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ꯄꯋꯥꯔ ꯂꯥꯟꯅ ꯁꯤꯖꯤꯟꯅꯒꯅꯨ
ꯑꯆꯨꯝꯕ-ꯑꯁꯦꯡꯕ ꯇꯧꯔꯒꯕꯨ ꯀꯤꯒꯗ꯭ꯔ
ꯃꯤꯌꯥꯝꯒꯤ ꯂꯨꯞꯁꯤꯡꯗꯒꯤ ꯍꯧꯔꯒ ꯂꯩꯉꯥꯛꯀꯤ ꯂꯣꯏꯁꯪꯁꯤꯡꯒꯤ ꯊꯧꯃꯤꯁꯤꯡ,
ꯋꯥꯌꯦꯜ-ꯊꯧꯗꯥ ꯈꯨꯠꯄꯥꯏꯅꯔꯤꯕ ꯊꯥꯛ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯃꯤꯍꯨꯠꯁꯤꯡꯅꯕꯨ ꯑꯆꯨꯝꯕ, ꯑꯁꯦꯡꯕ,
ꯇꯧꯐꯝ ꯊꯣꯛꯄꯁꯤꯡ ꯈꯛꯇꯃꯛ ꯆꯨꯝꯅ ꯇꯧꯔꯒꯕꯨ ꯃꯈꯣꯏꯒꯤ ꯊꯕꯛ-ꯊꯧꯔꯝꯁꯤꯡꯒꯤ
ꯃꯇꯥꯡꯗ ꯃꯤꯌꯥꯝ ꯇꯤꯟꯕ ꯊꯧꯔꯝꯗ ꯑꯃꯁꯨꯡ KOKM ꯃꯤꯗꯤꯌꯥ ꯌꯥꯎꯅ ꯃꯁꯤꯒꯤ
ꯄ꯭ꯂꯦꯠꯐꯣꯔꯝꯁꯤꯡꯗ ꯄꯟꯗꯨꯅ ꯉꯥꯡꯂꯛ-ꯁꯛꯂꯛꯄꯗꯕꯨ ꯀꯤꯒꯗ꯭ꯔ? ꯀꯤꯗ꯭ꯔꯕꯃꯛꯁꯨ
ꯃꯤꯄꯥꯏꯕ ꯅꯠꯇ꯭ꯔꯒ ꯈꯣꯏꯔꯥꯡ-ꯈꯣꯏꯁꯥꯎꯅꯕ ꯅꯠꯇ꯭ꯔꯕꯁꯨ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯄꯣꯛꯐꯝ
ꯊꯣꯛꯄ꯭ꯔ? ꯑꯆꯨꯝꯕ ꯑꯁꯦꯡꯕꯁꯤꯡ ꯈꯛꯇ ꯇꯧꯔꯕꯗꯤ ꯍꯥꯏꯅꯤꯡꯕ ꯍꯥꯏꯖꯧ, ꯉꯥꯡꯅꯤꯡꯕ
ꯉꯥꯡꯖꯧ ꯅꯥꯗ ꯍꯥꯞꯇꯦ ꯍꯥꯏꯗꯨꯅ ꯏꯆꯪ-ꯊꯧꯅ ꯈꯣꯡꯒ꯭ꯔꯥꯏ ꯅꯤꯛꯇꯨꯅ ꯂꯩꯊꯣꯛꯀꯗꯕ ꯅꯠꯇ꯭ꯔ?
ꯑꯗꯨꯕꯨ ꯃꯁꯤꯒꯤ ꯃꯍꯨꯠꯇ ꯇꯦꯂꯤꯚꯤꯖꯟ ꯆꯦꯅꯦꯜ/ꯂꯣꯀꯜ ꯀꯦꯕꯜ ꯅꯦꯠꯋꯥꯔꯛꯁꯤꯡꯒꯤ
ꯗꯤꯁꯀꯁꯟꯗ ꯁꯔꯨꯛ ꯌꯥꯗꯨꯅ ꯉꯥꯡꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯕꯨ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝꯁꯤꯡꯗꯨ ꯇꯥꯔꯕ ꯃꯇꯨꯡꯗ
ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯄꯨꯂꯤꯁꯀꯤ ꯑꯦꯁ ꯄꯤꯁꯤꯡꯗ ꯀꯧꯈꯠꯍꯟꯕꯗꯤ ꯆꯨꯝꯕ꯭ꯔ? ꯇꯧꯐꯝ
ꯊꯣꯛꯄ ꯊꯕꯛꯁꯤꯡ ꯑꯣꯏꯒꯗꯧꯔꯤꯕ꯭ꯔ? ꯍꯥꯏꯔꯤꯕ ꯊꯧꯑꯣꯡꯁꯤꯗꯤ ꯈꯨꯠꯄꯥꯏꯅꯔꯤꯕ
ꯄꯋꯥꯔꯗꯨ ꯃꯆꯤꯟ ꯑꯅꯤ ꯂꯣꯡꯅ ꯂꯥꯟꯅ ꯁꯤꯖꯤꯟꯅꯕꯅꯤ ꯍꯥꯏꯔꯛꯂꯣꯏꯗꯕꯒꯤ ꯃꯔꯝ
ꯂꯩꯕ꯭ꯔ? ꯑꯍꯥꯟꯕꯗ ꯋꯥ ꯉꯥꯡꯂꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗꯨꯗ ꯐꯤꯖꯤꯀꯦꯜ ꯃꯤꯁꯕꯤꯍꯦꯚꯀꯤ
ꯊꯧꯑꯣꯡ ꯆꯠꯊꯗꯨꯅ ꯏꯟꯀꯟꯚꯤꯅꯦꯟꯠ ꯊꯣꯛꯍꯟꯕ, ꯃꯁꯥꯒꯤ ꯕꯣꯅꯥꯐꯥꯏꯗ ꯁꯤꯇꯤꯖꯦꯟ ꯑꯃ
ꯑꯣꯏꯕꯒꯤ ꯔꯥꯏꯠꯁ ꯃꯥꯡꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯑꯅꯤꯁꯨꯕꯗꯅ ꯁ꯭ꯇꯦꯠꯀꯤ ꯂꯣ-ꯑꯦꯟꯐꯣꯔꯁꯤꯡ
ꯑꯦꯖꯦꯟꯁꯤꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ ꯃꯥꯡꯖꯤꯜ ꯊꯥꯔꯤꯕ ꯄꯨꯂꯤꯁ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯕꯨ ꯂꯥꯟꯅ
ꯁꯤꯖꯤꯟꯅꯕꯒꯤ ꯊꯧꯑꯣꯡ ꯆꯠꯊꯕꯅꯤ꯫ ꯍꯣꯠ, ꯑꯦꯁ ꯄꯤꯒꯤ ꯏꯟꯁꯇ꯭ꯔꯛꯁꯟꯗꯒꯤꯅꯤ
ꯍꯥꯏꯗꯨꯅ ꯃꯈꯥ ꯊꯥꯕ ꯑꯣꯐꯤꯁꯔ ꯑꯃꯁꯨꯡ ꯄꯔꯁꯅꯦꯜꯁꯤꯡꯅ ꯂꯣꯀꯜ ꯇꯦꯂꯤꯚꯤꯖꯟ
ꯅꯦꯠꯋꯥꯔꯛꯁꯤꯡꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯈꯟꯅ-ꯅꯩꯅꯕ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝꯁꯤꯡꯗ ꯋꯥ ꯉꯥꯡꯂꯨꯏ ꯍꯥꯏꯗꯨꯅ
ꯀꯧꯔꯒ ꯐꯥꯖꯤꯜꯂꯤ, ꯄꯨꯟꯁꯤꯜꯂꯤ ꯅꯠꯇ꯭ꯔꯒ ꯐꯨ-ꯆꯩꯕ ꯇꯧꯏ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯐꯝ ꯅꯠꯇꯦ꯫
ꯑꯁꯤꯒꯨꯝꯕꯁꯤꯡꯁꯤ ꯀꯔꯤꯃꯠꯇ ꯇꯧꯗꯅ ꯐꯝꯃꯤꯟꯅꯗꯨꯅ ꯆꯥ ꯊꯛꯂꯒ ꯊꯥꯗꯣꯔꯛꯄ
ꯑꯣꯏꯔꯒꯁꯨ ꯃꯤ ꯑꯃꯕꯨ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟꯗ ꯀꯧꯕꯒꯤ ꯊꯧꯑꯣꯡꯗꯤ ꯆꯨꯝꯕ꯭ꯔ ꯍꯥꯏꯕꯅꯤ꯫
ꯃꯁꯤ ꯍꯥꯏ ꯍꯥꯏꯗꯨꯅ ꯈꯟꯅ-ꯅꯩꯅꯕꯅꯤ ꯍꯥꯏꯕ ꯊꯧꯔꯝꯁꯤꯡꯗ ꯁꯔꯨꯛ ꯌꯥꯔꯤꯕꯁꯤꯡꯅꯁꯨ
ꯃꯁꯥꯅ ꯁ꯭ꯄꯦꯁꯤꯑꯦꯂꯥꯏꯖ ꯇꯧꯖꯗꯕ, ꯁ꯭ꯄꯦꯁꯤꯑꯦꯂꯤꯁꯠꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯇꯣꯄꯤꯛꯁꯤꯡꯗ
ꯝꯐꯨꯗ ꯃꯅꯥꯅ ꯍꯩꯃꯥꯡ ꯁꯥꯔꯒ ꯉꯥꯡꯁꯤꯟꯕ ꯆꯨꯝꯗꯦ, ꯇꯧꯔꯣꯏꯗꯕꯅꯤ꯫ ꯅꯝꯐꯨꯗ ꯑꯈꯪ-
ꯑꯍꯩ ꯁꯥꯗꯨꯅ ꯉꯥꯡꯁꯤꯟꯕꯅ ꯃꯥꯟꯅꯅꯕ/ꯊꯥꯖꯍꯟꯅꯕ ꯉꯥꯡꯂꯛ-ꯁꯛꯂꯛꯄꯗ ꯃꯔꯤ
ꯂꯩꯅꯗꯕꯁꯤꯡ ꯀꯣꯟꯁꯤꯟ-ꯆꯤꯟꯁꯤꯜꯂꯛꯇꯨꯅ ꯉꯥꯡꯁꯤꯜꯂꯛꯄ ꯌꯥꯎꯔꯛꯏ꯫
ꯑꯗꯨꯒ ꯃꯃꯤꯡ ꯃꯊꯥ ꯄꯛꯀꯗꯧꯔꯤꯕ ꯃꯤꯑꯣꯏꯗꯨꯒ ꯊꯔꯨꯝ/ꯃꯂꯣꯝ ꯂꯩꯅꯈꯤ ꯅꯠꯇ꯭ꯔꯒ
ꯃꯤꯗꯨꯒꯤ ꯁꯤꯟꯐꯝ ꯑꯃꯁꯨꯡ ꯄꯣꯖꯤꯁꯟ ꯌꯦꯡꯂꯒ ꯅꯨꯡꯁꯤꯗꯦ ꯍꯥꯏꯗꯨꯅ ꯃꯍꯥꯛꯅ ꯇꯧꯕ
ꯑꯐꯕꯁꯤꯡ ꯅꯝꯁꯤꯜꯂꯒ ꯐꯠꯇꯕꯁꯤꯡ ꯀꯣꯠꯊꯣꯛꯇꯨꯅ ꯍꯦꯛꯇꯃꯛ ꯄꯤꯗ꯭ꯔꯤꯠ
ꯊꯣꯛꯅ ꯉꯥꯡꯕꯗꯤ ꯆꯨꯝꯗꯦ꯫ ꯏꯟꯗꯤꯌꯟ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯁꯟꯅ ꯐ꯭ꯔꯤꯗꯝ ꯑꯣꯐ ꯁ꯭ꯄꯤꯆ
ꯑꯃꯁꯨꯡ ꯑꯦꯁꯛꯄ꯭ꯔꯦꯁꯟꯒꯤ ꯑꯌꯥꯕ ꯄꯤꯔꯤꯕꯅꯤ ꯉꯥꯡꯕ-ꯁꯛꯄ ꯌꯥꯏ ꯍꯥꯏꯔꯒꯁꯨ
ꯐꯣꯡꯗꯣꯛꯀꯗꯧꯔꯤꯕ ꯋꯥꯐꯝꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯄꯟꯈꯩ ꯑꯃ ꯂꯩ, ꯁꯣꯛꯂꯨꯕ, ꯊꯦꯡꯂꯨꯕ ꯌꯥꯗꯦ
ꯍꯥꯏꯕꯁꯤꯁꯨ ꯃꯨꯟꯅ ꯈꯪꯒꯗꯕꯅꯤ꯫ ꯃꯁꯤꯅ ꯋꯥ ꯉꯥꯡꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯃꯥꯏꯀꯩꯗ ꯂꯩꯕ
ꯃꯈꯣꯏꯅ ꯇꯉꯥꯏꯐꯗꯅ ꯉꯥꯛꯇꯨꯅ ꯆꯠꯀꯗꯕ ꯊꯕꯛꯀꯤ ꯋꯥꯅꯤ꯫ ꯑꯗꯨꯒ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯔꯤ
ꯂꯩꯅꯕ ꯑꯣꯊꯣꯔꯤꯇꯤꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤꯅ ꯉꯥꯡꯂꯤ-ꯁꯛꯂꯤꯕ ꯑꯃꯁꯨꯡ ꯐꯣꯡꯗꯣꯔꯛꯂꯤꯕ
ꯃꯐꯣꯡꯗꯣꯛ ꯑꯃꯁꯨꯡ ꯋꯥꯔꯣꯏꯁꯤꯟꯗꯨꯗ ꯋꯥꯊꯣꯛ ꯑꯣꯏꯔꯛꯄ ꯌꯥꯕ ꯋꯥꯀꯥꯏꯁꯤꯡ
ꯌꯥꯎꯔꯛꯂꯒꯅ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯣꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯂꯧꯈꯠꯐꯝ ꯊꯣꯛꯄ ꯊꯕꯛꯁꯤꯡ
ꯄꯥꯏꯈꯠꯄ ꯌꯥꯏ꯫ WIWA ꯊꯣꯛꯄ ꯆꯩꯔꯥꯛꯁꯤꯡ ꯐꯪꯍꯟꯕ ꯌꯥꯏ꯫ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝꯗꯨꯕꯨ ꯁꯤꯟꯗꯨꯅ
ꯃꯗꯨꯒꯤ ꯃꯄꯨ ꯑꯣꯏꯔꯤꯕ ꯀꯦꯕꯜ ꯅꯦꯠꯋꯥꯔꯛꯇꯨꯕꯨꯁꯨ ꯂꯦꯝꯅ ꯊꯥꯗꯕ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ
ꯃꯤꯌꯥꯝ ꯃꯥꯡꯗ ꯋꯥꯔꯨ-ꯅꯨꯡꯖꯨ ꯊꯣꯛꯅꯒꯗꯕꯗꯒꯤꯗꯤ ꯍꯦꯟꯅ ꯐꯕ ꯈꯣꯡꯊꯥꯡꯅꯤ ꯍꯥꯏꯗꯨꯅ
ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟꯁꯤꯡꯗ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯇꯅ ꯀꯧꯕꯗꯤ ꯄꯨꯔꯛꯍꯟꯐꯝ ꯊꯣꯛꯍꯟꯅꯤꯡꯂꯤꯕ
ꯄꯥꯟꯗꯝꯗꯨ ꯐꯪꯅꯕꯒꯤ ꯄꯥꯝꯕꯩꯁꯤꯡ ꯑꯣꯏꯔꯛꯂꯣꯏ꯫ ꯇꯣꯏꯁꯤꯜꯂꯛꯂꯒꯗꯤ ꯍꯦꯟꯅ ꯁꯥꯊꯤꯕ
ꯑꯣꯏꯔꯛꯍꯟꯐꯝ ꯊꯣꯛꯇꯕ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯊꯣꯛꯍꯜꯂꯛꯄ ꯌꯥꯏ꯫ ꯃꯇꯥꯡꯁꯤꯗ ꯋꯥꯈꯜ
ꯃꯨꯟꯅ ꯈꯟꯊꯍꯧꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩ ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯃꯄꯨꯡ ꯑꯣꯏꯅ ꯌꯦꯡꯂꯕꯗ ꯂꯩꯉꯥꯛꯀꯤ
ꯂꯣꯏꯁꯪꯁꯤꯡꯒꯤ ꯊꯧꯃꯤ ꯑꯃꯁꯨꯡ ꯃꯤꯌꯥꯝꯅ ꯈꯟꯖꯕ ꯃꯈꯣꯏꯒꯤ ꯃꯤꯍꯨꯠꯁꯤꯡꯁꯤꯕꯨ
ꯄꯋꯥꯔ ꯄꯥꯏꯔꯕ ꯃꯇꯝꯗ ꯃꯥꯅ-ꯃꯥꯅ ꯑꯅꯤꯡꯕ-ꯑꯄꯥꯝꯕꯁꯤꯡ ꯄꯪꯇꯧꯗ ꯇꯧꯔꯨꯔꯣ
ꯊꯥꯗꯣꯔꯛꯄ ꯅꯠꯇꯦ ꯍꯥꯏꯕꯁꯤ ꯈꯪꯖꯤꯟꯒꯗꯕꯅꯤ꯫ ꯋꯥ ꯉꯥꯡꯂꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅꯁꯨ
ꯉꯥꯡꯕ-ꯄꯟꯕ ꯌꯥꯕꯒꯤ ꯄꯟꯈꯩ ꯂꯥꯟꯅ ꯆꯣꯡꯁꯤꯜꯂꯒ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯧꯁꯤꯜꯂꯣꯏꯗꯕꯅꯤ꯫
ꯑꯃꯁꯨ ꯑꯃꯁꯨ ꯅꯥꯀꯜ ꯑꯅꯤꯃꯛꯅ ꯑꯆꯨꯝꯕ ꯑꯁꯦꯡꯕꯁꯤꯡ ꯇꯧꯐꯝ ꯊꯣꯛꯄꯁꯤꯡ
ꯈꯛꯇꯃꯛ ꯇꯧꯅꯒꯗꯕꯅꯤ ꯍꯥꯏꯕꯁꯤ ꯍꯥꯟꯅ ꯈꯪꯂꯝꯗ꯭ꯔꯕꯁꯨ ꯈꯪꯖꯤꯜꯂꯣ ꯍꯥꯏꯅꯤꯡꯏ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 44 ꯒꯤ ꯄꯥꯎꯈꯨꯝ
1) "ꯁ꯭ꯋꯔꯒꯗ ꯑꯋꯥꯕ ꯑꯃꯁꯨꯡ ꯅꯨꯡꯉꯥꯏꯕ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ? :- ꯑꯏꯕ - ꯂꯥꯏꯁ꯭ꯔꯝ ꯁꯃꯔꯦꯟꯗ꯭ꯔ; ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯈꯜ - ꯔꯆꯅꯥ (ꯑꯦꯁꯦ); ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, ꯗꯤꯁꯦꯝꯕꯔ, 1999꯫
2) "ꯄꯂꯦꯝꯒꯤ ꯈꯣꯝꯂꯥꯡ ꯑꯃ꯭ꯔꯤꯇ ꯊꯛꯂꯤꯉꯩꯗꯒꯤ ꯑꯍꯥꯟꯕ ꯁꯤꯟꯗꯝ ꯑꯣꯏꯗꯨꯅ ꯅꯋꯥꯒꯤ ꯀꯣꯂꯣꯏ ꯑꯍꯥꯟꯕꯅ ꯄꯂꯦꯝꯒꯤ ꯃꯤꯡꯐꯝ ꯀꯧꯅꯔꯛꯂꯕ ꯑꯩꯈꯣꯏꯒꯤ ꯏꯔꯣꯜ -
ꯅꯨꯡꯁꯤꯔꯕ, ꯄꯥꯝꯃꯨꯔꯕ ꯏꯃꯥꯔꯣꯜ, ꯃꯩꯇꯩꯂꯣꯜ ꯑꯁꯤꯁꯨ ꯑꯌꯥꯝꯕꯗꯤ ꯂꯩꯔꯥꯡ ꯏꯉꯦꯟꯂꯩꯒꯤ
ꯄꯥꯟꯗꯝ ꯑꯣꯏꯔꯤ꯫" ꯋꯥꯍꯩ ꯄꯔꯦꯡ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯔꯝꯕ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ
ꯋꯥꯔꯦꯡꯗꯒꯤꯅꯣ? :- ꯑꯏꯕ - ꯈ꯭ꯋꯥꯏꯔꯥꯛꯄꯝ ꯆꯥꯎꯕ ꯁꯤꯡꯍ; ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯃꯤꯡ
- ꯋꯥꯈꯜꯒꯤ ꯏꯆꯦꯜ; ꯂꯧꯊꯣꯔꯛꯂꯤꯕ ꯋꯥꯔꯦꯡ - ꯃꯩꯇꯩꯂꯣꯟ (ꯂꯥ. 1) ꯑꯍꯨꯝꯁꯨꯕ ꯐꯣꯡꯕ,
1982꯫

3) "ꯆꯟꯗꯟ ꯄꯥꯝꯕꯤ ꯀꯌꯥ ꯀꯌꯥꯅ, /ꯆꯤꯡ-ꯃꯥꯜ-ꯅꯥꯔꯛ ꯁꯤꯡꯂꯛꯇ, /ꯃꯥꯡ'ꯒꯨꯝ
ꯑꯔꯦꯝꯕ ꯎꯀꯪ ꯑꯣꯏꯗꯨꯅ,/ꯄꯨꯛꯅꯤꯡ ꯂꯩꯀꯣꯜꯒꯤ ꯑꯊꯨꯞꯄꯗ,/ꯊꯥꯔꯤꯕ ꯆꯟꯗꯟ
ꯄꯥꯝꯕꯤꯗꯨ ꯆꯦꯛꯁꯤꯟꯅ,/ꯀꯪꯈ꯭ꯔꯅꯤꯗꯣ ꯑꯔꯦꯝꯕꯗ꯫" ꯁꯩꯔꯦꯡ ꯃꯇꯦꯛ ꯑꯁꯤ ꯀꯕꯤ
ꯀꯅꯥꯅ ꯏꯔꯝꯕ ꯀꯔꯝꯕ ꯁꯩꯔꯦꯡꯗꯒꯤꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕꯅꯣ? :-
ꯀꯕꯤꯒꯤ ꯃꯃꯤꯡ - ꯗꯥ. ꯂꯃꯥꯕꯝ ꯀꯃꯜ ꯁꯤꯡꯍ; ꯂꯧꯊꯣꯔꯛꯂꯤꯕ ꯁꯩꯔꯦꯡ - ꯈꯣꯏꯃꯨ
ꯑꯃꯁꯨꯡ ꯂꯩ (ꯂꯥ. 8); ꯂꯧꯊꯧꯔꯛꯐꯝ ꯂꯥꯏꯔꯤꯛ - ꯂꯩ ꯄꯔꯦꯡ; ꯑꯅꯧꯕ ꯈꯨꯠꯅꯝ,
ꯗꯤꯁꯦꯝꯕꯔ 1983꯫

4) "ꯀꯥꯎꯁꯤꯡ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ, ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ
ꯂꯥꯏꯔꯤꯛꯅꯣ? :- ꯑꯏꯕ - ꯏ ꯑꯦꯁ ꯁꯨꯟꯗꯔ (ꯑꯦꯂꯥꯡꯕꯝ ꯁ꯭ꯌꯥꯝꯁꯨꯟꯗꯔ);
ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯈꯜ - ꯅꯣꯚꯦꯜ; ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, ꯑꯣꯒꯁꯠ 30, 2016꯫
5) "ꯃꯣꯍꯟ ꯗꯥꯁ" ꯍꯥꯏꯕ ꯃꯅꯤꯄꯨꯔꯤ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯀꯅꯥꯅ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯍꯟꯗꯣꯛꯄꯅꯣ? :- ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯂꯥꯏꯔꯤꯛꯀꯤ
ꯑꯏꯕ - ꯎꯗꯩ ꯄ꯭ꯔꯀꯥꯁ; ꯃꯃꯤꯡ ꯑꯁꯤꯃꯛꯇꯗ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯍꯟꯗꯣꯛꯄ - ꯗꯥ.
ꯔꯥꯖꯀꯨꯃꯥꯔ ꯃꯣꯕꯤ; ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, ꯗꯤꯁꯦꯝꯕꯔ, 2015꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 45
1) "ꯇꯅꯧ ꯇꯅꯧꯕꯤ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ
ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
2) "ꯗ ꯒꯥꯏꯗ: ꯂꯝꯖꯤꯡꯕ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯤ
ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯅꯣ?
3) "ꯁꯥꯕꯟ ꯌꯨꯝꯐꯝ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
4) "ꯁꯣꯜꯂꯕ ꯀꯣꯛꯁꯤꯗ ꯄꯨꯕꯗꯤ ꯉꯝꯖꯗ/ꯄꯦꯟꯕ ꯅꯥꯏꯗꯅ ꯊꯛꯆꯤꯜꯂꯨꯔꯦ/ꯅꯪꯒꯤ
ꯃꯥꯏꯊꯣꯡꯒꯤ ꯀꯜꯂꯕ ꯌꯨꯒꯤ ꯅꯤꯁꯥ꯫/ꯑꯍꯤꯡ ꯆꯨꯞꯄ ꯈꯥꯡꯖꯩ ꯆꯩꯅꯥ, ꯅꯤꯡꯖꯔꯨꯕꯒꯤ/
ꯍꯟꯗꯣꯛꯇꯨꯅ/ꯂꯥꯟꯖꯈꯤꯗꯕ ꯆꯤꯟꯁꯤꯗꯒꯤ/ꯅꯪꯒꯤ ꯅꯃꯤꯡ/ꯂꯦꯞꯄ ꯂꯩꯇ꯫"
ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ ꯑꯃꯒꯤ ꯁꯩꯔꯦꯡꯅꯤ꯫ ꯀꯕꯤ ꯑꯁꯤ ꯀꯅꯥꯅꯣ,
ꯃꯍꯥꯛꯀꯤ ꯀꯔꯝꯕ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯕ ꯁꯩꯔꯦꯡꯅꯣ?
5) "ꯅꯨꯔ ꯕꯦꯒꯝ" ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

ꯃꯊꯀꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯖꯨꯂꯥꯏ 15, ꯏꯔꯥꯏ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ ꯏ-ꯃꯦꯜ
hueiyenliteraryquiz@gmail.com ꯁꯤꯗ ꯃꯦꯜ ꯑꯣꯏꯅ ꯊꯥꯕꯤꯔꯛꯄ
ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ, ꯃꯍꯩꯒꯤ ꯊꯥꯛ
ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ
ꯄꯨꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ ꯃꯤꯑꯣꯏꯁꯤꯡ
ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫ ꯂꯣꯏꯅꯅ
ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯌꯨꯏꯖ-44ꯒꯤ ꯑꯆꯨꯝꯕ ꯄꯥꯎꯈꯨꯝ ꯊꯥꯕꯤꯔꯛꯈꯤꯕꯁꯤꯡꯗꯤ
1) ꯊꯤꯌꯥꯝ ꯔꯥꯖꯦꯟꯗ꯭ꯔ ꯂꯨꯋꯥꯡ, ꯊꯥꯡꯃꯩꯕꯟꯗ ꯊꯥꯎ ꯀꯝꯄ꯭ꯂꯦꯛꯁ - (1, 2, 3, 4, 5)
2) ꯌꯨꯝꯅꯥꯝ ꯏꯕꯣꯆꯧꯕ ꯁꯤꯡꯍ, ꯍꯥꯏꯔꯩꯕꯤ ꯃꯈꯥ ꯂꯩꯀꯥꯏ - (1, 2, 3, 4, 5)
3) ꯊꯥꯡꯖꯝ ꯄ꯭ꯔꯦꯝꯀꯨꯃꯥꯔ, ꯆꯔꯥꯡꯄꯥꯠ ꯃꯅꯤꯡ ꯂꯩꯀꯥꯏ - (1, 4, 5)
4) ꯊꯣꯡꯒ꯭ꯔꯥꯝ ꯔꯣꯃꯦꯟ ꯃꯩꯇꯩ, ꯀꯩꯔꯛ ꯇꯣꯃꯥꯜ ꯃꯈꯣꯡ - (1)
5) ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯕꯨꯙ, ꯆꯤꯡꯉꯥꯃꯈꯥ ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯂꯩꯀꯥꯏ - (1, 2, 5)
6) ꯃꯣꯏꯔꯥꯡꯊꯦꯝ ꯒꯪꯒꯨꯂꯤ, ꯀꯛꯆꯤꯡ ꯇꯨꯔꯦꯜ ꯋꯥꯡꯃ ꯅꯤꯡꯊꯧ ꯄꯔꯦꯡ - (1, 2, 4, 5)
7) ꯑꯌꯦꯛꯄꯝ ꯚꯤꯃꯣ, ꯇꯥꯛꯌꯦꯜ ꯈꯣꯡꯕꯥꯜ - (1, 2, 3, 5)
8) ꯑꯅꯟꯗꯀꯨꯃꯥꯔ ꯈꯨꯟꯖꯥꯃꯌꯨꯝ, ꯇꯥꯎꯊꯣꯡ ꯑꯌꯨꯡꯕ ꯃꯌꯥꯏ ꯂꯩꯀꯥꯏ - (1, 2, 3, 4, 5)
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯌꯨꯏꯖ - 44 ꯒꯤ ꯋꯤꯟꯅꯔ
ꯊꯤꯌꯥꯝ ꯔꯥꯖꯦꯟꯗ꯭ꯔ ꯂꯨꯋꯥꯡ, ꯊꯥꯡꯃꯩꯕꯟꯗ ꯊꯥꯎ ꯀꯝꯄ꯭ꯂꯦꯛꯁ (ꯗ꯭ꯔꯣꯗ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯈ꯭ꯔꯕ)
ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯌꯨꯏꯖ 44 ꯒꯤ ꯁꯦꯜꯒꯤ ꯃꯅꯥ ꯑꯁꯤ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯔꯕ ꯃꯤꯑꯣꯏ
ꯑꯁꯤꯒꯤ ꯕꯦꯡꯛ ꯑꯦꯀꯥꯎꯟꯠꯇ ꯑꯣꯏꯅ ꯍꯥꯞꯆꯤꯟꯖꯔꯒꯅꯤ꯫

"ꯍꯥꯏꯁ= ꯃꯁꯤ ꯂꯥꯏ ꯑꯣꯏꯔꯃꯥꯜꯂꯦ ꯀꯩꯗꯥ
ꯑꯃ ꯇꯧꯏꯗ, ꯃꯃꯥꯡ ꯆꯍꯤꯗꯁꯨ ꯑꯩꯅ ꯂꯧꯐꯝꯁꯤꯗ
ꯊꯦꯡꯅꯗꯨꯅ ꯈꯣꯡꯂꯝꯁꯤꯗ ꯂꯪꯊꯈ꯭ꯔꯕꯅꯤ ꯑꯗꯨꯕꯨ
ꯃꯥꯗꯤ ꯑꯃꯨꯛ ꯍꯜꯂꯛꯂꯦꯗꯅ ꯇꯧꯔꯤꯁꯤꯗꯤ=", ꯉꯛꯂꯗꯨꯅ ꯁꯝꯄꯣꯠ ꯈꯣꯏꯔꯤꯕ
ꯑꯣꯏꯅꯥꯝ ꯇꯣꯝꯆꯧꯅ ꯍꯥꯏꯔꯛꯄꯅꯤ꯫
ꯅꯣꯡꯃ ꯇꯣꯝꯆꯧꯅ ꯃꯤꯒꯤ ꯂꯧꯕꯨꯛꯇ ꯁꯝꯄꯣꯠ ꯈꯣꯏꯔꯨꯕꯗ ꯃꯤ
ꯃꯃꯥꯏ ꯍꯥꯏꯔꯞ ꯃꯥꯟꯕ ꯃꯨꯔꯞ ꯇꯧꯕ ꯅꯨꯡꯗꯨꯝ ꯑꯃ ꯂꯩꯇꯪꯒꯥꯏ ꯃꯔꯛꯇ
ꯌꯥꯎꯔꯛꯄ ꯊꯦꯡꯅꯩ꯫ ꯅꯨꯡꯗꯨ ꯃꯥꯅ ꯁꯝꯄꯣꯠ ꯈꯣꯏꯕ ꯂꯣꯏꯔꯒ ꯃꯌꯨꯝꯗ
ꯄꯨꯔꯛꯂꯒ ꯏꯁꯤꯡꯅ ꯁꯤꯠ ꯅꯥꯟꯅ ꯆꯥꯝꯊꯣꯛꯄꯤꯔꯦ꯫ ꯂꯥꯏꯗ ꯂꯥꯏ
ꯃꯥꯜꯂꯦ ꯅꯨꯄꯤ ꯑꯉꯥꯡꯁꯤꯡꯁꯨ ꯀꯧꯁꯤꯟꯗꯨꯅ ꯌꯦꯡꯍꯜꯂꯦ꯫ ꯇꯣꯝꯆꯧꯅ
ꯃꯗꯨꯗ ꯃꯨꯟꯅ ꯌꯦꯡꯂꯗꯨꯅ ꯍꯥꯏꯔꯛꯏ, "ꯍꯦꯔꯥ, ꯃꯁꯤꯗꯤ ꯀꯥꯟꯅꯗꯦ ꯏꯃꯥ
ꯃꯥꯏꯕꯤ ꯑꯃ ꯃꯨꯟꯅ ꯇꯥꯅꯔꯒ ꯂꯥꯏ ꯇꯤꯜ ꯈꯨꯔꯨꯝꯊꯣꯛꯂꯒ ꯂꯥꯏꯁꯪ ꯃꯆꯥ ꯑꯃꯁꯨ
ꯁꯥꯕꯤꯗꯨꯅ ꯅꯤꯡꯊꯤꯅ ꯂꯦꯡꯁꯤꯜꯍꯟꯕꯅ ꯐꯔꯅꯤ꯫ ꯃꯁꯤꯗ ꯑꯩꯉꯣꯟꯗ ꯇꯦꯛꯆꯪ
ꯀꯥꯏꯆꯪꯗꯕ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯔꯅꯤ꯫ ꯑꯩꯅ ꯃꯥꯕꯨ ꯊꯤꯅ ꯊꯤꯅ ꯇꯧꯔꯛꯄ ꯑꯁꯤ
ꯀꯨꯏꯔꯕꯅꯤ꯫"
ꯍꯥꯏꯒ ꯇꯧꯒ ꯀꯣꯟꯁꯝꯒꯤ ꯏꯃꯥ ꯃꯥꯏꯕꯤ ꯃꯟꯖꯨꯔꯤ ꯇꯥꯅꯖꯔꯒ ꯊꯣꯡꯒꯥꯜ
ꯃꯌꯥꯗ ꯂꯥꯏꯁꯪ ꯑꯃ ꯇꯟꯁꯥ ꯁꯥꯔꯗꯨꯅ ꯑꯗꯨꯝ ꯂꯥꯏꯗꯨ ꯂꯦꯡꯁꯤꯜꯂꯦ꯫
ꯂꯥꯏ ꯑꯗꯨꯒꯤ ꯃꯃꯤꯡ ꯑꯃꯁꯨ ꯊꯣꯟꯕꯤꯔꯦ꯫ ꯃꯆꯥ ꯃꯃꯧꯅ ꯅꯣꯡꯃꯒꯤ
ꯙꯨꯞ ꯊꯥꯎꯃꯩ ꯊꯥꯗꯨꯅ ꯂꯥꯏꯒꯤ ꯊꯧꯔꯝ ꯇꯧꯕ ꯍꯧꯈ꯭ꯔꯦ꯫ ꯊꯣꯏꯗꯣꯛꯅ
ꯂꯥꯏꯔꯝ ꯇꯤꯜꯂꯝꯒꯤ ꯊꯕꯛꯁꯤ ꯃꯄꯥ ꯃꯄꯨ ꯍꯥꯛꯇꯛꯇꯒꯤ
ꯊꯋꯥꯏ ꯀꯟꯅ ꯌꯥꯎꯖꯕ ꯏꯃꯨꯡꯅꯤ꯫ ꯂꯥꯏꯒꯤ ꯊꯕꯛ ꯃꯇꯝ ꯆꯥꯅ
ꯇꯧꯅꯕ ꯃꯆꯥ ꯃꯃꯧꯁꯤꯡꯗ ꯊꯧꯗꯥꯕ ꯂꯦꯞꯄ ꯂꯩꯇꯦ꯫ ꯀꯔꯤꯒꯨꯝꯕꯗ ꯃꯥꯅ
ꯉꯥꯡꯕ ꯍꯦꯟꯃꯟꯗꯅ ꯃꯥꯒꯤ ꯅꯨꯄꯤ ꯆꯤꯒꯣꯡꯂꯩꯒ ꯈꯠꯅꯗꯨꯅ ꯆꯥꯛ ꯆꯥꯅꯈꯤꯗꯕ
ꯅꯨꯃꯤꯠ ꯌꯥꯎꯔꯕꯅꯤ꯫ ꯀꯔꯤꯒꯨꯝꯕ ꯃꯇꯝꯗ ꯆꯤꯒꯣꯡꯂꯩ ꯃꯄꯥꯝꯗ ꯆꯠꯂꯅꯤ
ꯍꯥꯏꯗꯨꯅ ꯆꯦꯟꯈꯤꯕꯗ ꯇꯣꯝꯆꯧꯅ ꯁꯥꯏꯀꯜ ꯇꯣꯡꯗꯨꯅ ꯇꯥꯟꯅꯔꯒ ꯕꯁ
ꯀꯥꯈꯠꯂꯝꯗꯥꯏꯗ ꯃꯤꯒꯤ ꯃꯃꯥꯡꯗ ꯃꯈꯨꯗꯥꯡ ꯄꯥꯏꯔꯒ ꯌꯥꯜꯍꯧꯔꯗꯨꯅ
ꯐꯥꯅꯔꯨꯕꯒ ꯌꯥꯎꯈ꯭ꯔꯄꯣꯠꯅꯤ꯫ ꯏꯃꯨꯡꯒꯤ ꯑꯦꯟꯁꯥꯡ ꯊꯣꯡꯅꯕ
ꯂꯩꯇ꯭ꯔꯃꯛꯁꯨ ꯂꯥꯏꯗ ꯀꯠꯅꯕ ꯂꯐꯣꯏ, ꯁꯦꯝ, ꯀꯣꯝꯂꯥ, ꯀ꯭ꯋꯥ ꯑꯃ
ꯍꯦꯛ ꯋꯥꯠꯄꯗ ꯅꯄꯥꯝ ꯆꯠꯀꯦꯔꯅ ꯍꯥꯏꯕꯅ ꯍꯦꯛꯇ ꯃꯥꯡ ꯊꯥꯕꯤꯅꯤ꯫

ꯃꯁꯤꯃ ꯍꯦꯛ ꯋꯥꯠꯄꯗ ꯇꯣꯝꯆꯧ ꯍꯦꯛꯇ ꯊꯥꯁꯤ ꯊꯥꯅꯧ ꯍꯧꯏ꯫ ꯄꯨꯕꯅꯤ ꯈꯪꯗꯦ ꯂꯪꯕꯅꯤ ꯈꯪꯗꯦ ꯂꯥꯏꯒꯤ ꯄꯣꯠꯂꯝ ꯆꯩꯔꯝ ꯋꯥꯠꯍꯟꯕ ꯌꯥꯗꯦ꯫

"ꯍꯥꯏ, ꯃꯁꯤ ꯅꯨꯄꯤꯁꯦ ꯍꯥꯠꯂꯔꯅꯤꯁꯦ= ꯉꯁꯤꯒꯤ ꯂꯥꯏ ꯊꯧꯒꯜ ꯆꯪꯗ꯭ꯔꯤꯃꯥꯜꯂꯦꯅꯦꯍꯦ= ꯅꯪꯒꯤ ꯐꯤ ꯁꯨꯕꯗꯨꯅ ꯂꯨꯕ꯭ꯔ ꯍꯥ? ꯅꯍꯥꯛꯀꯤ ꯅꯁꯨ ꯆꯥꯛ ꯏꯟꯕꯗꯨꯅ ꯂꯨꯕ꯭ꯔ? ꯅꯍꯥꯛꯀꯤ ꯊꯕꯛꯅ ꯂꯨꯕ꯭ꯔ?", ꯃꯤꯒꯤ ꯊꯕꯛ ꯁꯨꯔꯨꯕ ꯍꯜꯂꯛꯂꯒ ꯂꯥꯎꯔꯛꯀꯗꯧꯔꯤꯕꯅꯤ꯫ ꯃꯁꯤꯗ ꯃꯥꯅ ꯄꯦꯟꯗ꯭ꯔꯕꯗꯤ ꯅꯨꯃꯤꯠ ꯀꯌꯥꯅꯤ ꯋꯥ ꯉꯥꯡꯕ ꯈꯨꯗꯤꯡ ꯄꯛꯀꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯇꯣꯝꯆꯧꯒꯤ ꯃꯇꯧꯁꯤꯗ ꯆꯤꯒꯣꯡꯂꯩ ꯌꯨꯝꯗ ꯂꯩꯗꯨꯅ ꯉꯥꯏꯍꯥꯛꯇ ꯏꯪꯅ ꯂꯩꯖꯕ ꯐꯪꯂꯛꯇ꯭ꯔꯦ꯫ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯦ ꯂꯥꯏ, ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯦ ꯂꯥꯏ꯫ ꯇꯣꯝꯆꯧ ꯎꯕꯗ ꯑꯅꯥꯕ ꯍꯧꯔꯦ꯫ ꯂꯥꯏꯒꯤ ꯊꯕꯛ ꯃꯇꯝ ꯈꯤꯠꯇꯪ ꯊꯦꯡꯕ ꯌꯥꯗꯦ꯫ ꯏꯪꯕ ꯁꯥꯕ ꯈꯥꯏꯕ ꯌꯥꯗꯦ꯫ ꯃꯃꯧꯗ ꯙꯨꯞ ꯂꯩꯔꯨꯆꯣ ꯍꯥꯏꯅꯤ, ꯃꯆꯥꯅꯨꯄꯤꯗ ꯂꯥꯜꯇꯦꯟ ꯊꯥꯟꯒꯠꯂꯨ ꯃꯨꯛ ꯍꯥꯏꯔꯛꯀꯅꯤ, ꯃꯁꯨꯗ ꯃꯩꯈꯦꯠ ꯄꯨꯔꯛꯎ ꯃꯨꯛ ꯍꯥꯏꯒꯅꯤ꯫ ꯀꯨꯏꯔꯛꯂꯦ ꯃꯥꯅ ꯑꯁꯨꯝꯅ ꯊꯋꯥꯏ ꯌꯥꯎꯅ ꯂꯥꯏ ꯂꯥꯠꯂꯛꯄ꯫
ꯃꯔꯛ ꯑꯁꯤꯗ ꯌꯥꯝꯅ ꯊꯝꯃꯣꯏ ꯁꯣꯛꯄ ꯊꯧꯗꯧ ꯑꯃꯗ ꯃꯥꯒꯤ ꯃꯃꯧ ꯅꯨꯄꯤ ꯌꯥꯏꯃ ꯑꯗꯨ ꯑꯉꯥꯡ ꯎꯅꯕꯗ ꯂꯥꯌꯦꯡꯁꯪꯗ ꯂꯩꯈꯤꯗ꯭ꯔꯦ ꯑꯗꯨꯒ ꯃꯥꯒꯤ ꯃꯆꯥꯅꯨꯄꯥ ꯑꯃꯅ ꯃꯤꯅ ꯐꯥꯕꯤꯔꯒ ꯃꯐꯝ ꯃꯔꯥꯡ ꯈꯪꯍꯟꯗꯅ ꯃꯥꯡꯍꯟꯈ꯭ꯔꯦ꯫ ꯃꯥꯒꯤ ꯅꯨꯄꯤ ꯆꯤꯒꯣꯡꯂꯩꯁꯨ ꯑꯉꯥꯡꯈꯥꯎ ꯂꯧꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯃꯆꯥꯅꯨꯄꯤ ꯑꯃꯁꯨ ꯅꯨꯄꯥꯅ ꯈꯥꯏꯅꯕꯤꯔꯛꯂꯦ꯫ KE ꯄꯥꯕꯣꯠ ꯑꯃꯈꯛ ꯂꯩꯖꯕꯗꯨꯁꯨ ꯅꯥꯝꯃ ꯃꯥꯡꯈ꯭ꯔꯦ꯫ ꯃꯤꯅ ꯐꯥꯔꯒ ꯆꯥꯊꯣꯛꯈ꯭ꯔꯕꯔ ꯈꯪꯗ꯭ꯔꯦ ꯍꯥꯏꯗꯨꯅ ꯄꯥꯎꯆꯦꯗ ꯍꯥꯞꯇꯨꯅ ꯊꯤꯔꯦ ꯑꯗꯨꯕꯨ ꯂꯥꯏꯕꯛ ꯐꯗꯨꯅ ꯐꯪꯂꯦ, ꯇꯧꯕꯇꯗꯤ ꯈꯣꯡꯕꯥꯜ ꯑꯃꯗ ꯄꯨꯠꯊꯗꯨꯅ ꯁꯤꯔꯒ ꯂꯩꯔꯝꯂꯦ꯫ ꯃꯥꯒꯤ ꯗꯁꯥ ꯃꯅꯝ ꯃꯅꯝꯅꯤ꯫ ꯏꯀꯣꯟ ꯀꯣꯟꯕ ꯑꯣꯏꯅ ꯃꯍꯥꯛ ꯃꯁꯥꯃꯛꯁꯨ ꯃꯤꯈꯜꯒꯤ ꯃꯇꯥꯡꯗ ꯃꯔꯩ ꯌꯦꯠꯅꯔꯨꯕꯗ
ꯃꯤꯅ ꯊꯥꯡꯅ ꯌꯥꯟꯕꯤꯔꯛꯇꯨꯅ ꯃꯐꯝ ꯃꯉꯥ ꯇꯔꯨꯛ ꯐꯣꯠꯇꯨꯅ ꯂꯥꯌꯦꯡꯁꯪ ꯑꯃꯗ ꯂꯥꯌꯦꯡꯂꯨꯕꯗꯒꯤ ꯍꯤꯡꯂꯛꯏ꯫ ꯗꯁꯥ ꯃꯌꯥꯝ ꯑꯁꯤꯗ ꯋꯥꯔꯗꯨꯅ ꯃꯃꯩꯗ ꯇꯣꯝꯆꯧ ꯃꯥꯒꯤ ꯂꯥꯏꯁꯪ ꯑꯗꯨꯗ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯂꯛꯂꯦ꯫ ꯃꯈꯨꯠ ꯑꯣꯏ ꯑꯗꯨ ꯄ꯭ꯂꯁꯇꯔ ꯇꯧꯔꯒ ꯑꯉꯧꯕ ꯂꯁꯤꯡ ꯐꯤ ꯑꯃꯅ ꯃꯉꯛꯇꯒꯤ ꯌꯥꯟꯊꯔꯤ꯫ ꯂꯥꯏꯁꯪ ꯃꯃꯥꯡꯗꯨꯗ ꯄꯥꯝꯕꯩ ꯂꯩꯇꯅ ꯂꯦꯞꯂꯒ ꯃꯇꯣꯝꯇ ꯁꯣꯟꯊꯥꯡꯅꯅ ꯍꯪꯖꯔꯛꯏ, "ꯍꯦ ꯂꯥꯏ
ꯁꯛ ꯐꯖꯕ, ꯀꯔꯤꯅꯣ ꯑꯁꯨꯛ ꯂꯨꯅ ꯂꯥꯏ ꯅꯪꯕꯨ ꯂꯥꯠꯄ ꯌꯥꯕ ꯂꯥꯎꯆꯔꯦ꯫ ꯁꯤꯗꯒꯤ ꯍꯦꯟꯅ
ꯐꯖꯅ ꯑꯩꯅ ꯅꯪꯕꯨ ꯂꯥꯠꯄ ꯑꯁꯤꯒꯨꯝꯅ ꯂꯥꯠꯄꯗꯤ ꯃꯥꯂꯦꯝꯗ ꯂꯩꯔꯝꯃꯣꯏꯅ꯫ ꯅꯪꯒꯤꯗꯃꯛꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯑꯩꯅ ꯂꯩꯇ-ꯂꯩꯇ ꯁꯦꯜ ꯄꯥꯝꯃꯨꯕ ꯂꯩꯇꯃꯈꯩ, ꯏꯌꯥꯗ ꯀꯔꯤ ꯑꯃꯠꯇ ꯍꯨꯛꯇꯃꯈꯩ ꯅꯉꯣꯟꯗ ꯂꯩꯖꯕꯃꯈꯩ ꯀꯠꯆꯔꯦ, ꯅꯤꯡꯖꯔꯦ ꯑꯗꯨꯒ ꯁꯛ ꯐꯖꯕ ꯅꯪꯅ ꯀꯔꯤꯒꯤꯅꯣ ꯑꯩꯕꯨ ꯏꯃꯧꯁꯨ ꯁꯤꯍꯜꯂꯦ, ꯏꯆꯥꯅꯨꯄꯤꯁꯨ ꯃꯄꯥꯝꯗ ꯍꯜꯍꯜꯂꯛꯂꯦ, ꯏꯆꯥꯅꯨꯄꯥꯁꯨ ꯑꯃꯨꯛ ꯃꯥꯡꯍꯟꯕꯤꯈ꯭ꯔꯦ, ꯁꯟꯁꯨ ꯁꯤꯍꯟꯕꯤꯔꯦ, ꯅꯨꯄꯤꯒꯤ ꯑꯉꯥꯡꯈꯥꯎꯁꯨ ꯂꯧꯊꯣꯛꯍꯜꯂꯦ, ꯃꯃꯩꯗ ꯑꯩ
ꯏꯁꯥꯃꯛꯄꯨꯁꯨ ꯃꯤꯅ ꯊꯥꯡꯅ ꯌꯥꯟꯕꯤꯔꯦ, ꯀꯔꯤꯒꯤꯅꯣ ꯑꯩꯉꯣꯟꯗ ꯗꯁꯥ ꯂꯥꯡꯐꯝ
ꯃꯌꯥꯝ ꯑꯃ ꯑꯊꯣꯝꯅꯕꯤꯔꯤꯕ? ꯅꯪ ꯑꯃ ꯂꯩꯅ ꯂꯩꯅ ꯑꯩꯅ ꯑꯁꯨꯝꯃꯥꯏꯅ
ꯇꯧꯐꯝ ꯊꯣꯛꯄ꯭ꯔ?"
ꯇꯣꯝꯆꯧꯗ ꯏꯃꯥ ꯃꯥꯏꯕꯤ ꯃꯟꯖꯨꯔꯤꯅꯗꯤ ꯃꯥꯒꯤ ꯏꯃꯨꯡꯒꯤ
ꯂꯥꯏ ꯑꯁꯤ ꯑꯔꯨꯕꯅꯤ ꯃꯁꯤ ꯂꯥꯠꯂꯒ ꯏꯃꯨꯡ ꯑꯁꯤ ꯅꯨꯡꯉꯥꯏ
ꯌꯥꯏꯐꯔꯛꯂꯒꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯌꯥꯝꯅ ꯍꯥꯏꯕꯤꯔꯛꯈꯤꯕꯗꯨ
ꯅꯤꯡꯁꯤꯡꯂꯤ꯫ ꯑꯃꯨꯛꯁꯨ ꯃꯊꯟꯇ ꯍꯪꯖꯩ ꯏꯃꯥ ꯃꯥꯏꯕꯤꯅ
ꯍꯥꯏꯕꯤꯔꯛꯈꯤꯕ ꯅꯨꯡꯉꯥꯏ ꯌꯥꯏꯐꯕ ꯍꯥꯏꯕ ꯑꯗꯨꯕꯨ ꯃꯁꯤꯔ
ꯍꯥꯏꯅ꯫ ꯃꯥꯏꯕꯤꯅ ꯍꯥꯏꯕ ꯑꯁꯤꯕꯨ ꯃꯇꯝ ꯆꯨꯞꯄꯗ ꯑꯣꯟꯅ-
ꯇꯩꯅꯕꯖꯥꯠꯂ ꯍꯥꯏꯅ ꯍꯪꯖꯩ꯫ ꯃꯈꯣꯏꯅ ꯍꯥꯏꯕꯒꯤ ꯑꯣꯟꯅ-ꯇꯩꯅꯕ
ꯑꯣꯏꯅ ꯂꯧꯒꯗꯕꯔ ꯁꯤꯕꯣ ꯍꯥꯏꯅ ꯈꯟꯖꯕ ꯍꯧꯔꯛꯏ꯫
ꯁꯥꯎꯅꯤꯡꯃꯜꯂꯛꯇꯅ ꯇꯣꯝꯆꯧꯗꯨ ꯃꯥꯒꯤꯗꯤ ꯃꯥꯝꯃ ꯊꯣꯛꯄ
ꯏꯕꯣꯁꯤꯡ ꯀꯧꯕ ꯃꯥꯏꯕ ꯍꯥꯏꯔꯞ ꯁꯥꯕ ꯑꯃ ꯊꯪꯅꯕ ꯂꯩꯀꯥꯏꯗ ꯂꯩ꯫ ꯃꯍꯥꯛ
ꯃꯗꯨꯒꯤ ꯃꯅꯥꯛꯇ ꯅꯣꯡꯃ ꯋꯥ ꯇꯥꯅꯕ ꯆꯠꯂꯤ꯫
"ꯀꯔꯤ ꯂꯩꯔꯦ, ꯇꯣꯝꯆꯧ?"
"ꯃꯥꯝꯃ, ꯋꯥꯍꯪ ꯑꯃꯠꯇ ꯍꯪꯖꯒꯦ ꯂꯥꯛꯆꯕꯅꯤ꯫"
"ꯐꯩ ꯐꯩ ꯅꯪꯅ ꯑꯗꯨꯝꯅ ꯂꯥꯛꯄ ꯑꯗꯨꯁꯨ, ꯅꯪ ꯃꯥꯝꯃꯗꯤ ꯃꯤꯠ ꯅꯥꯅꯒ ꯏꯅꯨꯡ ꯅꯨꯡꯉꯥꯏꯇꯕꯒ
ꯀꯌꯥ ꯆꯠꯊꯣꯛꯇ꯭ꯔꯦꯗ꯫"
ꯇꯣꯝꯆꯧꯅ ꯂꯥꯏ ꯑꯃ ꯂꯧꯕꯨꯛꯇ ꯊꯦꯡꯅꯖꯗꯨꯅ ꯈꯨꯜꯂꯒ ꯃꯌꯨꯝꯗ ꯄꯨꯖꯔꯛꯂꯒ ꯂꯥꯏꯁꯪ ꯑꯃ ꯁꯥꯗꯨꯅ ꯂꯥꯠꯆꯕ, ꯃꯁꯤꯒꯤ ꯃꯇꯨꯡꯗ ꯅꯣꯡꯃ-ꯅꯣꯡꯃꯒꯤ ꯃꯥꯒꯤ ꯏꯃꯨꯡꯗ ꯇꯥꯔꯛꯂꯤꯕ ꯗꯁꯥ ꯂꯥꯡꯐꯝ ꯃꯌꯥꯝꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯋꯥꯔꯤ ꯀꯨꯞꯊꯅ ꯁꯥꯔꯨꯏ꯫ ꯃꯥꯏꯕ ꯏꯕꯣꯁꯤꯡꯅ ꯇꯣꯝꯆꯧꯒꯤ ꯋꯥ ꯃꯉꯛ ꯅꯣꯝ ꯅꯣꯝꯗꯨꯅ ꯅꯥꯀꯣꯡ ꯊꯥꯡꯖꯤꯜ ꯊꯥꯡꯖꯤꯜꯂꯛꯂꯒ ꯇꯥꯏ꯫ ꯇꯣꯝꯆꯧꯅ ꯃꯈꯥ ꯇꯥꯔꯛꯏ, "ꯃꯥꯝꯃ, ꯑꯩꯒꯤ ꯂꯥꯏꯁꯪ ꯁꯥꯗꯨꯅ ꯂꯥꯠꯇꯨꯅ ꯊꯝꯂꯤꯕ ꯅꯨꯡꯂꯥꯏ ꯑꯁꯤ ꯑꯩ ꯂꯣꯏꯁꯤꯟꯖꯔꯒꯦ? ꯑꯩ ꯂꯥꯏ ꯑꯁꯤ ꯁꯨꯛꯂꯥꯠ ꯂꯥꯠꯆꯔꯔꯣꯏ ꯍꯥꯏꯕꯨ ꯀꯌꯥꯝ ꯀꯥꯏꯔꯒꯗꯒꯦ, ꯃꯁꯤꯒꯤꯅꯤ ꯅꯃꯥꯛꯅ ꯂꯥꯛꯆꯔꯤꯁꯦ?"
ꯑꯍꯜ ꯑꯗꯨꯅ ꯇꯣꯝꯆꯧꯒꯤ ꯋꯥ ꯃꯨꯟꯅ ꯇꯥꯔꯒ ꯍꯥꯏꯔꯛꯏ, "ꯍꯥꯏ, ꯅꯪꯒꯨꯝꯕ ꯂꯥꯏꯔꯕꯅ ꯀꯔꯤꯒꯤ ꯑꯗꯨꯛ ꯁꯦꯜ ꯇꯤꯡꯕ ꯂꯥꯏꯕꯨ ꯂꯥꯏꯁꯪ ꯁꯥꯗꯨꯅ ꯂꯥꯠꯄ ꯅꯇꯤꯛꯂꯍꯩ? ꯀꯩꯗꯧꯅ ꯂꯥꯏ ꯂꯣꯏꯔꯤꯅꯣ ꯅꯔꯜ ꯀꯌꯥꯝ ꯂꯩꯔꯗꯅ? ꯆꯠꯂꯨ ꯆꯠꯂꯨ ꯑꯥꯗ, ꯂꯥꯏꯗꯨ ꯇꯥꯞ ꯄꯥꯏꯔꯒ ꯀꯗꯥꯏꯗꯅꯣ ꯋꯥꯄꯜ ꯃꯔꯛꯇꯔ, ꯇꯨꯔꯦꯜ ꯈꯣꯡꯕꯥꯟꯗꯔ ꯂꯪꯁꯦꯛꯈꯣ꯫" "ꯑꯗꯣ ꯃꯥꯝꯃ ꯅꯃꯥꯛꯇ ꯇꯦꯛꯆꯪ ꯀꯥꯏꯖꯪꯕꯒꯤ ꯋꯥꯗꯤ ꯂꯩꯔꯣꯏꯗ꯭ꯔ?"
"ꯍꯥꯏ ꯑꯉꯥꯎꯕ ꯅꯪꯗꯨꯝ ꯑꯩꯅ ꯐꯨꯔꯛꯇꯅ ꯇꯣꯛꯀꯅꯤ, ꯅꯉꯣꯟꯗ ꯀꯩꯗꯧꯅ ꯂꯥꯏ ꯑꯗꯨ ꯂꯥꯠꯇ꯭ꯔꯒ ꯇꯦꯛꯆꯪ ꯀꯥꯏꯖꯪꯗꯧꯔꯤꯅꯣꯅꯦ? ꯅꯪꯗꯤ ꯇꯦꯛꯆꯪ ꯀꯥꯏꯖꯪꯕ ꯄꯨꯝꯂꯣꯏ ꯂꯣꯏꯔꯕꯅꯤ꯫ ꯅꯪꯅ ꯍꯧꯖꯤꯛ ꯋꯥꯔꯤꯕ ꯑꯗꯨꯗꯒꯤ ꯍꯦꯟꯅ ꯇꯦꯛꯆꯪ ꯀꯥꯏꯖꯪꯒꯗꯕ ꯀꯔꯤ ꯂꯩꯔꯤ? ꯂꯥꯎ ꯂꯥꯏꯗꯨ ꯂꯩꯔꯗꯤ ꯄꯨꯔꯛꯎ ꯑꯩ ꯋꯥ ꯉꯥꯡꯅꯕꯤꯒꯦ꯫" ꯇꯣꯝꯆꯧ ꯃꯌꯨꯝꯗ ꯍꯜꯂꯛꯂꯒ ꯅꯨꯡꯒꯤ ꯂꯥꯏ ꯑꯗꯨ ꯂꯥꯏꯁꯪ ꯃꯅꯨꯡꯗꯒꯤ ꯌꯦꯟꯅꯥꯎ ꯂꯥꯛꯂꯒ ꯆꯦꯟꯈꯤꯕ ꯍꯧꯗꯣꯡ ꯃꯆꯥ ꯉꯛꯊꯤ ꯆꯞꯂꯒ ꯀꯥꯡꯈꯗꯒꯤ ꯄꯨꯊꯣꯔꯛꯄꯒꯨꯝꯅ ꯄꯨꯊꯣꯔꯛꯂꯒ ꯁꯨꯃꯥꯡꯗ ꯊꯝꯃꯤ꯫ ꯏꯃꯨꯡꯗꯒꯤ ꯅꯨꯡꯊꯪ ꯑꯆꯧꯕ ꯑꯃ ꯂꯧꯊꯣꯛꯂꯨꯔꯒ ꯂꯥꯏꯗꯨꯒꯤ ꯃꯊꯛꯇ ꯍꯥꯏꯊꯒꯦ ꯇꯧꯕꯗꯨ ꯃꯆꯥ ꯃꯃꯧꯅ ꯎꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯇꯣꯝꯆꯧꯒꯤ ꯃꯈꯨꯠ ꯑꯗꯨ ꯃꯥꯒꯤ ꯃꯆꯥ ꯃꯃꯧꯁꯤꯡꯅ ꯐꯥꯕ ꯑꯗꯨꯝ ꯅꯪꯈꯤꯗ꯭ꯔꯦ꯫=

ꯂꯥꯏꯗꯒꯤ ꯂꯥꯏꯃꯟ
ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ
ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯁꯟꯊꯛ # 348
ꯊꯦꯡꯂꯨꯕꯗ ꯑꯃꯗꯤ ꯁꯣꯛꯂꯨꯕꯗ ꯌꯥꯝꯅ ꯍꯥꯀꯠꯆꯕ ꯑꯃꯗꯤ ꯎꯟꯁꯥ ꯑꯗꯨ ꯃꯊꯥ-ꯃꯊꯥ ꯄꯣꯝꯈꯠꯀꯟꯕ ꯑꯃꯗꯤ ꯃꯤꯑꯣꯏꯕꯗ ꯑꯃꯗꯤ ꯁꯥ-ꯁꯟꯗ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯊꯣꯛꯍꯟꯕ ꯉꯝꯕ ꯄꯥꯝꯕꯤ ꯑꯣꯏꯖꯔꯕꯁꯨ ꯁꯟꯊꯛ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯈꯜ-ꯃꯈꯥ ꯀꯌꯥꯒꯤ ꯀꯥꯟꯅꯕ ꯄꯤꯕꯒꯤ ꯃꯊꯛꯇ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯨ ꯊꯣꯏꯗꯣꯛꯅ ꯌꯥꯎꯏ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯏꯪꯂꯤꯁꯇ ꯀꯝꯃꯟ ꯅꯦꯠꯇꯜ (Common nettle) eGfDjx qjE elGfM (Burn nettle) eGfDjx KDfgixgi elGfM (Stinging nettle) ꯅꯠꯇ꯭ꯔꯒ ꯅꯦꯠꯇꯜ (Nettle), ꯍꯤꯟꯗꯤꯗ ꯕꯤꯁꯨ ꯄꯥꯇꯤ (Bicchu patti) ꯅꯠꯇ꯭ꯔꯒ ꯕꯤꯁꯨ ꯕꯨꯇꯤ (Bicchu booti) ꯅꯠꯇ꯭ꯔꯒ ꯀꯥꯂꯤ (ꯁꯃꯦꯡ), ꯁꯪꯁꯀ꯭ꯔꯤꯠꯇ ꯚ꯭ꯔꯤꯁꯤꯀꯥꯂꯤ (Vrscikali), ꯑꯁꯥꯃꯤꯖꯗ ꯆꯣꯔꯥꯠ (Chorat), ꯅꯦꯄꯥꯂꯤꯗ ꯁꯤꯁꯅꯨ (Sisnoo), ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗ ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯀꯥ (Urtica ꯛꯡꯍꯡꯖꯃ L.) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯎꯔꯇꯤꯀꯦꯁꯤ (Urticaceae) ꯁꯥꯒꯩꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯄꯥꯎꯗꯝꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯁꯕ-ꯁ꯭ꯄꯤꯁꯤꯁ (Subspecies) ꯃꯈꯜ ꯇꯔꯨꯛ ꯂꯩ꯫ ꯃꯈꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯤ - (1) ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ ꯒꯦꯂꯤꯑꯣꯞꯁꯤꯐꯣꯂꯤꯑ (Urtica ꯛꯡꯍꯡꯖꯃ subsp. ꯤꯃꯦꯅꯍꯩꯀꯡꯇꯍꯦꯡꯃ) - ꯃꯈꯜ ꯑꯁꯤ ꯐꯦꯟ ꯅꯦꯠꯇꯜ (Fen nettle) eGfDjx KDfgimlK elGfM (Stingless nettle) okTe syT [aKbi ꯌꯨꯔꯣꯞꯀꯤ ꯂꯝꯗꯝꯁꯤꯡꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ (2) ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ (Urtica ꯛꯡꯍꯡꯖꯃ subsp. ꯛꯡꯍꯡꯖꯃ) ꯃꯈꯜ - ꯑꯁꯤ ꯌꯨꯔꯣꯄꯤꯌꯟ ꯁ꯭ꯇꯤꯡꯒꯤꯡ ꯅꯦꯠꯇꯜ (European stinging nettle) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯌꯨꯔꯣꯞ, ꯑꯦꯁꯤꯌꯥ ꯑꯃꯁꯨꯡ ꯑꯋꯥꯡ ꯑꯃꯦꯔꯤꯀꯥꯗꯒꯤ oyjdSgqeg! (3) Bjfgsk rkT[Osk [Wxkegsk (Urtica dioica subsp. afghanica)
- ꯃꯈꯜ ꯑꯁꯤ ꯈꯥ-ꯅꯣꯡꯆꯨꯞ ꯑꯃꯁꯨꯡ ꯃꯌꯥꯏ ꯊꯪꯕ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯝꯗꯝꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ (4) ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ ꯒꯥꯟꯁꯨꯑꯦꯟꯁꯤꯁ (Urtica ꯛꯡꯍꯡꯖꯃ gansuensis) - ꯃꯈꯜ ꯑꯁꯤꯗꯤ
ꯆꯥꯏꯅꯥꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ (5) ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ ꯒ꯭ꯔꯥꯁꯤꯂꯤꯁ (Urtica ꯛꯡꯍꯡꯖꯃ subsp. ꯤꯗꯃꯖꯡꯦꯡꯀ)- ꯃꯈꯜ ꯑꯁꯤ ꯑꯃꯦꯔꯤꯀꯟ ꯁ꯭ꯇꯤꯡꯒꯤꯡ ꯅꯦꯠꯇꯜ (ꯝꯂꯅꯗꯡꯖꯃ stinging nettle) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯑꯋꯥꯡ ꯑꯃꯦꯔꯤꯀꯥꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ (6) ꯎꯔꯇꯤꯀꯥ ꯗꯥꯏꯑꯣꯏꯀꯥ ꯍꯣꯂꯣꯁꯦꯔꯤꯁꯤꯑ (Urtica ꯛꯡꯍꯡꯖꯃ subsp. holosericea) - ꯃꯈꯜ ꯑꯁꯤ ꯍꯣꯑꯔꯤ ꯁ꯭ꯇꯤꯡꯒꯤꯡ ꯅꯦꯠꯇꯜ (Hoary stinging nettle) ꯍꯥꯏꯅ ꯈꯪꯅꯩ ꯑꯃꯁꯨꯡ ꯑꯋꯥꯡ ꯊꯪꯕ ꯑꯃꯦꯔꯤꯀꯥꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ ꯁꯟꯊꯛ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯐꯨꯠ 2 ꯗꯒꯤ 5 ꯐꯥꯎꯕ ꯋꯥꯡꯕ ꯆꯍꯤ ꯈꯔ ꯄꯨꯟꯁꯤꯕ ꯊꯣꯠꯇꯛ ꯇꯧꯕ ꯄꯥꯝꯕꯤ ꯑꯃꯅꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯁꯦꯟꯇꯤꯃꯤꯇꯔ 3 ꯗꯒꯤ 15 ꯐꯥꯎꯕ ꯄꯥꯛ-ꯆꯥꯎꯏ ꯑꯃꯁꯨꯡ ꯑꯀꯣꯏꯕ ꯑꯗꯨ ꯍꯣꯔꯥꯏ ꯃꯌꯥꯒꯨꯝ ꯌꯥꯠꯂꯤ꯫ ꯃꯆꯨ ꯁꯪꯇꯛ ꯅꯠꯇ꯭ꯔꯒ ꯆꯣꯀꯂꯦꯠ ꯃꯆꯨ ꯆꯪꯇꯛ ꯇꯧꯕ ꯑꯀꯨꯞꯄ ꯃꯄꯥꯜꯁꯤꯡ ꯑꯗꯨ ꯌꯥꯝꯅ ꯀꯨꯡꯅ ꯄꯥꯝꯕꯤꯒꯤ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯥꯒꯤ ꯃꯇꯣꯟꯁꯤꯡꯗ ꯆꯕꯨꯟ ꯑꯣꯏꯅ ꯁꯥꯠꯂꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯥ ꯌꯥꯎꯅ ꯃꯁꯥ ꯄꯨꯝꯕꯗ ꯉꯧꯇꯛ ꯇꯧꯕ ꯃꯆꯨꯒꯤ ꯃꯇꯨꯁꯤꯡ ꯅꯠꯇ꯭ꯔꯒ ꯁꯝꯁꯤꯡ ꯑꯌꯥꯝꯕ ꯃꯇꯝꯗ ꯄꯥꯟꯒꯜꯂꯤ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯃꯈꯜꯁꯤꯡ ꯑꯁꯤ ꯆꯣꯠ-ꯆꯣꯠ ꯂꯥꯎꯕ ꯅꯨꯡꯁꯥ ꯃꯉꯥꯜ ꯈꯔ ꯍꯟꯊꯕ ꯎꯈꯥ-ꯋꯥꯈꯥꯁꯤꯡꯗ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯍꯧꯕ ꯊꯦꯡꯅꯕꯤꯒꯅꯤ꯫ ꯏꯟꯗꯤꯌꯥꯗꯗꯤ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯋꯥꯡ-ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡ ꯑꯃꯗꯤ ꯍꯤꯃꯥꯂꯣꯏꯒꯤ ꯃꯐꯝꯁꯤꯡꯗ ꯌꯥꯝꯅ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯕ ꯊꯦꯡꯅꯩ꯫
ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯂꯤꯇꯛ ꯇꯧꯕ ꯃꯅꯥꯗ ꯄꯥꯜꯃꯤꯇꯤꯛ (Palmitic), wkMagfOmgd (Palmitoleic), KDfg[jgd (Stearic), [Omgd (Oleic), ꯂꯤꯅꯣꯂꯤꯛ (Linoleic), ꯒꯦꯗꯣꯂꯤꯛ (ꯠꯃꯛꯍꯦꯅꯡꯖ), ꯏꯔꯨꯁꯤꯛ (Erucic) ꯑꯃꯁꯨꯡ ꯑꯣꯃꯦꯒꯥ-3 (ꯣꯂꯅꯤꯃ-3) ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ (Fatty ꯃꯖꯡꯛ) ꯁꯤꯡ ꯑꯁꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕꯒꯤ ꯃꯊꯛꯇ ꯀꯦꯜꯁꯤꯌꯝ, ꯄꯣꯇꯥꯁꯤꯌꯝ, ꯃꯦꯒꯅꯦꯁꯤꯌꯝ, ꯐꯣꯁꯐꯔꯁ, ꯀꯣꯞꯄꯔ, ꯑꯥꯏꯔꯟ ꯑꯃꯁꯨꯡ ꯃꯦꯡꯒꯥꯅꯤꯖꯁꯤꯡꯁꯨ ꯌꯥꯎꯏ꯫
ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯤꯑꯣꯏꯕꯅ ꯍꯤꯔꯝ ꯀꯌꯥꯃꯔꯨꯝꯗ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯇꯣꯟ ꯑꯗꯨ ꯌꯥꯝꯅ ꯍꯥꯎꯕ ꯑꯦꯟꯁꯥꯡ ꯑꯃ ꯑꯣꯏꯅ ꯊꯣꯡꯗꯨꯅ ꯆꯥꯅꯩ꯫ ꯅꯦꯄꯥꯜ ꯃꯑꯁꯨꯡ ꯁꯤꯛꯀꯤꯝꯗꯗꯤ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯇꯣꯟ ꯑꯗꯨ ꯍꯋꯥꯏ ꯊꯣꯡꯕ ꯑꯗꯨ ꯕ꯭ꯔꯣꯡ-ꯕ꯭ꯔꯣꯡ ꯁꯧꯍꯜꯂꯒ ꯍꯥꯞꯇꯨꯅ ꯉꯥꯏꯍꯥꯛ ꯐꯨꯠꯂꯒ ꯁꯦꯝꯕ ꯑꯦꯟꯁꯥꯡ ꯑꯗꯨ ꯑꯍꯥꯎꯕ ꯃꯊꯦꯜ ꯑꯃ ꯑꯣꯏꯅ ꯆꯥꯅꯩ꯫ ꯃꯍꯥꯎ ꯑꯗꯨ ꯄꯥꯂꯪꯁꯥꯛ (Spinach) ꯀ ꯃꯥꯟꯅꯩ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯌꯨꯕ ꯑꯗꯨ ꯏꯁꯤꯡ ꯑꯁꯥꯕꯗ ꯐꯨꯠꯇꯣꯛꯂꯕ ꯑꯃꯗꯤ ꯊꯣꯡꯗꯣꯛꯂꯕꯗꯤ ꯃꯥꯡꯈꯤꯒꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯅ ꯂꯩ ꯁꯥꯠꯈ꯭ꯔꯕ ꯑꯃꯗꯤ ꯃꯍꯩ ꯄꯥꯟꯈ꯭ꯔꯕꯗꯤ ꯃꯅꯥ ꯑꯗꯨꯗ ꯁꯤꯁꯇꯣꯂꯤꯊ (Cystolith) ꯍꯥꯏꯔꯤꯕ ꯄꯣꯠꯁꯛ (Gritty particle) ꯑꯁꯤ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯑꯦꯟꯁꯥꯡ ꯑꯣꯏꯅ ꯆꯥꯕꯤꯔꯣꯏꯗꯧꯕꯅꯤ꯫ ꯃꯁꯤꯅ ꯀꯤꯗꯅꯤ ꯑꯃꯁꯨꯡ ꯍꯛꯀꯤ ꯏꯁꯤꯡ ꯃꯔꯤꯗ ꯁꯣꯛꯍꯟꯕ ꯌꯥꯕꯒꯤ ꯑꯣꯏꯊꯣꯛꯄꯁꯤꯡ ꯄꯜꯂꯤ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯑꯀꯪꯕ ꯃꯅꯥ ꯑꯗꯨ ꯆꯥꯒꯤ ꯃꯍꯨꯠ ꯁꯤꯟꯗꯨꯅ ꯊꯛꯅꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯌꯨꯔꯣꯞꯀꯤ ꯃꯐꯝꯁꯤꯡꯗꯗꯤ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯄꯣꯂꯦꯟꯇꯥ (Polenta), ꯄꯦꯁꯇꯣ (Pesto) ꯑꯃꯁꯨꯡ ꯄ꯭ꯌꯨꯔꯦ (Puree) ꯍꯥꯏꯔꯤꯕ ꯑꯦꯟꯁꯥꯡ ꯃꯈꯜꯁꯤꯡ ꯑꯗꯨ ꯁꯦꯝꯕꯗ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯆꯜ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯄꯣꯔꯅꯤꯁ ꯒꯥꯔꯛ (Cornish Yark) ꯍꯥꯏꯔꯤꯕ ꯃꯈꯟ (Cheese) ꯑꯁꯤ ꯁꯥꯕꯗꯁꯨ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯁꯤꯖꯤꯟꯅꯩ ꯍꯥꯏꯅ ꯄꯥꯎꯗꯝꯂꯤ꯫ ꯅꯧꯇꯛ ꯇꯧꯕ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯗꯨ ꯌꯨ ꯃꯈꯜ ꯑꯃ ꯁꯥꯕꯗ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯀꯨꯝꯖꯥ 2010 ꯒꯤ ꯃꯇꯝ ꯑꯗꯨꯋꯥꯏꯗ ꯏꯀ꯭ꯌꯦꯗꯣꯔ (Ecuador) ꯒꯤ ꯆꯠꯅꯕꯤꯗ ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯐꯠꯇꯕ ꯊꯕꯛ ꯇꯧꯔꯕ ꯑꯃꯗꯤ ꯃꯤꯒꯤ ꯃꯄꯣꯠ ꯍꯨꯔꯥꯜꯂꯨꯔꯕꯗꯤ ꯃꯤꯑꯣꯏ ꯑꯗꯨꯒꯤ ꯃꯁꯥ ꯑꯗꯨ ꯐꯤ ꯊꯣꯡꯗꯅ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯌꯨꯍꯟꯗꯨꯅ ꯗꯟꯗꯤ ꯄꯤꯕꯒꯤ ꯆꯠꯅꯕꯤ ꯂꯩꯔꯝꯃꯤ ꯍꯥꯏꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯂꯩ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯈꯣꯛꯇꯒꯤ ꯂꯧꯕ ꯂꯪ ꯑꯗꯨ ꯃꯄꯥꯡꯒꯜ ꯌꯥꯝꯅ ꯀꯜꯂꯤ ꯑꯃꯁꯨꯡ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯐꯤꯒꯤ ꯄꯣꯠꯊꯣꯛꯁꯤꯡ ꯁꯥꯕꯗ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯌꯦꯔꯨꯝ ꯃꯃꯨꯠ (ꯧꯍꯦꯥ) ꯑꯗꯨ ꯃꯆꯨ ꯉꯥꯡꯁꯪ ꯉꯥꯡꯍꯟꯅꯕꯒꯤꯗꯃꯛꯇ ꯌꯦꯟꯕꯤ ꯑꯗꯨ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤꯒꯤ ꯑꯀꯪꯕ ꯃꯅꯥ ꯑꯗꯨ ꯄꯤꯖꯅꯩ꯫
ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯍꯤꯗꯥꯛ-ꯂꯥꯡꯊꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯇꯥꯡ ꯆꯥꯎꯊꯣꯛꯇꯨꯅ ꯆꯤꯛꯄ-ꯅꯥꯕ ꯇꯧꯕꯗ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯁꯨꯒꯥꯏꯔꯒ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯕꯗ ꯀꯥꯟꯅꯍꯜꯂꯤ꯫ ꯗꯥꯏꯕꯦꯇꯤꯁ ꯅꯥꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯊꯣꯡꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯄꯤꯖꯗꯨꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯀꯤꯗꯅꯤꯗ ꯅꯨꯡ ꯂꯩꯕ ꯑꯃꯁꯨꯡ ꯏꯁꯤꯡ ꯃꯔꯤ ꯆꯥꯊꯠꯄꯗꯁꯨ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯑꯗꯨ ꯏꯁꯤꯡꯗ ꯐꯨꯠꯂꯒ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯅꯩ꯫ ꯍꯦ ꯐꯤꯚꯔ (Hey ꯇꯅꯆꯅꯗ) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯎꯐꯨꯜ ꯑꯃꯁꯨꯡ ꯂꯩꯔꯤꯛꯁꯤꯡꯅ ꯊꯣꯛꯍꯟꯕ ꯑꯅꯥꯕ ꯑꯁꯤꯗꯁꯨ ꯍꯥꯏꯔꯤꯕ ꯑꯐꯨꯠꯄ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯇꯨꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯁꯟꯊꯛ ꯄꯥꯝꯕꯤ ꯊꯣꯡꯂꯒ ꯆꯥꯡ ꯅꯥꯏꯅ ꯄꯤꯖꯕꯗ ꯈꯣꯝꯖꯤꯡꯂꯤꯕꯤ ꯃꯃꯥ ꯑꯗꯨꯒꯤ ꯈꯣꯝꯂꯥꯡ ꯑꯗꯨ ꯃꯄꯨꯡ ꯐꯥꯅ ꯊꯣꯛꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯗꯨꯅ ꯇ꯭ꯔꯥꯏꯕꯦꯜ ꯀꯥꯡꯂꯨꯞ ꯈꯔꯅ ꯁꯤꯖꯤꯟꯅꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫=

- ÿ- ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ-ÿ-
ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ TKG ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯐꯦꯜꯄꯥꯠ