

## વિટામીન-ડિ અને કેલ્શિયમ

AmeAmarl A05qa` Ak Anlly Jpcar p^6it na  
p/ ea trikeAapta>Aand AnwvlAe0IAe Aa  
Jpcar p^6it Aap` a AaroGy na tmam pasa ne  
Aavrl l e0e v6uma>v6ul okoneAa kdrtl Ane  
AayvEk p^6it na mLy0 4l maihtgar krl xkay  
Aea ^y Saa4eAmeAhl JpiS4t 0IAe

Kel ak rogo AneAaroGy nl smSya nuyogY indan  
Anesma6an Aa6unk Jpcar p^6it ma>n4l  
m5tA Aavl AaroGy smSya j el kevarsagt  
tkl lfo, Snayjully nb5a[Ao AneA030[Mya rogo  
nl ko[ qas sarvar samally dva nl VyvS4a ma>  
n4l. Amenopat/Ane]Isah prk pir` amo Aa  
pkar nl AaroGy piriS4itAo ma mEvya 0ekdrtl  
Ayur sar do! dayka 4l p` v6aresmy 4l  
kayRt 0e 7l mohMmd ysu xq, tana Jmda  
di^3ko` AnemLypit heuAo Saa4esmaj neAa  
Anlly Jpcarp^6it no l aw Apl rHyA 0e

AmeAmnem5ea st08kark pir` amo 4l gvR  
AnwvlAe0IAeAme2` a Asa^y drdo keJpcar  
ma3eAxky mnay 0etma>sara pir` am mEvya 0e  
tmeAmara drdl Aon l ivgto tana srnama Ane  
smyansar kravea 'm0kl irpo3RAmarl v0sa[3

-www.kudratiayurved.com pr4l m5vl  
xko 0o.

Aa pitka no moy jdky xrlr na b6ar` nl A00l  
ja` ltl ivgto no Allyas krl t6o sb6 Aap` l  
xairrik tkl lfo sa4exu0etj ahe krvano 0eAne  
xrlr na Amk A00a ja` lta slyo nej a` l t6e  
l gtl xairrik tkl lfo nej Da` pur smj vano 0e  
xuAa xairrik tkl lfo no sb2 Aap` l qo3l qorak  
nl Aadto kj edvse nedvse AEvalls 4tl j ay 0e  
Ael sa4eol xke0ro?

xutmej a` o 0o Aap` a xrlr ma>mo3a wag na  
rogo kexym nl j` p nel l2e4ay 0eAej ra  
v6arepDt0e pr0ut6o j vab Anetmara xrlr  
sa4esk5ayea tmara b2a j sval o na j vab  
Aa pitka ma smavel Aty0 jpyogl mahltl  
va0va4l m5l xke0e

Amaro jdky xrlr ma kexym nl kel l b2l  
Aglyta 0eAeivxesmaj nej ag0 krvano 0e  
phea to, kexym namna mlnrl nesm+Ae  
kar` ket6ej a` va4l Aap` et6a Astun @vara

Aap` a xrlr ma sj aRI A` 2arl prIS4lit v2are  
sarl ritesmj l xklye0lye  
samally ritel oko ma3ekixym numhiv mj bU  
hadka Anetdost dat pttuhoy 0e prtrqr to  
Aap` a samally SvaSY4 ma3ep` tev6aresbi6t  
AneAI4t Jp4ogI 0e

kEX4m AeAap` a xrlr ma pa` l p0Inus0yl v2are  
pna` ma rahEunlj 0e roj lda kamo ma Aap` u  
xrlr kiEX4m no Jp4og ibj a b2a mlsnrLs nl  
srqam` l ma s0yl v2arepna` ma kre0e  
vEaniko Anexo2ktaAo mane0ekekiEX4m Aepitv  
ma Aavea b2a j sj lvo ma3eno mEwt 63k 0e  
kixym Aap` a xrlr nl drE sUm AneAit sUm  
ik4aAo ma qb j mhivno wag wj ve0e

kiEX4m V4iktna xarlirk Anemanisk AaroG4ne  
Asamall4 riteAsr kre0e teAap` a mEwt  
b2ar` AnahaDkanl rcna ma3eAI4t Jp4ogI 0e  
teAap` a xrlrnl vi@2, parlpadn, hl ncl n,  
Anewr` po8` ma3ep` Ait mhivnu0e kEX4m  
manvj at JpraE pa` l Ane0oDvaAo ma3e} j aR  
pPt krvana Ak ma@4m trikeka4Rkre0e  
c4apc4nl ik4a Aevarvar ytl pik4a 0e Aæe

v2aresarlirtesmj va ma3eAap` e qorak, kej e  
iv3aimn, qinj dV40 Anep08k tivno Stot 0eAae  
sm+Xu

Aap` e0 AayvBna m5wt is@2a±4l shmt 0IAke  
dre rog na m5ma qorak nuAcokks AneApptu  
pacn j vabdar 0e Aa Apco Aap` negwlr madgl  
S0l l [ j ] xke0eqorak huyogy pacn Ae t0cSt  
SvaSY4num0y rhSy 0e Aa iv8y pr v2are] Da` ma  
]trlyeAophea k0ymne gta 40Da slyo AnehSyo  
ja` ll [ye

k0xym t0cSt Sva\$Synl cavl 0eteqinj tivno  
raja 0e texrlrnl dre pikya ma3eAvxyk 0e te  
xrlr na ibj a qinj dV40 Anep08k tivona ]pyoj n  
ma3e0bj j rrl 0e

xutmeja` 0 0o ketaj ernl v5aink xo2 AexaRe0ke  
h0yna rog Aneklsr Aem03awagek0ymnl }` p  
Anetaerl 2e]lpIn 4ta iv8nupir` am 0e?. Aa  
xo2qo5 mub ha[pokess0lya(k0ymnl }` p) Ane  
ha[prkes0lya(k0ymnuiv8) 100 krta p` v2are  
rogo Anexrlrnl AlyvS4a ma3ej vabdar 0e j ma  
Dayaib3ls, klsr, h0y rog, lpaxyma p4rl,  
m0pDma p4rl, st2va, AoS3Aoporsls,  
vgeej ea Ait giwr rogono smavx 4ay 0e  
AoS3AoporslsAeAe haDKano rog 0e j ma haDKanl  
2nta samally krta 2` l Ao0l 4 [ j va4l tel 9mta  
ma 23aDo j ova m50e

} ` p na l 9 ` 0

- ? AoS3Aoporosls
- ? irkēs
- ? tBlea haDka nuj Ldl n s6avv
- ? [ns0MnlAa
- ? daē n sDv
- ? haDkana Ainyimt Aakar
- ? v5ea pgo
- ? Snayunl 64rl
- ? iciDyap` u
- ? kro ya mro j el vtRk
- ? ]eu ohlnuaba`
- ? Hayprka[niss
- ? hayprAēsiD3l
- ? zDpl AoiKSDe n
- ? slsuAneKDimym nl Ai6kta iny t0e
- ? kor
- ? i33nl

Laaba smy nl kē xym nl } ` p 9itykt l ohlnu  
g#avvAoiS3Aoporoiiss, irkēs Anebl=  
rogo krl xke0e Ao0l } ` p p` 2` l  
d06aimRAinyimt taAo } IpNn kr0e

?

pl pl3æn

nqo nʊsDvʌ

? cɛa svɛn xll ta

? Snayʌ nʊqɛavʌ

Aa } ` p vtRʌ AnemD na fɛfar kre0e

?

qo3l ictʌ

? iDSfoirya

? [nsoMnlyʌ

? iDpɛn

gwlr } ` p Aava rogo krl xke0e

? j Dta

? iDpɛn

? mɛiAa

? ha4 nʊj kDa[ j vʌ

? Snayʌ nʊqɛavʌ

? Asamally hɛy na 6bkara

? qal l cDvl

Ai6kta na | 9` 0

?

Snayunl nb5a[

?

Si6va

?

dqavo

?

r9` aTmk vtR

?

ip|axy nl p4rl

?

m|ipR nl p4rl

?

6lma cyapcy

?

haDkanug#n

?

haDka nl brDta

?

kb+yat

?

SpoiNDI a[3Is

kēxym Aap` a xrlr no Ake mhTv no 23k 0e  
nlva` 6ka wag xrlr nēkēxym dat Ane  
haDkaAo ma>shaye 0eJyarebaki nēkēxym j dl  
j dl de6aimR ikyaAoma>vpray 0e Aap` a xrlr  
nl mo3awagnl xairirk ikyaAo ma>tesiky wag  
wj ve0e

---- tenva ko8 nl rcna, ko8ivwaj n Ane  
ko8vik6 ninyt7 kre0e

---- tecak08na Spdno nl | eDdeD ma>mhTv  
no wag wj ve0e

---- te]Iseko nl pikya ne] | je0e

---- tel ohi ne=mi j va ma>mdd kre0e  
---- teSnayAona skocn Aneivkocn ma>mdd  
kre0e

---- teko8 ni p/æxli ta neinyitʃ kre0e  
---- teAisD-bēz ni mata/nusmtol n krl  
tænli vCcebfr' trlkekam kre0eAne xlr na

**pH** | e | ,ne=5vi raqe0e

---- teko8 p3l neiS4rta Aape0e  
---- Snayuna skocn Aneivkocn ma3e  
j vabdar 0e

---- l ohi Aneko8ma>p/ahl =5vi raql tæ  
nkisan 4tærok0e

---- te[NSyuln no Staʋ v6are0e  
---- te4a[ro[D Aʃ:Staʋ inyitʃ kre0e  
---- teceatʃ/nl l ag`lxli ta neinyitʃ kre0e  
---- texikt ]Ipadn ma3eni 'kɔ Saaykl ' ma>  
mhIv no wag wj ve0e

---- te'foSfrs' cyapcy ma3eno j rd 23k 0e  
---- texlr ma3ej rd Ael iv8milt pikya ma>  
'iD3oiksfayr' trlkevag wj ve0e

---- tecrib na pacn ma>mdd kre0e



HveAap` ekēxym = `IAe0IAekeēxym  
Snayuna skocn Aneivkocn ma3ej vabdar  
Oe kēxym ni Snayunyē/ pr moēl Asr  
Oe tehdy ni Snayb^6 p/x| Anetēa  
SnayAo ma>iv@yū vhn ma3eno j rdl 23k Oe

kēxym Aē:Stv/ona smtol n Ane]Iseko na  
]Ipadn ma3ej rdl Oe teSt/ Anepu8 blnena  
Aē:Stavo na ]Ipadn ma3eAlyē j rdl Oe

kēxym xrlr nuAgly nuqnlj tIv Oej ek08  
ni p/xxll ta neinyitē kre0e xrlr na  
AēsD bēz smtol n ma3ek08 ni Aa  
p/xxll ta bhuj j rdl Oe Aam kēxym  
xrlr na Aa7it dab nusmtol n krl tēe  
=5vl raq0e Aa rltekēxym xrlr na k080  
Anel ohl na p/xahl tIv ne=5vl raql tēl  
9it invare0e

Aarogy iv)an Ansar xrlr na p/xahl no  
AēsDk gū6mRmadgl no indē kre0e

JyaremUyIvesamally A4va tæst pki| xrlr  
 na pahl no bæk gù6mRixarE0e xrlr na  
 iv8dVyo no gù6mRAisidk 0e Aap` a roij da  
 qorak p` mo3wageAisidk hoy 0e manisk  
 t` av xrlr nl Aisidk piriS4it ma]mæ kre  
 kæl ak pl` a p` xrlr nl VyvS4a neAisidk bnaVe  
 0e xrlrnl Aa Aisidk piriS4it neparql ne  
 Aap` I VyvS4a tæesmtol n ma> avva Anej rd  
**pH** =5vva tæAaLkLaa[z kre0e Aam, kèxym  
 AisD neAsr krl 'bfr' trlkæt0e

kèxym nl gùv|a neAap` eS4rta, sqtp` vAne  
 dèk ritev` Rk xklAe HveAap` e kèxym nl  
 ]` p,Ai6kta Anetæa ^vara ]dwvta ichNo Ane  
 9it AoneSm+ xklxæ

kèxym 2` I dæaimR ikyaAo ma3eAavlyk 0e te  
 ko8p3I nl iS4rta ma3g rd 0e Asamally kèxym  
 Str tæa =mvanl AneAiS4magRna>g#n nl pikyæ  
 ]IpNn kre0eAiS4magRna>g#n samally ritebæadka  
 na j oDa` pr AneAiS4b6n na j oDa` pr j ova m5e  
 0ekèxym haDka na b6ar` ,=5v` I Anenj bta[  
 ma3eAgly nup08kdVyo

kēxym na Aa pasa 4l maihtgar 4va Aap` eAap` a  
kkaal tēna m5qa 4l xrlr Aat krlxū

Moa3awagnukēxym Aap` a kkaal na b6ar`  
pa05 vpra[ =y 0e  
tēnaDka Anedaē nab6ar` ma3ēvpray 0ev6ē  
kēxym l ohi, SnayuAnecēaAoma>ēa m50e  
Aap` a xrlr ma>bSso 0 haDka Aavea 0ej e  
Aap` a xrlr nemj btū 3ka pbtū paDe0e Aap` ū  
hl ncl n Aa mj btū 3ka 4l j` xky bn0e

samally rlteAap` eAap` a haDkaAo neAkē  
kayml ma5qa trikej o[ Aē0lAeprtūAp` a  
xrlr ma>haDkana j bā ko8o dtū krvani Anē  
nva ko8o bnvani pikya stt calya kre0e  
j aensj R -irmoDele kēama>Aave0e Aa  
2` l Agly 6ravtl haDka na nvsj R nl  
pikya Aap` l Aaql +dgl drMyan calya kre  
0e

kēxym mhivnl rltehēy na 6bkara Anē  
cēaSpno nl l eDdeD nl pikya na  
inyt/ ma>wag l e0e hēy na 6bkara no  
iv`ytū caj Rp` kēxym neAawarl 0e

=eAap` ec~~at~~/ivxeivcarIAeto mBwU  
rlteAeivXaa5 iv8y 0ep` k~~ixym~~ p`  
c~~at~~/na iv^y~~u~~ Sp~~no~~ na pitwav Apva ma>  
AgIy no wag wj ve0e tec~~at~~/na ko8o  
vCces~~de~~vahk ni w~~u~~hka wj ve0e

k~~ixym~~ ni }` p c~~at~~/ni gwlr smSya  
Jwl kre0e texairirk Anemanisk Aj p0  
Anet` av ]IpIn kre0eAneko8p3I na  
po8kdVyo Ane]Tsij R dVyo nepsar krl  
xkvanl 9mta nemb5I paDe0e

teSnayAo na kayRt~~ej~~ k~~el~~ ak Aa~~t~~irk  
Avyvo j ~~ea~~ keh~~y~~ na SnayAo, Aa~~t~~rDa na  
SnayAo vgeena kayRna3eqb j j rrl 0e  
Aa4I Aap` ekhl xklAek~~ixym~~ t~~ost~~  
h~~ey~~, kayRt c~~ea~~Ao Anesarl } 2 ma3ej rrl  
0e

Aap` ek~~ixym~~na pasa neAap` I t~~ost~~I Ane  
Aap` I d~~eb~~aimR ikya Ao ^vara smJya.

Aap` o ivkas ko8ivwaj n Aneko8vĳ6na  
kar` ej xky 0ej nIndĳy rpaĳr` ma3e  
kĳxym j rrl 0e Aap` ĳ yuavS4a Ae  
j nIndĳy na rpaĳr` neAawarl 0eAnete  
kĳxym nel l6ej xky bne0e

Aam kĳxym xrlr na smarkam Ane=5v` l  
ma3eAĳyĳ j rrl 0e Ap` ej oyĳkeSnayA0 Ane  
cĳaA0 na kayRma3et4a l ohlna =mva ma3e  
AneAĳ:Staĳvo ma3eteqb j mhĳv 6rave0e

xrlr na ko8onl sarl kayR9ta ma3ej rrl  
pĳna` ma>pxahl hovĳqbj AavXyk 0e kĳxym  
ko8o Anel ohlna>na Aa pĳahl nl 9it neroke  
0e

te4ayro[D' ^vara ]IpNn 4ta Aĳ:Staĳv nĳ  
]Ipadn 6lmĳpaDe0e te[NSyuln nĳ]Ipadn  
v6ar6ama>mdd kre0e

m6pĳne kĳxym nesmtol krva4l rokl xkay  
0e svĳnamy cĳatt/ne6lmĳpaDvama>  
kĳxymnĳ2 umhĳv 0e

tefoSfrs cyapcy ma3eAavXyk Oe tek  
 saykl nl xikt na ]Ipadn ma3eqb mhIvna  
 Oe 3ka` ma>=E Aeto kēxym smtol n  
 Ap` I +dgl ma3eAit AavXyk Oe Aap` a  
 xrlr ma3ekēxym no Stvt AeAaharj Ny  
 kēxym j Oe prtub6uj kēxym AatrDa  
 ^vara xo8a[ xktun4l.

iv3amlN DI kēxym nuAatrDama>ma>4tu  
 Aiwcb` v6arvama>AgIy no wag wj ve0e  
 A4l Ap` ekhl xklAekeAa AavXyk qnlj  
 nl Aap` a xrlrma>nl yata/iv3amlN DI nl  
 mdd 4l cal u4ay Oe

'6l Nyu(NGI aND j nR Aof mElslN' Ae  
 iv3amlN DI na Ap` I tdcStl nel gta kēl ak  
 faydaAo no>ya Oe AelscRj nR Ansar  
 kēl ak dl6Rl In rogo j ea ke3a[p-3u  
 Dayabl3ls mel3s, kor, cpl rogo,  
 rktvahlnl na rogo AneAo3o[Mya rogo  
 4vama>iv3amlN DI no mhIvno fa5o Oe  
 'nænl he4 AND NyBixn AkzamlNæn svR

Aep` iv3amln DI na Aledr Str ivxekel Ik  
ivgto s dvl 0e A svbAnsar 0el a be  
dayka drMyan iv3amln DI na Str m` so ma>  
2` unlcgyU0e

kelxym cyapcy ikya ma>iv3amln DI 2` o j  
mhiv no wag wj ve0e tchaDka na  
keslfikæn ma3ep` j vabdar 0e foSfrs na  
vprax ma3ep` iv3amln DI AavXyk 0e  
foSfrs Anekelxym blnchaDka na b6ar`  
ma3eAvXyk 0e

iv3amln DI kelxym AnefoSfe na Str ne  
=5vl raqva ma3ej rdl 0e iv3amln DI mnty  
nl camDI ma>svkax na par=bl l ikr` o nl  
haj rl ma>bne0eIyar p0l teykt AnentipD  
ma>j ay 0e mtipD iv3amln DI nesiky  
kesl3ayol ma>feve0e

iv3amln DI ixya5ama>A4va vad50aya  
vatavr` ma>Ao0a pna` ma>]Iplln 4ay 0e  
DakRcamDI ma>sfe kel a[3 camDI krta>p`  
Ao0eiv3amln DI bne0e iv3amln DI CaamDI  
ma>p` bne0eAneqorak ^vara p` m5e0e

teykt AnentipD ^vara siky 4ay 0e te  
 AatrDama>rlsBr sa4e=Day 0e 0el a  
 s×06n mjub xrlr na b6a j ko80 Ane  
 SnayAo iv3amln DI nurlsBr 6rave0e te4l  
 iv3amln DI nl } ` p kēxym nl ] ` p sj 0e  
 AnetefoSf3 na Aiwcb` nep` Asr kre  
 0e

kēxym Aneiv3amln DI nl } ` p 2` a rogo  
 notre 0e kēxym nA AatrDama>Aiwcb`  
 iv3amln DI ^vara 4ay 0e =eAap` pbtI mataMa>  
 kēxym AnefoSfrs 6ravIAeto p` vl3amln  
 DI vgr tæo pbtI ]pyog 4to n4l. Ael ivpirt  
 AoOkēxym AnefoSfrs l ea 0ta>p` pbtI  
 pna` ma>iv3amln DI l ea4l te]pyog ma>l [  
 xkay 0e

---- kēxym AnefoSfrs haDka ma>4l fri  
 smavvama>ndd kre0e

---- Aa qnlj tIvo neta> ma>]meva ma>ndd kre  
 0e

---- l ohl ma>kēxym AnefoSfrs nupna`  
 =5vl raq0e



---- m<sup>u</sup>p<sup>u</sup> ^vara k<sup>e</sup>xym n<sup>u</sup>]Tsj R 23aDe  
0e

---- Aa<sup>r</sup>Da ma<sup>k</sup>e<sup>x</sup>ym n<sup>u</sup>Aiwcb<sup>l</sup>` v6ar0e

Taaj er no wartly l okono Ak m<sup>u</sup>kl sv<sup>u</sup>` a  
cokavnara tar`o cl<sup>u</sup>e0e wart iv8uv<sup>l</sup> 4l  
v6ared<sup>u</sup>n4l. to wart na l okoma>ptta p<sup>u</sup>na`  
ma>iv3amln DI hovanebdl eAaxrene<sup>u</sup>ka l oko  
iv3amln DI Ane<sup>k</sup>e<sup>x</sup>ym nl qaml 4l plDay 0e

Aap` eAp` a xrlr nl t<sup>u</sup>st kay<sup>u</sup>mta ma3e  
iv3amln DI Ane<sup>k</sup>e<sup>x</sup>ym n<sup>u</sup>m<sup>u</sup>h<sup>u</sup>v =<sup>u</sup>pr<sup>u</sup>tu  
Aap` l samaly t<sup>u</sup>st piriS4it ma3e t<sup>u</sup>  
smtol n =5vv<sup>u</sup> A<sup>e</sup>l j j rd 0e

Ahl>Aap` eAk v6ares>a smj vl =eAete0e  
j <sup>e</sup>vk ]pl B6 k<sup>e</sup>xym j <sup>e</sup>e Aap` e  
'bayoaAve<sup>l</sup> bl' k<sup>e</sup>xym khlx<sup>u</sup> Aap` e je  
k<sup>e</sup>xym l [Aet<sup>u</sup> rd n4l k<sup>e</sup>6<sup>u</sup> vpra[ j ay.  
teAini` Rrhe<sup>u</sup>ke<sup>l</sup> k<sup>e</sup>xym ku k<sup>e</sup>xym ma>  
4l d<sup>u</sup>baimRiky<sup>u</sup>Ao ma>vpraxe

Ak s x06n pna` əvnSpitj Ny kəxym t dStl  
ma3e] | m 0eAnet exrlr ma>sarl rltex08a[ xke  
0e Jyarepa` lj Ny kəxym xrlrma>sarl rlte  
x08atun4l Anekəl lk gwlr piriS4it ma>  
pir` m0e  
kəxym nl }` p A4va bayoAnAvēl bl  
kəxym mti pD nl p4rl ma p` pir` ml xk0e  
tehyrog 4va nl xkyta p` v6arl d0el ohl n  
]e uba` p` sl6l rite kəxym na y0gy vprax  
Anesmtol n sa4e= Baye 0e

Aap` l AgTy nl d06aimR ikyaAo ma3eAap` ne  
kəxym nl j ruhova4l kəxym nl  
bayoAvēl bl l3l qb j rdl 0e  
bayoAnAvēl bl kəxym xrlr nl samaly  
kayRmtama>v9p krl xk0eAnobl+ baj ute  
} ` p nl iS4it s+Rk0e

Aap` e=yukerle d06aimR ikya ma3ekəxym  
j rdl 0eAnAg rulyat l ohlma>hea kəxym  
4l pbl pD0edrk ko8 l ohl ^vara po8ktIvo  
mēv0edrk ko8 ma3ekəxym AnAlly  
po8ktIvono Stvt l ohl 0e

t4l xrlr nl yoGy cyapcy nl ikyaAo ma3e  
l ohl ma>keixym nupna` smtol n ma>rhew  
Ait Aavlyk Oe keixym l ohl nl m0y 6ara  
ma>pacnt t/ ^vara p/ x0e

Paacn pikyama>2` a packrso j oDay Oe tma>  
]tseko no p` smavx 4ay Oe yoGy pacn  
ma3eAap` aej #rAaity magRkay69 hovo j rcl  
Oe m0 pacn po8ktivo na xo8ava nl ikya  
6lml paDe0eA nexrlr ma>iv8 ]IpNn kre0e

Aap` e= yu keixym Snayuna sko cn Ane  
ivkocn ma3eAit Aavlyk Oe qorak pacn  
magRna>SnayaA nl mdd 4l Ag5 v60e  
SnayaAo pacn magRna>po8ktivona pacn Ane  
xo8` na iviv6 t6kkaAo ma>mhiv no wag  
wj ve0e

Jda j da t t/ AneAvyvo na ko8o nepita  
pna` ma>keixym m5l rhetema3el ohlma>  
keixym nupna` j 5va[ rhetej rcl Oe te  
c0aAo ner9` Aapva p` j rcl Oe

=exrlr ^vara xrlr nl b6l j cyapcy  
pikyaAo ma3ekäxym nl } p nuA4R3n  
4ay to tehaDkamaAa käxym krtaxrlr nl  
Aa pikyaAo ma3ekäxym nepa4imkta Aapl  
haDkama>4l käxym l eanuxrukrl de0e j o  
käxym ko[ Stož ^vara pbl paDvama>n Aave  
to haDka ma>4l käxym l eanucal urhe0eAne  
haDka nb5a pDta =y 0eAnetel 233ta  
gnavta =y 0e

xrlr käxym nl j ruryat st08va ma3ekkal  
Snayuno saharo l 0e gwlr piriS4itma>Aana4l  
p` v6arekäxym nl j ruryat dat Anec0aAo  
^vara pbl pDay 0e j o xrlr pbl mataAa>  
bayoAve l 0l käxym to Aekäxym haDka  
pas4l l eanuxrukre0e

Aa4l haDka nl 233ta Ao0l 4tl =y 0eAnete  
kel ak haDka na rogo j ea keAoS3lAoporoiiss,  
AoS3lAomeaisAa, rik0s Anobl= 2` a rogo  
notre0emyaRt käxym l ea4l mtipD ma>p4rl  
4vanl xkyta v6l =y 0e Aa p4rl mtipD ma>  
p0ab nl n5l ma>ea m50ej ekäxym  
Aokze0' nl bn0l hoy 0e

xrlr na ko8o AavXyk 23ko Anepo8ktIvo  
l ohlma4l mEve0ej el ohlma>pcea Ane  
xo8aye0a qorak ma>4l Aave0e kElym  
m0yIvel ohlma>AaErdama>x08` ^vara Ane  
4oDa pna` ma>pacntE/na bl= wago ^vara  
xo8a[ neAave0e l ohlma>kElym nu pna`  
pea4ayro[D gi4 ^vara ]IpIn 4ta  
pea4ayro[D A:E:Stav ^vara inyitE 4ay 0e

g5a na pa05na wagma>car pea4ayro[D gi4  
Aavel 0e l ohlma>kElym nu pna` Ao0u4ta>>  
pea4ayro[D gi4 kElym na Str nepa0u  
samaly krva pea4ayro[D A:E:Stav mkt kre  
0epea4ayro[D At:Stav kElym nu Str  
samaly krva haDka pase4l kElym l e0e  
fkt Aa3l u j nhl, teiv3amln DI nep`  
AaErdama>4l v6arekElym xo8va ma3e  
siky kre0e

Ap` l camDI sypkax nl haj rl ma>vl3amln  
DI bnave0e 'snSkIn l oxn' iv3amln DI nu  
]Ipadn myaRt krl de0e

HveAp` esm+ xklAe0IAekeAahaDkana  
b6ar` ma3eaynlj nuAiwxo8` Ae  
mo3awagnl xairrik VyvS4a AneyoGy tæStl  
ma3eqb j j rdl 0e

=epacn Avrú6 kænd hoy to xrlr na  
po8ktivo xrlr nl bhar fæ[ j xeA4va  
bayoAnAvēl bl rp ma>rapæirt 4xe Aa4l  
Aap` eSvadpðan qorak pr 4l pacnpðan  
qorak trf l (y Aapvæ=ēAe

Aap` ej oyæepæ4ayro[D Aæ:Stæv xrlrmaæa  
kæxym na Str neinyitæ krvama>mdrp  
4ay 0e tenkkl kre0ekæel kæxym xo8axe  
Anekæel antipð ^vara ]Isij R krvama>  
Aavxe

=eko[ drdl AoS3IAoporoiss ma3epozl3iv'  
dxæRay to samally AarogY pikya tæepbk  
kæxym l æa sðve0e

Aa samally Aarogy p^6it ma>AoS3IAoporoiiss  
 Aneddy ne agta p&no nek[ j s66 n4l. tA  
 tael agta ko[ p&no pr p` ^yan Aapta n4l.  
 AoS3IAoporoiiss A4va bl= k&xym nl ]` p  
 4l 4ta rogo ma>ptk k&xym Aapvama>Aave  
 samally riteAa Aapvama>Aave>ptk k&xym  
 xrlr ma>xo8atun4l Anet&dj da pkarna p&no  
 ]wa kre0e tesnayAo Ane6mnlAo ma>=mva  
 maDe0eAnerktvaihnlAo na Aneddy nel gta  
 rogo 4vanl xkyta 2` l v6arl d0e

Aap` e j oyu ke vpraya vgrn& k&xym  
 bayoAnAve[ bl k&xym k&ay 0e Aa  
 bayoAnAve[ bl k&xym xrlr na j da j da  
 wagoma j am0eAneApra` ea rogo ]IpNn kre0e  
 Aa k&xym xrlr na Aevago ma>p` =me0ej e  
 k&xym ]` p sa4ko[p` rite=Dayea n4l.te  
 ceat&/ma>=ml k&el ak j da pkarna rogo ]IpNn  
 kre0ek&el ak k& ma>Aa v6aranuk&xym qb j  
 hainkark bn0e

Laa9i` k riteAa ptk k&xym ko[ rite  
 mddrp 4t&n4l kar` keqb j Ao0a pra` ma  
 t&ra>rh&ek&xym xo8ay 0e

Anebaki rhexym ibnj rd j GyaAo pr =me  
Oej mkehdy nel gta SnayuAo. texlr ma>AynR  
Anezk nuxo8` p` roke0e

HveAap` e=` IAe0iAekexym nl ]` p Ane  
Ai6kta gwlr haDka nl 233ta na p&no ]wa kre  
Oe xrlrma>Aa Ao0a Anev6arekexym na Str  
nl pitikyA rpeAl g Al g haDkanl 233ta nl  
piriS4it sameAave0ej etea l 9` o na Aa6are  
j dl j dl rlteAo5qvama>Aave0e  
AoS3IAoml aisAa iv3amln DI Anekexym nl  
]` p 4l 4ta rogo ma>no Ak 0e ba5koma>te  
'rlkes' nrlikeAo5qay 0e AoS3IAomal isya ma>  
haDka pat5a Anepoca 4[ j ay 0e

te4van` kar` samally rlteAo0u ypkax no  
samno krvo Aevunay 0e tea kar` ma>qorak  
ma>Ao0a vl3amln va5o qorak l eo Aevp` mnay  
0e de6aimR AiS4rta p` Ak mhIv nkar` 0e  
rlkes keAoS3IAoml aisAa na l 9` o ma>haDka  
nl qoDqap` , brDp` vAneSnayuAonl nb5a[  
m0y 0e



kāxym nl }` p nl mhTv nl hainkark piriS4it  
AoS3IAoporoiSS 0e

haDka nupocap` ʌsl6l rltel ohlna kāxym na Str  
sa4esbi6t 0e AoS3IAoporoiSS Aekkal ma5qa  
nl gwlr piriS4it dxaRe0ej ma>haDka nl 233ta  
Ao0l 4[ =y 0eAntéviv6 AroGy na p&no ]wa kre  
0e

AoS3IAoporoiSS nel l6eAap` a haDka qoql a 4[  
=y 0e haDka nl 233ta Ao0l 4[ j va4l drdl haDka  
na tBvana mh|m =qm pr hoy 0e AS3IAoporoiSS  
na ko[ dqlta l 9` o hotan4l. drdl tæivxer'kr'  
4ya p0l =` @e

'poros' s>a haDka na Ao0l 233ta va5a ma5qa na  
b6ar` nl klpna pr 4l Aavl 0e tesa[l N3 kll r'  
trlke=` lto rog 0e tæa ko[ dqlta l 9` o n4l p`  
tesmy j ta>v6to j to rog 0ej eAap` a mj bU  
kkaal tæhestt v6tj tunksan phoeaD0e  
6lme 6lme v6to j to pl# no dqavo Ae  
AoS3IAoporoiSS nl xriAat mnay 0e smy j ta>  
haDka nb5a pD0e

Anerog ni gwlr piriS4it ma>fkr' = ea m5e  
0e drdl'4oraisk vi3Rb/na wagl j va no wog  
bnl xke0e bl= m` kaAo nep` Asr 4[ xke  
0e kroDv5l j vl Aneq6 bnl AeAa rog na  
m0y l 9` o 0e drdl gwlr dqava no wog bnl xke  
0e

AoS3IAoporoiss pra AneSt/bnene  
Aksrql ritel agupDe0e meopoz p0l na smy  
ma>[S3of n' At:Stav na 23aDeAe} ` p ni  
piriS4it n0y kar` ho[ xke0e

AoS3IAopelAa p` haDka ni 233ta na 23aDa  
Ageo j rog 0e Aea p` ko[ co0qa kar` o  
n4l. ma4a no dqavo, svad hlnta, } 2 n  
Aavvl, zaql camDI, Aag5l Ao ma>qal l cDvl,  
b#a nq, vgeectev` l rp ichno 0e

Aap` ej oykemo3awagnkixym Aap` a haDkaAo  
ma>shayeDej eb6a kixym na nIva` bka 0e  
kel lk m0pD, haDka AneAatrDa ni inyE/  
pikyaAo l ohi na kixym na Str nustt ^yan  
raqe0e Svwaivk ritej ko[ 9it Aa qas qnlj  
na kayRe/neAsr phoeaDe0e

AeSp\*3 riteSvlkarayeDekel ohl na kēxym na  
Str ma>nano Ae p` fefar teAgenl VyvS4a na  
mo3a rogo neAamē/ Aapē

I ohlmanā kēxym haDka na b6ar` ma>  
'AoS3IAoBl aS3' ko8o ^vara vpray 0e Aea4l  
ivpirt 'AoS3IAoKl aS3' nam na ko8o haDka na  
kēxym netoDI I ohl na vhn magRma>mlt kre0e  
kēxym nl }` p ba5ko ma>rlkēs AnevySko ma>  
AoS3IAomeaisAa namna rogo kre0e A }` p  
wagea haDka nē Ldl sa= 4va deI n4l.

hveAap` eja` IAe0IAekēl Ik kēxym }` p nl  
piriS4it ma>Aap` I VyvS4a haDka ma4l kēxym  
I anukrukrl deAa }` p nl iS4it daē na sDvane  
A3kavl xktl n4l Ane9it neptvama>in\*f5 j ay  
0e

Aa }` p nl iS4it blj a 2` a rogo Aneqaml Ao  
]IpNn kre0ej ma>haDka nenksan 4ay 0e Aap` I  
VyvS4a nl mBwtl rit 0ekEte} ` p neptva ma3e  
haDkama>4l kēxym I eAnekyark v5ea pg Ane  
qaml wrēl mdr j ova m5eedaē AneAag5l Ao na  
haDka pa` ko[k }` p nl iS4it ma>Aakarhln dxaama>  
j ova m5e

kiexym manisk Anexairirk Aarogy ma3e  
Aavxyk Oemouy kiexym no j \$40 dat AnehaDka  
ma vprayeo OeAnebaklno j \$40 j da j da  
xairirk kayoRAnedebaimR ikya Ao ma>vpray Oe

Aap` a Aag5IAo na nq Aap` l tdstl nl  
inxanl Oe tekiexym Anepo8k tiv nl }` p  
colqrl ritedxaReOe 2` a j ba smy 4l nq Ae  
Aap` neAap` l tdstl no ictar AapeOe drk  
Vyikt Aepotana kiexym na Str pr ^yan Aapva  
jo[Aej o taa Aag5IAona nq sDva l agya hoy  
kar` keAap` eAag5 j oyute l ritekiexym nl  
}` p vqteAp` l xairirk VyvS4a haDka ma>4l  
kiexym l eanuxrukrl deOeAnete}` p nq nl  
Adr Sp\*3 ritedqay Oe

Aap` eAag5 ]pr kiexym na Ai6k|m Str nl  
Asr pr ccaRkrl Oe Aap` uxirr kdrtl rite  
m5ta kiexym nexo8va Anevaprva ma3eblyuOe  
ptk kiexym ptpd riteAap` a xrlr ma>xo8a[  
xktu4l Anebakl rheckkiexym poca SnayuAo  
Ane6mnlAma>=mva nuxrukrl deOe Aa v6aranu  
kiexym cett/ma>` j [ xkeOeAnedya  
=mvanuxrukrl deOe tengj ma>=meto mgj nl  
ga# ]Ipln kreOe

kixym nuAio6k|m Str i33in Aneiszr }TpIn  
krl xke0eAap` g oyukekixym Snayuna skocava  
nl pikya ma3eAavXyk 0e kixym nl Ai6k mata/  
SnayuAonuAinyit` skocn p0e Jyareiszr ma>  
kixym Anev3amln DI na Str ma>4to s6aro Aa  
rog n0pa4imk rite0n3aDvama mdd kre0e

Aap` eAep` j oyuke} ` p nl piriS4it ceatt/pr  
ivpiirt Asr paDe0eAneno3a t0cStl na p&no ]wa  
kre0e'malya' AneA0kza[3l' AeAa piriS4it na  
AadxR]dahr` 0e iDSforlya A0l ekema[LD iDp0n  
p` kixym nl ]` p ma>j ova m5e0e l oko Aa  
piriS4it ma3eko[ ind0 m0vl xkta n4l. Act0nl  
qo3l qava nl 300 ne l60` ho[ xke0e te0varsagt  
p` ho[ xke0e te0e gwlr manisk ibmarl 0ej ma>  
Vyikt j dl j dl manisk AvS4a ma4l psar 4ay 0e

pa4imk rp ma>Ae0e pkar nu]daslp` vj l age0e  
Vyikt tea roij da kayRma>rs l 0o n4l. Aa tel  
samaj k +dgl pr Asr paDl xke0eAanesarl rite  
hl krvama>n Aaveto te0e j i3l manisk smSya  
bnl xke0e t0na ivcarvana AnevTR0nl p^6it ma>  
d0lto fefar nj recDe0e te0e t0nl d0nk ikyaAo  
pd krvama>p` tkl lf mhes kre0e t0nl qavanl  
Ane}2vanl p^6it p` bdl a[ =y 0eAnete0e  
nb5a[ AneAshayp` Anuv0e

saro, kēxym va5o qorak Ane vnSpitj Ny  
kēxym tēnē I mdd krl xkēe

I ohlna kēxym nl yoGy tpaS Ane p4ayro [D gi4  
nl kayk9ta iDpēn nuSacuict7 krl xkēe te  
haypokē sēnya Ane hayprkē sēnya ne l6ēn [ xkē  
0e

kēsfkēn, SnayAoma>Ane cēatē/na iviv6  
S4ano pr 4va4l Anetēug#n 4va4l tē3ym ma>  
pir ml xkēekēl ak rogo ]ēa keALza [mr, kōnk  
fa3lGyūsNDom AnesayklAēk DisAōDR kēxym  
na yoGy vhlv3 4l rokl xkay 0e Ana4l ivpirt  
kēxym nl Ai6k |m mata'p cēatē/heqrab rite  
Asr krēe

kēxym nl ]ēl mata' Aēl ekehayprkē sēnya ma>  
cēako8o na ko8p3l nl p/vēxll ta soiDym Aayn  
ma3ē23l =y 0ēgwlr hayprkē sēnya ma>lyikt kōma  
ma ] xkēeAne kēl ak rktvahlnl na p/ho ]wa 4  
xkēe SnayAō Ak kebl+ riteAsr pame0eAne  
SnayAōnl nb5a[, 4ak Anesētl Ahwvay 0e  
cēAō Asr pamva4l Asm ]s Ane  
hallucination ]dwvl xkēe

iv3amln DI Aēhal In, norAēhal In Ane  
Dopama [n nu ]padn inyitt kre0e Aa 23ko nl  
Ainyimtta 4l kēl lk ibmarl Aavl xkēe

hveAap` ebhusarl rltesm+ xklAe0IAeke]mr  
v6vl Ane` av nekixym sa4esl6oj sb6 0e

ib3lx j nR Aof m0sln Anbar ptk kixym  
hdy na iviv6 rogo nu j oqm v6are0e iviv6 t0v  
nekisflkæn j d j d Aarogy ni mkkelAo Ane  
t0j oqm v6are0e terktvahlnlAo na rogo  
4vanl xkyta v6are0e

ptk kixym kæl lk Aad Asro 6rave0e

---- kb+yat  
---- ]l 3l-]bka  
---- qo3a AoDkar  
---- mo•uskh[ j vu  
---- p0e no dqavo  
---- w0j mrl j vl  
---- vayunl tkl lf 4vl

Aa ]pra0e t0l m0y nkaratmk Aad Asr t0v/Ane  
Avyvo nekisflkæn 0e sv0nxll Avyvo n0  
kisflkæn 2` l hainkark piriS4it nuinmaR kre  
0e

kixym kabore samally rltév6arepna` ma>ptk  
kixym trikevpray 0e kar` ketel` usStu0e  
kixym kabore ni m0y AadAsr Apco 0e

tej #r na AiesD nend bnavl de0e sarl rite  
pcva ma3epv3ln neAiesiDk vatavr` nl j ru pDe  
0e md pacn qorak nepa0o 6kēe0e Aa pa0o  
Aavto qorak v6areAiesiDk Anuvv Aape0eAne  
Vyikt v6arekēxym kaborē I e0e Aam Ak  
Apcā ma3enl qrab saykl cal u4ay 0e

Apcō xBd potej tēa kēl ak I 9` o dxaRe0e  
tēa I l6ebN+ 2` a pkar nl tkl If 4ay 0ej m ke  
xrlr no d0avo, trs I agvl, pl# AnekMmr  
j kDa[ j va, qal I cDvl, tav Aavvo, ma4a no  
dqavo, ]L3l Aavvl, pē wared agvA Aj pō, 4vo  
vgēe

Apcō qorak nepacn magRna>Aag5 v6to  
A3kavl tēupcupacn 4tuA3kave0e kēl lk  
samally smSya Apcā sa4ej oDayel 0ej el kemo>  
na cada, msa AneS3omēa[3ls.

Aap` xrlr Ak spURVyvS4a trikekam kre0e  
Anedrk VyvS4a bl+ VyvS4a pr p1vav paDe0e  
Anej rd 23ko nl I eDdeD kre0e 2` a pack  
rso pacn ikya ma>wag I e0e 2` a ]Tseko Ane  
po8ktIvo p` tēa>wag I e0e yoGy pacn ma3e  
Aap` o j #rAaity magRkayRm hovo j o[Ae



[nAogRk kēxym AaṛDa ma>sq̄t rlte=ml  
=y0e Da[kēxym foSfē,AoyS3r xe, kēxym  
kaboRē, Dol oma[3 AneANy kēxym kpa]ND  
AaṛDama>j ova m5e0e Aa kpa]ND AaṛDa ma>  
xo8ata n4l. v5l teAaṛDa na mgnēxym sa4e  
j oDay 0eAnekb+yat krēe

kēxym kaboRē Ao0a Aēsīdk vatavr` ma>AdVy  
rhe0etouA piriS4it ma>Aaynlkr` 4tun4l, Aē  
trf Vyikt kēxym l eanucal uraqeAnebl+ trf  
ten xo8ava nekar` et4a Aaynlkrn n 4va4l xrlr  
ma>j dl j dl j GyaAetou=mvnucal urhe0j ēvpirt  
AaroGynl piriS4it nūnmaR krēe

kēxym na yoGy xo8` AneAaynlkrn ma3ekēl ak  
po8kdVyo j rdl 0ej eakeiv3amln K2, iv3amln  
D3, iv3amln B2, B6, boron, kop, mgalz,  
zlk, mgnēxym, seelym Anēsīl ka. kēxym nū  
xo8` j #r na Aēsīdk vatavr`, iv3amln D nū  
Str, [S3oj n nūstr, qorak na rēsaAo, Ane]m̄r pr  
Aa6ar raqēe

Aam, sxo6n na tar` o j o [Aeto Aeu fil t 4ay 0ēke  
qorak ma>rhēkēxym hēy,

haDka, yk~~t~~, mgj Anebl = Avyvo Anet~~t~~ nema3e  
ptk k~~i~~xym krta>v6arel awdayl Oe Aa4l ptk  
k~~i~~xym Avg` v~~u~~Asarl t~~u~~stl ma3eAavXyk Oe

tesama~~ly~~ rite0atl nl b5tra trlkeA05qay 0ej e  
j #r 4l l [n~~e~~atl An~~e~~5a s6l Anwvay 0et~~e~~ #r  
na h[D~~o~~kl orlk A~~i~~sD na j \$4a na v6va 4l 4ay Oe  
AeA~~e~~ packrs 0eteqorakna k` o na tB~~v~~ama>Ane  
pacn ma>mdd kre0e hayprA~~i~~siDi3 bl+ 2` l  
rogkark piriS4itAo n~~u~~inmaR kre0ej ~~u~~akeqa3a  
AoDkar, Aaramivihn dxa, ]bka, ]l 3l, Apco, w~~d~~  
Ao0l l agvl, j #r n~~u~~sqtp` Anekb+yat,

Aap` ej o~~y~~k~~i~~xym AisD~~b~~e~~x~~ smtol n ma>Ane  
xairrlk p~~v~~ahl na pH n~~u~~Str =5vl raqvama>  
Aglyno wag wj ve 0e k~~i~~xym no gu6mR  
AaLkl a[n 0~~e~~ ~~e~~ #rna A~~i~~sD nesmtol @e

Aa6~~u~~nk AaroGy p^6it ma>k~~i~~xym j da j da rp  
ma>hayprA~~i~~siD3l nl dva trlkevpray 0e pr~~t~~u  
Aa ptk k~~i~~xym frl4l n vprayea k~~i~~xym nl  
sak5 ma>=Bay 0eAneAaa j \$4ama>v6aro kre0e  
tekamcl a] 6or` eA~~i~~siD3l nl Asr Ao0l krl  
naq~~e~~pr~~t~~u aba smy nl ivpirt Asr kre0e te  
hayprk~~e~~ma~~ly~~ Anehaypofosf~~e~~ma~~ly~~ 4vani  
xkyta v6are0e

hayprkexmlya Anekel lk xairirk 9itAo skndri  
hayprpæ4ayro[Dizm notrøe

këxym nupacntt/huAsmtol n j #rAaity drdo,  
pökAa3l3ls, icta, jæ rogo Aneyktnenksan  
krl xkøe

p3ln Anecrbl nusamally Str këxym ne  
x08va ma>mdd kre0eptutøuAi6k Str këxym  
nux08` Avro6øej ba4l ]` p 4[ xkøe Jyare  
d6 Akëxym na ]|m Støt trikenoy Iyare  
l e3oz këxym na x08` ma>mdd kre0ep`  
homo+na[zD` Ael ekepll eud6 bhua0økëxym  
6rave0eA4va to tøkëxym bayoAnAvei øl  
këxym bnl =y 0e

ykæt AeAap` utdStl ma3entCokldar 0ej eAap` e  
] ekf l [Aetæa pr pikya krl tæiv&l 8` kre  
0e Aap` ej ekf qa[AeplAe An&vasma> [Ae  
0lAetæa pr ykæt ma>pikya 4ay 0e ykæt Aap` a  
xrlr na pæSo 4l v6arekayRkre0e

hky ^vara pp 4[ neAavta l ohl na l gwg  
pøote 3ka j øl øl ohl ykæt ma>4[nevhe0e  
Aal ohl j #r, nanuAatrDu bro5, AnepökAaz  
ma>4l Aave0e Aa l ohl x08ayæa p08ktivo Ane  
iv8dVyo 6rave0e ykæt Aa iv8dVyo mævva va5u  
phæAvyv 0e

Aap` ġ pda4oR [A@IAeteykē ma4l psar 4ay 0e  
ykē tēga5l naq@Anebharna pda4oRAnēv8dVyo  
raqll e0etep63lisa[D, b3ērya, pesa[3s, j dl  
j dl =tnl dvaAo, Anekēl ak rsay` o raqll @e te  
qorakma> ]meata rsay` o p` raql l e0e ykē  
[NSyuln And ohl ma>na Gl koZ nēnyitX kre0ete  
crib netoDvama>dd kre0e

teAap` a xrlr na S3orrm trlkekayRkre0e j ya>  
b6aj j rd pda4oR} ` p nl piriS4it ma3escvay  
0e ykē nūnam tēa kam pr4l pDya0e Aap` etēa  
vgr +vl xklAēj nhl. l lv pr4l l lvr. Aam, ykē  
Aap` l tēstl sa4es2n rltej oDaye0e ykē nū  
9itykt kayR2` l b6l AaroGy nl smSyaAo ]wl  
krl xk0eykē ba[l ]IpNn kre0ej ekol 63eol na  
vprax ma3 2` nhlv 6rav0e

nb5pacn po8kdVyonx08` 6lmukre0eAneiv8  
]IpNn kre0ehveAap` esm+ xklAe0IAekēaDkane  
mj btl krva va5a qnlj o nūx08avAeAap` l  
xairirk VyvS4a ma3e]b j j rd 0e

zaDa AnemrDo pacnt tna rogo Oe prtuAd 9` o  
maj da Oe zaDa ma>pxahl m5 = ea m5 @ej yar emrDa  
ma>m5 nl sa4d ohl = ea m5 @e zaDa na drdl dqava  
nl AnSnayunl 64rl nl firyad kre

Ap` ej oyk kixym pacn pikya ma>mhivno wag  
wj ve0e Aaql pacnpikya ]Iseko AneAt:Stav  
pr A6airt Oej eno6pat/ltk kixym ^vara inyitx  
4ay Oe Aam, kixym na>str pacn nl pikya ma3e  
qb mhiv na>Ane pacn magRnl smSyaAo tea pr  
Aa6ar raqe0e v6arama>pacn magRna SnayAo na  
skocn Aneivkocn p` kixym na Str pr j  
Aa6ar raqe0e Aam yoGy bayoAveI bl kixym  
pacn magRna zaDa AnemrDo j ea rogo na zDpl  
[I aj ma mdd kre

mtipD k6l ak A t:Stavo ]IpNn kre0ej eAap` I  
da6aimR ikya AoneAsr kre0e teiv3amlN DI ne  
siky kre0ej ekixym AnefoSfrs na pacn ma>  
mhivno wag wj ve0e rktk` o haDka na pol a` ma>  
]IpNn 4ay Oej d[ir4opo[3ln vDe] |en pame0ek ej e  
mtipD bna ve0emtipD rinn p` bna ve0ej d ohl na  
dba` An6 ohlnpna` inyitx kre

Ao0a pna` ma kixym l ea4l mtipD ma p4rl 4ay  
0e rogo nl AvS4ama>Aap` a xrlrnpvahl-slrn  
AisiDk rhe0e Aap` a xrlr nl VyvS4a l ohlman  
Ao0a kixym na Str ne parql ta ebrabr krva Ane  
AisiDk pvahl net3S4 krva haDka ma4l kixym  
l eanucal ukre0e Aam krl netexrlr na plAe  
naStr ne=5ve0eAnesamaly de6aimR ikya Ao  
ma3eul amt ma^ym ptpaDe0e hve]` p navtR  
Ahlxal 4ay 0e

haDkama> 4l l l6e kixym p` spUR rlte  
bayoAve l el kixym hotu4l Anete4oDaj 3ka  
kixym de6aimR ikyaAo ma3evaprl xkay 0e hve  
baklnkixym xrlrma>viv6 j GyaAo pr =mvanu  
cal ukre0e Aa haDkama>4l m5e kixym mtipD nl  
p4rl ma>patirt 4 [ xke0e Jyare mtipD na kayRna>  
Avro6 Aave0eIyarepa4ayro[D gi4 l ohlman  
kixym na Str ne=5vva s(m rhe l n4l Anø6are  
pna` ma kixym mUva3e sar 4ay 0e

kixym nl ]` p AneAi6kta bln mtipD nen\*f5  
krl xke0ete Ain` ark fil3r-ga5` pikya notre0e  
Anel ohlman ]Isij R dVyo bhar ka•vanl pikya  
Avro6ay 0e mtipD nl potanl kixym nefrl  
xo8vanl 9mta p` Ao0l 4ay 0e

təl pəab ma kəxym v6arəpna` ma p̄saar 4ay 0e

m̄t̄ip̄D̄ n̄l p4r̄l n̄d l6p̄ema>sq̄t d̄q̄avo 4ay 0e  
Anevarvar p̄ab kr̄va j v̄p̄De0e p̄ab ma>I ohl  
Anersl na ichno = ēa m5e0e k̄l ak k̄s ma>tav  
p` Aave0e gwlr piriS4it ma>Aa k̄xym  
AiS4magR̄a = D̄a` o ma>mt̄u ēa m5e0e

Ae + R̄a3l k̄s v̄d̄ x̄ll ta Aeog j ēl j AvS4a 0e  
j eAS4ma j ēa rogo notre0e Al + RA Aap` I  
rogp̄itkark VyvS4an̄ko[ Ae pda4Rtrf v6are  
p̄itikya Aapvan̄ul` dxaRe0eAa pda4R̄eAej R̄  
kheay 0eA smSya no j vab t̄l Vya0ya maj> 0e=e  
Aap` I rogp̄itkark VyvS4a mj b̄t̄ hxeto Aap` e  
Ae + R̄a l 9` o n̄envarl xk̄lx̄

Aap` ek̄xym inyit̄t̄ rogp̄itkark t̄t̄/6rav̄lAe  
0lAe Ap` ej oyukeAayn̄kr` Paamēa AogR̄ik  
qnlj t̄ivo Ap` a rogp̄itkark t̄t̄/ma3eAadx̄ReAa  
t̄t̄/h̄en̄j t̄bn̄avva Aap` eAap` a xrlr na p̄v̄ahl na  
k̄xym na Str nesmtol raqv̄uj o[Ae Aam,  
bayoAv̄el̄ el̄ k̄xym na Strma>v6aro Ane  
bayoAnAv̄el̄ el̄ k̄xymna Strma>23aDo Ae  
Aap` a xrlr na b6a j t̄t̄/An̄rogp̄itkark t̄t̄/na  
s̄ara ma3eAv̄xyk 0e

Ak s x06n pna` eAap` a ]ar na v6va nl sa4e  
kixym na x08` ma3enl xikt 23tl j ay 0ev6aranu  
keptk kixym A3l keblj a Stoto 4l m5vva ma>  
Aavtkixym SnayAo nl gwlr smSyaAo ]IpNn  
kr0eAa kixym SnayAo ma>me0etxrlr na 2` a  
hdy sa4aa Avyvo na SnayAoma j am0ekixym ne  
smtol krva ma3enl kixym p` j rd 0e

rktvaihnl Ao ma>kixym nu j amvuA0l eket0B  
keslflk0n 4vuAehdy 6mnl na ke0l ak rogo nl  
xkyta v6arl de0e Aa hdy 6mnl nl idval j aDl  
4va4l l ohl no p'rah Avro6ay 0eAneA v6ara nu  
kixym gwlr Hdy na rogo trf l [ j ay 0e

kixym nl ]` p AneAi6kta blnedy na kayoPr  
ivpiirt Asr 0oDe0ekar` kekixym hdy maiv^yt  
trgo na ]IpNn 4vama>mhTvno wag wj ve  
0eAaiv^yt trgo Aap` a Hdy AneSnayuAo ne  
skocn ma3enl 0ev5l tek08p3l nl l a9i` k hefe  
neswa50e

ihmofll lya Aerd l na xrlr na t0/ha l ohl na j aml  
j va nl 9mta ma>qaml dxar0e Aak jatno  
Aanuxk rog 0ekj e0a5ko netana mataipta trf  
4l m5e0e tej nln na q03l ritepirvitR 4[ ne  
bdl ava 4l 4ay 0e



Aa Aanuixk rogo ni sak5 ma>pirvar ni St/Ao  
mo3wagerog na vahk -kiryr trikekam kre0eAne  
tea St/ ba5k ma>p` Aa rog Aavva ni swavna  
2` lb6l 23l j ay 0eAne tea p08 ba5k ma>te4va ni  
swavna 2` lAel kopcas 3ka j el rh0e

Aa rog nd gtl moy smSya Aebhar ni [j a krt a>  
Aa7irk [j a 4l 4teAa7irk rltel ohlnun g#ava 4l  
vhl j v0khl xkay. drdl na xrlr ma>2B  
ko` lAo, 2BlAo AneAlly Aa7irk Aavyvo ma>Aa  
l ohl nwhl j va [ xk0e

Aap` a l ohl ma>rhea tak k` o l ohl na j aml j va ma>  
mhlvno wag wj ve0e takk` o haDka na pol a` ma>  
bne0ej ekaxym ni ]` p AneAi6kta 4l 2` vj  
pwivt rhe0eAa Aanuixk rog kyark +vl e p  
bnl xk0e

l ohl n0eulba` na ko [ j cokks l 9` o nj r0Dta  
n4l Jya>6l ko [ mo3l xairirk tkl lf sameAavtl  
n4l. tea l 9` o ma>stl, nakma4l l ohl pDva  
dgavo Anegwram` khl xkay. Aa l ohl na dba` na  
moy kar` l ohlnl n5lAo ma>v6eo Avro6 0e hve  
Ap` e j a lAe0lAek0axym l ohl ni nil ka Aona  
di0vvn Ane0sr` ma>moy wag wj ve0etedy na  
6bkara n0` inyitt kre0ek0axym ni }` p Aa  
kayR0eb5upaDI de0eAneA samally l ohl na dba`  
nkar` bne0e

I ohl nu} eulba` Smally rite} ea I ohl na dba`  
 ma3ej vpray Oekixym na Asmtol n 4l kixym  
 nu6mnlAo ma>Asamally ritej aml j vuAeAanunuy  
 kar` Oekixym nl Ai6kta Anepk kixym blne  
 6mnl nl idval nenkisan kre0ekar` keAa v6aranb  
 kixym 6mnl nl idval o pr j ame0e I ohlnu} eu  
 dba` Aedy na rogo ma3enl savcel nl ODI pokare  
 Oetetea pir` am Svrp 4ta rogo j eakeAaqo ne  
 nkSaana, mlipD na rogo, S5ake vgreema3eSaavcel  
 raqvanu} dv0e

hdy na Ainyimt 6bkara Aep` Ak pkar nl hdy  
 sb6l smSya j 0e tehdy na iv^yt trgo nl  
 Ainyimtta trlke} ovay Oekel ak ke ma3e+vl e  
 nlvDI xke0e tSnayaAo AneceAon I Ak pkar nl  
 ibmarl 0ej emenixym Anekixym ^vara inyitx  
 4ay 0e Aa blnema>4l Ak nuAsmtol n A4va  
 } ~ p gwlr piriS4it ]Ipln kre0e

j o slrm kixym nu} Str 23l j ay to pa4ayro[D  
 gm A4:Stav ]Ipln kre0e Ang o kixym nu} Str  
 pbtuhoy to 'pl3IAe' Avro6ay 0e Aa 'pl3IAe'  
 haDkana Avxo8` nl pikyama>mdd kre0e vaStvma>  
 kixym ck/Aap` a xrlr nl db6aimR pikyama>ma>  
 k[ ritewag I e0etea pr Aap` I Aarogy nel gtl  
 SmSyaAo no Aa6ar 0e

I ohlma kēxym nūstr 'kēs13onln', iv3amln DI Ane  
pē4ayro [DA ɛ:Stāv ^vara j 5vay 0e  
hayprkēxēnyā v6are pna` ma> pē4ayro [D  
A ɛ:Stāv ]Ipln kre0e tēhayprpē4ayro [Dizm  
kēay 0e hayprkēxēnyā nī kēl lk iS4it gwlr  
bnl xkē0g exrlr ma kēs nī ga# nūmaR krl xke  
0e

Aap` ej a` IAe0IAekekēxym kō8ivwaj n Ane  
kō8vī6 ma3eAgīynūnlj 0e bayoAnAvēl bl  
kēxym kō8ona Aa kayRna>iv9p paDe0ej ekēsr  
4vana 2` a kar` o ma nūAe kar` ho [ xkē0kēs  
na kō8o Aap` a l iska tē/Ane ohl ^vara fēay 0e

0el s xō6n dxarē0ekexrlr ma kēxym nī }` p  
pck kēxym Aneqorakna [nAogRlk kēxym  
^vara kō[p` rltēndd pamtl n4l. kēxym nī }` p  
AnehaDka nī Ao0l 2nta 6ravta Vyikt nepck  
kēxym Aapvama>Aave0Anev6are0b plva nī Ane  
Ally Del ]Ipadno v6u eanl sl ah Aapvama>Aave0e

iv3amln DI nī }` p kēxym nūxō8` 23aDe0eAne  
Aap` xrlr haDka pase4l kēxym l eanl ukre0e  
kēxym Aap` l kō8 na Str nī de6aimR ikyao ma3e  
no Agīy no 23k 0e

Ak sxo6n pma` eAa ptk kixymnel l6eAp` a  
xrlrni3amln Dl vpra[ j ay 0ej 4l xrlr na blj a  
Agly na kayoRma3eiv3amln bctun4l. v5l  
[nAogRlk kixym bayoAnAve[ l bl kixymma>  
rpatirt 4ay 0ej eAp` a poca SnayAo, 6mnl nl  
idval o pr Aneblj a Avyvo ma j amva nucal ukrl de  
0eAnetel kayRmta ma>Avro6 ]Tpn 4ay 0e

haDka na rogo pr 4yea 0bl a sxo6no khe0eke  
kixym nAsmtol n Ao3o[Mya rogo ]Tpn kre0e  
teSnayuAneSaa6a nl 2` l tkl lfo ]wl kre0e  
Aa4aR3ls AeAke kev6aresa6a ma>b5tra Ane  
dqavo kre0e dqava ]prat soj o Aavvo Anetæ  
j kDa[ j vaAetæa moy l 9` o 0e hl ncl n vqte  
Saa6a ma>2` l tkl lf 4ay 0e

Aa4aR3ls AeSaa6anl dqavava5l Anetkl lf va5l  
piriS4it 0ekixym nl } ` p AneAsmtol n Sa6a  
nl 2` a pkar na smSya krl xk0e

2B Anesa45 na haDka vCcekai3Rje –koml aiS4  
Ave[ hoy 0ej etBl j ay 0eA4va 2saro pame0e  
rma0[D Aa4R3ls AneAoiS3AoAa4aR3ls ma>Aa  
koml aiS4 qb nksan pame0e

Anesa6a ma>dqavo Anesoj o j ova m50e Aa6ink  
dva iv) an ma>Aana kar` o nko[ j nKkr kar` m5tæ  
n4l. tæAk pKarno Ao3o[Mya dl6Rai In rog  
manvama>Ave0ej ða4 Anæg neAsr kre0e qas  
krl nenana Anesi4itS4apk sa6aAo Asr Paamea  
j ova m50eko[k k s ma>camDI, Aaqo, fesa Ane  
l ohl nl n5IAo p` Asr pamel j ova m50e

StIAo ma>Asamally kixym næstr pol Islis3k  
Aovrl isNDom-plsIAoAs notrl xke0e Aap` e  
ja` IAe0IAekeAæ:Stævo inymn Aekixym na  
mhTvna kayoRmauAk 0e Aa rog 6ravtl StIAo  
tænI rj opv[ij nl saykl ma>tkl If Anwvl xke0e  
AnetAonev/yiv, Anedy And ohlnI n5IAo ivxe  
nl tkl Ifo no samno krvo pDI xke0e

Soara[sls na[I aj camDI no rog kheay 0ej ð al  
4ybel camDI na ca#a rpej ovam50e tæa4, pg,  
ma4a na wagma>AnæD na wagma j ova m50e Aæu  
mnay Oekesoraysls [Mya VyvS4a nl kæl lk  
Asamallyta Ao 4l 4ay 0e]Tseko kej ecamDI na  
ko8o ma>ko8ivwaj n nünymn kre0eAiev9p pam0e  
Ak s x06n pñã` eAa rog 4va ma3ej nln AgIyno  
wag wj v0e

Aap` a rogpitkark tē/nl Asamallyta cokql rite  
Asamany kēxym nēstr dxaRe0ē Aam,  
soraysls na drdl Ao nēDok3ro p` Aa3l l vato  
4l cēve0e

? Ha3RA3kē

? l ohlnl n5l na rogo

? iDpēn

? il Mfoma

? ALSrēlv

Soraysls AēDayabl3ls 3a[p Ak Anerma3o[D  
Aa4aR3ls sa4esbi6t hovanunnay 0e kēxym  
AēgwBar` ma>Aglyno wag wj v0e kēxym  
AēgwRna ivkas ma3eno Ak Agly no 23k 0e  
Am tev>yiv A4va ibnf5dpta smj vama>mdd  
kre0e

Aap` ej oykēkēxym ko8o na tfavt Anej nln  
Anuēn ma3eAglyno 23k 0e pirvar no [ithas  
Aanuixk rogo ma3ej vabdar hoy 0e Vyikt tēa  
mata trfna Aneipta trfna sgaAo pasēl Aa  
rogo mēvl xkē0e Aap` ej oykēkēxym  
Asmtol n Aanuixk qaml Ao nenotre0e

Kēl ak Aanuixk rogo l ohl na j amvanl Ao0l  
9mta dqaDe0e kēxym nē ohl na j aml j vama>  
2` >Agly 0e

Aap` a xrlr paseko[ vEilpk l ohlna j amvanl  
VyvS4a n4l j o l ohl Ael mEen j ameto. piriS4it  
Ake nanl [j a 4l p` bgDI xkeEenanl xl [j a 4l  
p` gwlr l ohl nankSan 4[ xkeEeko[ Aglyna  
Avyv ma>Aatirk rltel ohl nAvhl j va+vl è  
saibt 4[ xkeE

Baayo3In ]Tsek va5 nl tESt vK6 ma3ej rd l Oe  
Aldoj n AEt:Stav va5 nl vK6 ne] |en AapeOe  
keXym ]Tseko AneAEt:Stav na inyE7 ma3e  
AavXyk Oe Aa4l keXym na Str nebrabr raqvE  
j rd l Oe

keXym Ap` a xrlr na ]Tseko AneAEt:Stav na  
]Tpadn ma3eAit AavXyk Oe v5l tectaAo na  
Spdnnl Aap-l ema3ep` j rd l Oe ]dahr` trike  
Dopama[n na ]Tpadn ma>qaml 2` l qrab piriS4it  
j e kepaikRSNS rog l avl xkeEeDopama[n mgj  
na ko8o- Nyron ma>]TpNn 4ay OepaikRSNS drdl na  
vtRknl qaml trikeAo5qay Oej ma>drdl pitikya  
krva ma3ev6aresmy l eOeAnetel bol l Anexrlr  
na hl ncl n pr p` tel Asr deqay Oe

Aap` l camDI 2` a pD 6rave0e drknetapotan  
kayR0e s04l bhar na pD neApIDimB baHy  
Ivca kheay 0e ApIDimB il ipD vahk 6rave0ej e  
ce nerok0e texlr ne[=,inj Rlkr` -  
DihayD0en Anepd8` samer9` Aape0e baHy  
Ivca k0a3lnosa[3s 6rave0ej ma>po3ln,  
]Iseko Aneil ipD rhea 0e Aa ]Iseko camDI  
neskl Anein:Stj 4[ j tl roke0e

il ipDs pa` lma>Adaly 0e Aa4l tecamDI newe  
samer9` Aape0e k0exym AabaHyIvcana il ipD  
na j \$4a nej a5vl raq0e tel ipDnaj ru pna` e  
]Ipadn kre0e l ohlma>Ao0k0exym n0str Aa  
sak5 neqorvl naq0eAnet0e baHy Ivca ma>  
il ipD na Str ne=5vva s9m rhea4l.

ivi3l ago AeAo3o[Mya rog 0ej evl3amln DI nl  
}` p 4l 4ay 0e ivi3l ago AeamDI no rog 0ej e  
ma>camDI pr sfe ca#a Akar l 0e teAaqa  
xrlr neAsr kre0e xrlr na 2` a wago ma>Aa  
sfe ca#a>=ea m50e

4es0alya gwlr Aanuxlk piriS4it 0ej eba5k  
tea mataipta pase4l m5ve0e =ebllnemataipta  
Aa qaml va5a ske va5a j nln na vahk hoy to  
teba5k ma>Aag5 pas 4[ xke0e



I ohlna k` o ihmogI obln 6rave0ej eAke p03In 0e ihmogI obln na t7 wag 0e0hm, AaLfa GI obln Ane bl3a GI obln. teAaLfa p03In Anebl3a p03In nl AkeAke = 6rave0e

4e smaj nln Ael rterpatirt 4ay 0ekj ma> GI obln p03In Asr pame0e Ahl>Aap` ej nln rpatr` nepayama 4l smj vupDxe Aap` e=yuke DIAAenl pitkit bnva nl ikya I ohlna kixym na Str pr Aa6ar raqe0e kixym cyapcy Avro6ay to j nln na rpatirt 4vanl xkyta v6l =y 0e fkt 4esmya j nhl p` bl= Aanvixk rogoma>p` Aa slrm kixym AnebayoAveI bl kixym nebrabr krva4l 2` a sara pir` m m5vl xkay 0e

=d ohlna m6ixym nupna` nlcu=y to kixym na xo8` p` Ao0u4 [ =y 0ej 6nayAo ma>t` av Ane dqavo notre0em6ixym Anekixym na Asmtol n Snayna t` av ma>pir` me0e An6nayAneceAa na bl= rogo p` notre0e tea4l cea AneSnayunl smSya ]dwve0e Aa Asmtol n hedy na Ainyimt tal nup` kar` bn0e

mñixym Anekixym blnesa4kayRre@AneAk  
bl= nesmtol e@emñixym Snayneivkocn ma3e  
no skte Aape@eljarekixym Snayuneskocn no  
skte Aape@eblneAksrqa l y ma>ctea ma3ekayRre  
Oe ctaAo kixym no ]pyog tea iv^yt Spdno ne  
fevva ma3ekre@

b6a j SnayAo neh ncl n ma3ekixym nl j ru  
pD@e

Spa[nosebl r A3iksAa A@slA@u Ae  
hl ncl n ma3eo ]|ro|r v6to j to rog Oe teAk  
Aanwixk rog Oe qaml va5uj nln Aana m3e  
kar` wthovanunay OeAa rog va5o drdl bol vanl  
Aneg5vanl tkI If Anwve@e moy l 9`o ma>  
SnayAo nl nb5a[ =vama>Aave@e SnayAo 6saro,  
Aaeka Saa4ehl ncl n AneSnayAo ma>qea`  
Anwvay Oe iDm@lxya A4va yadxikt AoOl 4[  
j vl Ae] |ro|r v6tu=y OeAndyikt n+va p&no  
]kevama p` tkI If Anwve@e

drdl Aaq na hl ncl n ma>p` tkI If Anwve@e  
Aaq na SnayAo p` nb5a 4ta =y Oedrdl Aaq  
nuzDpl hl ncl n krva s9m rtheo n4l. smy  
j ta>drdl bl= Ago nl nb5a[ no wog bne@e  
Anesanwan gnavto =y Oe AeAavo j SnayAo  
nl nb5a[ no ]|ro|r v6to j torog Oe

Aa rog na smbū ma>2` a rogo Aavrī l eaya Oej ma>  
SnayAonax pamvūy Oetj nln na rpatr` 4l  
4ay Oe teqamlykt j nln 4l 4to mnay Oe drdl  
j nln na b6ar` ma>qaml 6raveOe iDS3ofIn namnū  
požIn SnayAona b6ar` AnekayRna3ej vabdar Oe  
Aa iDS3ofIn požIn bnavva ma3ena j nln na skē  
Aēl kenaihit ma>qaml rha4l Aa rog 4ay Oe

SnayAonā Aa n bnvanl qaml SnayAonēpē  
Aona nax trf dorl =y Oej m smy vltetm drdl  
SnayAonēxrlr na tēo/hl nb5a[ no wog bnē  
AēDoka[n gi4, pacntē/Ancēatēp` Aa rog nln  
nb5a[ no wog bnēteAaq nēp` Asr krēeAa  
smbūna kēl ak rogo AinC0avtI SnayAonēdy na  
SnayAonēAsr krēe

kēxym AaērDa nln crib =Oej oDay Oe Aa j oDa`  
4l kēxym crib na x08` pr pURram mkl deOe  
Aap` e=` IAēIAēkēxym Aē:Stāvo na ]Ipadn  
ma3ej rd Oe Aa Aē:Stāvo crib na sey ma>mdd  
krēOej kēxym ^vara Avro6ava 4l xrlrma>crbl  
=mtl A3keOe Aam kēxym vj n 23aDa ma3e  
mddrp 4ay Oe

iv3aml n DI Anēkē xym nī }` p SnayAona samaly  
 kayoRAnēhāDkanl 2nta neAsr kre0eAa j da j da  
 Str nī }` po Snaykka tēhl tkl lfo ma pīrvtR  
 pame0ej el xrAat 4oDa dQava 4l 4ay 0e 6lmo  
 hāDkano dQavo, SnayAō nī nb5a[ AnēSllaayAoma>  
 qea` Anē6rl p` xru4ay 0e Aand l6pl#no  
 dQavo p` j ova m50e

I ohlma nā GI koZ-xkR na Str nī j 5v` I pēkAaz  
 ^vara 4ta Aē;Strv 4l 4ay 0e pēkAaz Aē;Strv  
 ]IpNn kre0ej eAl gAl g qorakna k` o j ea ke  
 kaboRt, il ipD, Nyūl k AēSD Anepō3ln nena  
 iv23n ma>mdd kre0e teGI kagon Anē[NSyūln  
 ]IpNn kre0ej ē ohlna xkR na Str nēnyitx kre0e  
 pēkAaz l g rhaNs na ko8smbō 6rave0ej ma>AalFa  
 ko8o Anēbl3a ko8o Avea 0e GI kagon AalFa ko8o  
 ^vara ]IpNn 4ay 0ej el ohl ma>na xkR na Str ne  
 v6are0eAnē[NSyūln bl3a ko8 ^vara ]IpNn 4ay 0e  
 j ē ohl na xkR na Str ne 63aD0e

Aap` e=` lAe0lAekeAē;Strv Anē]Iseko nā  
 ]IpNn 4vAexrlr na kē xym na Str pr Aa6ar  
 raqe0e Aē;Strvo na ]|jēn ma3ekē xym nī  
 dorv` l j rd 0e

Aam kĕxym ko8 ma3eavlRp 23k 0epĕkAaz na  
AeInar ko8o na inymn ma kĕxym mhĭvno wag  
wj vĕe

iv3amlN DIAndkĕxym Dayabl3Is 3a[p 3unj oqm  
23aDvanĕkam krĕe Aap` e` IAĕIAĕkĕkĕxym  
Aap` a xrlr na Avyvo Anetĕv na Aatrk08ly  
kayorA3ĕj rd qnlj 0e Aap` a xrlr ma>Aavĕl  
[NSyuln irSpoilsv pĕIAo nl j dl j dl Aatrk08ly  
pĕkyAa ma3el ohlna mĕy wĕn` magRna>kĕxym nĕ  
pĕnā` samally rheuqb j j rd 0e v6arekeA00ĕ  
kĕxym nĕpĕnā` AapĕkyA AoneAvro6ĕeI ohl ma>  
yoGy kĕxym nĕpĕnā` [NSyuln no Avro6 23aDva  
ma3eAavĕyk 0e iv3amlN DI p` I ohlmaĕa xkĕa na  
pĕnā` neinyitĕ krva ma>Ane[NSyuln svĕna  
v6arvama>md krĕe

hvepĕh 4ay 0ĕĕAaj eAa kĕxym sb6l pir` amo  
I oko ma>ĕ v6arej ova m5l rĕya 0ĕj eAag5 nl  
pĕIAo ma>nhotā j ova m5ta ? Aana j vab na Anĕ  
paSaA0 0ĕj ma4l Aap` ĕĕl ak j o[xĕ

Aap` epā` I 4l xrlAat krIAe Paa` I Aemhtvna  
qnlj tĭvo no Adxĕstĕt 0ĕkhonĕĕj ano 0e

kəɪ ak 'voʒr Pyorɪfayr' kɪxym Ane bli a  
qnlj tɪvo nepa` lmaʒl ka•l naqəəəə a-ya vgr j  
ketəo Aa Ait Aavɣyk qnlj dVyo neɣmavl rHya Oe  
Anetəo Ak AadxRurtl Stət rokl rHya Oe

dɪ nupaSCyca [zæn p` iv3amlno Ane qnlj dVyo na  
kdrtl Stət maʒefar krl deəeAesaibt 4 [ clyəe  
kedɪ nupaSCyca [zæn Anehomo+næn pacn nl  
smSyaAo ]IpIn kreəepaSCyca [z 4ye dɪ AəAk  
pkarno pəʒə qorak j Oe Aam paSCyca [zæn p`  
kɪxym Aneɪl = qnlj dVyo neɪlmaʒl AəOa krl de  
Oe

nænɪ Del ka]NsII na AWyasnətar` keje  
Amɪrkn j nR Aof Kl Inkl Ny3/xn kej e1985  
maʒkaixt 4ye, tənub j stɪ/Ao v6arəɪl ɪ ɪete  
potana v6arəɪl dka ɣmavəe

poʒixym Ane mɪxym p` kɪxym j ɪl a j xrlr  
maʒeAnehadka nl 6nta maʒej rrl dVyo Oe dɪ maʒ  
foSfrs 2` a } ɛa pna` maʒhoy Oej ekɪxym sa4e  
j oDa [ netəxə8` Avro6əe mɪxym p` hadka  
na b6ar` maʒemhɪv no 23k Oe dɪ maʒfoSfrs  
mɪxym na xə8` nɐ` Avro6əe

Aap` a ^vara I eama > Aavtukixym pci xketeuova  
 jo [Aekixym no Aogrik Stot Aap` I tdrStl na  
 ict/nestvarvama > 2` I mdd krl xk0e Aaynlkr`  
 4l = Bayea Aogrik qnlj dVyo Aap` I rogpitkark  
 VyvS4a nespURonavva ma3e2` a ]pyoig Oe I I a  
 xakwa+, gaj r, f50. Spayrulna Aa sic 2` I  
 I ba [ xk0ej ekixym Anebl = Aogrik dVyo no  
 AadxRstot Oe = eAap` ecII 30 kixym ivxevat  
 krlAeto taa IS3 2` d ab0ej mkekixym Asp3R,  
 kixym I k3e, kixym sa [33, kixym GI kme,  
 kixym Aoro3e, kixym ASkobR, Anekixym  
 me3e.

= eAap` ebl = ki8 ]tpadno ni ccRkrlAeto Aap` e  
 sm+ xklxuketev6arepna` ma > rsay` o Ane  
 j taa xko na ]pyog krva 4l mo3a pna` ma > p dlt  
 4y ea hoy Oe

da` a Anexakwa+ rsay` o sa4ej ]g0e Aam 2` I  
 rlt ekixym Anebl = qnl = ena Stot b6 4 [ = y  
 Oebl = p` kixym ni } ` p 4vana 2` a kar` o Oe  
 idvseidvsel oko vatankult vahno, 2ro Ane  
 kayaRyo kej espUR` e6 hoy Oe Ane sypkax ne  
 Adr Aavva dea n4l, taa 4l 3eata = y Oev6arama >  
 snSkh I oxn camDI nesypkax nex08va dea 4l.

kĕxym nl }` p na =qm pr rhea l okoma>v6o  
 AneqeaDIAo no smavx 4ay Oe qorakma>v2are  
 pna`ma>rsa Anepo3ln l eava5a l oko, v2are  
 AaLkohol l ea va5a l oko AneAel okoj eqorak ma>  
 kĕxym 4l wrpbqorak n4l l ea tAo kĕxym nl  
 }` p na =qm pr Oe qorak ma>v2arepna`ma>  
 foSfrs j m kepo5SD qorak, clz, ml3 AnesoDa  
 l ea l oko p` kĕxym nl }` p na =qm pr Oe

Aap` a v6ta j ta faS3FDJkLcr nl Asr p` Aap` e  
 Ahlno2va j el Oe faS3FDi ivxena Oel a mto Ane  
 i3Pp` l Ao Aap` l Aaq ]2aDnara Oe Aa pkarna  
 qorak ma>monosoiDym Gl Bamē hoy Oe teAk Svad  
 v2arnar OeAne lvr nebhj qrab rltēain kreOe  
 ha[ fKBoz konRsrp – ivpu pna`ma>Aa qorakma>  
 vpray Oē ē` l lvr neqbj nkisan kark Oe

kĕxym 4l wrpū qorak haDka na bnva ma3e  
 AavXyk OeAēl ij nhl`p` Ateeto AeAap` a hēy  
 AnerktvaihnIAo na tē/ma3emddrp Oe qorak nā  
 kĕxym pĕta iv3aml n DI na pna`nekar` esarl  
 rltēox8ay OeAel ivpirt pĕk kĕxym xrlr ^vara  
 xo8atn4l AnebayoAnAvel el kĕxym bneOe  
 Anepocl pēIAo Ane2mnl Ao ma>mvavcal ukre  
 Oe tēSnayunērd bnaveOe tē ohlnl n5IAo ma`p`  
 =mtu`ea m5Oe



Ameas ritevnSpitj Ny kixym bnavy0ej exlr  
ma>sarl rltexo8ay 0eAnexlr ^vara ko[p`  
ADAsr vgr vpray 0e Aap` I samally Aarogy  
p^6it ma>2` a Aea Anuixk rogo 0ej el ko[j dva  
n4l. Aapne=` I neAa&cyR4xep` AmneAava  
ikSsa ma>2` o hkaraImk pitwav sapDyo 0eAme  
kixym cyapcy na yogy seal n ^vara I lvr Ane  
bl= Avyvonu kayakLp krva n&am kriA@IAe

Aap` ej oyk kixym }` p Anekixym Ai6kta  
bNng dl j dl A4va to moy Aarogy smSya na ^var  
qol e0e Aa4l AmeAa kixym na seal n ^vara  
tmara Aarogy ma3enl spURyoj na neAkar Aapyo 0e  
j eko[p` AaDAsr vgr Adwtu pir` am Aape0e  
Amaro heutmneAk po8` ykt +vnxEl 4l pirict  
kravvano 0e AeAk 2` o j saro p4 0ej etmara  
haDka ne233 Anemj btu bnavo0esa4eAarogy Ane  
hky nl yogy swa5 raq@e

drk Aarogy smSya no hl Ak go5l I ea4l m5l  
j ay AeAap` I mallyta 4l Aap` esavce rheu  
=eAe Aema sacuj rhekeAap` I tdrstl na  
pasaAo nesm+ taerokvana pgl a>mo3l Aarogy  
smSya invarl xke0e

40Dik ksrt Ane+vn xEI ma>śāro AeAap` ne  
tāst +vn trf I [ =y 0e

Aam Aa b6a j pasa ne^yan ma>raqtā>Ame  
iv3amln, qnlj Anebl= mhTvna 23ko ne  
seail t krl tāstl śāarva ma3enl BlyupM3  
tFar krl 0e teAap` a Aatirk Avyvona 7#  
AaroGy pr kādʒ 0e

Hal ma>Ak s>o6n cal ōej ekixym nl AkSmat  
Anesj R p0l na j qm na rāava pr nl Asro pr  
kayRkroete rogpitkark ko8o nē qm trf Aak8ā  
nukam kroē

Aam, Aap` ej oykeAa b2l j 3mRAkbl= sa4e  
=Dayel 0eko[p` 23k nl } ` p AneAi6kta Ak  
VyvS4a neAsr kroēj frl 4l bl+ VyvS4a neAsr  
kre0e Aa4l qorak AneAadto usmtol n [l aj  
j 6l j mhTv n0e

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