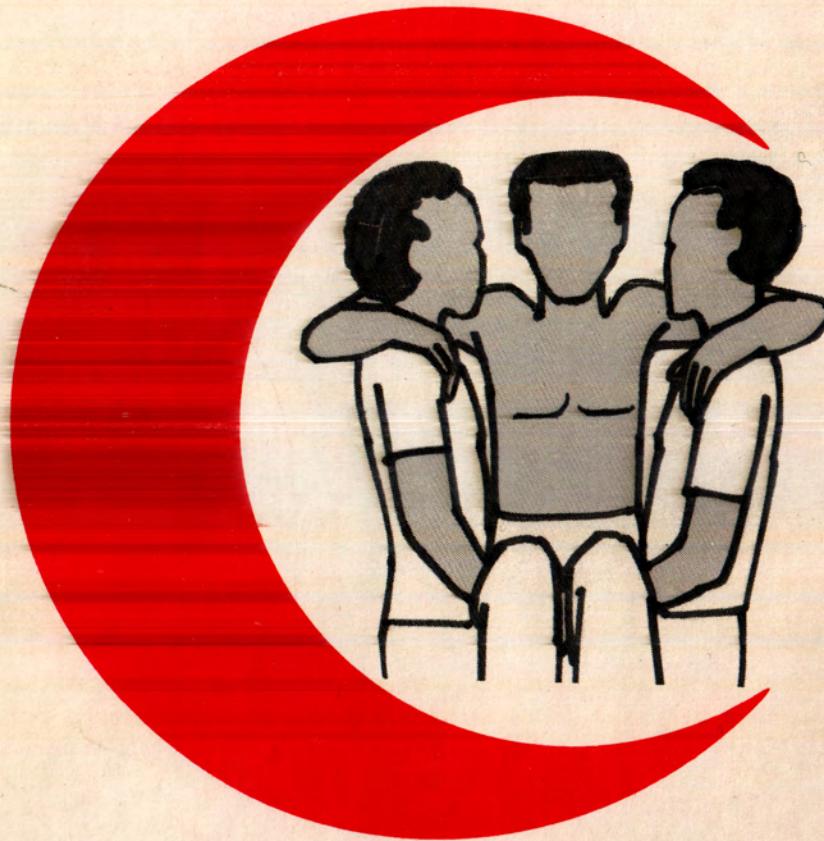
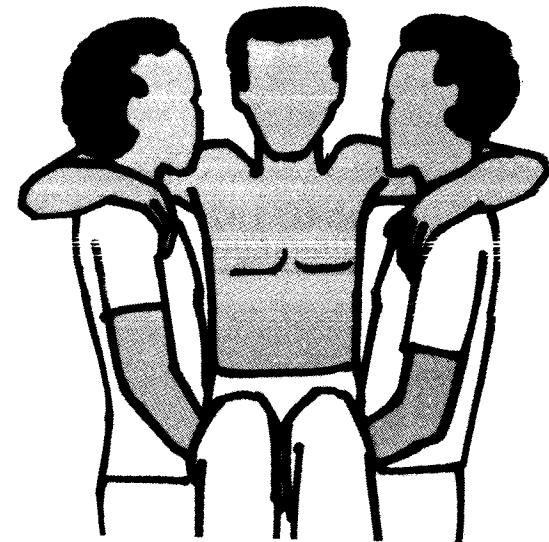


BUUGGA GARGAARKA DEGDEGGA AH



URURKA BISHA CAS EE SOOMAALIYEED

BUUGGA GARGAARKA DEGDEGGA AH



URURKA BISHA CAS EE SOOMAALIYEED

Waxa diyaariyey Laila Lahti iyo Nils Gussing

Waxa nidaamshey Timo Cederqvist iyo Nils Gussing

Waxa sawirada saameeyey Timo Cederqvist

Waxa tarjumay Yaasin Xaaji Maxamuud iyo Ibrahim Xaaji Barre

Nuqulka Soomaaliyeed © Ururka Bisha Cas ee Soomaaliyeed,
1978

Nuqulka meelaha kale © Ururka Jimciyadaha Laanqayrta Cas
ee Adduunka (League of Red Cross Societies), 1978

Waxa daabacay Ururka Laanqayrta Cas ee Finishka
(Finnish Red Cross), Helsinki, 1978

Qoraakan iyo qaybihiisa toona lama bedeli karo,
loomana soo saari karo sinaba iyada oo an ogolaansho
qoran laga helin

Ururka Bisha Cas ee Soomaaliyeed,
S B 937, Muqdisho, Soomaaliyeed

iyo

League of Red Cross Societies,
P O Box 276, 1211 Geneva 19,
Switzerland

MURAAJACO

Ensiapu, Finnish Red Cross, A 1/74

Ensiaputieto, Finnish Red Cross, A 2/75

Ensiaputiedon työkirja, Finnish Red Cross, A 3/76

Første hjælp, Dr U Kirk, Danish Red Cross, 1973

Standard first aid techniques within National Red
Cross and Crescent Societies, League of Red Cross
Societies, Experimental edition, 1977

The primary health worker, World Health Organisation,
Experimental edition, 1977

Qoraalo ay soo gudbisay dawaladda Jamhuuriyadda
Dimuqraadiga ah ee Soomaaliyeed

GOGALDHIG

Buuggan waxa loogu talagalay in dadweynaha Soomaaliyed ay ka korodhsadaan aqoon iyo tabo la xiriira gargaarka degdegga ah. Buugganu wuxu ku habaysanyahay baahida jirta iyo hantida degaanka laga adeegsan karo.

Madaxda caafimaadka ee dalku waxay buuggan u aqoonsayihii mid ka mid ah kuna habaysan nidaamka lagu daryeelayo caafimaadka dalka.

Waxanu mahad xushmad leh u celinaynaa hawl wadeenada Ururka Jimciyadaha Laanqayrta Cas ee Adduunka, Laila Lahti iyo Nils Gussing, oo buuggan qiimaha badan soc diyaariyey.

Waxanu kale oo u mahad naqaynaa barayaasha gargaarka degdegga ah dhiga ee jimciyada u shaqeeya oo taloojin waxtar weyn leh ka dhiibtay qoraalka buugga.

Waxanu mahad gaar ah u haynaa Ururka Laanqaryta Cas ee Finishka, oo si deeqsinimo ah u bixiyey kharashka buuggan lagu daabacay.

Muqdisho Ogost 1978

TUSMADA BUUGGA

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Qeexidda gargaar degdegga ah

Gargaar degdegga ahi waa kaalmo deg deg ah oo loo fidiyo qof dhaawac gaarey ama jirro lama filan ahi qabatay, inta laga helayo aqoonyahan caafimaad.

Vwaxay isugu jirtaa xii isa saar qofnimo iyo u cid dirid aqoonyahan caafimaad.

Sababaha loo barto gargaarka degdegga ah

Shilal baa malin waiba ka dhaca jidodka iyo wadoovinka, goobana snadada, augsiyada meeiana nafaxaadka iyo ciyaaraana, iyo guryana.

Haddii shil dhaco ama xanuun lama filaan ahi yimaado waxa laga yaaba in qof noloshiisu ku ekaato daqiqado yar.

Mararkaas oo kale qofka naftiisa waxa badbaadin kara, oo kaalmo habboon oo dhaqso badan geysan kara qof aqoon u leh tabaha iyo xirfadaha gargaarka degdegga ah.

Tabaha iyo xirfadaha gargaarka degdegga ah lagu bartaa uma baahna isticmalka qalad gaar ah.

TILMAAMAHAGUUD

Haddii goob shil ka dhaco, inta aadan kaalmo geysan horta hubi waxa dhacev.

Waxaad shilka dhacey ku ogaan kartaa adigoc

- ka warsada cidda dhaawacan sida wax u gaadheen
- dadka kale wax ka weydiya shilka
- fiiriya astaamo ama calaamoojin shilku geystey.

FIIRO GAAR AH

Wax gargaar ah ama kaalmo ah ma geysan kartid, haddaadan iska hubin oo si fiican u dersin sida goobta wax dhaceen.

Qorshayso ama habeyso kaalmada aad geysaneyso adoo tixgelinaaya

- sida uu dhaawaca gofka gaadnay yahay, ama jirada heysaa tahay
- gargaarka uu u baahan yahay gofkaas
- sidii loo heli karo ciidan iyo qalab aad adeegsan kartid.

Hubi in qofka dhaawucu gaadhey uu neefsan karayo oo marinada neef mareenku ay u furan yihiin.

Degdeg uga jooji dhiigga hadduu qofku dhiig baxayo.

Shooga ka baabi'i.

Qofka dhaawaca ah ama jiran meeshiisa ha
ka dhaqaajin haddanay khasab kugu noqon

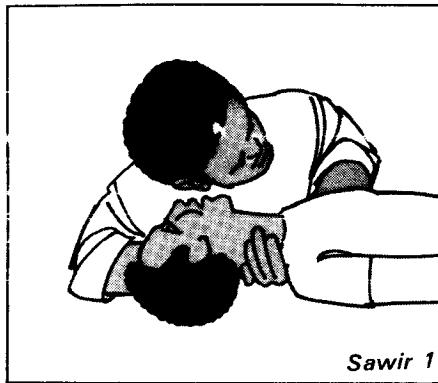
MIYIR BEEL

Qof waa miyir la' yahay hadduu

- jawaab soo celin waayo
marka aad la hadashid
- indhihiisu ay xidhan yihii
ama daboolan yihii
- kuu toosi waayo marka aad
isku deydo inaad kicise.

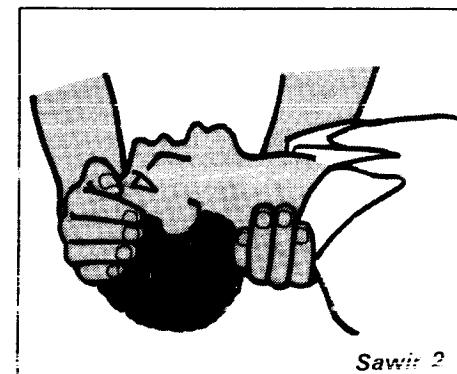
Hadduu qof miyir la' yahay, hubi in

- uu neefsanayo
- neeftuna ay ka soo
- baxeyso afka iyo sankaba.



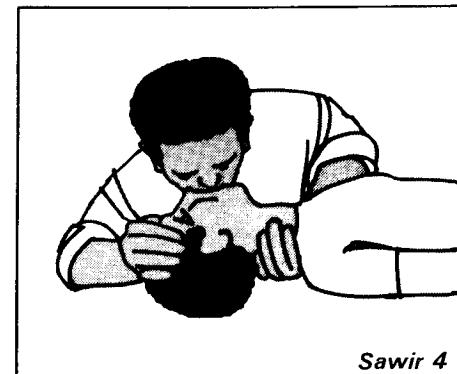
Sawir 1

Haddaanu neefsaneyn u
bannee marinka neefta



Haddu
neefsanayo

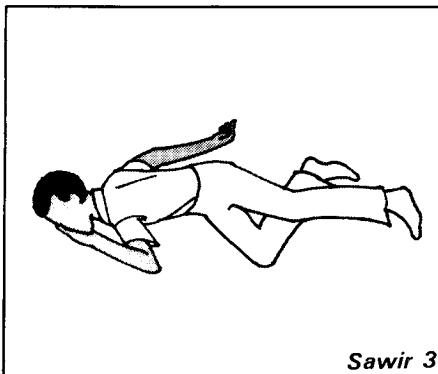
Sawir 2



Sawir 4

Hadduu bitaabc
neefshasho

Haddaanu
weli neefsan



U jiifi sida
habboon

Ku bilow
neefsiin

JIIFINTA HABBOON EE QOKFA MIYIRKA LA'

Waxa jira qaab ku habboon
in qofka miyirka la' ee
neefsanaya loo seexsho.
Qaabkaas waxa lagu magacaaba
jiifinta habboon.

Jiifinta habbooni waa sida
ugu fiican ee loo jiifiyo
qof miyir beelay, oo neefsanaya.

Qofka qaabkaas loo jiifiyo
si fiican bay neefta, dhiiga,
iyo mataguba uga soo baxan
sankiisa iyo afkiisaba.

Jiifinta habbooni waxay
qofka miyirka ia' ka
illaalisa inu dhabarka
isu rogo.

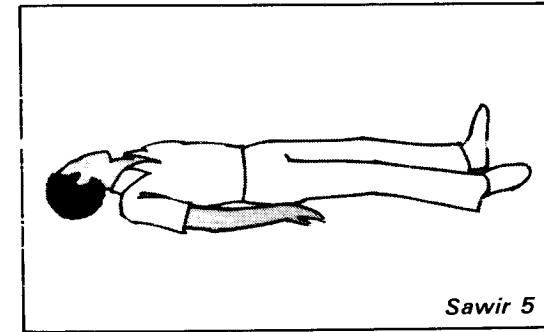
**Sida loo jiifsho qofka
miyirka la'**

Madaxa dib u qaiocco.

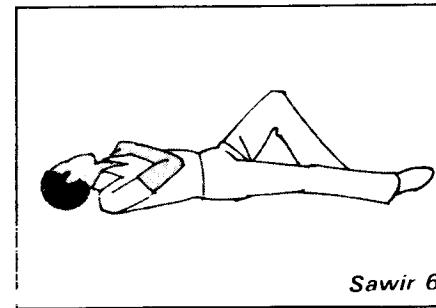
Qofka miyirka la'
afkiisa fur.

Jiifinta habboon.

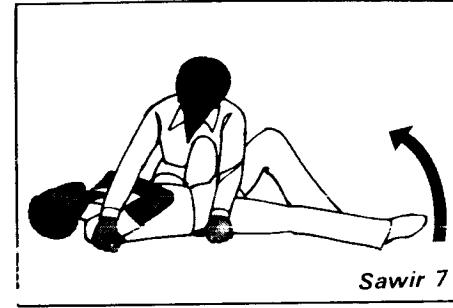
FIIRO GAAR AH
Qoof miyir la' ha
siin wuxu cabbo.



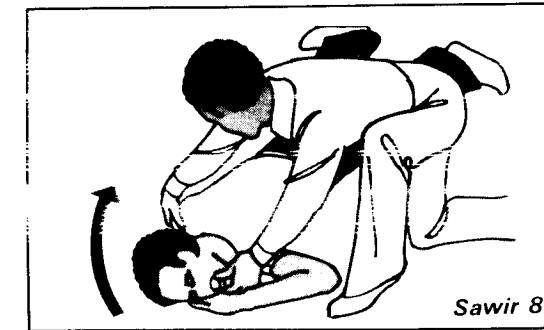
Sawir 5



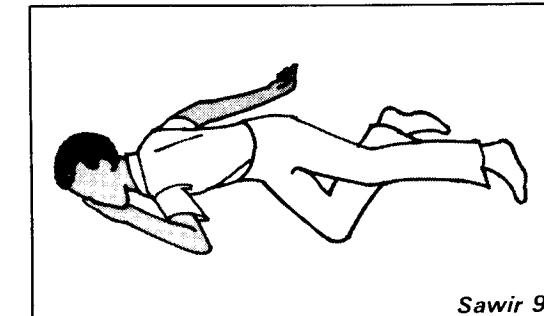
Sawir 6



Sawir 7



Sawir 8

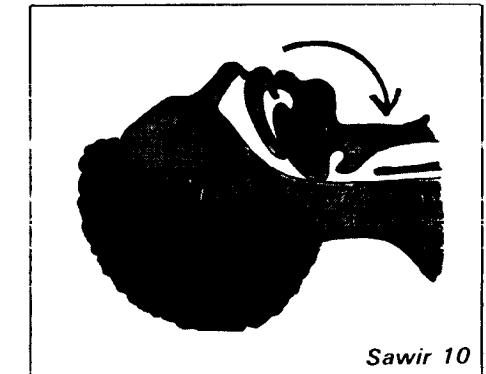


Sawir 9

BANNEYNTA MARINKA NEEFTA

Haddi qof miyir la' dhabarka
aad u jiifisid, gadhkiisa
ayaa hoos u dhaca, markaas
ayaa carrabkiisu isku gudbaa
marinka neefta.

Sidaas darteed qofku ma neefsan karo.



Sawir 10

FIIRO GAAR AH

Had iyo jeer hubi in
marinka neefta ee qofka
dhaawacani furanyahay.

Sida loo banneeyo marinka neefta

Cacmahaaga midkood qofka
wejiga ka saar, noosna ugu cadaadi.

Gacantaada kale luquntiisa
hoos ka soo geli korna ugu soo qaad.

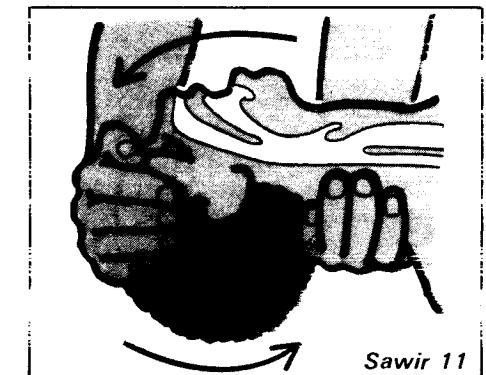
Madaxiisa dib u qalooci.

Garkiisa baa kor u soc
kacaya, sidaas darteed
carrabkiisu mar dambe
isku gudbimaayo marinka
neefta ee qofka.

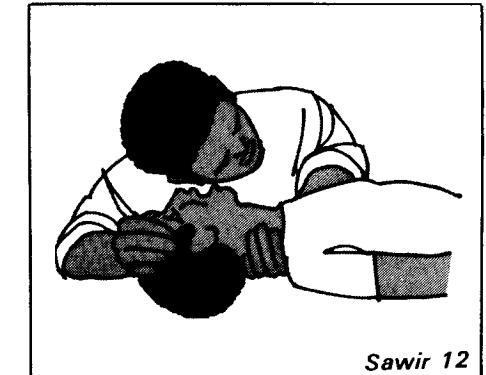
Markaas ka dib dhegeyso
in qofku neefsanayo iyo in kale.

Hadduu neefsanayo u jiifi
sida habboon.

Haddaanu neefsaneyn si degdeg
ah ugu bilow neefsiin.



Sawir 11



Sawir 12

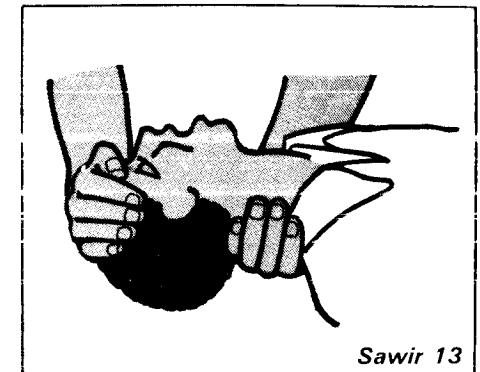
NEFSIIN

Haddi qof aanu qaadan neef
dhaqso ayuu u dhintaa.

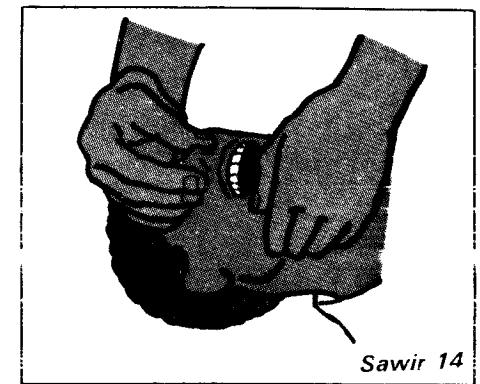
Qofka aan neefsan kareyn
waxaad ku isticmaashaa
tabta neef ku afuufidda
ee afka afka loo geliyo.

Banee marinada neefta.

Isla gacanta aad wejiga kaga
cadaadineysid faraheeda kaga
xidh sankaa.



Sawir 13



Sawir 14

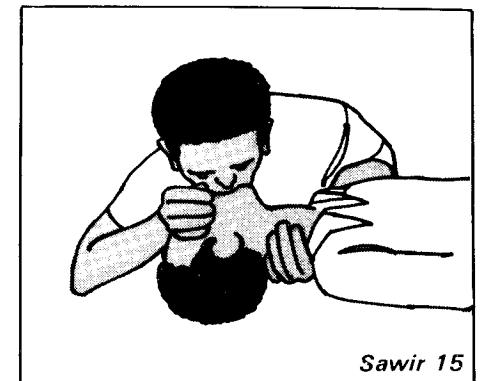
FIIRO GAAR AH

Gacманаага ku hey naikodaa
inta aad neefsiinta wedid.

Afkaaga si aad ah u kala fur,
neef badanna qaado.

Afka afka u geli adiga oo
dibnahaaga ka kor marinaaya
afka qofka aad u gargaareysid.

Ku afuuf neeftaada adiga
oo sidii caadiga aheyd u
neefsanaya.



Sawir 15

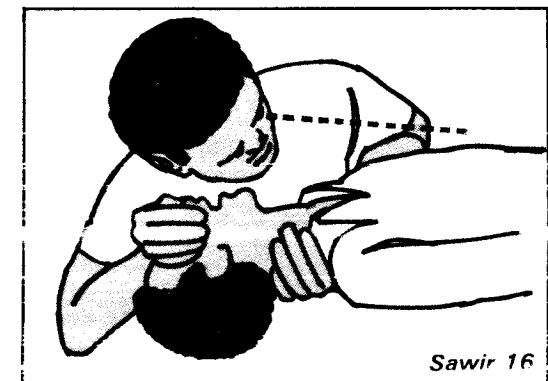
Isha ku hay laabta qofka,
marka aad aragtid in ay
kor u soo kacdey ka jooji
afuufidda.

Hubi in ay hoos u degtey.

Mar labaad afuuf.

Haddii aad aragtid in aan
neeftaadu gaadheyn sambabada
qofka, u bannee afka.

Ku ceiceeli afuufidda tar
iyo inta uu qofku iskii
uga neefsanayo, ama laga
helayo aqooniyahan caafimaad.



Markaad neefsiineysid qof
yar isticmaal habka aad
afka iyo sanka ilmaha add
afkaaga wada gelineysid.

Waayo afkaagu aad buu u
weyn yahay, sidaas darteed
isku mar baad afuufi kartaa
afka ivo sanka ilmaha.

Bannee marinada neefta.

Afuuf adiga oo in var
dedejinaaya neefsashadaada
caadiga ah.

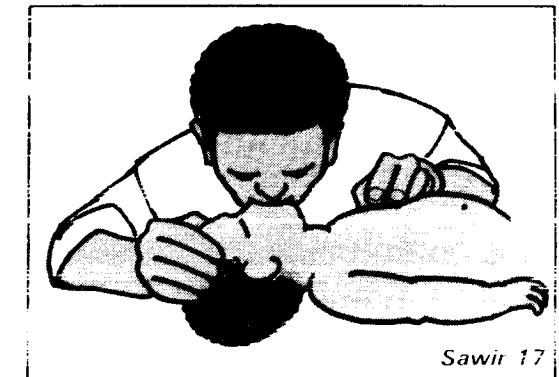
Isha ku hey iaabta iimana.

Isla marka aad aragtid in
laabtiisu kor u soo kacdey
ka jooji afuufidda, oo sug
inta ay hoos u degeyso.

Mar labaad afuuf.

FIIRO GAAR AH

Xoog ha u afuufin ilmaha.



Sawir 17

MERGASHADA IYO BANNEYNTA NEEFMAREENKA

Wax uu qof is leeyahay
liq baa hunguriga ku
joogsan kara.

Waxyaalahaasu si hawl yar
bay marinka neeftar u awdi
karaan.

Isku dey in aad si degdeg
ah uga soo saartid qofka
hungurigiisa.

Dadka waaweyn

Qofka korka ka saar miis ama
kursi, madaxiisana hoos u
laad laadi.

Labada garab dhexdooda xoog
uga dhirbaax.

Haddaad laba qof tiihin
sameeya sida sawirka 18
ku muujisan

Caruurta

Ilmaha garabkaaga ka kale
rid gacmahaaga labada garab
dhexdooda kaga riix.



Sawir 18



Sawir 19

Cunugga yar

Cunugga intaad kor u qaadid
foorari dabadeedna xoog u
rux.

Labada garab dhexdooda xoog
uga dhirbaax.

FIIRO GAAR AH

Ha isku devin in aad
qofku wuxu ku mergadev
aad faranaaga kaga soc
saartid. Wawa laga
yaabaa inaad kuu sii
riixdid.



SHOOG

Shil kasta oo khatar ahi,
ha ahaado dhaawac ama jiro
degdeg ah waxa ka dhalan
kara shoog iyo argagax.

Waxa shoog kugu dhici kara marka

- shil baabuur kugu yimaado
- aad gubato
- aad meel ka soo dhacdo
- dhiig badani kaa baxo.

Weelka sawirkan ku muujisani
wuxu ku fududaynayaa sidaad
ku kasi lehayd

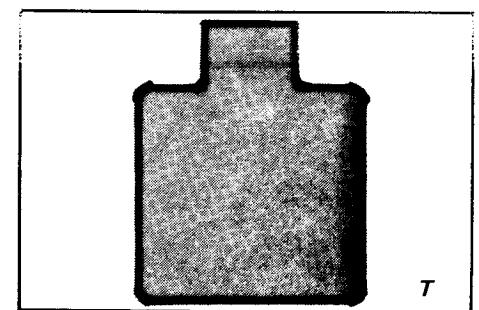
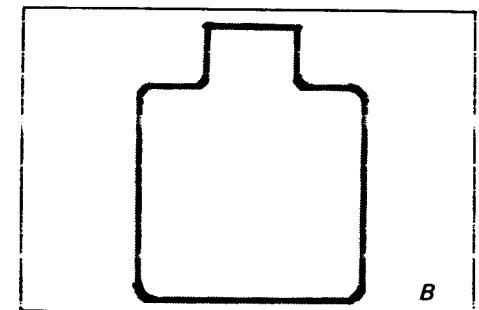
- khatarta shoogu leeyahay
- waxa kula gudboon inaad
samysa marka cid shoog
hayo aad la kuianto.

Weelkan aan u qaadano ama u
aragno jidhka qofka oo kale.

Marka ay wax waliba caadi
yihii qofka jidhkiisa iyo
madaxiisaba dhiig iyo dareer
kale baa ka buuxa.

FIIRO GAAR AH

Waa in madaxaaga dhiig
ka buuxaa mar walba.



SHOOG

Weelkanu sida jidhkaaga oo
kale ayuu u buuxa. Laakin
hadduu dalooshamo wuu
isdhimayaa.

Haddii dhiig iyo dareerayaal
badani ay jidhka qofka ka
baxaan, wuxu u dhinmayaan sida
weelka dalooshamay oo kale.

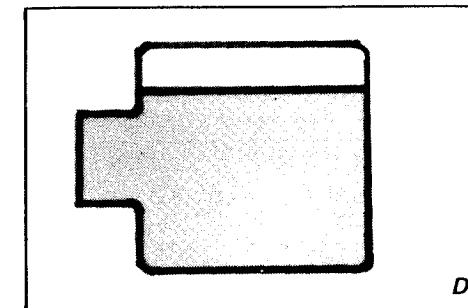
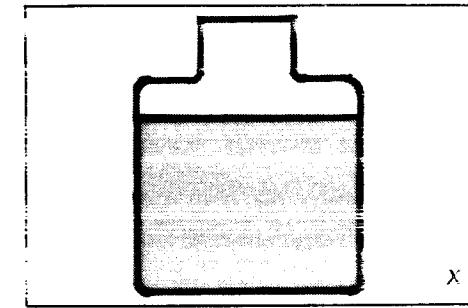
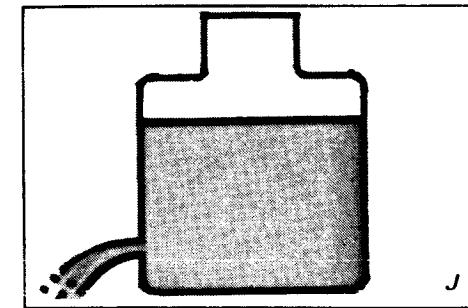
Haddi meelo waaweyn oo jidhka
qofka ka mid ahi ay gubtaan
waxa ka baxaya dheecaano badan.

Eeg weelku waa dhimanyahaye.

Jidhka dadku sida weelka ayuu
madaxa xagga sare ku leeyahay.

Haddii aad weelka oo dhiman
jiifiso madaxa ayuu dareerka
ku jira ku soo shubmaya.

Jidhka qofkuna waa sidaas oo
kale.



FIIRO GAAR AH

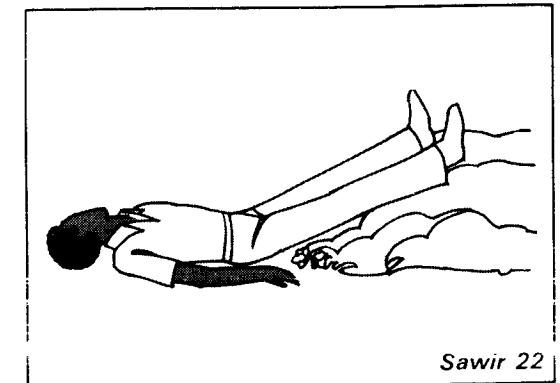
Had iyo jeer qofka shil ku
dhacay waa inaad jiifisa si
aad shooga uga baabi'iso.

Si aad shooga u baabi'iso

- qofka la hadal oo deji
- ka jooji hadduu dhiig baxayo
- ka jebi xummada iyo xanuunka
- hubi neefsashadiisa.

Qofka u dhig qaabka qofka
shooga qaba loo jiifsho.

U cid dir aqoonyahan caafimaad.



Sawir 22

FIIRO GAAR AH

Cabitaan ha siin qof shoog
qaba haddu

- miyir la'yahay
- kurbanayo
- matagayo.

DHIIG BAX XUN

Dhiiggu wuxu ka baxa nabarada
af banaan leh.

Qofku haddii uu dhiig baxo
muddo hai miridh ah ayuu ku
dhiman karaa, haddaan laga
gaadhin.

FIIRO GAAR AH

Haddii aad la kulanto qof
dhaawacan si fiican u raadi
meelo uu ka dhiig baxayc
waxa laga yaabaa in uu huga
uu sito ama qaabka uu u
yaalaa kaa qariyo.

Dhiig waxaad ku joojin kartaa
adiga oo nabarka hoos u
cadaadiya.

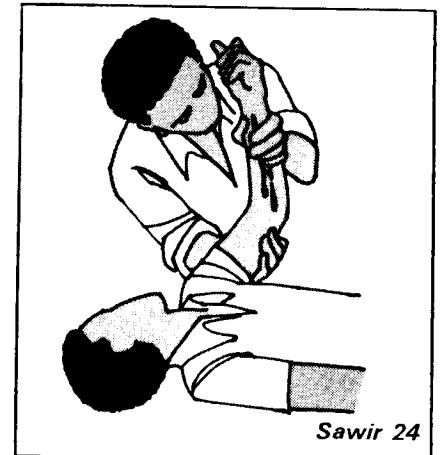
Farahaaga maro yar ku qabo
oo hoos ugu cadaadi meesha
dhiigeysa.

Haddii aadan heysan maro,
farahaaga oo keli ah ku
cadaadi nabarka tan iyo
inta aad heleysid wax kale
oo aad ku cadaadisid.

Addinka dhiigaya kor u hey,
haddii aanay qofka dhibayn.



Sawir 23



Sawir 24

DHIIG BAX XUN

Sida faashada (baandhays)
loogu joojo dhiig baxa,
iyadoo dusha lagaga
cadaadinayo nabarka.

Gobol yar oo maro ah
nabarka dhiigaya dul
saar oo ku cadaadi.

Maro, ama faashad (baandhays)
laba jeer isku laaban dul
saar nabarka.

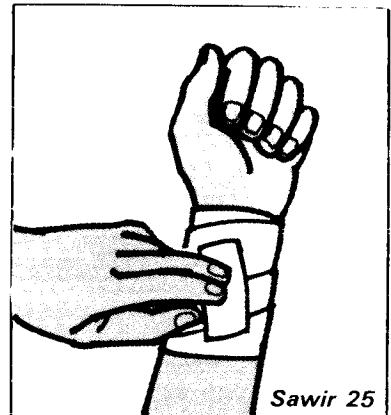
Maro ama faashad (baandhays)
isku laablaaban, dhagax,
qolof taraq ama wax ia mid
ah dul saar meesha nabarku
ku beegan yahay.

Ku dul duub maro ama faashad
(baandhays), meesha aad ku
gunteysid. Ku dul beeg meesha
nabarku ku yaalo.

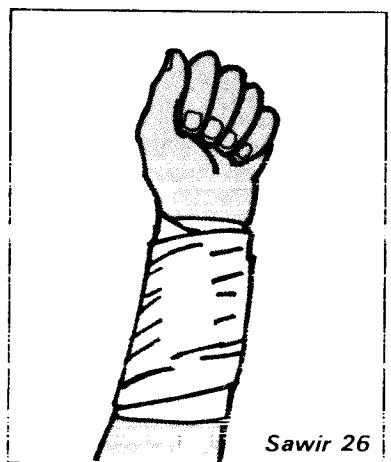
Addinka dhaawacan kor u xir,
si aanu u dhaqdhaqaqin.

Shooga ka baabi'i.

U cid dir aqoonyahan caafimaad



Sawir 25



Sawir 26



Sawir 27

DHAYIDA IYO DARYEELKA NABARADA

Nabarka ku dhaq saabuun
yo biyo nadiif ah

Hadduu dhaawacu madaxa
yahay, timaha ka xiir
nabarka hareerihiisa.

Nabarka ku dhay daawo
caabuqbi'iso ah haddii
la helo.

Nabarka dhamaantiis ku
dabool ama ku qari maryo
nadiif ah, dabeeedna ku
xir faashad (baandhays).

FIIRO GAAR AH

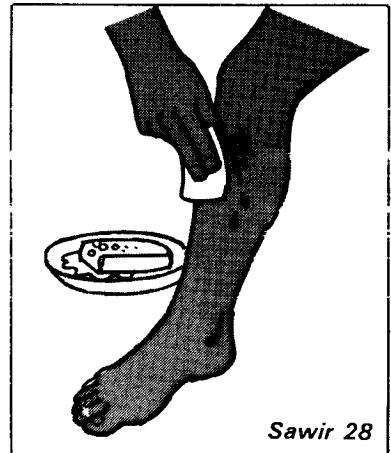
U sheeg qofka dhaawacan

- inuu dhawro nadaafada
nabarka
- inaanu nabarka qovr
- inaanu ka qaadin
faashada (baandhays).

Nabarka faashada (baandhays)
ka fur shan maalmood ka dib.

Hadduu caabuqay

- nabarku si xun buu uraya
- dheecaan malax leh baa
ka soo baxaya
- qofka xumad baa qabanaysa.



Sawir 28



Sawir 29

DHAYIDA IYO DARYEELKA NABARADA

Hadday taasu dhacdu nabarka
si fiican ugu mavr bivo diiran
oo aad cusbo ku dartay.

Daawo caabuqbi'iso ah ku dhay,
oo ku xir faashad (baandhays)
cusub.

Laba maalmood markii la joogaba
sida ayuu kor ku tilmaanay yeel.

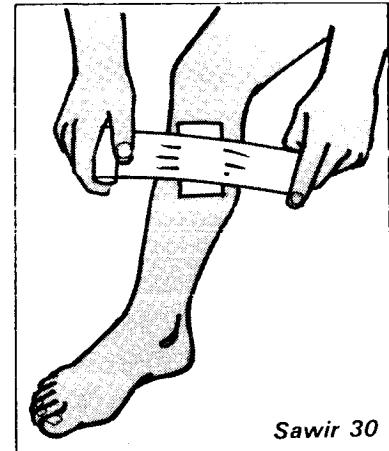
U cid dir aqoonyahan caafimaad.

Haddaan nabarku caabuqin,
mari dawooyin ka ilaaliya
caabuqa, oo ku xir faashad
(baandhays) cusub.

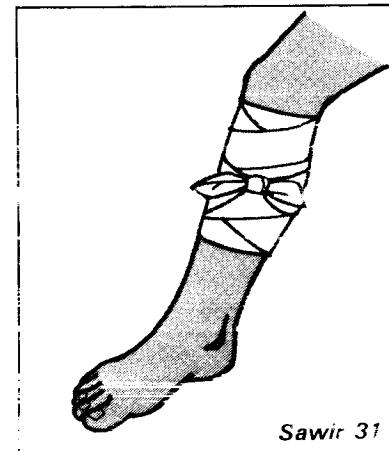
Shan maalmood markii la
joogabaa sida aynu kor
ku tilmaanay yeei, inta
nabarku ka bogsanayo.

FIIRO GAAR AH

Marka aad faashadaha (baandhaysyada)
kala bedelaysid si fiican biyo saabuun
leh ugu fara dhaqo, intaadan nabarka
taaban. Isla sidaas oo kale u fara
dhaqo markaad faashad (baandhays)
cusub nabarka saarto.



Sawir 30



Sawir 31

DUUBNIINKA NABARADA

Waxaad isticmaashaa maryo iyo faashado (baandhaysyo) si aad

- nabarada ku dabooshid
- dhaqdhqaaqana uga ilaalisd qaybaha jirka ee dhaawacan.

Markaad daboolaysid nabarada isticmaal

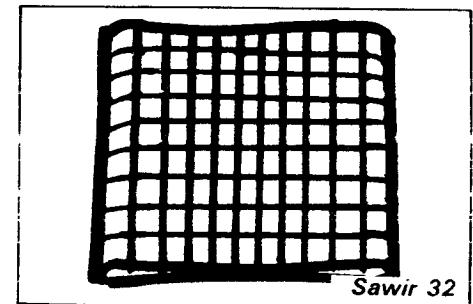
- maryo iyo faashado (baandhaysyo)
- jeermi dilan
- sharootooyin (balastar)
- dharka ugu nadiifsan ee la heli karo.

Duubista nabaradu waxay u baahantahay

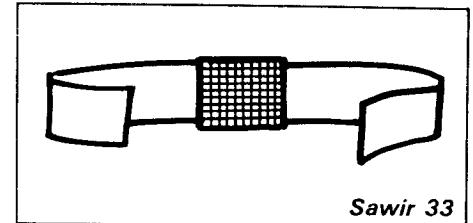
- faashadaha (baandhaysyada)
- maryo iyo gaarsooyin duuban
- faashadaha (baandhaysyada) saddex geesleyda ah.

Si an xubinta dhaawacani u nuuxnuuxsan ku xir faashad (baandhays) saddex geesley ah.

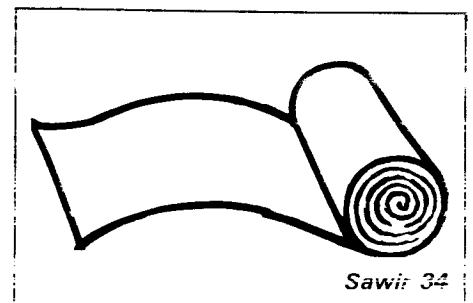
Sawirada 32 ila 48 waxay muujinayaan duubayaal kala duwan oo nabarada lagu isticmaalc.



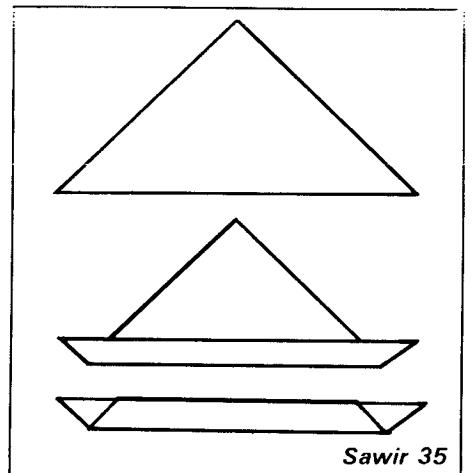
Sharoto (balastar)



Faashado (baandhaysyo), duuban



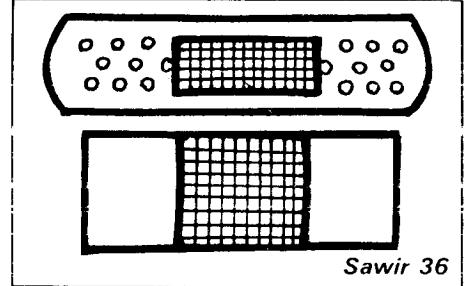
Faashado (baandhaysyo) saddex geesley ah



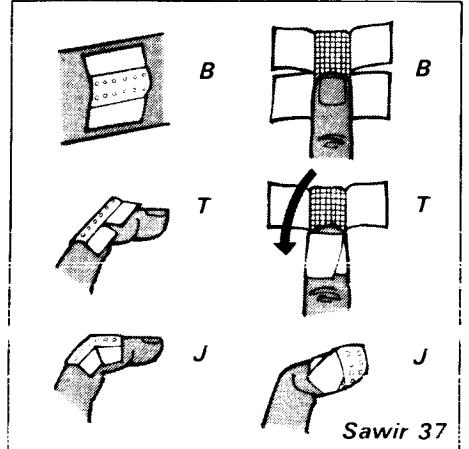
DUUBNIINKA NABARADA

FIIRO GAAR AH

Waxad nabarada ku duubi kartaa maryo yar yar, hase yeeshe waa inaad shan iyo tobant daqiqo bivo gelisaa ama kaawivadavsa. Faashadaha (baandhaysyada) iyo gaarsooyinka waxa laga samayn karaa dhar.

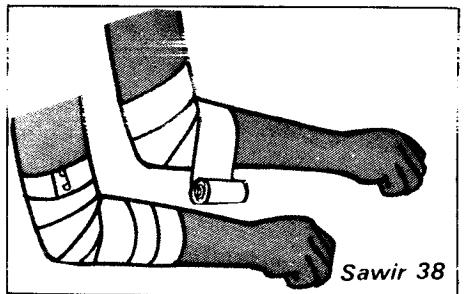


Sharooto (balastar) daawo leh



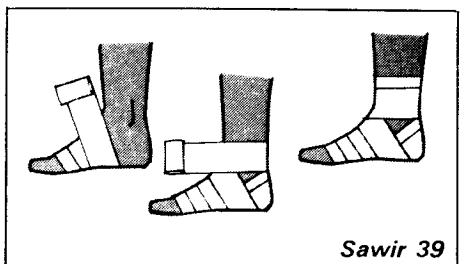
Faashado (baandhaysyo)
duuban

Suxul



Faashado (baandaysyo)
duuban

Cag iyo canqaw



Sawir 39

DUUBNIINKA NABARADA

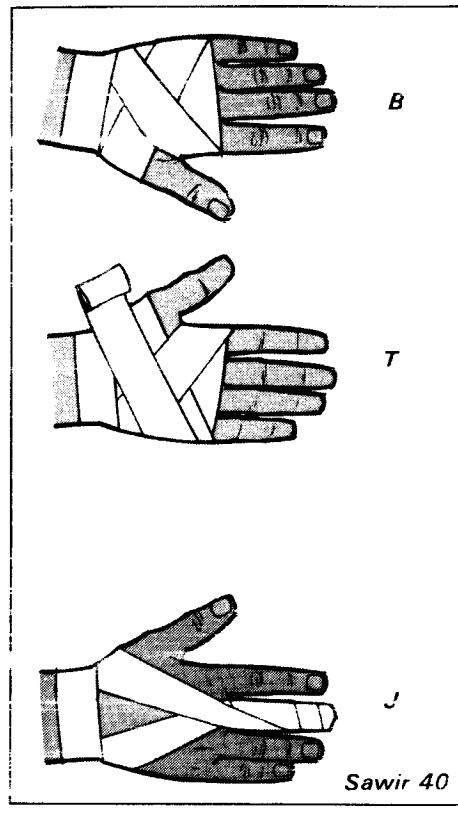
Gacan

Faashado (baandhaysyo)
duuban

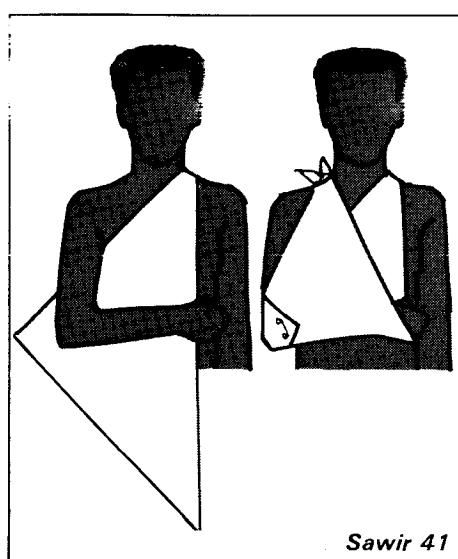
Far

Faashado (baandhaysyo)
saddex geesley ah

Jeeniqaarida gacan jaban



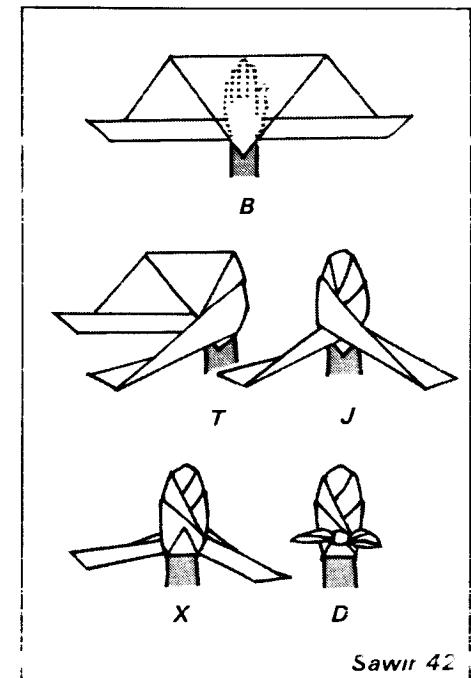
Sawir 40



Sawir 41

Faashado (baandhaysyo)
saddex geesley ah

Gacan

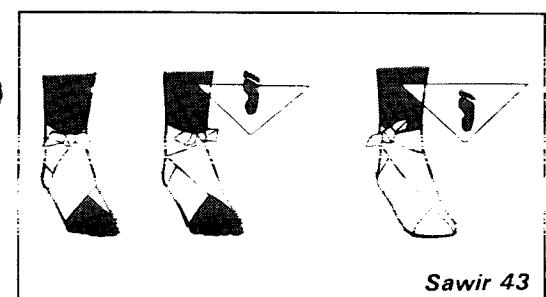


Sawir 42

Faashado (baandhaysyo)
saddex geesley ah

Cidhit

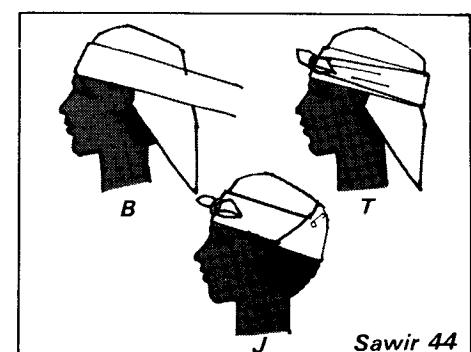
Cag



Sawir 43

Faashado (baandhaysyo)
saddex geesley ah

Madax

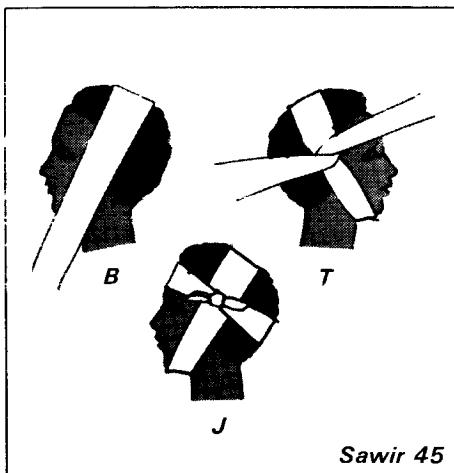


Sawir 44

DUUBNIINKA NABARADA

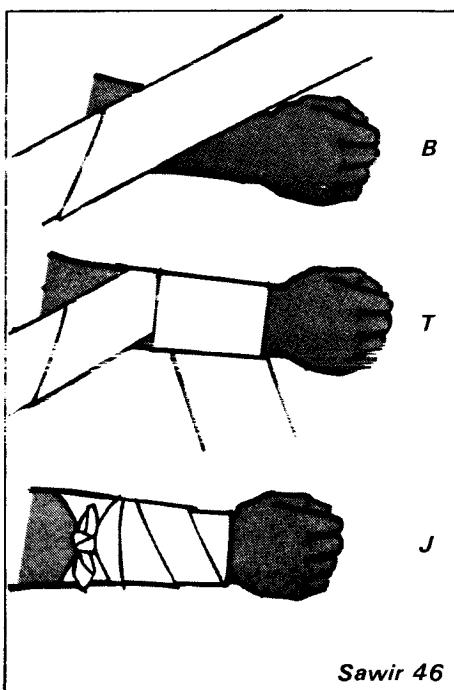
Faashado (baandhaysyo)
saddex geesley ah

Dheg iyo dhaban



Faashado (baandhaysyo)
saddex geesley ah

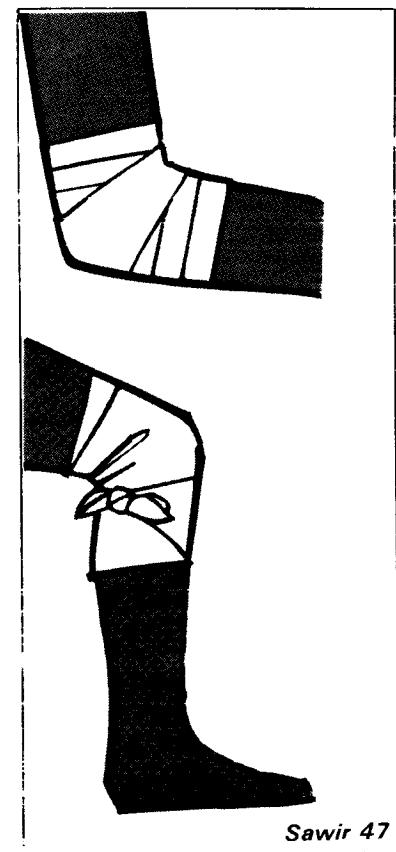
Dhudhun



Faashado (baandhaysyo)
saddex geesley ah

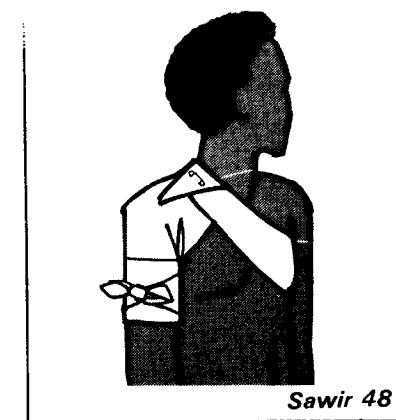
Suxul

Ruug



Faashado (baandhaysyo)
saddex geesley ah

Garab



GUBASHADA

Gubashadu waxay ka imaan
kartaa

- dab
- shay kulul
- biyo bayl ah
ama saliid
- koronto.

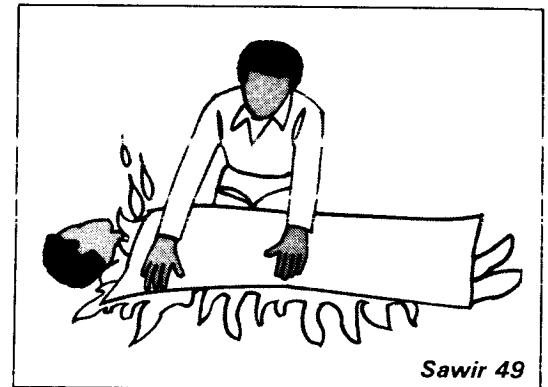
Marka qof dab qabsado si
degdeg ah dabka u demi adoo
ku dedaya buste, derin iyo
wixii la mid ah.

Waxyeelada gubashadu waxay
ku xirantahay

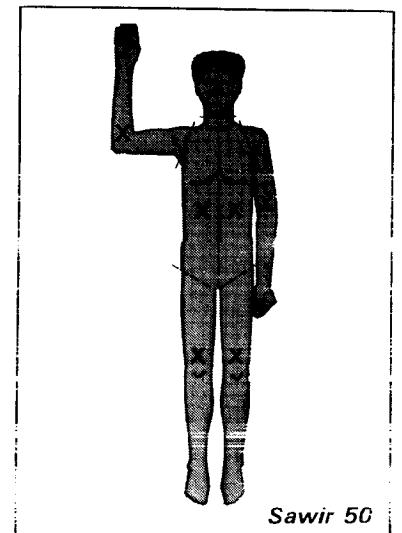
- inta meesha gubatay
ie egtranay
- sida ay meeshu
u gubatay.

Waa khatar haddii dabku
gaarey ama ku fiday meelo
aad u balaaran. Sawirkan,
X kasta waxay muujinaysa
meel balaaran oo gubatay.

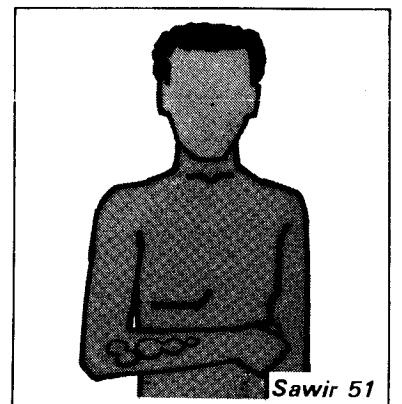
Sawirkani wuxu ina tusayaa
meel yar oo jirka ka mid
ahi sida ay u gubatay.
Waa dhudhun ay biyo galeen.



Sawir 49



Sawir 50



Sawir 51

GUBASHADA

FIIRO GAAR AH

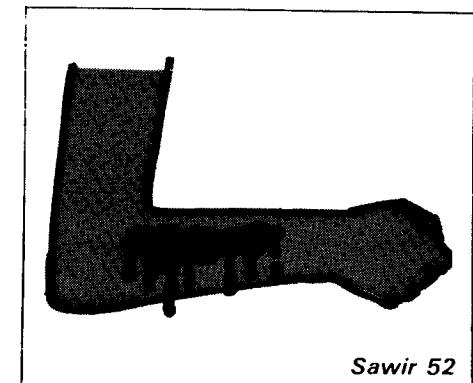
Dadka gubta dhareero badan
baa ka baxa, waxayna halis
u yihiiin shoog.

Hadduu qof gubto, si degdeg
ah u qabooji. Meesha gubatay
kushub ama ku dhex rid, biyaha
ugu qabow ee aad heli karto
intaadan qofka maryaha ka
saarin.

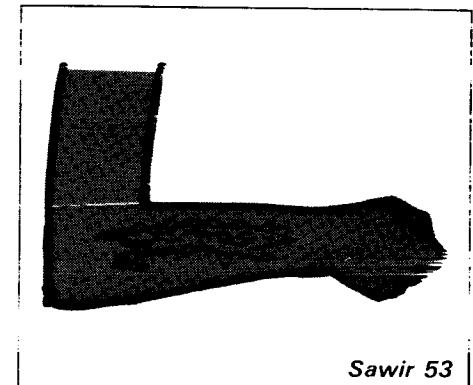
Sidaas ku wad inta xanuunka
oo dnami qofka daynayo.

Nabarka dhaymo saar aad
todobadii cishoba mar ka
qaadid.

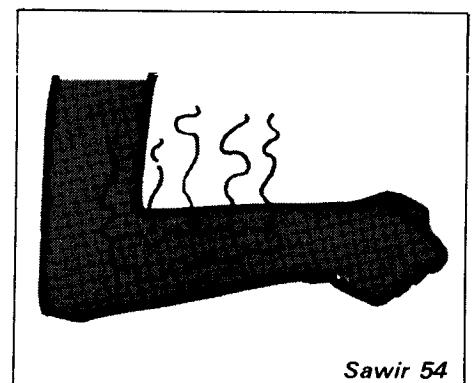
Haddii todobadii cisho ka
bacdi av meeshil gubataw
weli dhiigayso ama ay urto,
amaba qofkii xumadi qabato,
markaas u cid dir aqoonyahan
caafimaad.



Sawir 52



Sawir 53



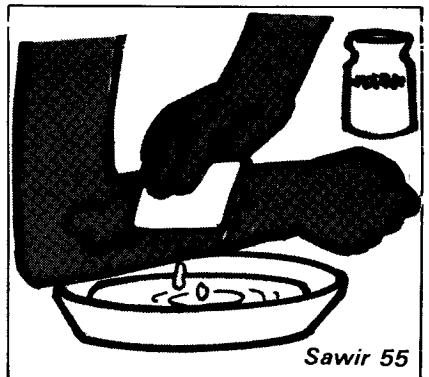
Sawir 54

GUBASHADA

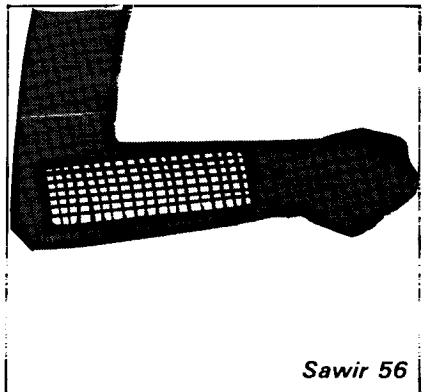
Haddii ayan meeshu urayn,
ama gargaare caafimaad oo
ku habboon la waayo,

- biyo milix leh si
tartiib ah ugu mayr
- ku shub ama mari daawo
caabuqbi'iso ah, haddii
la helo
- duub oo dhaymo cusubna
saar.

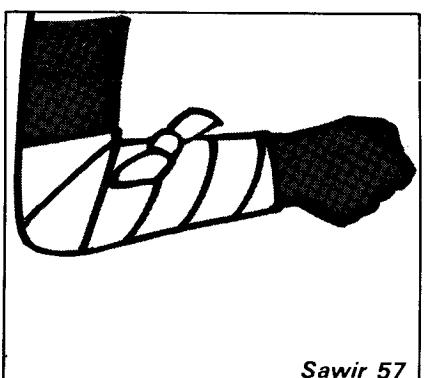
Inta nabarku ka qolofaysanayo,
laba maalmood markii la joogaba
sida aynu kor ku tilmaanay yeel.



Sawir 55



Sawir 56



Sawir 57

JABIDDA IYO NUUXNUUXSASHO LA'AANTA

Jabniin waxaynu ula jeedna
jabniin iafeed.

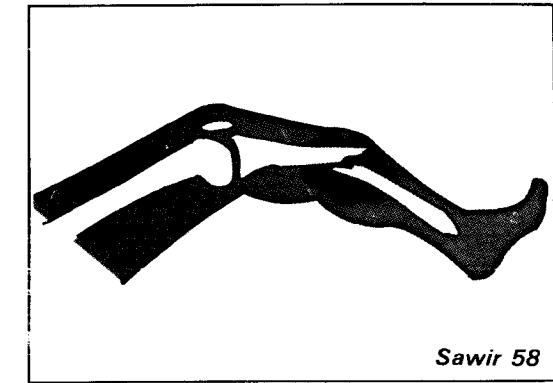
Jabniinka lafaha siyaalaha
lagu ogaan karo waxa ka mid ah

- daqmasho iyo xanuun
haddii addinka la
dhaqaajo
- gofka dhaawaca ah
oo aan
- addinka dhaqaajin
karin
- meesha dhaawacu
gaarey oo bararta.

Meelaha dhaawac iyo jabniin
loo filayo oo dhan waa inaan
la nuuxnuuxin.

Si lafana jaban looga iiaasho
nuuxnuuxsashada waxa loo
baahanyahay kabayo, cufaf
la geliyo kabayada iyo lafaha
jaban dhexdooda, iyo faashado
(baandhaysyo) ay ka mid yihii
kuwa saddex geesleyda ah ama
maryo.

Kabayo waxad ka dhigi karta
alwaax, ulo iyo wixii la mid ah.



JABIDDA IYO NUUXNUUXSASHO LA'AANTA

Haddaad weydo waxad kabay ka dhigto, qofka jaban jidhkiisa ayaad kabayo isaga dhigi kartaa.

Waxa isku xiri karta addimada, adoo dhex gelinaya cuf.

Alaabta wax lagu cufowaxad ka samayn karta dhar, caws, bustayaal iyo wixii la mid ah.

Lafta jaban ee nuuxnuuxsashada loo diidayo waa in la raaciya oo layskula xiraa xaglaha ama laabatooyinka hareeraha ka xiga ee ay ka dnaqdhaqaqdo.

Waa inaad cuf gelisa lafta iyo kabayada dhexdooda. Isla mar ahaantaa waa inaad kabayada madaxyada ka cuttaa.

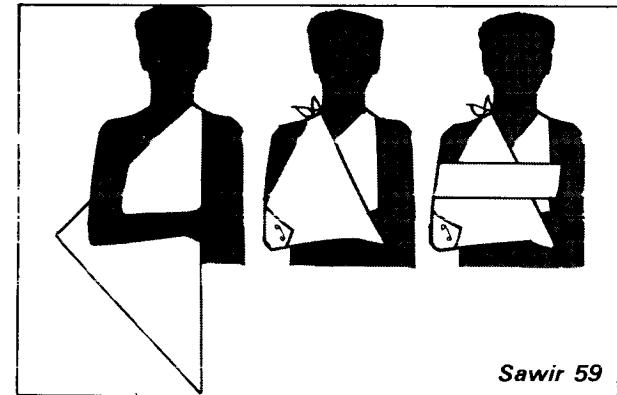
FIIRO GAAR AH

Haddii meel jaban nabar ku yaal, horta nabarka ka shaqee.

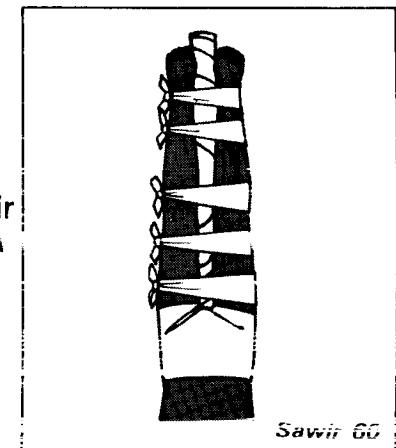
U cid dir aqoonyahan caafimaad.

Sawirada 59 ila 65 waxay muujimayaan jabniino kala duwan iyo sida dhaqdhaqaqa looga dhawro.

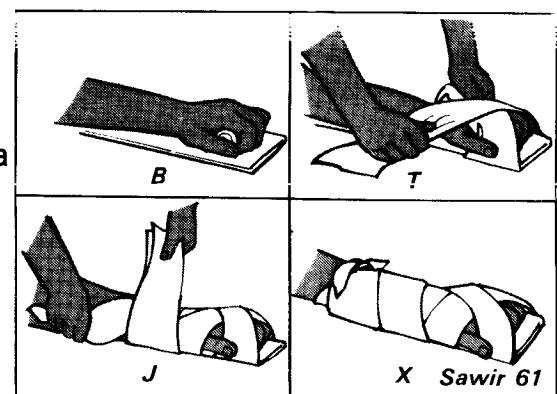
Gacanta laabta ku xir



Lugta dhaawacan lugta kale ku xir
Cuf geli iabada iugood dhexdooda

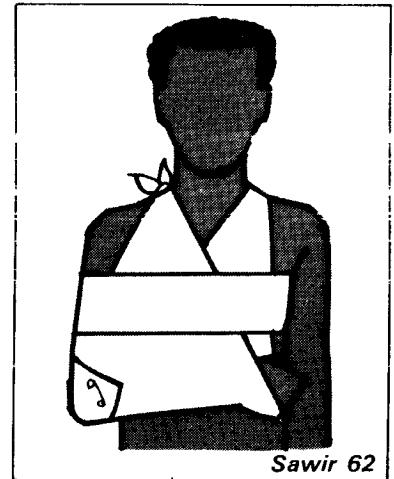


Nuuxnuuxsasho la'aanta cuma acum jaban



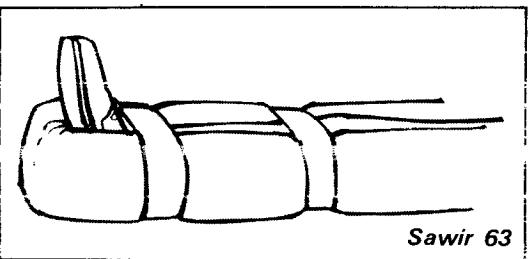
JABIDDA IYO NUUXNUUXSASHO LA'AANTA

Nuuxnuuxsasho ia aanta
cumaacum jaban



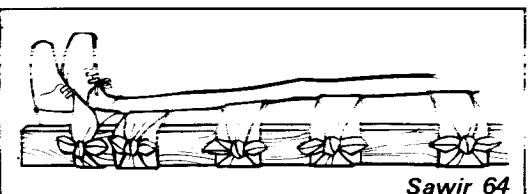
Sawir 62

Sida bustaha looga
duubo kubka, loogana
ilaaliyo nuuxnuuxsasnada



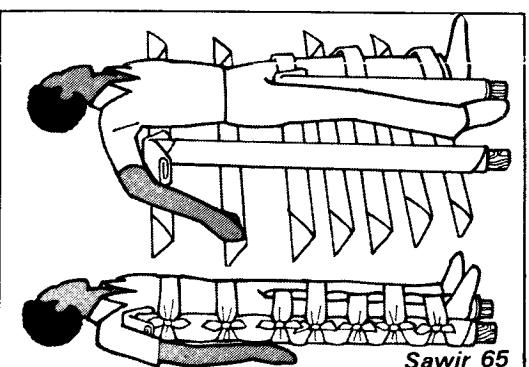
Sawir 63

Sida ruuga loogu dhiso
alwaax ka ilaalisa
nuuxnuuxashada



Sawir 64

Sida bawdada loogu
dhiso alwaax ka ilaalisa
nuuxnuuxsashada



Sawir 65

QAADIDDA DHAAWACA

Sawirada 66 ila 81 waxay ina tusinayaan habab kala duwan oo looga nabadgeliyo khatarta loona qaado qofka jaban. Sawiradu waxay kaloo ina tusayaan qalab kala duwan oo ku meej gaar ah loona takuu laysto qaadista dadka dhaawacan.

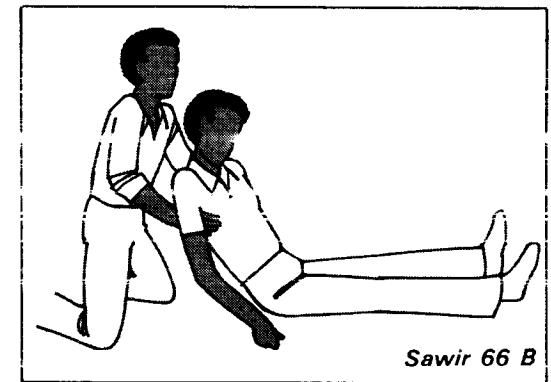
Qofka dhaawaca ah ama jiran meeshiisa he ka dhaqaajin naddanav khasab kugu noqon.

Waa inaad u jiifisaa sida ugu habboon markaad dhaawaciisa u eegto.

FIIRO GAAR AH

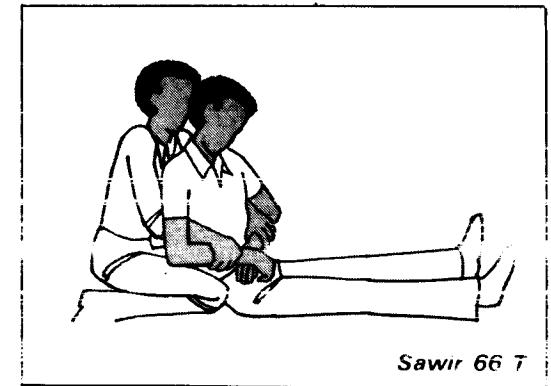
Had iyo jeer qofka dhaawacan ka durki dabka iyo biyaha.

Badbaadin aegaeg an



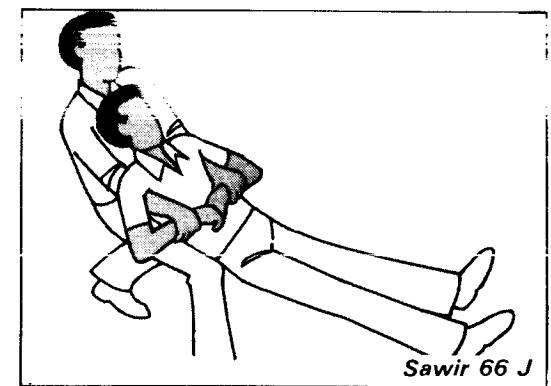
Sawir 66 B

Badbaadin degdeg ah



Sawir 66 T

Badbaadin degdeg ah



Sawir 66 J

QAADIDDA DHAAWACA

Ka badbaadin degdeg ah
shil baabuur



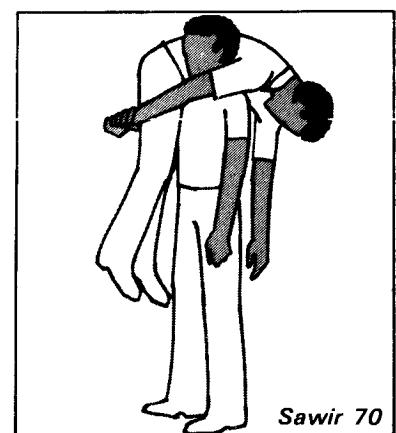
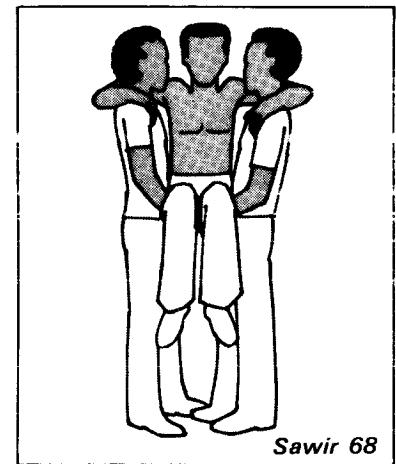
Ka badbaadin degdeg ah
shil baabuur



Durkis yar

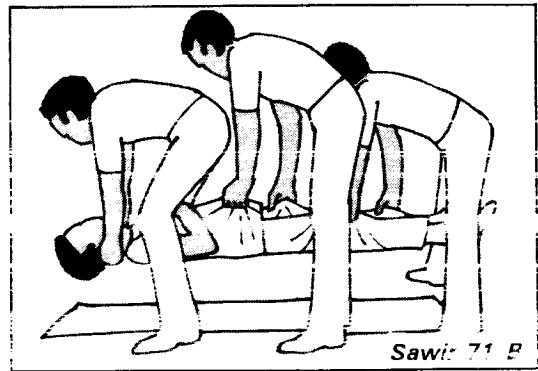
Durkis yar

Durkis yar

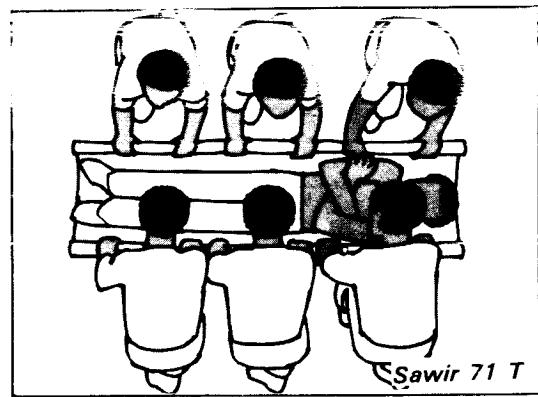


QOODIDDA DHAAWACA

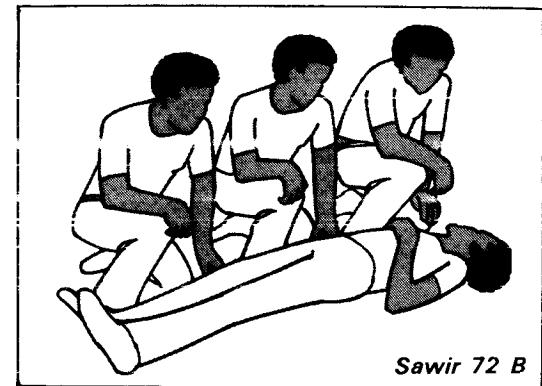
Durkis yar



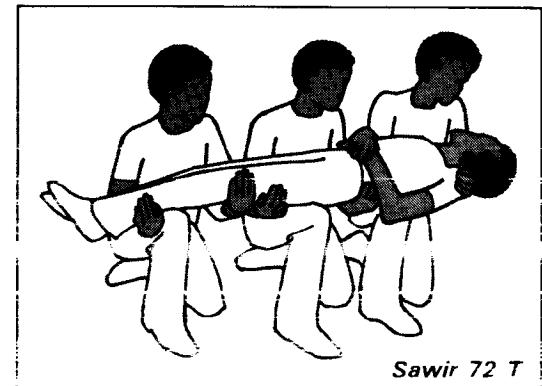
Durkis yar



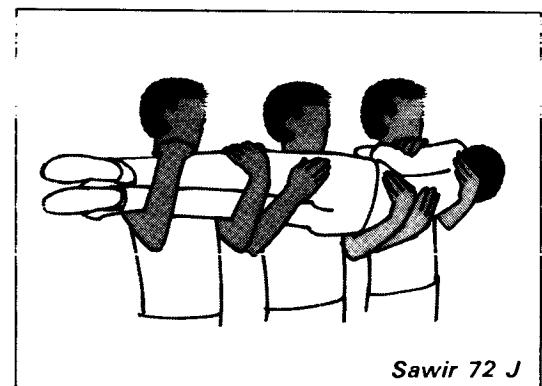
Durkis yar



Durkis yar

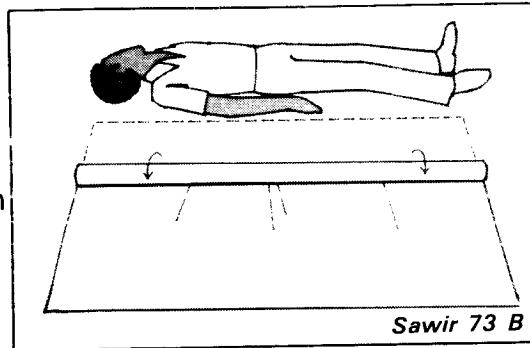


Durkis yar

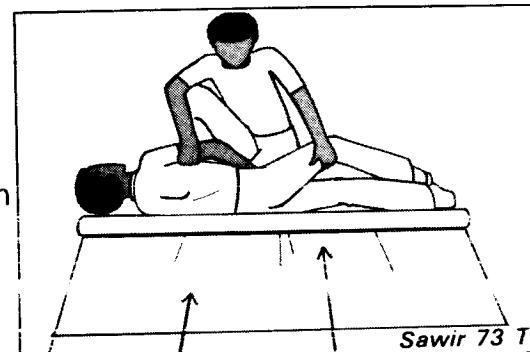


QAADIDDA DHAAWACA

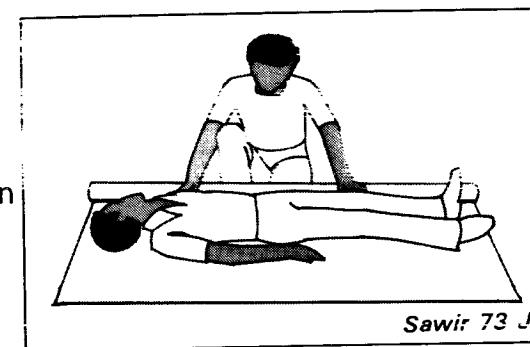
Tabaha bustaha loogu
qaado dadka dhaawacan



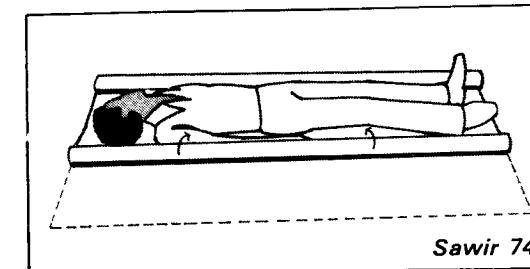
Tabaha bustaha loogu
qaado dadka dhaawacan



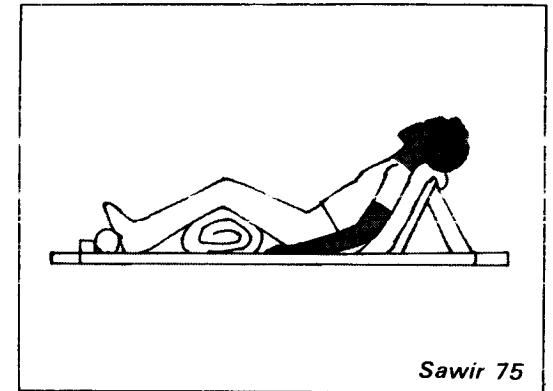
Tabana bustana loogu
qaado dadka dhaawacan



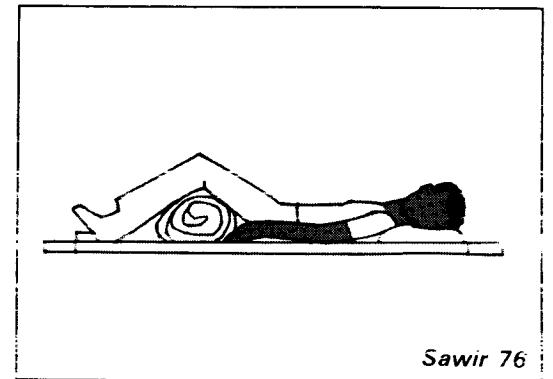
Sida inta badan qofka
dhaawacan loo qaado



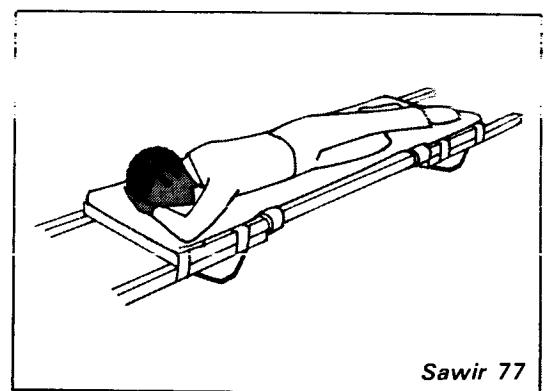
Laab xanuun

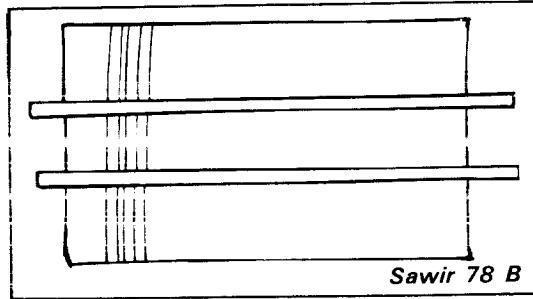


Calooli xanuun

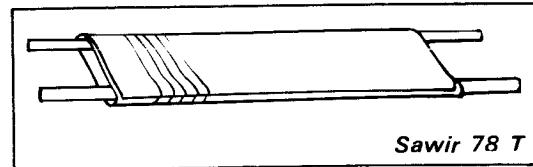


Miyir beel

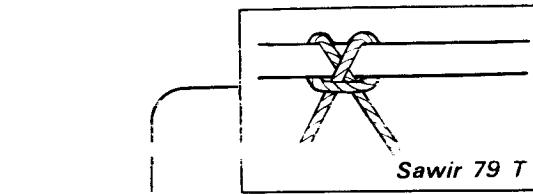




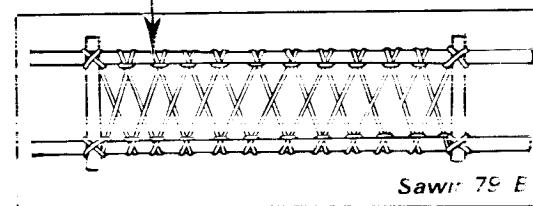
Sawir 78 B



Sawir 78 T

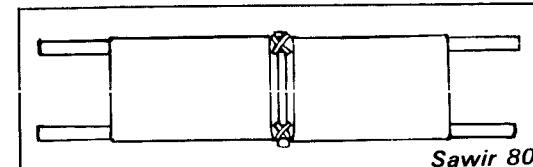


Sawir 79 T

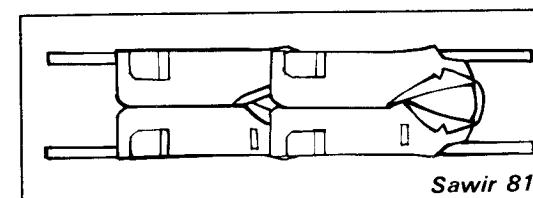


Sawir 79 E

Alaab ku meel gaar ah
oo dadka dhaawacan
lagu qaado



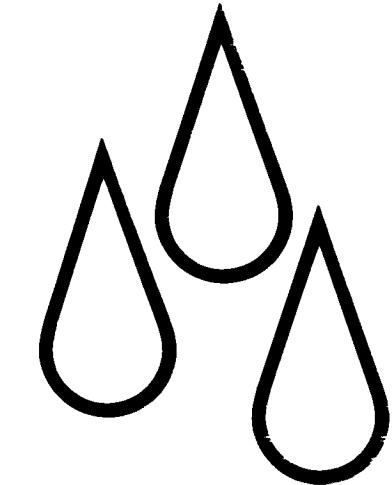
Sawir 80



Sawir 81

GARGAARKA DEGDEGGA AHI WAA BADBAADINTA NAFTA

KU DEEQ DHIIG
OO BADBAADI NAF



Dhiiga waxad ku bixin kartaa
cusbataalada gobolada oo dhan
ama waxad la xidhiidhi karta
Ururka Bisha Cas ee Soomaaliyeed

GARGAARKA DEGDEGGA AHI WAA BADBAADINTA NAFTA

**KU DEEQ DHIIG
OO BADBAADI NAF**



Dhiiga waxad ku bixin kartaa
cusbataalada gobolada oo dhan
ama waxad la xidhiidhi karta
Ururka Bisha Cas ee Soomaaliyeed

