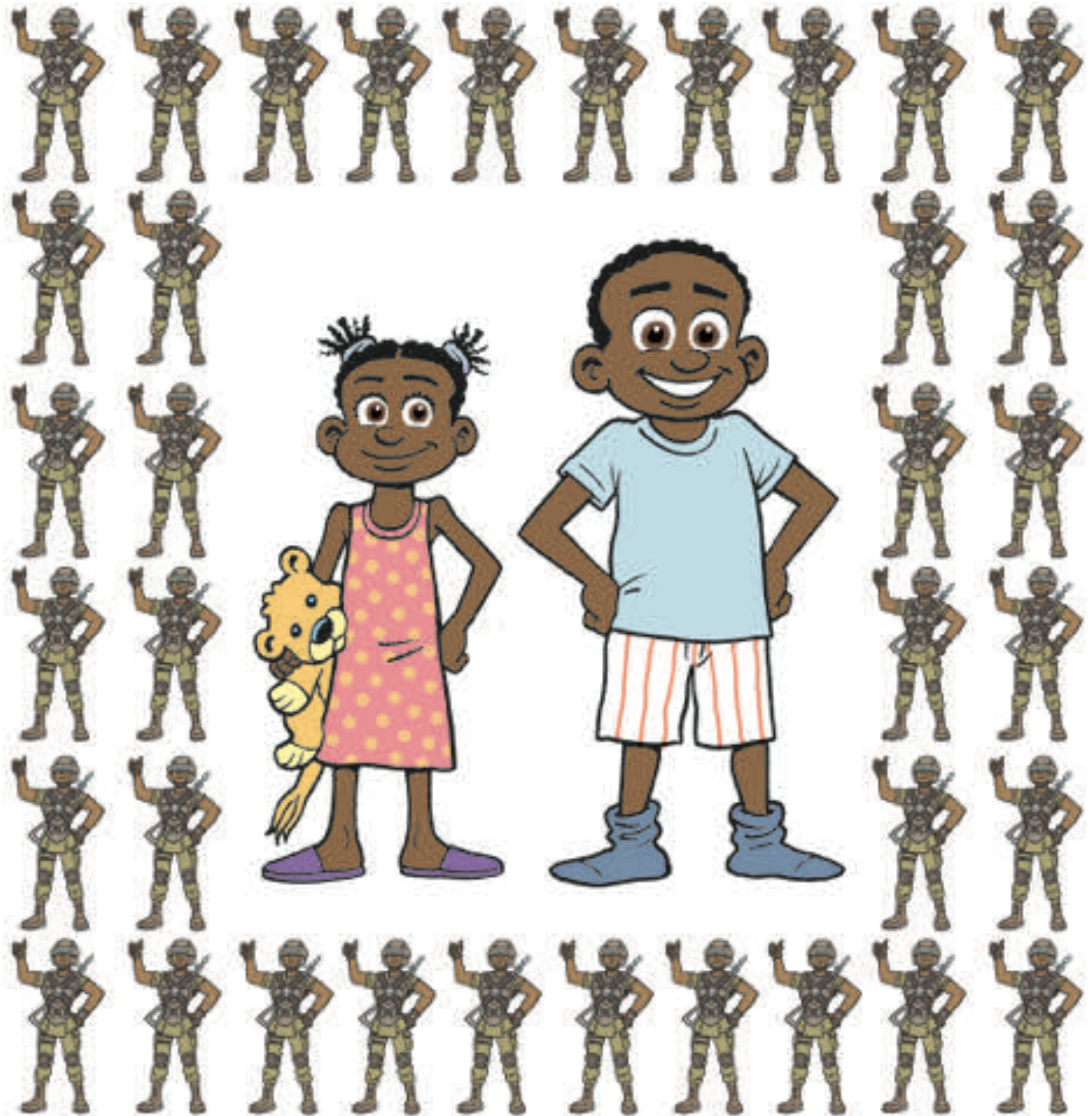
“Amayi, asilikaliwa
amatiteteza
ku chani?”
Chimwemwe
anafunsa
mwachidwi.





Amayi a anawa anamwetuliranso napitiliza kufotokoza bwino motere, “Tsiku lililonse mukapita kusukulu ndipo pamene mukusewera, tizilombo toyambitsa matenda osiyanasiyana timayesayesa kulowa m’matupi anu. Asilikali ang’onoang’ono aja ndi amene amakumenyelani nkhondo kuti tizilombo totere tisalowe m’matupi anu ndikukudwalitsani.”

“Asilikaliwa
akamawina
nkhondo
yomenyana ndi
tizilomboti ndi
pamene mumanva
bwino ndi kukhala
amphamvu
m’matupi anu.”





Amayi a ana awiriwa anapitiliza kulankhulabe, “komabe nthawi zina tizilombo toyambitsa matendati timatha kuwina nkhondoyi ndi asilikaliwa. Izi zikachitika asilikaliwa amachepa mphamvu ndipo amagonja.”

“Mukapanda
kumwa mankhwala
asilikali anu
amakhala opanda
mphamvu,
amagonja
kawirikawiri
kwa tizilombo
toyambitsa
matenda.
Zotsatira zake inu
mumadwalanso
kawirikawiri.”

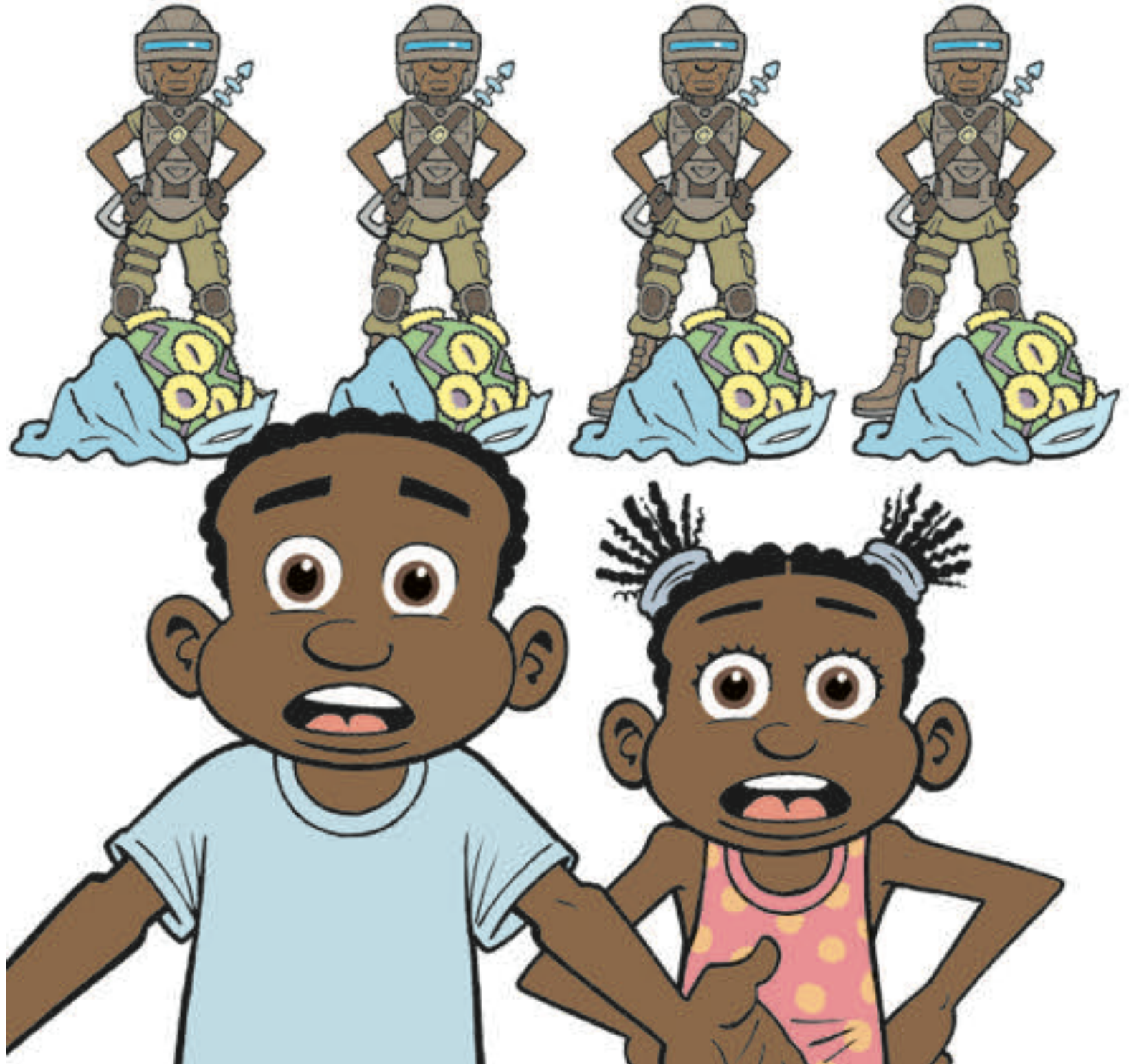




“Koma ngati
mumwa
mankhwala,
tizilombo
toyambitsa
matenda tija
timafooka ndipo
izi zimapatsabe
mphamvu
asilikali anu aja
kuti apitilizebe
kumenya nkondo
mosalekeza.
Choncho kumwa
mankhwala
kumathandiza
asilikaliwa
kwambiri.”

“Koma amayi ine
mankhwalawa
sandisangalatsa,”
Chinsisi anatero,
“Amandigonetsa
ndipo nthawi zina
amandiwawitsa
m’mimba.”

“Inenso amayi”
Chimwemwe
anayankhilapo.
“Amanditulutsa
zotuluka
pakhungu langa
nthawi zinanso
amandiodzeretsa.”





“Mukunena zoonana anga,” mayi awo anayankha. “Nthawi zina mankhwalawa akhoza kukupangitsani kuti musamve bwino m’thupi . Ndichifukwa chake nthawi ndi nthawi mukuyenera kupita kukaonana ndi dotolo. Ndichifukwa chakenso nthawi zina dotolo amakusinthirani mankhwala kukupatsani amtundu wina.”

“Mudzimasuka kuwauza a dotolo chilichonse chimene mumamva kapena kuona mukamwa mankhwala alionse,” Mayi awo anapitiliza kulankhula. “ A dotolo ali ngati anzanu ena onse.”

“Komabe mudzimwa
mankhwalawa
tsiku lililonse kuti
mudzithandiza asilikali
a m’thupi mwanu.
Ngakhale makolo
atayiwala kukupatsani
mankhwala nthawi
ina yake, inuyo
mudziwakumbutsa
kutero.”





“Amayi ine
sindikumvetsabe,”
anatero
Chimwemwe,
“Anzanga ambiri
samwa mankhwala
tsiku lililonse. Kodi
iwo ndi osiyana
bwanji ndi ine?
Kapena ineyo
ndili ndi mavuto
kuposana anzangawa
kuti ndidzimwa
mankhwalawa tsiku
lililonse?”

Mayi wa anawa anayankha motere, “Ana ena amamwa mankhwala kuti athandize asilikali m’thupi mwawo ena ayi. Koma ana onse padziko lapansi ndi ofanana.”



Iwo anapitiliza nati, “Pokhapokha ngati mumwa mankhwala anu ndipamene asilikali a m’thupi mwanu amakutetezani kopambana ku tizilombo toyambitsa matenda osiyanasiyana. Choncho asilikaliwa adzakuthandizani kukwanilitsa maloto anu onse a m’moyo wanu.”



“Mukakhala kusukulu,
asilikaliwa amakhala
konko kukuthandizani
kuphunzira bwino ndi
kukula mwathanzi.”



“Mukakhala mubwalo la zamasewero, asilikaliwa amakhala nanu kukuthandizani kuti muchinye chigoli chopambanira masewerowa.”



“Mukamaliza
maphunziro
anu kusukulu za
ukachenjede, asilikaliwa
amakhalanso konko
kusangalala nanu
limodzi.”

“Asilikaliwa
amakuthandizani
kukwaniritsa zofuna
ndi maloto anu
muchilichonse chomwe
mumachita m’moyo
wanu.”

Mayiwa anatero,
“Tsiku lina mwina
mudzakhala
oimba otchuka.
Asilikaliwa adzakhala
akukuchemererani
munthawiyi.”





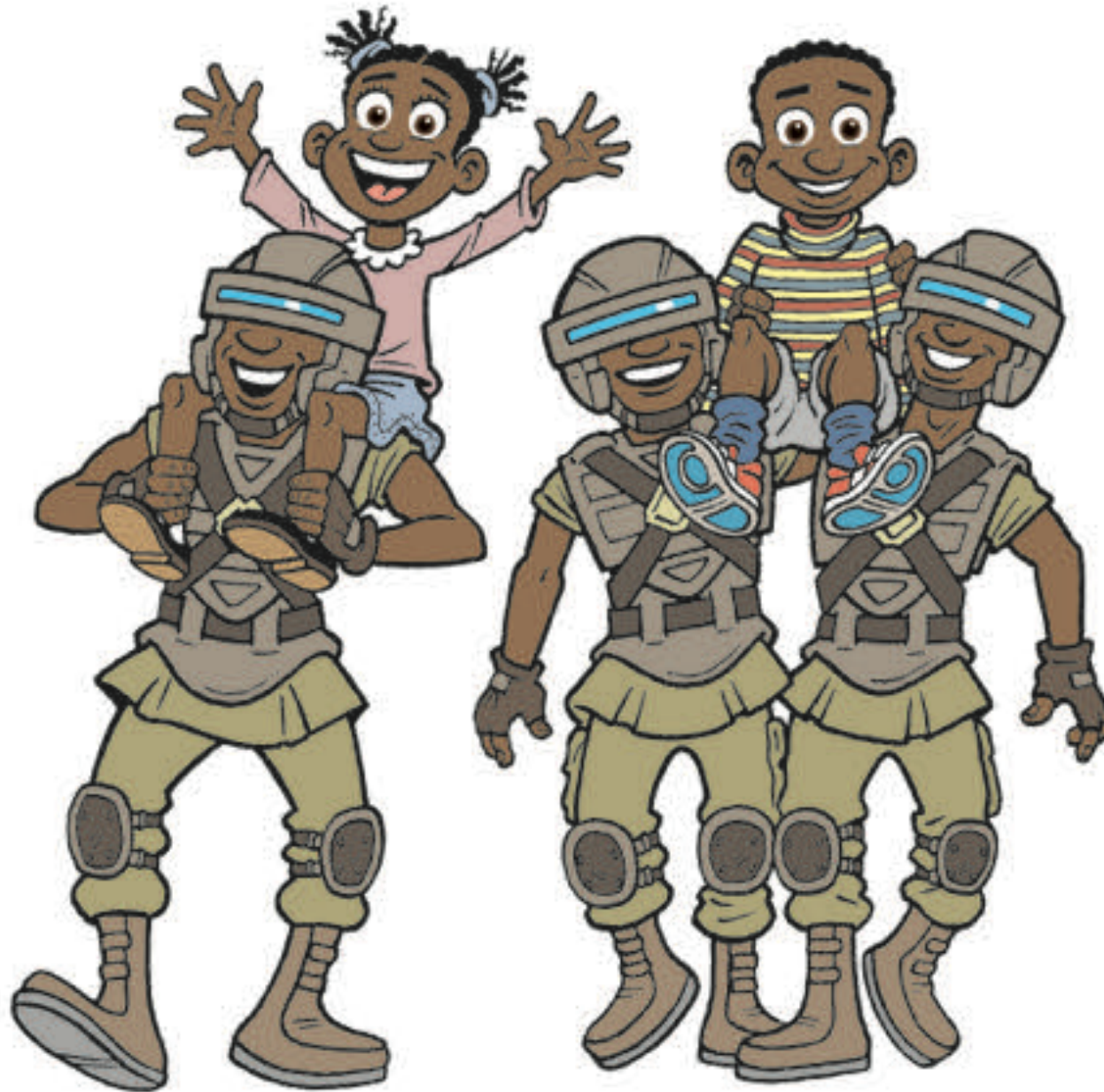
“Mwina mudzakhala
katswiri wa masewero a
pakanema. Asilikaliwa
adzakhala nanu
kukuthandizani
kupanga ndi kujambula
masewero oterewa.”

“Mwinaso nkutheka mudzakhala katswiri ojambula mapulani anyumba zitalizitali zam’ Mizinda ndi m’ matauni. Nthawi imeneyi asilikaliwa adzakhalabe nanu kukuthandizani mosalekeza.”





“Tsiku linanso mudzakwatira ndi kukhala ndi ana anuanu ndipo asilikaliwa adzakhala nanu kuteteza inu ndi mabanja anu.”



“Mukhoza kuona kuti asilikaliwa ndiofunika zedi kuti munthu akhale osangalala nthawi zonse.”

“Tsopano
tamvetsetsa
chifukwa chimene
tiyenera kumamwa
mankhwalawa,”
anatero Chinsisi
kwinaku akumwa
mankhwala.

“Mankhwalawa
amathandiza asilikali
a m'matupi athu
amene amatithandiza
kuti tikhale athanzi
ndi osangalala
nthawi zonse.”



Mayi anayankha nati,
“Ndikukufunirani
usiku wabwino ana
anga. Mugone bwino
ndipo dziwani kuti
asilikali anu ali
nanu kukutetezani
mukagona.”





