



4 Krax Pa Priex Rien Ka Tokaux Tix

Krax Pa Priex Rien Rhang Mai Daux Jheeh





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Krax Pa Priex Rien Rhang Mai Daux Jheeh Oral Health

Sitoe lih plak lox lai Vax : Ai Nap Yawn, Yex Meung, Ruthax Ka, Yex Ka
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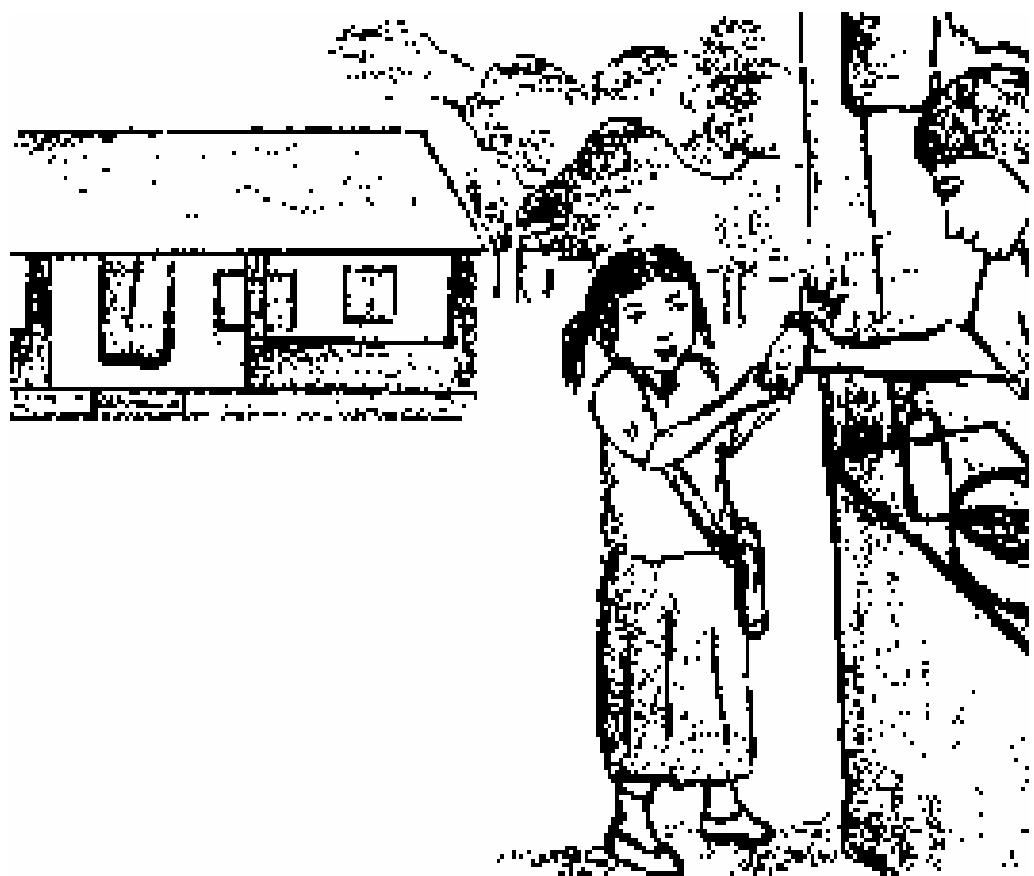
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province

Krax Pa Priex Rien Rhang

Mai Daux Jheeh



Been in mawh grawng been Yex Nap heue.
Yex Nap mawh kawn bun pa koe ju 12 num.
Nawh hu nyiex gau lai ku ngaix mai koe rhawm
pa simie tix hu vi ka nyiex paox grawm tix ku
singaix. Lheu khaing an nawh simie ti hu liag ti ih
tawm oi, khaomun tie daux shaing khaomun
heue.

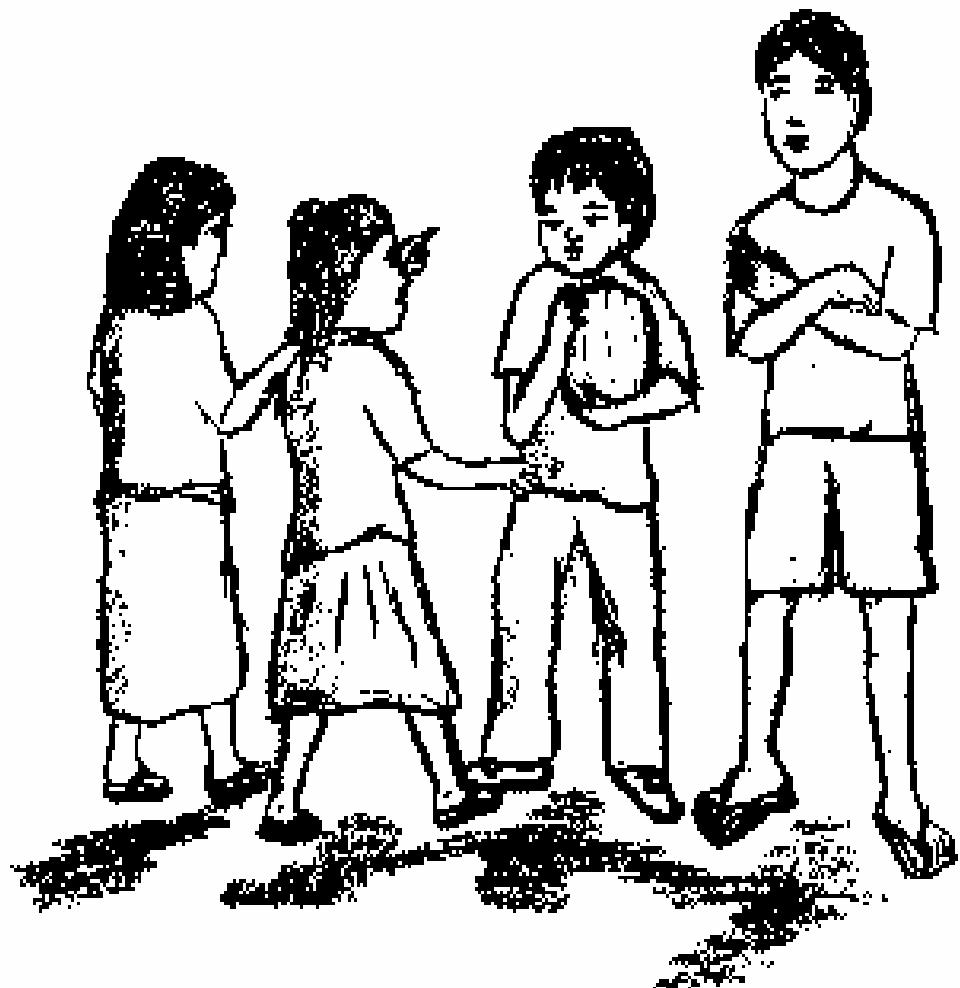


Tix singaix Yex Nap ang rhawm hu ka
nyiex gau lai kheu rhang nawh saux leeing
sawm ang chix laig it.





Yam hu nawh nyiex gau lai paox grawm
nawh khan kix kawx ah, “Bawg tix blah yix
kawx saux rhang awm maix heue.”

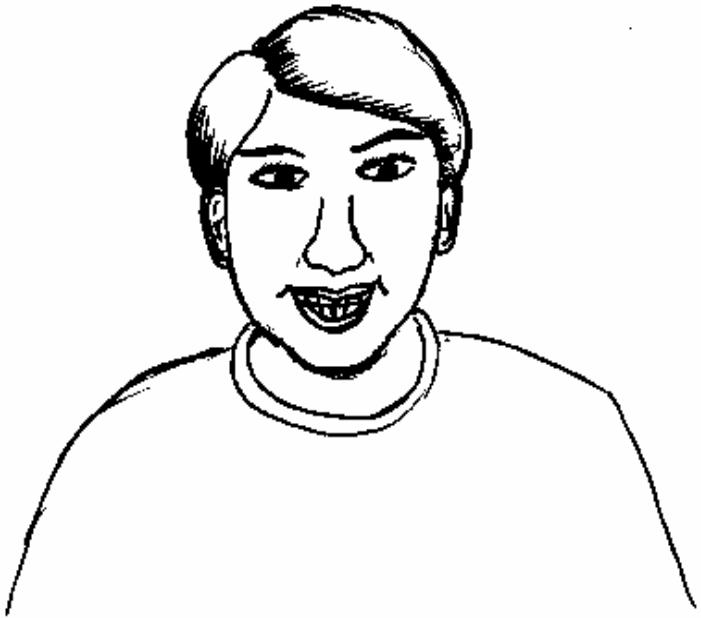


Yex Nap saux rhang hoik koe loe, pon
singaix phao. Mawh kheu nan miex nawh
vieux nawh hu ka cao pai rhang heue.



Yam hoik cied cao
pai rhang Yex Nap,
nawh tom yaox uah
ngi mai ghok Yex Nap.



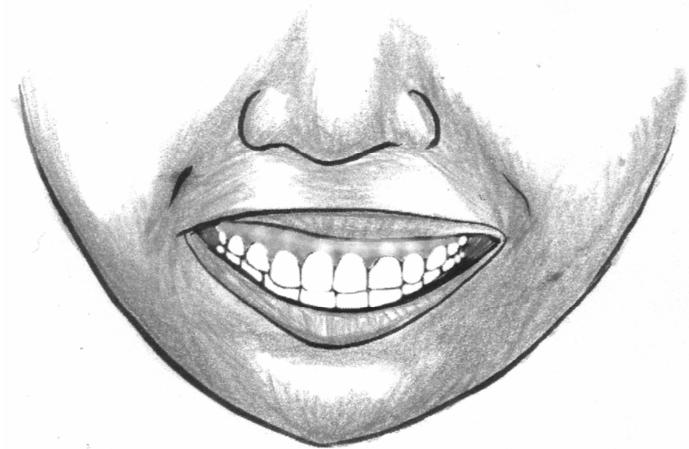


Son pa uah ngi nawh, cao pai rhang
tawx sidah ih ka nawh. Khaix an cao pai
rhang tom krai Yex Nap mhong grawh
grawng pa caw ti priex rhang tix heue.

Cao pai rhang krai sidawng ah nin ka Yex Nap, “Rhang kienie mawh pa ting ceu son sang piem khliak priex ih, son sang sidawng lox sikah ex mhawm mhawm heue. Phan rhang ex singax yam nyiah ex kawx mhawm ti yaox. Caw ti priex rhang tix mai ngi tix mhawm mhawm heue.”



Cao pai rhang baox ah nin, “ Krax pa thui rhang mawh pa ting ceu son priex ex jheeh tix mai rhang. Phan ex thui rhang tix priex pa sikhab sinax rhang tag sang singax mai tieb tie ka ghok ex heue. Phan khaox thui rhang ang koe chix ti yuh ka rib, lhax ox, mai ka kak khaox pa awm khan kix. Ex khaw ti thui rhang tix singaix ra bawg (a) loe bawg heue.”



Cao pai rhang baox krai yuh nin ka nawh,
“Taux lhax, plix khaox, kax mai nex mawh
priex pa mhawm son kaux rhang ex heue.”



Awm koe priex pa mhawm son rhang ex,
priex pa ang mhawm kawx koe heue. Priex pa
ang mhawm son rhang khan kix mawh tawm oi,
gawng (ox) mex mai rawm tie khan kix heue.
Mawh kheu nan khaix hoik ih ex priex caw tix
priex rhang tix singax heue.



Khaix hoik mhong miex Yex Nap grawng pa priex rien rhang mawh pa ting ceu, nawh tat rhawm tix sang gau kawn praix nawh priex rhang tix heue. Mawh kheu jao rhang mai jheeh kawn praix nawh khan kix lung mai sioe eux daux ghok heue.

Miex Yex Nap hoik tawng grawh grawng phan ang priex rien ka rhang mhawm mhawm kawn praix nawh khan kix tag sang saux rhang. Lheu khaing an phan pot rhang yam kuad ju baox nie uik mau son sang pai ka rhang an heue.

Khaix hoik pai Yex Nap rhang tix ka
cao pai rhang, pux praix aik o nawh ku
kaux kawx thui rhang tix ku singaix
heue. Yam in kix khawm uik ang lai saux
rhang. Kix khawm uik chix sikah sidawng
mhawm mai yam nyiah kix rhang kix viex
kix sidaing koe grang heue.



