

Christian Meivah

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Lhani seh thuso

Private Circulation

Polama mipha, sunglama mise

Miphalthem (hypocrite) hohi alhemma pha atah-a hilou ho ahi. Mi hem mitvet-a mipha, mihepi them hia asunglama ama phatchomna ding ki bol ho jong alhem ahi. Semthua ki phatsah miho ahiuve. Hou natong phabep jong hi, Pathen jena kilep a ama hinna ding kihol aumtai. Mihem mitvet-a kilomsel phabep hi, Pathen mitvet in nendeh duh inte. Pathen koma akisel thei aumpoi. Ikikholna diu chu ahile, keihi mihemin iti eimu ham tichu hilouva, keihi Pathenin iti eimu hinam, tijoh hi thupi ahi.

Pakai Jesu lei-a analen lai chun, Pharisee hole Danthu them ho chu, Jesun miphalthem nahiuve anati (Mat. 23: 27-33). Amaho hi lhaan loukanga kilo kang, asunga mithi gu le chang umho toh ana tekah in ahi (Mat. 23:27). Jesun "Ohe, ... nadau ahi" atiji hi, Jesun achunguva thu atan lhahna ogin ahi. Hitia thu atanlhahna hi get-vei aume (Mat.23:13-16, 23-29). Hiche hi Jesu thutanna ocheng ahi. Idia Jesun lhan loukang kinu thu ana sei ham ? Ajeh chu Judahte Kal chuh Kut kipat konleh, angaina a, lhan ho loukaang anu jiuva, chule mi koiman athama asuh nen louna dia

anakiseidoh ji ahi (Numbers 19:16). Jesun lhan kinu kang hi Pharisee leh Danthu them ho (danthu hil ho) toh anatekah ahi (Mat.23:27). Napo-u leh nasungu akibang poi anati ahi (Mat. 23:28). Mihem ten vang, dan thu them ho le Pharisee ho hi midih mithenga ana tahsanu ahi. Apate hon themgao ho anathanau lungthim chu tua achate nangho lungthim jong ahi bouve, kisei theng hih un, tin jong anahilui (Mt.23:29-32). Hitia Jesun ase-i-a hi, ama atha diu thu jong chule anung juiho kibolsetna dingle kitha na ding ho jong agopsok anahitai. Jesun amaho hi 'gulse son' 'gulsete' tin jong ana minsah in hiche hin satan nungui ho toh ichom ahilouvu aphon doh ahi (Rev. 20:2). Jesun mi koima dang henga hiti thuse chungnung hi anasei khapon ahi.

'Gulse' ati hin, agu ahatahat gulatina ahi (vipers, Mt.23:33). Achunguva Pathen thutanna khautah chuding ahi je aseidoh ahi (Mt. 23:33). Amahon Jesu chu apampai tah jeh uva, thutanna mai-a themmo achan diu hi aseidoh ahitai. Nangho hi nabonuva themmo chang nahuvin, Damun lhung tei ding nahitauve tia ana seipeh ahi (Mt. 23:33).

Jesun achung thu atandoh hi kichat aume. Themgao te miching ho chule danthu them ho (Mt.23:34) ati hin, Jesu solchah ho, Jesu kin bol ho aseina ahi. Jesun danthu them ho ati hin, ama nungui danthu he ho chu aseithana ahipoi. Jesun atahsan ho chu Pharisee le danthu them ho toh akibah sah poi. Rome thunei vaipoten, Judahte thusah a Jesu chu cross a ahintha diu jong chu aseitha ahitai. Israel te lamkai phabep in Pathen adih achanga ahou lou jeh chun ama ho pumpi athemmo tai. Hitobang nampi themmona hi, aum vanga mi abangin alung ahei-a Pathen henga ngaidam akithummo vang ahipoi. Ki ngaidam dingu ahi. Ahinla mi khat tou ngaidam chan vanga, nampi ngaidam ahitai tia kisei theilou ahi.

Abel chu midih lah-a ama sapen anahin, ama thisan ana kiso (Gen.4:10). Pathen tahsan jeh-a ki that ahung umpeh-e. Jesun thisan so ho chungu thutanna nasatah umding ahi ati (Mt.23:36). Mi kipat lhem sah ho, alepche ho, adihlou hinkho a hingho jousen alung akhel loi-u ngai ahitai (Mt.25:31, Jude 1:14).

Hepina lungthim nei

Kum thum sunga Chief of Naval Staff (1979-1982) ahilai in Admiral Ronald Lynsdale Pereira chu khatvei Prime Minister Mrs. Indira Gandhi in kimupi din anakouvin ahi. Ama lieutenant Caption B. R. Sen in aphot ho ana gongtup in

² PM office a aphatcha lhunna din anakipan doh lhon tai. Lampia gollhang khat in tehsepu khat atung tuna apoh a hahsa tah-a ache pet atoh in, gari tolpa henga khongai in atin, akum lhan gollhangpa chun idia tehsepu chu apoh ham anadongin ahile, amapan, "Amahi kapa ahin, Hospital a lhut loi kanome. Taxi peh ding sum kanei lou jeh-a kapoh tho jeng ahi" anati. Pereira in adamloupa chu poh a hospital a dalhah angai-e, atile Sen chun kigei get inte tin ananelin ahin la apo-in, hospital alhut tai. Chule ama chu ana jen diuvin thu apen, ahung kit teng sumle pai peh din ada lha tai.

Uniform puma hung Pereira chu doctor hon kidang asauvin, phaten ajen peh tauve. P.M. pi Indira Gandhi umna alhun lhonin minit 15 ageijep lhon tai. Ahinla Pereira hi mihepi them khat ahi. Pakai Jesu jong chu Pharisee hon, michonse ho toh aum khoma, aneh khom ho amuvin aseise tauve. Ahinla Jesun, "Keiman hepina bou kangeh in, gancha hoa kilhaina kangeh poi" tin ana donbut ui (Mt. 9:13). Mt. 5:7 a, "Mihebol ho anunnomui, Pathenin amaho ahebol ding ahi" akiti.

Sei ngaina, thua nunna

Thua nun, sei ngai, kiti hi mi sulungdam tah ahi. *Machine* kiti ho jousen sei angai-ui. Akisei chu ingai leh hijeng ahi. Sei ngai hi thilbai tah ahi. Alhoh mangcha hon sei angai behseh pouvin, mi anel jiuve. "Idia

kache ding ham ? Idia chutia kabol ngai ham ?” tiho aseï doh jiuve. Jipa jousen ajinun athu angai ding adei in, minu mipan achaten aseï lhon angai ding adei un, mihao hon asoh ten amaho sei angai diu adei in, lam kai hon amaho sei sei mipin angai din adei ui. Sei moh ngai ngai jong aboina aum thouve. Teptenan, army ho jousen sei ngaita hih ule, gal kizat na umpon tin, vannoi a chamna umin te. Gal bei jeng inte.

Second World War a kon in tuni chan hin, galneo ho 125 aum tai. Galneo akiti vangin mi tamtah tah akithat in ahi. Sei ngai kiti hin mit thopna mi ahile. Sei ngai hin mi lungthim manchah louna apeï. Thu kiseï chu akingai poule hijeng ahi. Hiroshima leh Nagasaki a Atom Bomb lehlhapa chun minit som sung in, mi lakh ni anathat-e. Aima jong aloupoi. Chunga ho thupeh anit ahi. Ama athemmo poi. Ajan chun nom tah in analum nante.

Ahinla ajing jingkal chun *journalist* hon, “Mi chuja natha jeh a chu i-natim ?” tin ana dong tauve. Chuphat in aman, “Ima katipoi, nom mo kasahna aumpoi. Lamkaite thu peh nit kahi” ati. Houbung ho jong lamkai thah abangin apuise go tauve. Bible to kitoh louhela mi pui ding go lamkai houbunga ahung umpan tai. Sei thep jeh-a cheding hilouva geltoh a, Bible to kitoh-a lam kajjoh ding ahi. Sei ngai kitia hi, lungthim manchah a akiseï chu apha hinam ti

gel toh thoa lepkah a, adih lama sei ngai akihina dia kihabol ngai ahi, van noi leiset hi aboitai. Pathen toh ipan khom le ikiheina jousea kilo lhing teï ji ahi.

M.A. Gabriel thusim

(*Thusim atah le angeï tah*)

Kum 15 masang chun ama hi Egypt a Muslim hou-a Imam khat anahi (Imam hi eihon Pastor itiu toh kibang ahi). Amaho hou lamkai pha tah anahi. Amaho hou lekhabun mi lungset ding, hepi ding, ngaidam tiho aseï in, ama jong amaho houva *graduate* khat ahin, hichu atahsane. Ahinla amihon christian ho bomb alhah denu, athau ho ahen, alunga chun kitohmo anasan ahi.

Hiche lai hi Egypt a christian ho ama mihon anatha thalai ahin, aloipa khat chemistry a graduate pa jong chu mi that lah-a apangin, “Idia ichen khompi hou that-a nang jong pang nahim ?” tin ana donge. Aloï pan, “Christian hon Muslim hou adeï pouvin, tax jong ape pouvin, hijeh a hi, Islam dan dung jui-a chem vet sah ngai ahi” tin anadonbut-e. Akum 12 ahi lai-a Quran (ahou lekhabu) abona anasim chai ahitan, asim pale agolpa thuseï akito theïlou jeh chun alung adong tai. Amahin ama hou thu kumli asim jouvin Graduate ahi tan, chuïn kumli asimbe leh Master achai in, chuïn kum 3 asimbe kit le ama houva Doctorate pass ahitan, Quran vang chu ahe maman ahi. Mun khat a chun, christian ho mipha ahiuvin, Pathen khat seh ahouvun,

golle pai in nei un, tin akisunin, ahin la munchom khat-a chun, christian ho lahlut-a tax peh sah ding, anom lou chema tha theï ahi, tin jong akisunin Gabriel hi alung dong tai (Surah 5:90-91, & 47:15 le Surah 2:62 & 3:113-114, 9:29). Amaho hou lamkai ten, aphot phatna lama aledoh theïnan, ahinla Gabriel lung thima chun, iti dana athuseï kipel thima ham, tihi aumtai. Amaho hou jilna University a student ho henga kitoh asah lou phabep aseïdoh khah leh University in ajada tan, Egypt a Secret Police ten nikhat amahi ahung kaimang tauve.

A-insung miten, ahol hol un, aumna ahedoh jou tapouve. Akai mang ho chun indan neocha khat-a akhumu ahitai. Akhum nau va chun muslim thingnoi mini jong ama ume. Ni thum sung chun neh dingle don ding imacha ape pouve. Aum khompi teni lah a Egypt a konpa chun, “Idia hikoma hunglut nahim ?” tin ana donge. Ima ana donbut poi, ajeh chu hou thu jeh-a lutkha ahi jeh chun eïthat lhon inte, tia anagin ahi.

Nithum nin ama henga, keïhi keïho hou jilna University a mihil khat kahi, tin aseï peh-e. Hi chun aman don ding twi leh neh ding phabep ana pen, kapeh hi koïma hetsah hih in, nahin manhon nang chu imacha nehshah hih in ati ahi, tin agih tai. Ni li nia kipat nili sung chun, aman ho secret police

chun, Islam hou kadalhah a christian houva lut kahitai, ati sah nom un, adung avai in ana dongun, hitia aseï doh teïna dingin ana habol un ahi. “Pastor koïpen chuto kihoukha na him ? Hoïche church a nache ham ? Ipi dia Islam nanuse ham ?” tiho ana dongui. Abang leh dumchep achep banu chu a-nephua anam mit un, abang tengle hichu akhut a anam in, mei-in akahna nung tun jong anei nalai-e. Khatve chun thih agousa un akhut veilam ahinde un ahi. Christian kahitai, atidoh sah nom jeh chun ana sugentheï lhez un ahi.

Ahinla aman, “Ken Islam hou kanuse poi. Keïma lekha them kahi. Keïma milunggel hat kahi. Kahet dung jui-a Islam houhi mi dang toh kihoulim kadeï ahi. Islam hi kahou ahin, ka-insung hou ahin, kathisana aumin, ka-paova jong um ahi. Ahinla nanghon Islam adalhan hou choma alut tai, neïtiu leh Islam a konin neïla doh un, khoh kasapoi” anati. Chuïn room choma thih a ki sem lupna a akan beh un, khatpan angelpeng molin ahinjep jin, hapena apen leh khatpan lukhap khat in amai ahin simjin, a-ogin ajah nahlai ule lukhap khatma in amuh ahin sim kit nalai ui.

Ajep jep jeng un, ana thimil tan, chomkhat jouvin kho ahin hen, ahinla ana jep nalai ui. Chuïn khat pan ding doh in, ahin tin, a ding doh jou tapon, atung tun chu adin teï geï in ajep tai. Chuïn khat pan, lhai in, atin alhai geï in ajep jeng in, amahi

5 kibai bai in alhai tan, amaa mi khat in ajep in nunghai in, atin vel tamtah alhai sah sah un, hichu ajep nau ho apomdoh louna ding anahi. Chuin buhbang dimset twi lah a kumin atiuvin, akum leh adap valin, midam lou ahi toh, athoh joulou jeh in ahung kaldoh le ajep kit un, buh bang lah a akumsuh kit in, ahinla ana thimil tan, ahung khah doh le ajepnau thih lupnaa chun ana lume. Jan khat lhung kei in jucha gilkel tampi lah-a kot akha khumun, jucha hon ane hih beh un, chuin jankhat lhung kei in uichal gilou tah khat toh indan neo a ana-ge sah un, uichan jong ima analo pon ahi.

Ajing jingkal in ahung veu vin, ima ati lou jeh chun, khat pa'n, 'Hichepa hi mihem hiponte, satan hibou inte' atin ahile aloipa'n 'Nasei chu hiponte. Thaneina khat in aumpi ahin, athi theipoi. Thaneina hi Satan hitei inte, ajeh chu aman Allah adouvin ahi' tin akilhou lhone. Ama saa thingnoi mini umna room a chun apuilut kit un, amani lah a khat pa'n, 'Idia nanghon hichepa hi nahi ti suhgenthei-u ham?' atile amahon, 'Hichepa hin Islam adou jeh ahi' atin, chuin thingnoipa chun tha ding tin angaito tai. Amapan ima alo masang jep chun, Officer pa khat ahungin, athatgo pa chu mun choma din apui doh tai. Alungthim ah, 'Keihi hitia thina kona huhhinga kaum khah ji hi ipi khat thaneina ahi tadem, anati.' Hitia angaito lai hin mi khat in 'permanent prison' um

na Cairo a khum din ahung puidoh tai. Anu naopa chu Egypt Parliament a member khat ahin, khola anachen ahung kile phat in, anun aphonin kap pumin ama aholmo jingu thu ana het sah tai. Akimat jou hapta ni jouvin, nikhat alha dohna diu lekha ahin choi in ahung ladoh in, in alhut tai. Apan, ima dang bolda tan, kei Factory a nei kithopin atitai.

Akalse kum khat sung chun ima tahsan lou mi abangin, ahuh hing jia Pathen khat vang aume, tin alung in atahsanin, ama hi itobang Pathen ahidem iti hou ding ham, tiho chula ahe pon ahi. Alunggim jeh chun alu ana najin, pharmacy a lou achojin anen, aphachom pon, ahinla anacho jingin ahile nikhat lou johnu chun, 'Ipi lung boina nanei ham, nangma hou lamkai lekha them tah khatla nahin' anati. Chuin aman 'Nasei chu adih-e. Ahinla kei hou-a hin akitoh thei lou kamun, kalung adong in, ka lung hi ahomkeo tan, kangaito tonan kalu anai. Apatna thei nahet le sei in' ati.

Chuin lou johnun, 'Achuti leh hiche lou hi nen, chule hiche le khabu hi simin, ahinla lekhabu them khat beh nasim masat loule lou hi naneh theilou ahi' tin lou le Bible ana petai. In alhunin, lou neh kon in, Bible mun khat chu amoh hondoh a ahile Mt.5:38-39 a 'Mit khela mit, ha khela ha, tia kiseisa chu naja tau ve. Kenvang kasei peh nahiue, agi loup chu lethuh hih un, chusang in nangeiphe jetlam beng chu navei

6 lam jong dopeh in' tia kisun chu asim doh leh, ati anakithing jeng tan ahi. "Hitobang thupha hi Quran a kamu hih beh in, hiche hi ipi lekhabu ham" tia aholchil pan leh hiche thu seipa hi Pathen dihtah chu hinte, ti atahsan pantai. Ajing jingkal a asimbe beleh sunin, achamin Jesu akisan dohtai."

Alou chohnate koma, ken Jesu kakisan tai, anati. Egypt a hi mi khat in ahou adalhah leh tha ding kiti ahi. Min ahin het doh chun nikhat dukana ache le pasal ponkang achol la kivon nin ana lamtin in, thilchoa hung ahi sah vang in, akom lhon aphah chun chemcha khat khat ahin satdoh lhonin, asun sun jeng lhon tai. Chem akichoi lhon jeh in amuho chu mulou akisa tauve. Thisan lon doh jeh a kho ahelou pet hin, motor cycle a police mini ahung tan hi chun chem choiteni ajamin, police tenin ama hospital alhut tai.

Ahung dam phat in, apan South Africa a joh ding thil holin ana solin, hikoma chun India christian insung khat toh akimuton amate chun cross jaona khimu khat ana pen angonga akikhai-e. Ina ahung le apan khimu chu amun, amaho hou chonna dung jui-a numei bouvin khimu aki-o ahin, achapan aki-o chu amu phat in, apho leh, ama hi akama ase ding achama hung kipe abang jengin, 'Hepa, hiche hi khimu ahipoi cross joh ahi. Hiche cross hin Jesu ahetsah ahin, ama hi kei dingle nangho jouse ding chule vannoi mi

6 hem ho huhhing dia anathi, asempa jong ahi" atidoh tai. Apa chun agin chat loubeh anahi jeh chun, athimil in alhutai. Insung min twi atekhumu leh kho ahin hedoh tan, "Hichepa hi Jesu tahsan mi ahin, tuni mamaa ka tha ding ahi" ahinti. Hiche gama chu mihao hon meithal anei cheh ahi. Ameithal ahin kilah chun ama jong ajam tan, ahin kaple meichang chu amasanga achui. Aunu ina ajamlut in, kapan thadin eidele, ati pet in apa ahung in, aunu henga, "Nanaopa um lou ham, aman Jesu akisanin, hijeh a chu kathading ahi" atile a-u chun, ama hia aumpoi, ina chen lang chom khat kicholdo tadin, ajole olin kihou hite, atin asol tai.

Hiche kah hin, aunu le anun guhthimin agong doh lhonin, sum themkhat ape lhonin, August 28, 1994 nin ajamin Northern Egypt, Libya, Chad, Cameroon ho aphai. Congo alhunin malaria in hanat in anan, Egypt a kon doctor khat ajen sah un, ama chun jing jingkah sungin thitante, ati phat in thikong agon peh un, Egypt Embassy in a-ina athahna din agong tup tauve. Kidang tah in, ajing jingkal in, hospital a ninga aum jou chun, damsel in akithou doh in mihon kidang anasauve. Ama dam sah Jesu ahi ahen athang vah-e. Hi che kal kum 10 ahitan, Jesun ahoi damna le ahuhhingna thu aseile jinge. Amite leh ainsung mite dingin jong atao jinge. Ama houva doctorate ahi vanga adih louna phabep aheth chun hibanga asuh gentheilo ahitai.

Pathen dei bol

Pathen tahsana Pathen dei bol ngai ahi. 2 Kgs. 23:1-30 sunga hin, leiset a Israel lengpa Josiah Pathen tahsan, Pathen dei abol jeh a Israel leng lah-a Pathen tahsan tah a kiseilo ahi. Acts 10:1-48 sung hin Rome sepai jalamkai Cornelius jong Pathen tahsan jala mipha hou gut ahi dol akisei-e. Leng Josiah le sepai ja lamkai Cornelius Pathen tahsan ahi lhonna thusima kihilna in Acts lekha bu 10:1-48 sung hi kihilna din veute.

1. Acts 10:1-48 a *Cornelius* : hi 'Italy sepai' kiti Rome sepai jalamkai khat ahi. Amahi hougut, mi khoto them amale ainsung mite Pathen tahsan tah ahive. Cornelius hin Pathen vantil amun, vantil chun ama thilpha bol ho Pathen kom alhun thu ana seipeh-e.

2. *Peter in ahedoh* : Pathenin pha asah chu apha ahidol Peter in ahei. Pathenin pha asah chu adih ahi aheta, Cornelius koma chedia Pathen in asol jeh a Peter chu Joppa a kona Caesaria a Cornelius koma che ahi.

Cornelius insunga Pathenin asol thudol Peter in aseisei chun Cornelius leh ainsung miten atahsan jeng un Lhagao achang tauve. Peter in Jesu thudol aseie-a Cornelius le ainsung miten atahsan phat uva Lhagao achan chun Peter in twi alut diuvin aseipeh-e. Josiah lengpan amasanga leng masa hon Pathen deilou abol jouseu asuhmang bang

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in, Israel leh chidang namdang ki khenna kithetna jouse Pathenin asuh mangsah tai.

3. *Cornelius insunga Peter* : Lang kaina bei Pathenin chitin namtin huh hing dinga achapa Jesu ahinsol thu dol Peter in Cornelius insunga aseisei in ahi (Acts 10:34). Pathen chapa Lhagao dimset, Nazareth khoa Jesu chu Israel ten ahethkel uva, Rome gam vaipo Pilate athasah thu Peter in aseipeh-e.

Jesu Christa chu Pathen sei sa banga lhana konin ahing doh kit tan (Ps. 16:10), ahechena vana akal tou gei-a muchen ho lah a Peter tah jong pang ahi chu Peter in aseisei tai. Chonse mihem koi hileh hing jing Pathen chapa ama chonsetna jeh-a athipeh hea tahsan jouse Pathenin Lhagao afeh-a Tonsot Hinna anei ding thu Peter in aseichen tan ahi.

Acts 10:1-48 sung thua hin Israel leh chidang namdang phong tah-a Pakai Jesu tahsan jala houbung Pathen insunga akigop khom thei nau akimun, Peter in jong Acts 15:6-11 sunga ahil chenin, Josiah lengpan Pathen hot doi houna jouse asuh mang bang chun, Israel leh chidang namdang (gentile) kikhenna suhbei na din Paul le Barnabas in jong aseisei lhonin (Acts 15:12) chule Jerusalem houbung lamkai hidia ginchat Jacob jong chun aseisei ben (Acts 15:13-19) Kitepna Lui (Amos 9:11-12) gei in aseimat tan ahi. Hiti hin Pathen tah sana Pathen dei bol ngaichat ahidol hia konin imuve. (Dr. T. Lunkim)

Nataona sang Pathen

Pathenin kataona asan hei asanlou ham kahepoi, ti mi atame. Irish pasal khat khailih din thu ana kitan chaitai. Milen milal tampin ama chu huhdoh din agon ahinla Governor pu chu anompoi. JINGKAH khat hi Irish pa jinu chun achate mi som chu akipui in Governor pu chu ana kimupi tai. Governor pu chu office a ahunglut lut in anule acha somte chu akaikun, chibai anaboh ui. Ama ho chu amun Governor pu lung asu nemin, khailih lou din thu anapetan ahi.

Pathen henga thumna le tao na jong hi ponpan tah-a lunglut tah a bol ngai ahi. Mark 10:46 a, mit chopa Bartimaeus thusim aumin, mi pin peng hih in tia apho vangin aman, "David chapa nei khoton" atin kho asamin ahile Jesun, "Chetan, natah sanin nadamsah tai" ati leh apet pet in kho anamu jeng tai. Pathen koma ima khat ithum teng, ivela eoho um lam helou khop a lunglut tah-a thuma tao ngai ahi.

Damana thei ho

* Phadikom (English a Coriander, Hindi a Dhania) melah a lhah jing apha. Oidamna, chule jun thah nop na ahi. Vitamin A, B1, B2, C ho aume. Metam a hona atui don thei ahi. Cholestrol alhomsah in, ulcer, neh minlou, dysentery ho asudam in ahi. Amu jong apha. Hijeh hin kitu jingun, melah a lhahji uvin.

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* Malcha (mircha, chilli) lou sem hon natna phachompi damna din amang ui. Buhse le khosih phatna jong ahi. Vitamin C atam umin ahi.

* Methi (Hindi a), sappaova Fenu-greek ahin, amu jong ana jong damna ahi. Diabetes lou khat ahin, chu le Cholestrol asulhomin, digestion (neh minna) ahin, thisan asuthengin, tahsaa Toxin phalou ho asumang thei-e. Diabetes nahon amu hi athem thema kahvah vah a alhai jiu le apha chome.

* Sutjou, ai-eng (Turmeric, Haldi) meikah, kisuh khahna mun hoa aki nu jin, diabetes din jong aphan, vun jong ahoisah in, arthritis, sung dam lounaho din jong apha. Mihem dam theina tah ahin, neh jing apha.

* Long (sappaova Clove) hi nehji aphan, buhse, lol thah, khut, chule Asthma din jong apha. Iha anat teng akilhai leh aphadom tei jie. Kamsung namse jong ahoidoh sah in ahi.

* Thingthal (Hindi a Dalchini, sappaova Cinnamon), hi Gastric le oi damna ahi. Ha susea pang bacteria ho athat in, hanat aolsah in, hijeh chun halou abanga hiche hi apang tei jie (tooth paste). Oi adamsah in, junthah anopsah in, nat konna virus jong athat jie. Diabetes ho din jong apha.

Tulai hin eima honna anche louhing ikitu ho haneh utin, bazar a anche louhing tahsa dammosah thei ho lou kilhah khum ho theu hite.

Eima pao sahlut ding

Avah hat kahin, Ao le Sema te chule adang ho Jubilee song, lhaansong ho kamu jin, hiho chu ama ama paova akisut jiu kamui. Mizo gama kho tampi kagachon tan, lhansong hihen Jubilee song hileh amaho pao bouvin asunui. Assam a Assamese hon jong sign-board ho amaho lekhajem in atamjo atah ui.

Kukite kho 200 val kachon tan lhansong leh Jubilee song ho sap pao in akisunin, program hole ki chenna Card hoa jong sappao ki manna atame. Asap la akium pon kadatmoi. Igam sungu hi namdangin hinlo tale Kukite hin pao aneilou hin te amaho paovin imacha akisun poi hinti mai-unte.

Min apao aham akingailut jeh in, Pathen in jong phatthei apen ahi. Ipaova kona min inam le ichon na eihet peh a eijapeh ji ahin, eihon mihon hekhante ti bangin lekha isut u le sappao in atamjo isun jiuvin chule min ipao eithopeh teng kipa sangin 'nahet loule napao kithon' ti hon ihouse jiuve. Manipur gam sung a cheng ho atamjon Meilhei pao amangun, neipeh ben tisangin 'nei hap in' tin aseu un, Churachandpur lama hon 'apoimon akule' chule 'aphat le ahun' tiho amangui. Rev. Rochunga Pudaite in Bible alen, thengselin Hmar paovin alen ahi. Lekha tampi jong asunin sappao apan kahekha poi.

Dr. T. Lunkim in Bible alen, Hebrew, Greek, sappao ho apang poi. Lekhabu tamtah asunin sappao apan kahe poi. Pao ngailut hi Pathen phatthei bohna ahi. Sappao them manglou hon ima khat ale tengule aleje ahelou jeh un, sappaovin asun ji tauve. Mizo te vang chu, lekha them jongleu, amaho pao bou angai luvin, kijapi bei-in, America, Japan, England, China hoa amaho paovin la agasa jiuve. Kukite pao bei-in ki gel poute. *(Rev. Seikholen)*

Melah-a kilhahji ho

* *Kali Mirch* (Black pepper) masala danna kimangji ahi. Oidam lou le sunga neh minlou hon themkhat twitoh adonule aphai. Jeera (cumin) themkhat jong apanle apha cheh-e. Buhse veihon kali mirch, jeera, chi themkhat khat ahal khomuva adon ule aphachome.

* *Elaichi* (cardamom) hi oidamna ahi. Elaichi, thi-ing (adrak, ginger), laong (clove), dhania (coriander) ho akigoidia themkhat akidon leh oi-a neh minna ahi. Haa anat teng elaichi akilhai leh a-ole. Buhse, flu jeh-a lol afeh teng, elaichi (cardamom), dalchini (thing thaal, cinnamon) goi dia (powder) kamkhonaa (gargle) akinei jile aphai.

* *Hing* (Asafoetida) melah a them khat khat akilhah jile me atuisah in chule oidia damna jong ahi. Haanat tengle kamsunga aneocha khat aki lhaile a-ole. Buhse dia pha ahi.

Nuiji hi damna (Prov.17:22)

* Numei chapang khat in anu jah a "Henu, mihem hi iti hung kondoh a ham?" atile anun, "Pathenin Adam le Eve anasema, amani sonle pah hung pung ahi" ati. Ajing nikho hin apa koma achen, "Hepa, mihem hi iti hung kondoh ham?" atile apan jong, "Masang lai chun jong ana um in, mihem hi jong (monkey) a kona hung kon doh ahi" atile chapangnu hi alung adong tai.

Nikhat anu koma, "Henu, nangin mihem Pathenin aseme na tin, kapanla mihem hi jonga kon ahi atin, hoijoh chu dih ham" tin adong tai. Chuin anun, "Ima nalungdon na ding aumpoi. Ken keima hung kon dohna kasei ahin, napan ama hung kondohna aseu ahi" anati.

* Delhi a inbaang getna din, India. Bangladesh, China contractor ho ana kouvun, amahon sum ijat lut ding ham, tichu ana simtoh un ahi. Bangladesh pa chun adung avai aten chuin, agomin dangka 90,000 lut in te. Thilman 40,000 natong ho peh ding 40,000 leh keitha man 10,000 ahi, anati.

Chuin China pan adung avai atelen, hisap abolin, agoma dangka 70,000 lut inte, thilman 30,000 na tongho thaman 30,000 chule keima thaman 10,000 ahinti. India contractor pan, tejong telouvin, baang kigetna mopopa anai in, "Agoma 2,70,000 lut ding ahi. Keiding lakh khat, nang ding lakh khat, China pa

ding 70,000 ahi, tin anakola olchan ana sei in ahile sumpe dingpa chu anomin, contract chu India pa chu achang tai.

* China, Russia, Poland scientist mithum vana kholai leng din akinop to tauve. China pan Pluto a cheute, planet agamla pen ahi, ati. Russia pan Jupiter a cheu hite, hichu planet lenpen ahi ati. Chuin Poland pan, Nisa ven cheute, ahinti. Nisa koma icheu leh ibonuva ijunlah diu ahi, ki chat aume, chepoute, tin Russia leh China chu anom tapoi. Ahin Poland pan, "Kahenai, kahenai, janteng leh iche diu ahibouve" anati.

* Pasal khat in gari atolin kikhopna mun ana jontai. Alhunin gari koina ding amutapoi. "Pathen gari koina thei neingaito peh in, achutile tukal nasei ngaitange" tin anataovin, amit ahadoh phat in ama-a mun ana ong tai. Hia chun gari atollut in, "Pathen gari koina ding kakimu tai, kataona chu neikah peh tan" tin ana letao tai.

* Nupa akum 60 lhing cheh tenin kum 35 lhinna kichenni nehkhom ana bol lhone. Hia chun lhangnel nu (Fairy) khat jong ana pangin, ama chun, "Nadei cheh phatthei bohna khat khat kithum lhonin, nape lhon nange" anati. Ajinu chun, "Vannoi pumpi kakhol nome" atile lhangnel chun, akhut ajap in lenna ticket ana petai. Ajipa chun, "Ken vang jinu kei sanga kum 30 lhomjep khat kadei in ahi" atile lhangnel chun akhut ajap in, pasalpa chu kum 90 ahisah tai.

Het-a phachom ho

* India sunga pao mitamin atho hi 461 ahin, Bible pumpi pao 63 in aki ledoh tan, chule New Testament hi pao 57 a akiledoh tai. Tuhin N.T. hi pao 91 a akile laitah ahi. Tuni gei in Bible hi pao 190 ah akilepan hih lai in ahi.

* 3 D Cinema hi amaho mitbeh aki beh leh bou kive thei ahi. Scientist hon mitbeh ngailouva 3D Cinema film vettheina ahin gondoh diu ahitai.

* Taiwan a numei kengkoh lima ki sem (high heel) hou-in khat asadoh tauvin, adung foot 55, avai foot 36 ahi. Apum changa glass a kisa ahin, kithenso vah ding ahitai. Asahon, numei atom kainomna dia kisa ahi atiuve.

* Tehsepu khat hi hou-in ana kajjing a konin, ahung kai tapon, Pastor pa chun ipijeh-a hung lou hitam ti het nomnan aina ana kholai lenge. Ajeh adoh leh amapan, "Kum 90 kalhin phat chun, Pathen henga neikilah doh tan, tin kanataovin, eilapon, kum 95 kahung lhingin eilapon, kum 100 kahin jong eilapon, tun kakum 105 kalhing tan, Pathen hi boi behseh-a eisuhmil hitante, kiseipeh kit da tante tia hou-in jong kailouva kamoh um ahitai" anati.

* Asat le adap umchan kikhel jeh (climate change) chule leiset pumpi asat cheh cheh, hin twikhanglen twi jong apomsah in, Pacific Island a twikol (Island) 5 hi twi in achup jep jep in, asunga cheng ho gam danga

akichon pan tauve. Nikhat hi abon uva, (Sodom le Gomorrah tua twi noi a aum banga) twi-in achup diu ahitai.

* HIV/AIDS nat matdoh loina din manchah thah khat asoh tai. Amin hi NAAT (Nucleic Acid Amplification Test) akiti. Hiche hin mi khat in natpi anei aneilou nithum jouva aheth doh ding ahitai. Amasaa manchah ho chun ni 18-30 jouva bou anamat doh jou ahin, akihet doh kah-a mi tampi henga nat hi ahom manchai jiu anahi.

* Mizoram govt. in alampiu anoh jeh in, kengni (scooter, motor cycle) taxi lhaipan sah ding atiuve. Driver pa chun lukhuh a-eng (yellow) aki khuh ding atiuve.

* *High heel* kibuhi numei din apha poi. High heel kibu hohi, akengu ana nomin, 'joint degeneration', 'knee osteoarthritis' nat anei jiuve, atiuve.

* England a pahchahon bolpan, pahcha hohi ikihoulim pia, ipachat a, la isah khum le ana nou hoi-in, apah ahoi-in, aga jong ahoi-e, ati. Hitia bol ding seh seh chun, apachha hona mi thum agoi-in ahi. Radio la ho akilha khum jongle apha, ati.

* Mumbai a pasal khat in khutdo pa chu cheng khat apeh le chenga ahiloule laponge, tin alapoi. Hiche thu chu khabar (News paper) a aso le sappaoivin ahin donbut un, khut do ho association kinoptona dung jui-a tukal alhom pena chengga ahi loule kila lou ding ahitai, ahin tiuve.

Christian Meivah - sim ho taona akiman peh jinge. Kum sumto Rs. 100/- ahin, asim nom jousen hin peuvin, sum napeh lhaa kona kum nakisim peh ding ahi. M.O. hin thot hon Editor kipe ding lekha beh a namin le address suntei un. Editor pu Mobile No. 94355-51080. Manipur le Nagaland a sumto peh na thei ho :-

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- 8) Mr. Seikhulun Singsit, Kohima.
- 9) Mr. Kapcha Singsit, Dimapur.

Het-a phachom ho

* Meikhu kiti pou pou hi hui su boh-a pang ahin, hui aboh leh mi hem adampoi. Gari meikhua khun sulphur le nitrogen oxides ho aum in, akijoplut ho chop (lung) atong khai. Ima khat mei in akah amei khu'n jong mihem atongkhai.

* Blood Cancer damna lou aum tai akiti. Amin 'Imitinef Mercilet' ahi. Chennai a 'Adyar Cancer Institute' a dohthei thei ahi. Phone - 044-24910754044 -24910754, 044-24911526044 -24911526.

* Missouri gama mi khat in anemul akhamul akiho dingle permit akilah masat angai-e ... Michigan gama mi akichengsa teni (nupa) achen khom loule songkula akhum jiuve.

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