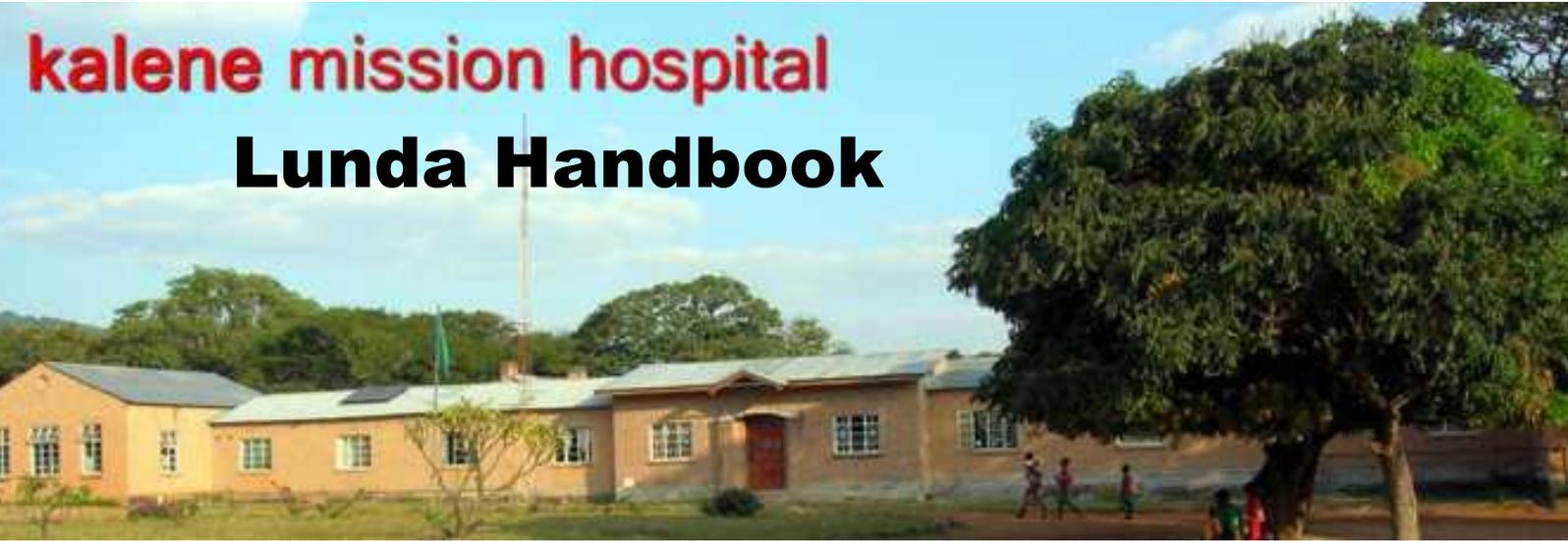


kalene mission hospital

Lunda Handbook



2nd Edition 2011

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The idea for this handbook came out of the two weeks we spent at Hillwood Farm learning Lunda with Paul Fisher and spending time practising our newly acquired language with the people in the local area. We eagerly desired to be able to communicate with the Lunda people whom we were serving at Kalene and felt greatly disadvantaged being unable to speak the language.

However, *chovu, chovu* (slowly, slowly) we made progress with our language with much help and encouragement from Paul Fisher, Mel and Ross Ferguson, Sakeji School and of course the many local people who bore with us in great humour, especially the mamas and children at Hillwood Orphanage and Anita Kasochi and the residents of Mavunda village. We want to thank you all for your support.

We were very grateful to Kalene for releasing us for study leave at what was a very busy time for the hospital. We believe this commitment to language acquisition should be commended and encouraged amongst mission staff coming to Kalene, on short or long term service.

The contents of this booklet are simply what we learned during the two weeks. We thought about phrases and words that would be particularly useful in the hospital. We are sure that as people use the book, they will think of other useful vocabulary and so we would like to see it being updated and added to on a regular basis.

We pray that this little book will be of use to the staff at Kalene – but we encourage you to spend time with the Lunda people and discover the nuances of their unique culture. In so doing, not only will you be personally enriched but the quality of the care you provide for your patients at Kalene will be so much higher.

In Him,

Emma and Christopher Houlden
June 2011

2nd Edition Revision

After another excellent week spent with Paul Fisher and some great encouragement from Mel and Ross Ferguson (not forgetting to mention their dogs Mahatma and Percy), the second edition has quickly appeared with a few tweaks and extra vocab relating to our own medical specialties.

Phil and Tess Bonnett
December 2011

A Few Rules

In general, words are pronounced as they are written with a few exceptions.

Ń This is the symbol for the ng sound or ‘nasal n.’

Often, when you see a ‘t’ and a ‘u’ together, it is pronounced ‘tru.

Greetings and Getting to Know You

Essentially, you can't go wrong if you just use the interjection **mwani** at any time!

Welcome	Shikenu mwani / Menekenu mwani
I am greeting you	Tunemushi mwani
Good morning (in passing)	Ntetamena mwani
Good evening	Melela mwani
Are you well?	Mwakola mwani?
I am well	Nidi chachiwahi
And you?	Ndeyi mwani?
Not so well	Chanti chanti (<i>literally 'just a bit'</i>)
I don't know	Etu (<i>pronounced etru</i>) kwiluka nehi mwani
Thank you	Nasakalili mwani
You're welcome	Chachiwahi
I'm sorry	Danakeni mwani
Yes	Eja
No	Nehi
My name is...	Ami yami...
What is your name?	Ijina deyi yeyinyi?
Where are you from?	Wunafumi kudihi?
Where?	Kudihi?
Far away	Kwakulehi
What is the name of your village?	Ijina da mukala weyi?
Village	Mukala
I am from...[overseas]	Na fuma ku...[Putu]
What is your job?	Wakalakalaja mudimuinyi?
I work [at Kalene]	Na kalakalaja [ku Kalene]
At the hospital	Mu chipatelu
I am a surgeon	Naladikaja (<i>lit. I do operations</i>)
I am a doctor	Ami nidi ndotolu
I am a midwife	Ami nakwashaja akwa kuvwala mavumu
I am a nurse	Ami ni sister
Greeting to people working	Mukalakalaja mwani

Useful Phrases

I am trying to learn to speak Lunda!	Ami nakufwila ku diza kuhosha Lunda!
It is difficult	Chakala
What is this?	Ichi chika? / Hi chumanyi?
What are you doing?	Wudi nakwiladi?
Can I help you?	Nikukwashi tahindi?
Are you sick?	Wakata tahindi?
How many children do you have?	Wudi nawanyana aṅahi?
Is it clear? Is it understood?	Chinalumbuluki? Munachitiyi?
I will get a translator	Ami nayi nikeni wakunkwasha kulumbulula
Give me...	Anyinki mwani...
Help me with...	Ankwashuku na...
Really?	Komana?
Maybe	Kwiji
I do not understand	Hinachitiyuku
Please say it again	Hoshenu cheṅi mwani
Speak slowly	Hoshaku chovu mwani
Do you understand?	Wunachitiyi?
That is good, expresses approval	Chachiwahi mwani
Expresses disapproval (strong)	Chinjila!
Don't do that!	Chinjila kwilochu!
I'm tired	Ami nazeyi
I'm tired (because work was heavy)	Ami nazeyi, mudimu wasweja
I'm tired (because I am hungry)	Nazeyi naṅzala (natiyi nzala chikupu)
I'm going	Ami hinukwiya
What's the time now?	Mpinjini katataka?
Where?	Kudihi?
Again	Cheṅi
Quietly, carefully	Chovu, chovu
Quickly	Swayi, swayi
Hurry	Nyakalaja
Here	Kunu
Over there	Kuna
Not yet	Kanda
There are none, not here	Kunu kwosi
I	Ami
You (sing)	Eyi
You (plural)	Enu
S / he	Yena
We	Etu (<i>pr. etru</i>)
They	Wena

Family

This is extremely complicated in Lunda culture so don't worry too much!

Mother	Mama
Father	Tata
Brother (older)	Yaya
Sister	Muhela
My sister	Muhelami
My younger sibling	Mwanyikami
Grandparent	Nkaka
Grandmother	Nkaka wamumbanda
Grandfather	Nkaka weyala
The sister of my mother	Muhela a mama yami
Uncle (brother of my mother)	Mandumi (<i>pr. mandrumie</i>)
My husband	Mfumwami
Your husband	Mfumweyi
My wife	Dodami
Your wife	Dodeyi
My child	Mwanami
My son	Mwanami weyala
Your son	Mwaneyi weyala
My daughter	Mwanami wamubanda
Your daughter	Mwaneyi wamubanda
Your mother-in-law / father-in-law	Mukuweyi
How many children do you have?	Wudi nawanyana aṅahi?
Baby	Mukeki
Are you married?	Eyi wasumbuka dehi?

Time of day

Morning (early)	Budidi
Morning (very early)	Budidi yayeni
Morning (later)	Ntetamena
Midday	Mwaana
Afternoon	Melela
Light	Chejeji
Dark	Mwidima
Night	Wufuku

Food and At The Market

Market	Market / chisankanyi
I would like...	Nukukenja...
Do you have..?	Mudi ŋa..?
Bring me...	Wunleteli...
What is the price?	Hiwuseyanyi?
That is too expensive	Wuseya wunasweji
I want a cheaper price!	Ami nakenji wawuseya wakeha wantesha!
Food	Kudya (<i>pr. kuda</i>)
Nshima (staple diet in Lundaland)	Nshima ya makamba (from pounded cassava) ya kamuyuwa (from cornmeal/maize) ya kafutu (both mixed)
Ball of nshima to fit in your mouth	Musa
Nshima made into a spoon	Kambwimba
Fruit	Nyikabu
Vegetables	Madaji
Bread	Bread / Mbolu
Flour	Wuŋa wa flour
Yeast	Yeast
Meat	Mbiji
Oil	Manji a salad
Milk	Mayeli
Full cream milk	Mayeli a manji
Skimmed milk	Mayeli a menji
Water	Menji
Egg / eggs	Iteta / mateta
Sugar	Sugar
Tea	Tea
Coffee	Coffee
Beans (Lunda)	Makunde anzeŋa
Beans (green)	Makunde a nyi zanza
Onions	Sapoli / onions
Tomatoes	Macha macha / tomatoes
Cucumber	Cucumber
Salad	Saladi / lettuce
Avocado	Katopear
Aubergine	Ndimwa ye neni
Potatoes	Ntamba yakapa
Sweet potatoes	Ntamba ya Lunda
Big sweet potatoes	Chingovwa
Cabbage	Cabbage
Bananas	Makonde a kashinda / Banana
Pineapple	Makonde pineapple
Mango	Mango / Mbuma
Orange	Orange
Watermelon	Sawa sawa (<i>pr. sour sour</i>)
That's delicious!	Oyu yinawahi chikupu!

Talking with Children

How old are you?	Wudi nanyaka yijahi?
What do you like doing?	Enu mwakenana kwiladi?
Do you like playing with the ball?	Mwakena kuhema na ngunja?
I like playing with the ball	Nakeni kuhema na nguja
Do you like riding a bike?	Mwakena kwenda hankinga?
Ball	Ngunja
Sweets	Ma sweetie
Bicycle	Inkinga
What's the matter?	Kunasonidi?
Why are you sad?	Wuna neni idi?
Why are you crying?	Wudi nakudiladi?
Is this your sister?	Iwu himuheliyi?
Is this your brother?	Iwu himanakweyi?
Is this your friend?	Iwu hibwambu deyi?
Do you like stories?	Enu mwakena kutiya yishimu?
Chinjila!	It's forbidden!
Go to sleep	Kamaku tulu (<i>pr. trulu</i>)
Smile / laugh	Sehaku
Sit down	Ashakami mwani
Blow your nose	Pembaku yipwambu yeyi
Be quiet	Mwenaku
Have you heard?	Wuna chitiyi?
I will come back	Nukufunta

At Home

Could I have a cup of tea?	Nakeni tea mwani/Anleteli tea mwani
Could you bake some bread?	Atutrujili bread mwani?
Could you do the laundry?	Lelu munatwesi ku kosa mahina mwani?
To dust	Totomona
Sweep in here	Kombenu munu mwani
Wash the...	Kosenu...
Iron	Kisa
Could you buy some [cabbage] at the market?	Atulandili [cabbage] ku market?
House	Itala
Chair	Chitwamu (<i>pr. chitramu</i>)
Table	Mesa
Bed	Kadidi
Door	Chenzelu
Floor	Heseki (same as earth)
Window	Njanena
Cup	Lupasa
Bowl	Mbashila / Cheja chakunama
Plate	Cheja
Knife	Mpoku
Sharp knife	Mpoku ya wambuka
Spoon	Katuwa

Parts of the body

Head	Mutu
Hair	Insuki
Eyes	Mesu
Nose	Muzulu
Mouth	Kanwa
Lips	Nyivumbu
Teeth	Mazewu
Ear	Itu (<i>pr. Itru</i>) <i>pl. matu</i>
Neck	Nshiju
Throat	Mudiwu
Collarbone	Mukambu wachikasa
Chest	Ntulu (<i>pr. ntrulu</i>)
Heart	Luduṅu
Back	Nyima
Shoulder	Chifwiji
Shoulders	Mafwiji
Arm	Chikasa
Arms	Makasa
Wrist	Munkuku
Fingers / toes	Nyinu
Abdomen	Ivumu
Liver (also your 'inner being')	Muchima
Leg	Mwendu
Knee	Inuṅu
Ankle	Kapokosu
Foot	Idatilu
Feet	Maditilu
Skin	Ikowa
Bottom	Mahanda
Penis	Wuyala windi
Breasts	Mayeli (<i>lit. milk</i>)
Womb	Chisemenu
Placenta	Doji

Examination

Can I examine you?	Nakenji kutala mujimba weyi?
Point to where the pain is worst?	Inyikaku hanasweji kuyeṅa?
Do you have pain here?	Hanu hadihi?
I want to listen to your chest	Nakenji kupima muntulu yeyi?
Lie on your back	Kama kankanta
Sit up	Shakamakuku
Take deep breaths through your mouth	Onaku mukanwakeyi
Keep your pants on	Bayi ku subula kaputula
Take off your [pants]	Subulenu [kaputula]

General Enquiry

What is your sickness?	Kukata kweyi hiyika?
What is your biggest problem?	Kukata kweyi kweneni hi chumanyi?
Where is the pain?	Kuyeņa kudi hadihi?
Where is your pain the worst?	Kuyeņa kweyi kunaswejihadihi?
Can you point to the pain?	Inyikaku hanasweji kuyeņa?
Does the pain come and go?	Kuyeņa kwelana hichi kwinza hichukuleka?
How long have you felt the pain?	Wunayitiyi kuyeņa iku mafuku aņahi?
Days?	Mafuku?
Weeks?	Nyilungu?
Months?	Tukweji?
One week	Mulungu wumu
Two weeks	Nyilungu yiyedi
Month	Kakweji (same as moon)
Two months	Tukweji tuyedi
Year	Mwaka
One year	Mwaka wumu
Two years	Nyaka yiyedi
How are you doing?	Mudi ņahi
What brings on the pain?	Chumanyi cha leteshana kuyeņa?
What makes it better?	Chumanyi chakeheshana kuyeņa?
Walking?	Kwenda heseki?
Lying down?	Hakukambama?
Eating?	Hakuda?
Moving bowels?	Hakwiya ku chimbuzu?
Are you opening your bowels?	Wudi na kuhitisha chachiwahi?
Are you passing wind?	Wudi na kunyinya munsu?
How many times a day do you vomit?	Wudi na kusanza kaņahi hefuku?
Do you vomit after eating?	Wudi na kusanza hakufuma ha kuda?
Is there blood in your vomit?	Mudi naku mwekana mashi mu masanjilu eyi?
Is there blood in your stool?	Wudi na kuhitisha mashi?
Where is it swollen?	Hana nani hadihi?
Have you got a lump?	Wunamoni ifunvu?
Can I see it?	Tinintali, nleji?
Pills	Mabuji
Daily?	Hefuku hefuku?
How many times a day?	Kaņahi hefuku?
Alcohol	Walwa
Have you had an operation before?	Eyi aku ladikili cheņi?
Palpitations	Muchima wudi na kweta muntulu (<i>pr. muntrulu</i>)
Chest tightness	Muntulu munajiki
Tuberculosis	Musoņu wa TB
Night sweats	Kusulwila nawufuku
Are you failing to breathe well?	Wudi na kukajanya kwona chachiwahi?
How long have you been ill?	Wunakati mafuku aņahi?
Have you got a cough?	Wudi na kakohu?
For how long?	Mafuku aņahi?
Is the cough productive?	Hakukohola wudi na ku fwijadi?

Do you know anyone with TB?	Eyi wuneluki muntu mwijiku deyi wakata dehi TB?
Are you losing weight?	Eyi wudi nakumona mujimba weyi nakukosa mafukwanu? <i>(lit. are you seeing your body getting thinner these days?)</i>
Are you a bit better?	Mudiku dihu mwani?
You need an operation	Eyi chiṅa aku ladiki
You have TB / malaria etc	Eyi wakata TB / malaria
We can treat you	Etu tunatwesi (<i>pr. trunatracy</i>) ku kuuka kukata kweyi
I'm sorry to tell you that s/he has died	Wushona mwani. Muloṅa yena nafwidehi
It is broken	Chinafwi
Do you have problems with your vision?	Eyi wamonṅa chachiwahi
Do you have a headache?	Mutu wudi nakukata?
I'm sorry to tell you that we cannot cure your illness	Chinakali ilaṅa hitunatwesi kukuuka musoṅu weyuku

History

Pain	Kuyeṅa
Sickness	Kukata
Fever	Mashika
Diarrhoea	Kuhitisha
Vomiting	Kusanza
Nausea	Zemba kumuchima
Urine	Masu (<i>pr. mashru</i>)
Blood	Mashi
Pus	Mashina
Rash	Chisalu
Hot	Kutata
Cold	Mashika (same as fever) or Kutata
Scar	Chibata
To pass water (urine)	Kuzowesha
To pass stool	Kuhitisha
Wound	Chitu
A burn	Hanahi aha
Abscess	Ihuti
Infection in your sore	Musoṅu mu chilonda cheyi

Anaesthetics

General anaesthetic <i>(lit. they put him to sleep because he's having an operation)</i>	Anamukamiki tulu haṅsaṅu yakumuladika
This injection will send you to sleep	Iyi ndoṅu yikukuletisha tulu
Curve your back	Fumba inyima yeyi
Have you eaten anything?	Wunabuli kuda hela chuma chimuku?
Have you drunk anything?	Wunanwidi?
I want you to fast from midnight	Kufuma hakachi ka wufuku, a kuda chumaku
If you eat you will vomit	Neyi wkuda chikukuletela kusanza hakukuladika
This injection will take away the pain for the operation	Nukukwinka ndoṅu kulonda wubuli kutiya kuyeṅa hakukuladika

Obstetrics and Gynaecology

Are you pregnant?	Wudi nevumu / wudi nachisenda?
How many months?	Wudi na tukweji tunahi?
When was your last period?	Wuchidi kwiya kwitala dikwawu?
How many pregnancies have you had?	Wunemiti kanahi ha yaka yeyi yejima?
Have you had a caesarean section?	Eyi aku ladikili?
How many?	Kanahi?
How many miscarriages/stillbirths?	Wunafwishi kanahi?
How many children still living do you have?	Anyaneyi anahi achidi kuhanda?
Did you try to abort?	Weseka kufumisha ivumu?
Have you taken village medicine?	Anakunwishi itumbu (<i>pr.itrumbu</i>) ya Lunda?
Can you feel the baby moving?	Wunamutyi mwana na kwenda mwivumu?
Can I examine you (inside)?	Aniteji kushinshika mukachi keyi?
Have you any bleeding?	Mwivumu dehi mudinakufuma mashi?
Have you any (vaginal) discharge?	Mwivumu dehi mudinakufuma yuma ya cheji?
Have your waters gone?	Menji anabusiki?
How long have you had labour pains for?	Nyisonu yakuvwala tachika mpinjihinyi?
Do you feel like you want to push?	Ichi dinu munakeni ku skinjika?
Push now	Shinjika dinu
Don't push	Leka kushinjika
I will do a scan	Nuku kupima mukachi nekina
You need a caesarean section	Eyi wuna kananyi kuvwala – chija aku ladiki
Do you want a BTL?	Wuna kenji kukumisha kuvwala nyana?
Do you have regular periods?	Wayana kwitala dikwawu hakakweji, hakakweji?
Are your periods heavy?	Mashi eyi aswejana kuvula tahindi?
Are your periods painful?	Hapinji yakwiya kwitala dikwawu watiyana yikatu yaswejana?
Does your husband have any children from another marriage?	Ifumweyi wukweti anyana namumbanda mukwawu?

Paediatrics

Is this your child?	Iwu hi mwaneyi?
Is s/he breastfeeding well?	Wudi na kwamwa chachiwahi?
Is s/he feeding well?	Wadana chachiwahi?
Is s/he making wet nappies?	Wudi naku zowesha ma nappy?
Have they had their vaccinations? (<i>lit. have they had their needles?</i>)	Indonu jejima nayi tambuli?
All of them?	Yejima?
To wipe a babies' bottom	Kushula mwana

Phrases for Hospital Workers

Let us sing a hymn.
We will read God's word.

Tutachiki kwimba kamina.
Tu (*pr.tru*) taji mazu a Nzambi.

Please give report of your work

Munatwesi (*pr. munatracy*) kunleja nsaju ya nyidumu yi munakalakeli lelu

I am going to a meeting
Can you go to xray/lab/VCT now?
Do you know where to go?

Katataka hinukwiya ku meeting
Katataka mwiya ku xray / lab / VCT?
Muneluki kwakwiya?

Please collect your medication from pharmacy and bring me your ticket

Mwiya nakutambula yitumbu yeyi ku pharmacy nakunletela cheji iticketi deyi kudami

Please put your net down!
Can I have a urine sample (in this pot)?
Can I have a sputum sample?
Can I have stool sample?
Calm down!
You can go home today
I am going home
I will be back at [14hrs]
Please ring me if there are any problems
Greeting when working
Will you come again tomorrow?

Chiya wu hololi musikutela weyi
Nakeni muzoweshi masu (munu)?
Wuyi wu koholi mwenimu
Wunleteli kuhitisha kweyi munu?
Wundaku!
Eyi wuna twesi (*pr. tracy*) ku funta ku mukala lelu
Ami nayi dehi kwitala dami
Nukufunta ha [14hrs]
Ntambiki ha phone neyi wunamoni kukala
Mukalalalana mwani! (*lit. go on working well*)
Kumadiki wakenza cheji tahindi?

You need to have your stitches removed in [10] days

Chiya kwinza akufumishi
hachimawu mu mafuku [ikumi]

Please return in [6] weeks

Chiya muhita nyilungu [yitanu nawumu], henoho wukwinza cheji

Next week
Next month
Next year

Mulungu wu kwinza
Kakweji wu kwinza
Mwaka wu kwinza

Will you come again next Friday?

Eyi wakenza cheji hatchitanu, cha mulungu wu kwinza?

Please come back on [24th November]

Chiya kafunta ha [24th November]

Animals

Snake	Kapela
Scorpion	Kanjimbu
Spider	Munyiku / Tarantula / Chimbelañeji
Mosquito	Dweñeni
Butterfly	Ipupula
Caterpillar	Iyũũ (edible) / Chibambala (hairy)
Bird	Kada
Birds	Tuda (<i>pr. truda</i>)
Dog	Kawa
Cat	Kamesha / Pussie
Monkey	Impombu / Mbunji
Goat	Impembe
Sheep	Mukoko
Cow	Dombe
Pig	Nulu
Chicken	Kasumbi
Hen	Chaadi
Cockerel	Ikombu
Cockroach	Mpenji

Numbers

(for interest but English numbers are widely used)

One	Wumu
Two	Ayedi
Three	Asatu (<i>pr. asatru</i>)
Four	Awana
Five	Atanu
Six	Atanunawumu
Seven	Atanunawayedi
Eight	Atanunawasatu
Nine	Atanunawawana
Ten	Ikumi
Twenty	Makumiayedi
Thirty	Makumiasatu
One hundred	Nkulakaji
One thousand	Ikombakaji

Days of the Week

Monday	Hachimu
Tuesday	Hachiyedi
Wednesday	Hachisatu (<i>pr. hatchisatru</i>)
Thursday	Hachiwana
Friday	Hachitanu
Saturday	Hamposu
Sunday	Hamulungu

Directions and Places

To the right	Ku chikasa chachidilu
To the left	Ku chikasa chachimunswa
Go straight on (<i>lit. don't leave the road</i>)	Yaṅa, hohu. Kufuma munjila nehi
Don't turn	Kutejuluka nehi
In front	Kumesu eyi
Behind	Kunyima yeyi
Above	Kwiwulu
Below	Kwishina
Church	Chipompelu
Hospital	Chipatelu
Post office	Post office
School	Shikola
Clinic	Clinic
Road	Mukwakwa
Path	Injila
Market	Market
Government	Nfulumendi
Bank	Bank
Where is the road to Kalene?	Injila yakwiya ku Kalene yidi kudihi?

Weather and World

Lightning	Nzaji
Rain	Nvula
Drizzle (rain)	Nvula ya chinzeeji
Spitting (rain)	Nrabyidi nakusosota
Hail	Nvula ya malola
Storm	Nvula yeyeni
Thunder	Chivumina cha nvula
Clouds	Mavu
Rainbow	Kanasulujunda
Wind (big/much wind)	Mepepela yasweja
Calm	Kuwunda
On the Earth	Maseki
Sue	Mwaana
Flower	Nkenu
Moon	Kakweji
River	Kaloja
Seasons	Yilaaka
Sky	Iwulu
Stars	Tutubwa (<i>pr. trutumbwa</i>)
Tree / stick	Mutonde
The light of the moon	Mweji
There is moonlight	Mweji wudi koku
We are walking by moonlight	Etu tudi (<i>pr. etru trudi</i>) nakwenda mu mweji hohu

Telling others about God

Man	Muntu
God	Nzambi
Jesus	Yesu
Lord	Mwanta
Grace	Luwi
Love	Kukeṅa
I love Jesus	Ami namukeṅa Yesu
I walk with Him every day	Nendaṅa nindi hefuku hefuku
Do you know the Lord Jesus?	Eyi wa mwiluka Mwanta Yesu?
He is the son of God	Yena hi Mwana kaNzambi
Jesus died on the cross	Yesu wafwili hakulusu
He came to save us from our sins	Wenjili naku twamwina ku nyiloṅa yetu
He rose from the dead	Wasanjukili mudi afu
If we believe in Him, He will give us everlasting life	Neyi tukumukuwhelela wukutwinka wumi wahayanyaka
Heaven	Mwiwulu
Blessing	Nkisu
Hymns	Tumina
Bible	Mukanda wajila WaNzambi
Heart (spiritual)	Muchima
Prayer	Kulombela
To praise God	Kumuhameka Nzambi
To thank God	Kumusakilila Nzambi
To worship God	Kudifukula kudi nZambi
To repent	Kubalumuka kufutumuka

Other Useful Vocab

Beautiful	Lubanji
Big	Wamuneni
Death	Kufwa
My friend	Ibwambu dami
Hunger	Nzala
Light	Chejeji
Long drop toilet	Chimbuzu
Small	Wanyanya
None	Kwosi
Pen	Nsonekesu
Shoe	Nsapatu
Socks	Sokosi
Underneath	Kwishina da
On top	Hewulu da
Witchcraft	Wuloji