

**A COLLECTION OF 100 PROVERBS AND WISE SAYINGS OF THE MEDUMBA
(CAMEROON)**



BY

CIKURU BISHANGI DEVOTHA

AFRICAN PROVERBS WORKING GROUP

NAIROBI KENYA

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DEDICATION

I dedicate this work to God for protecting and strengthening me while working on the Medumba.

To HONDI M. Placide, my husband and my mentor who encouraged me to complete this research,

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A COLLECTION OF 100 MEDUMBA PROVERBS AND WISE SAYINGS (CAMEROON)

INTRODUCTION

Location

The Bamileke is the native group which is now dominant in Cameroon's West and Northwest Regions. It is part of the Semi-Bantu (or Grassfields Bantu) ethnic group. The Bamileke are regrouped under several groups, each under the guidance of a chief or fon. Nonetheless, all of these groups have the same ancestors and thus share the same history, culture, and languages. They speak a number of related languages from the Bantoid branch of the Niger–Congo language family. These languages are closely related, however, and some classifications identify a Bamileke dialect continuum with seventeen or more dialects.

Medumba is spoken in most of the Ndé division, by 210,000 people in 1991, with major settlements at Bangangte and Tonga. NDE is one of the 58 divisions found in Cameroon. It is located in the western region of the Country, about 150km from Douala the economic capital and about 265 km from Yaoundé the political capital. Its estimated population is 200,000. Its kingdoms include; Bangangte, Bangoulap, Balengou, Bazou, Bakong, Bamena, Tonga (Badounga), Bahouoc, Bangang-Fokam, Bawock, Bangoua, Batchingou, Bamaha and Bagnoun. Its climate ranges between 14- 22 Celsius at night and between 24-30 Celsius.

Medumba (Mèdûmbà) is a Grassfields language of Cameroon. The people who speak it originate from the Nde division with the main settlements in Bangangte, Bakong, Bangoulap, Bahouoc, Bagnoun and Tonga of the West region in Cameroon. It is one major Bamileke language.

The long south extension of Cameroon, coupled with its vast expanse of about 475 000 sq Km makes its diversity not to be limited only to its natural milieu. There is a great diversity of people and ethnic groups in Cameroon. This explains why there are a multitude of local languages. In 1964, over 206 ethnic groups were identified.

Towards the vast forest zone, on the western plateau and in the coastal region, live the pygmy and Bantou people. The pygmies are believed to be the oldest settlers in Cameroon. From the north down south ends up in hills and plateaus at the foot of which live the Fulbe

Ethnographic map of the Bamileke/Medumba in Cameroon.

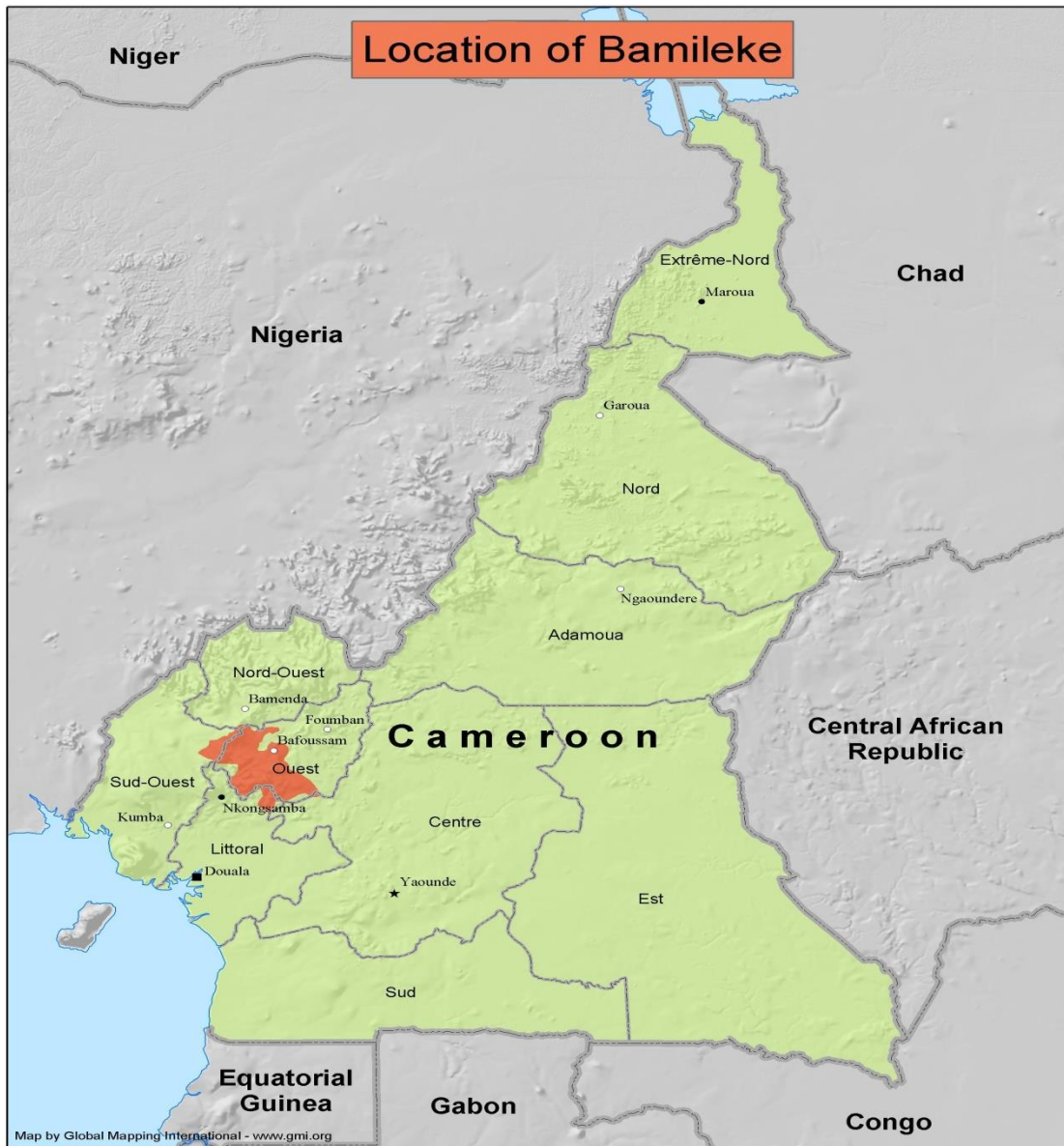


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A COLLECTION OF 100 MEDUMBA PROVERBS AND WISE SAYINGS

1. Aabeigolaknojukbongomoo.

Swahili: Furaha ya mwana ayijuwae ni nyanya.

French: c'est la grand-mère qui connaît la joie de l'enfant.

English: it's the grandmother who knows the joy of the child.

Teaching: children provide happiness to elderly because they make them remember their passed responsibility. They enjoy playing with kids of their children because they are almost alone.

Bible parallel: Ruth 4: 14-15 *"The women said to Naomi: "Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!.He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth."*

2. Aa bei sou tee bei dje ngoo boo go tee.

Swahili: Uchangamufu wa mwana aujuwae ni nduguye.

French: c'est le frère qui connaît le contentement de son cadet.

English: It's the brother who knows the happiness of his brother.

Teaching: surveillance, we have to look after the weak, to protect them and encourage them to grow

Bible parallel: Gen 33:10 *"No, please!" said Jacob. "If I have found favor in your eyes, accept this gift from me. For to see your face is like seeing the face of God, now that you have received me favorably."*

3. Aaguibeifuibeitinalakgueitamnuaalakveusee:

Swahili: jani haliozi kwa siku moja.

French: ce n'est pas a peine tombee que la feuille pourrit.

English: it is not the same day a leaf falls that it rots.

Teaching: it urges us to be patient, every has a process.

Bible parallel: *"As she was being brought out, she sent a message to her father-in-law: "I am pregnant by the man to whom these items belong." And she added, "Please examine them. Whose seal and cord and staff are these?" Judah recognized the items and said, "She is more righteous than I, since I did not give her to my son Shelah." And he did not have relations with her again".* **Genesis: 38:26**

4. Aakiebeimovieaadiibeigouedjehenbeiaakiedje.

Swahili: mbuzi asimulize simba kama amekula.

French: Ce n'est pas la chevre qui demande au lion s'il a mange.

English: It is not the goat that should find out whether the lion has eaten

Teaching: people should be careful with their behaviour vis a vis of the powerful persons, powerful decision makers to avoid misfortune.

Bibleparallel: Nehemiah 4:11 *“Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work.” Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.”*

5. Baayeitoo

Swahili: vibambazi vina masikio

French: Les murs ont des oreilles

English: Walls have ears.

Teaching: talk silently about a matter while informing others to avoid it to be expanded.

Bibleparallel: Luke 1:41 *“When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit.”*

6. Beecheenguiibemakcheecheen :

Swahili: nyungu inayopikia chakula haikosi makombo

French: La casserole a cuisson ne manque pas des reliefs

English: the pot has always food inside.

Teaching: we have to leave something of us in whatever we do. The behavior of ours shows what we really are.

Bibleparallel: Jean 17:20²⁰ *“My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.”*

7. Bee kibon too bon biu no seek.

Swahili: Muovu atowekapo, kuna kelele za shangwe

French: le malfaiteur parti, les cris de joie pillulent de partout.

English: when the bad person is away, joyful yelp is understood.

Teaching: bad people bring misfortune in the midst of peaceful community. Let’s work for peace, stability so that we may develop the community we suppose to raise.

Bibleparallel: Ecclesiastes 7:1 *A good name is better than fine perfume, and the day of death better than the day of birth.*

8. Bele gji gjini hoolac gje hii chee :

Swahili: fata nyuki, ule asali

French: Suis les abeilles et déguste son miel

English: Follow the bees and enjoy the honey.

Teaching: to benefit from a person even rude, you have to have a good behavior to attract his love, so be trustful.

Bibleparallel: Ps. 25:12 *“Who, then, are those who fear the Lord? He will instruct them in the ways they should choose.”*[a]

9. Benaguiibeisaa.

Swahili: Hapa si mbali.

French: Tout près n'est pas loin

English: near is not far.

Teaching: it teaches us that a solution to a problem is not far as you think, a solution is near you, so you have to be aware of what is surrounding you.

Bibleparallel: jean 20:1413 *“Woman, why are you weeping?” they asked. “Because they have taken my Lord away,” she said, “and I do not know where they have put Him.” 14At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.*

10. Bepbeekibegouegjeedinaa :

Swahili: samba kuchelewa hula majani.

French: A l'absence de la viande, le lion mange de l'herbe

English: lack of meat, lion eats grass.

Teaching: desperate people act differently.

Bibleparallel: 2 kings 4:38 *“one of them went out into the fields to gather herbs and found a wild vine and picked as many of its gourds as his garment could hold. When he returned, he cut them up into the pot of stew, though no one knew what they were. The stew was poured out for the men, but as they began to eat it, they cried out, “Man of God, there is death in the pot!” And they could not eat it.”*

11. Bepsiiguiibenbeyidemo.

Swahili: ngozi nyovu haipasukipasuki.

French: La peau humide ne se déchire pas.

English: a smooth skin is never torn.

Teaching: when you humble yourself no matter who wants quarrel with you can not succeed.

Bibleparallel: 1 Samuel 2:9 *“He will guard the feet of his faithful servants, but the wicked will be silenced in the place of darkness. “It is not by strength that one prevails;”*

12. Betenoukikoubetenoubeitoonsii, betenoubeibouk.

Swahili: wafu hawafi, wapo majini, hata mitini.

French: Les morts ne sont pas morts, ils sont dans l'eau, ils sont dans les arbres.

English: Dead are not dead, they are in water, even in trees.

Teaching: Human believe that there is life after death, so, pay attention in how you live your life because some dead can harm.

Bibleparallel: 2 Kings 13:21 *“Once while some Israelites were burying a man, suddenly they saw a band of raiders; so they threw the man’s body into Elisha’s tomb. When the body touched Elisha’s bones, the man came to life and stood up on his feet.”*

13. Betenouyoahiyouokibon, kouabefannonjee.

Swahili: mwenye nyonjo hakosi kutazamwa.

French: Les bossus ont des spectateurs

English:the hunchbacks have spectators

Teaching: persons of specific ability are always watched out and recognized easily.

Bibleparallel:jean 7:12 *“Among the crowds there was widespread whispering about him. Some said, “He is a good man.”*

14. Bomyoobeichee.

Swahili: mrembo ni mjinga

French: La belle est bête.

English: The beautiful is stupid

Teaching: it teaches to those who think they are beautiful, that this is not enough to be considered in the society as important person.

Bibleparallel: Mat.25:1-3 *“At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. 2 Five of them were foolish and five were wise. 3 The foolish ones took their lamps but did not take any oil with them. 4 The wise ones, however, took oil in jars along with their lamps.*

15. Cheeguiheegino, ouatamfan.

Swahili: mjinga alaaniwapo hufikiri anasifiwa

French: maudit un sot croit etre honoree

English: When a fool is being cursed he thinks he is praised.

Teaching: it urges us to know how differentiate situations through our conscience when they come upon us.

Bibleparallel: numbers 22:30-31 *“But the donkey said to Balaam, “Am I not the donkey you have ridden all your life until today? Have I ever treated you this way before?” “No,” he replied.”*

16. Diisaateguiibeiyou.

Swahili: haijalishi babu yako alikuwa mrefu aje?

French: Peu importe la grandeur de ton grand-pere!

English: It doesn't matter how tall your grandfather was.

Teaching: it urges the young people not to rely on the wealth of their family. You have to work on your own.

Bibleparallel:2 Samuel 9:10 *“You and your sons and your servants are to farm the land for him and bring in the crops, so that your master's grandson may be provided for. And Mephibosheth, grandson of your master, will always eat at my table.” (Now Ziba had fifteen sons and twenty servants.)”*

17. Dii tee gui bei bee hoo veu see :

Swahili: kutereza sio kuanguka

French: glisser n'est pas synonyme de tomber.

English: to slide does not mean to fall down.

Teaching: it urges us not to panic towards situations in life because there are ups and downs that are not permanent. Do not despise anyone based on his current situation.

Bible parallel: Judges 16:22 *“But the hair on his head began to grow again after it had been shaved.”*

18. Dje djini modip, goue guii goue guii fie die dip dji djini.

Swahili:tolotolo yaweza kumzuru samba kuliko samba aweza mzuru tolotolo

French:Une puce peut déranger un lion plus qu'un lion peut déranger une puce.

English: A flea can trouble a lion more than a lion can trouble a flea.

Teaching:we must respect the weakest because they can be dangerous and harmful.

Bibleparallel:1 samuel 17:51 *“Therefore David ran, and stood upon the Philistine, and took his sword, and drew it out of the sheath thereof, and slew him, and cut off his head therewith. And when the Philistines saw their champion was dead, they fled.”*

19. Dje soon goue ga ougui be a ouk beon.

Swahili: ukiona jino la samba, usifikiri anacheka.

French: Si vous voyez la dent du lion ne croit pas qu'il rit.

English: if you see a lion's tooth, do not think it is laughing.

Teaching: Be careful of people regardless of their kindness. Many times they are not such in heart.

Bibleparallel: Esther 5:12 *"And that's not all," Haman added. "I'm the only person Queen Esther invited to accompany the king to the banquet she gave. And she has invited me along with the king tomorrow."*

20. Fee noo ndee beteno, beteno ndee fee.

Swahili: mwenyekiti ahitaji watu na watu wahitaji mwenyekiti.

French: Au chef, il faut des hommes et aux hommes un chef.

English: the chief needs people and the people need the chief.

Teaching: communication is very important between chief and his subordinates or his people. be cooperative with the people we lead

Bibleparallel: Mark 6:7 *"Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits."*

21. Feem veu koub giu be miu.

Swahili: Kidonda chakufiwa hakiponi.

French: Une plaie qui ne se cicatrise pas est celle d'une perte humaine.

English: A wound that does not heal is that of human loss.

Teaching: the love and consideration we have each other make us remember our beloved even dead

Bibleparallel: Mathew 2:17-18 *"Then what was said through the prophet Jeremiah was fulfilled: "A voice is heard in Ramah, weeping and great mourning, Rachel is weeping for her children and refusing to be comforted because they are no more""*

22. Gankan guii bee faak nienii.

Swahili: Muuguzi hajigangi

French: le médecin ne se soigne pas.

English: the doctor does not care

Teaching: we need each other in our daily life so that we may feel happy and successful.

Bible parallel: Mathew 27:42 *"He saved others," they said, "but he can't save himself! He's the king of Israel! Let him come down now from the cross, and we will believe in him."*

23. Guep bouk guii bee laa laak.

Swahili: jogoo ya pori haiwiki mjini.

French: le coq de la brousse ne chante pas en ville.

English: Therooster of the bush does not sing in town.

Teaching: Each individual has a safe place where he feels comfortable and there he enjoys peacefully. In other words, each person has where he belongs.

Bibleparallel: Genesis 45:3 *Joseph said to his brothers, "I am Joseph! Is my father still living?" But his brothers were not able to answer him, because they were terrified at his presence.*

24. Guii kon chank guii bei diboho.

Swahili: kuepuka chari si uoga.

French: Eviter les querelles n'est pas signe de lachete.

English: Avoiding a quarrel is not cowardness

Teaching: Let us be peacemaker wherever we are.

Bibleparallel: John 8:9 *"At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there"*

25. Hoo be beyii guee bee betenou lougi guee yii aa nosoo.

Swahili: kabla ya kuomba mtu vazi, angalia vazi zake.

French: Avant de demander de quoi s'habiller a quelqu'un, regarde les habits qu'il porte.

English: Before you ask a man for clothes look at the clothes he is wearing.

Teaching:

Bibleparallel: Philippians 2:1 *"Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion,² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."*

26. Hoo bee gui kom dii djee fee tee kaa tiniiteni

Swahili: Ukikataa tunda la mti, epuka hata kinvuli chake.

French: quand l'on s'interdit le fruit d'un arbre, évite alors son ombrage.

English: when you hate a fruit of a tree avoid also its shadow.

Teaching: avoid bias if you want to live peacefully in the community.

Bibleparallel: Ruth 4:5 *"Then Boaz said, "On the day you buy the land from Naomi, you also acquire Ruth the Moabite, the^[a] dead man's widow, in order to maintain the name of the dead with his property."*

27. Hoo chen baa hoo fak kibon boo bemou

Swahili: Apigae ukuta aumiza mkono wake mwenyewe.

French: qui bat le mur blesse son poing.

English: who beats the wall hurts his fist.

Teaching: it urges us to not interfere in matter you will fail to solve

Bibleparallel: 2 Samuel 16:10 *“But the king said, “What does this have to do with you, you sons of Zeruiah? If he is cursing because the LORD said to him, ‘Curse David,’ who can ask, ‘Why do you do this?’”*

28. Hoo daha guiloo too koo dii bee alao nouou

Swahili: Anayezarau mwiba mguuni mwake ataona ukifura

French: Qui néglige une épine dans son pied le verra gonflé.

English:Whoever neglects a thorn in his foot will see him swollen.

Teaching: Never neglect little things because they might raise a huge matter.

Bibleparallel: Deuteronomy 32:21 *“They have provoked Me to jealousy by what is not God;They have moved Me to anger by their ^lfoolish idols. But I will provoke them to jealousy by those who are not a nation;I will move them to anger by a foolish nation.”*

29. Hoo djee chiem tetno bee boo

Swahili: mla chake hahaibike

French: qui mange son mets n’a pas honte.

English: whoever eats his food has no shame.

Teaching: it urges us to be independent and enjoy what belongs to us peacefully.

Bibleparallel: Mathew 21:2 *“Go to the village ahead of you,” He told them, “and at once you will find a donkey tied there, with her colt beside her. Untie them and bring them to Me.”*

30. Hoo gee chen kibon diee hee hola guee binie.

Swahili: Ukipea tumbo chakula mbaya, itakupigiannngoma ili ucheze.

French: Donner une mauvaise nourriture a votre estomac, il vous tambourinera pour que vous danciez.

English: If you give bad food to your stomach, it will drum for you to dance.

Teaching: it urges us to take care on how you act.

Bibleparallel: Micah 2:2-3 *“They covet fields and seize them, and houses, and take them. They defraud people of their homes, they rob them of their inheritance. Therefore, the LORD says: “I am planning disaster against this people, from which you cannot save yourselves. You will no longer walk proudly, for it will be a time of calamity.”*

31. Hooguiisaahonoondéfakgouadiofamtekno.

Swahili: huwezi ishi maisha marefu ukifanya kazi zote mwenyewe.

French: tu ne peux vivre longtemps en faisant tout de soi-même.

English: You can’t live long enough make all by yourselves.

Teaching: People are supposed to share everything with others, we have specific talent, so we don't have to hold two or more than two jobs by yourself. It urges us also to avoid cupidity.

Bibleparallel: Exodus 18:20 *“Teach them his decrees and instructions, and show them the way they are to live and how they are to behave.”*

32. Hookoktieetenouhoolaksououtenou :

Swahili: ukipanda juu ya mungazi utashuka mwenyewe

French: qui monte sur un palmier descend seul.

English : climb up a palm tree on your own risk

Teaching: It urges us to be responsible of all the acts we make.

Bibleparallel: Exodus 24:3 *“When Moses went and told the people all the Lord’s words and laws, they responded with one voice, “Everything the Lord has said we will do.”*

33. Hookougibeketekibeeediteehooguibeketemetoutou:

Swahili: afikiriae uchi si nzito, ajawahi kimbia uchi.

French: qui pense que le pénis n’est pas lourd, n’a jamais couru nu.

English: Who thinks the penis is not heavy has never run naked.

Teaching: some people do not think enough about little things and consequences they bring in the life. It urges us not to neglect some little things.

Bibleparallel: Genesis 38:23 *“Then Judah said, “Let her keep what she has, or we will become a laughingstock. After all, I did send her this young goat, but you didn’t find her.”*

34. Hooguiidiibongontatoutandiisiisee :

Swahili: mtu hujuwa umuhimu wa makalio kama unahitaji kuketi.

French: on ne connaît la valeur des fesses que quand arrive le moment de s’asseoir.

English: we know the value of the buttocks when sitting.

Teaching: Everything has its utility, its significance that gives it the reason of its existence.

Bibleparallel: Acts 9:39 *“Peter went with them, and when he arrived he was taken upstairs to the room. All the widows stood around him, crying and showing him the robes and other clothing that Dorcas had made while she was still with them.”*

35. Hoomakyouousiiaaquieutouousiibodimaime :

Swahili: kwenyi ueleya maana yake kimeundwa.

French: Ce qui flotte est fabriquee.

English: Anything that floats is made.

Teaching: original things have their authentic features.

Bibleparallel: Exodus 7:12 *“Each one threw down his staff and it became a snake. But Aaron’s staff swallowed up their staffs.”*

36. Hoodjediiyouokibon, hooguiguf.

Swahili: ukijuwa sumu haikuzuru tena.

French: ce que vous connaissez comme poison ne peut vous tuer

English: What you recognize as deadly will not kill you.

Teaching: Something known as dangerous cannot harm you. We have to escape dangerous places or items that are suspicious.

Bibleparallel: Acts 5:9 *“Peter said to her, “How could you conspire to test the Spirit of the Lord? Listen! The feet of the men who buried your husband are at the door, and they will carry you out also.”*

37. Hoodjeteknohoolakgueftekno.

Swahili: anaye kula peke yake hufa peke yake

French: qui mange seul meurt seul.

English: Who eats alone dies alone.

Teaching: It urges us not to be selfish in this life because if you don't share with others they will not care about you when you will be in trouble.

Bibleparallel: Mt 6:23 *“But if your eyes are unhealthy,[a] your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!”*

38. Hooobeeguiibebiyiinououhooguiidii:

Swahili: asiye uliza hajifunze

French : qui ne pose pas des questions n'apprend pas.

English : who does not ask questions does not know

Teaching: It tells us to throw away ignorance and to avoid it you have to inquire.

Bibleparallel: Mt 2:7 *"Then Herod called the Magi secretly and found out from them the exact time the star had appeared."*

39. Jouknoobofkouatanfan:

Swahili: kiongozi ashakiwa mara kwa mara.

French: le chef est toujours suspect.

English: a thief is always under suspicion.

Teaching: Every high positioned has enemies and should be aware of it while serving people.

Bibleparallel: Mt 26:23 *"Jesus replied, "The one who has dipped his hand into the bowl with me will betray me."*

40. Kaavuabaueyihhoodjehieen :

Swahili: hawatupi sahani umelia ndani

French: on ne jette pas le plat dans lequel on a mangé.

English: don't throw a plate you used to get your meal.

Teaching: It urges us to be grateful to those who helped us and recognize how somebody took care about us while we were through a tough situation.

Bibleparallel: Isaiah 19:22 *"The Lord will strike Egypt with a plague; he will strike them and heal them. They will turn to the Lord, and he will respond to their pleas and heal them."*

41. Kaboktuuknuinlaksaktekteni.

Swahili: usijiuzi kuhusu usiku, jua litatokelezeya tu.

French: ne vous plaignez pas de la nuit, le soleil apparaîtra de soi-même.

English: Do not worry the night, the Sun will always rise for its own sake.

Teaching: Don't get involved in something you can not solve, in something that will look at its own solution.

Bibleparallel: Malachi 3:18 *"And you will again see the distinction between the righteous and the wicked, between those who serve God and those who do not."*

42. Kaayebbemoaalalokmok.

Swahili: usiurefushe saana mkono wako usije ukaunguwa.

French: n'allonge pas ton bras de peur de le bruler.

English : Don't push the hand too much, you burn

Teaching: it urges us not to get involved in problems that do not concern us, they may affect us negatively.

Bible parallel: Isaiah 44:12 *"The blacksmith takes a tool and works with it in the coals; he shapes an idol with hammers, he forges it with the might of his arm. He gets hungry and loses his strength" he drinks no water and grows faint. "*

43. Kaayouomoimootayon.

Swahili: nyoka haiuzwi ikiwa bado shimoni.

French: On n'achète pas un serpent dans un trou.

English: don't buy a sneak when it is still in a ditch.

Teaching: It urges us to be aware of swindler. Crooks are very smart so, avoid them with accuracy.

Bibleparallel: 1 Sam 24:5 *"Afterward, David was conscience-stricken for having cut off a corner of his robe."*

44. Kalaktiagekdikouomiemi.

Swahili: usimufunze nyani mzee kurukaruka.

French : Ne montre pas à un vieux gorille à faire de la grimace.(ne montre pas à un adulte

English: do not teach a old gorilla to make gestures.

Teaching: it means not to show how smart you are in front of adults who have seen the sun before you because you have more things to learn from them.

Bibleparallel: Genesis 22:7-8 *"Isaac spoke up and said to his father Abraham, "Father?" "Yes, my son?" Abraham replied. "The fire and wood are here," Isaac said, "but where is the lamb for the burnt offering?" Abraham answered, "God himself will provide the lamb for the burnt offering, my son." And the two of them went on together."*

45. Kaniaguiibeeyekounii :

Swahili: nyani haoni kundule

French: le singe ne voit pas ses derrières.

English : the monkey does not see its ass

Teaching: we don't always see our faults but we see and condemn the guilt of ours.

Bibleparallel: John 8:7 *“When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.”*”

46. Kanoguibeifelodiijobeticheehoo.

Swahili: Kisogo si dada yako akuambie kinachopita nyuma.

French : La nuque n'est pas ta sœur pour te dire ce qui se passé derrière

English: Back of neck is not your sister to tell you what's going on behind.

Teaching: Do not trust reported messages from any person, it should be a result of gossip that always brings misunderstanding.

Bibleparallel: Ruth 4:4-5 *“I thought I should bring the matter to your attention and suggest that you buy it in the presence of these seated here and in the presence of the elders of my people. If you will redeem it, do so. But if you[a] will not, tell me, so I will know. For no one has the right to do it except you, and I am next in line.”*“I will redeem it,” he said. Then Boaz said, *“On the day you buy the land from Naomi, you also acquire Ruth the Moabite, the[b] dead man’s widow, in order to maintain the name of the dead with his property.”*”

47. Kaouknojeeguibesiuuguibe,

Swahili: Ngombe ilio na mimba ya kalamu si tasa.

French: La vache engrossee par le bic n'est point sterile.

English: a cow that got pregnant by a pen is never a barren.

Teaching: Someone who has been specialized in a matter cannot be poor all the time. He will get a job one day.

Bible parallel: Ps 34:10 *“The lions may grow weak and hungry, but those who seek the Lord lack no good thing.”*

48. Kemoomokepbeinosiibemaa.

Swahili: Kifaranga hukaa karibu na mamae.

French: Le poussin est toujours lie à sa mère.

English: The chick that is feeding is the one that is closer to its mother.

Teaching: The interest we have on this will make us to be close to the person because we are needy.

Bibleparallel: Acts 9:7 *“The men traveling with Saul stood there speechless; they heard the sound but did not see anyone.”*

49. Keguepboodaamintaababamoomidoulaklook :

Swahili: kuku anapowika saa kumi na moja asubuhi, mwanaume hujisikiya huwa mwanaume.

French: quand le coq chante à 5 heures du matin, l'homme se sent homme.

English: When the rooster sings at 5:00 am, a man feels himself a man.

Teaching: It urges us to do things when it is the time to do it. we have to be organized and programmed in our life.

Bible parallel: Ruth 3: 8,14 *"In the middle of the night something startled the man; he turned—and there was a woman lying at his feet!"*, *"So she lay at his feet until morning, but got up before anyone could be recognized; and he said, "No one must know that a woman came to the threshing floor."*

50. Konmoofelobeiyouomoo :

Swahili: mshike mtoto wa mwenzio kama wako.

French: considère l'enfant de l'autre comme tien.

English: consider a neighbor's child as yours.

Teaching: it urges us to love each other and to spread the gospel of love around us.

Bibleparallel: Ruth 1:16 *"But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."*

51. Konobonosounobobeebei.

Swahili: mshike rafiki wa kweli na mikono miwili.

French: soutiens un vrai ami avec deux mains.

English: Hold a true friend with both hands.

Teaching: It means to support a friend when he is in trouble.

Bibleparallel: 1 Samuel 18:1 *"After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. "*

52. KoubuifannotoobeimaaGante.

Swahili: haiwezekani si kichadi.

French: L'impossible n'est pas tchadien.

English: impossible is not from Chad.

Teaching: It urges us to be courageous and to continue searching for the best and not believe in failure.

Bibleparallel: John 11:40 *"Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?"*

53. Kouametenomigoueboungono.

Swahili: nyuma ya Bwana maharufu, Kuna mke mzuri

French: derrière un homme digne, il y a une bonne femme.

English: Behind an important man there is a good wife.

Teaching: A man is what his wife is. An important man is made by the wisdom of his wife because she is his best advisor.

Bibleparallel: 1 Samuel 25:26 *“And now, my lord, as surely as the Lord your God lives and as you live, since the Lord has kept you from bloodshed and from avenging yourself with your own hands, may your enemies and all who are intent on harming my lord be like Nabal.”*

54. Koudaiiquibeelokbeisonmoo :

Swahili: kitanda hakizai aramu

French: Le lit n’engendre pas d’avorton.

English: the bed does not give birth to bastard.

Teaching: once's born a child is a person with a purpose from his Creator.

Bibleparallel: Judges 11:7, 12:7 *“Jephthah said to them, “Didn’t you hate me and drive me from my father’s house? Why do you come to me now, when you’re in trouble?”*

55. Koueyenoguenosii.

Swahili: uchungu unajuwa kuogelea.

French: la tristesse sait nager.

English: Sorrow knows how to swim.

Teaching: It urges us to control of our emotions and seek for solutions because if you want to sink bad thoughts in drinking they will appear when you will be out of it.

Bibleparallel: Mark 14:72 *“Immediately the rooster crowed the second time.[a] Then Peter remembered the word Jesus had spoken to him: “Before the rooster crows twice[b] you will disown me three times.” And he broke down and wept.”*

56. Kounbeihoketbebiebeikaadie.

Swahili: Kama upendo Ni ugonjwa, uvumilivu ni dawa.

French: si l'amour est une maladie, la patience est un médicament.

English: If love is a sickness, patience is the remedy.

Teaching: life needs a consolation that lays in the love. And this consolation that dwells in love can be achieved through patience.

Bibleparallel: 1 Cor 13:4 *“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”*

57. Maabeiteebookolakbeemoou.

Swahili: Mama ni baba na mama wa mtoto.

French: Maman est le père et la mère de l'enfant.

English: Mum is the father and the mother of a child.

Teaching: The mother is the protector of her children. When the man does not love and cherish his wife, children do not matter.

Bibleparallel: Prov.31:27-28 *“She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her.”*

58. Maaguibemijii.

Swahili: mama hashuyi.

French: Maman n'expire pas.

English: mother does not expire.

Teaching: Your mother can not be replaced. Even old, fool, dead your mother can not be replaced by any other mum in this world.

Bibleparallel: 1 Sam.1:27 *“I prayed for this child, and the Lord has granted me what I asked of him”.*

59. Metenoanojuubongomoobeitee.

Swahili: Utamu wa mwana ayijuwaye ni baba.

French: C'est le Père qui connaît la valeur de son enfant.

English: It is the father who knows the true value of his child.

Teaching: The honor, the success of a child is the pride of the family that is represented by the father.

Bibleparallel: Genesis 47: “*So Joseph settled his father and his brothers in Egypt and gave them property in the best part of the land, the district of Rameses, as Pharaoh directed.*”

60. Metenoguibeyeguek.

Swahili: Mtu hajigairi

French: Personne ne se sous-estime.

English: No one underestimates himself

Teaching: It urges us to have confidence in ourselves in being personal in our thoughts and behaviours.

Bibleparallel: Mark 7:28 “*Lord,*” she replied, “*even the dogs under the table eat the children’s crumbs.*”

61. Metenonoajenonje.

Swahili: atafutae hupata.

French: Qui cherche trouve.

English: Whoever seeks will find.

Teaching: it urges people to not be lazy.

Bibleparallel: Mathew. 7:7 “*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*”

62. Metenouguiifiisaakouni.

Swahili: hamna anaye kwenda mbele kuzidi kidole chake kikumbw Cha mguu.

French: Personne ne peut devancer son orteil.

English: none can go before his big toe.

Teaching: The process is better than the result.

Bibleparallel: Ecclesiastes 3:1 “*There is a time for everything, and a season for every activity under the heavens:*”

63. Metenouyiaanoobookbetenoubeigaaseei :

Swahili: anaye chukia umate ni mrogi.

French: celui qui refuse la masse est un sorcier.

English : whoever refuses the crowd is a wizard

Teaching: Someone who likes loneliness will never be aware of the progress of his community and will never benefit from it. People have to gather and discuss the ongoing in their community.

Bibleparallel: Judges 6:8“*he sent them a prophet, who said, "This is what the LORD, the God of Israel, says: I brought you up out of Egypt, out of the land of slavery."*”

64. Metenouyiaanoobueedadaknoogeuebonguon :

Swahili: anayekwenda taratibu huwenda salama.

French: Qui va lentement va surement.

English: whoever goes slowly goes surely.

Teaching: People may be insured of what they are really doing so that it may be sustainable and persistent. Do not hurry things you want to last long.

Bibleparallel: John 7:50“*Nicodemus, who had gone to Jesus earlier and who was one of their own number, asked,*”

65. Metenouyihoonogaaguiidiitigeesaa.

Swahili: anayebewa hajali na urefu wa safari.

French: quiconque est sur le dos ne réalise pas la distance parcourue.

English: The one carried does not realize how faraway the town is.

Teaching: The responsibility we have makes us know our duties while those under it do not care about the weight of these duties.

Bibleparallel: Judges 4:9“*Certainly I will go with you,*” said Deborah. “*But because of the course you are taking, the honor will not be yours, for the LORD will deliver Sisera into the hands of a woman.*” So Deborah went with Barak to Kedesh.”

66. Metenouyiuanofaanomiyinouo.

Swahili: asameheyae husitisha mabishano.

French: qui pardonne donne un terme à la querelle.

English: He who forgives ends a quarrel.

Teaching: It urges people to be forgivers and not keep gorgeous because keeping gorgeous harms **Bibleparallel:** Genesis 45:4 *"Then Joseph said to his brothers, "Come close to me." When they had done so, he said, "I am your brother Joseph, the one you sold into Egypt!"*

67. Migouebeicheaitealaktipmoou:

Swahili: mke, mbele aachilie tawi huwa ameshika ingine.

French: une femme avant de lâcher une branche, elle est sûre qu'elle a attrapé une autre.

English: before leaving a branch, a woman makes sure she has caught another one

Teaching: it urges people to not be in hurry in taking decisions. They should weigh the consequences before taking action.

Bibleparallel: Exodus 6:6 *"Therefore, say to the Israelites: 'I am the LORD, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment.'"*

68. Miisiimeyabeidiiyeemeya :

Swahili: kuishi miaka mingi ni kuona mengi

French: Vivre longtemps, c'est voire beaucoup.

English: live long is to have seen more.

Teaching: Experienced people are those who lived long and are trusted and what they advise is trustworthy.

Bibleparallel: Joshua 24:27 *"And Joshua said to all the people, "You see this stone. It will be a witness against us, for it has heard all the words the LORD has spoken to us, and it will be a witness against you if you ever deny your God.'"*

69. Moobaametenotenkehoguiitepeguiee.

Swahili: usiendeleye kamba ukiwa ndani ya nyumba ya mtu amekwisha jitia kitanzi.

French: ne parle pas de la corde dans une maison d'un pendu

English: In the house of a man who has been hanged, you don't talk about the rope.

Teaching: Be careful when talking to someone who is bitter.

Bibleparallel: Psalm 27:1 *The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?*

70. Moodeebobmakbibiniguutoos.

Swahili: mahakamani mwa kuku, mende Hana sheria.

French: Dans le tribunal des poules, le Cancrélat ne peut gagner un procès.

English: In a court of fowls, the cockroach never wins a case.

Teaching: It simply means that weak people have nothing to say a front of powerful men.

Bibleparallel: 1 Samuel 2:25 *“If a mansins against another man, God can intercede for him, but if a man sins against the LORD, who can intercede for him?” But they would not listen to their father, since the LORD intended to put them to death.* “

71. Mooteeguiyeesinokougnibeyamabeifelie.

Swahili: mtoto msazi wa Mtumishi wa Mungu hufikiri Mungu ni mjomba.

French: un fou dont le Père est prêtre croit que Dieu est son oncle.

English : A fool son of a priest thinks God is an uncle

Teaching: It urges us not to misuse the power you have in the community.

Bibleparallel: 1 Sam.2:25 *“If one person sins against another, God[a] may mediate for the offender; but if anyone sins against the Lord, who will intercede for them?” His sons, however, did not listen to their father’s rebuke, for it was the Lord’s will to put them to death.*”

72. Mooyiiamoodjebbeeimaaguibeeseen :

Swahili: anayenyonya matiti ya mamae hatapiki.

French: qui suce les seins de sa mère ne vomit pas.

English : whoever sucks his mother's breast does not vomit

Teaching: Don't despise someone's customs because what he learned in his community is the best and he is comfortable with it.

Bibleparallel: Exodus 16:31 *“The people of Israel called the bread manna.[a] It was white like coriander seed and tasted like wafers made with honey.”*

73. Moounouyoueheeteekibon.

Swahili: mtoto wa mwengine ana mate mabaya.

French: L'enfant d'autrui fait de mauvaises salives.

English : the child of someone else has bad saliva

Teaching: Every mother thinks her child is the best while children who live in families they do not belong to should understand when treated differently in order to prove the best in themselves..

Bibleparallel: Genesis 21:10 “ *and she said to Abraham, “Get rid of that slave woman and her son, for that woman’s son will never share in the inheritance with my son Isaac.”*”

74. Movidjekelbotenii.

Swahili: mbuzi anakula pale anapo fungiwa.

French: La chèvre mange ou elle est attachée. Vivre du fruit de son travail.

English: a goat grazes where it is attached.

Teaching: It simply urges us to be satisfied with the means we have

Bibleparallel: Habakkuk 2:9 “*Woe to him who builds his house by unjust gain, setting his nest on high” to escape the clutches of ruin!*”

75. Mutenoubeikouk.

Swahili: mtu ni tabia.

French : L’homme Dear friends , c’est le comportement

English : a man is his behaviour

Teaching: It urges us to be a good citizen so that you may live peacefully in the community.

Bibleparallel: Ps. 25:12 “*Who, then, are those who fear the Lord? He will instruct them in the ways they should choose.*”

76. Mutenouyiimano[sibouitiesoutee.

Swahili: Jirani ni bora kuliko ndugu.

French : le voisin vaut mieux qu'un frère lointain

English: a neighbor is better than a further relative.

Teaching: It teaches us to live in harmony with neighbors who may help us when disaster occurs.

Bibleparallel: 1 Jn 4:11 *“Dear friends, since God so loved us, we also ought to love one another.”*

77. Nouveudaadibekibonnoseek.

Swahili: mbwa akilia, Kuna janga litatokea.

French: Quand le chien pleure, le danger est proche. Le chien ne pleure pas inutilement, il ya un malheur.

English : When a dog weeps, a danger is ready to happen

Teaching: Abnormal situations should be taken in consideration because they predict something to happen.

Bibleparallel: Jonas 1:4 *“Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up.”*

78. Onbesontiamisouteesonyouekaa

Swahili: mbele yakutoka kijiti jichoni la mwenzio tosha kwanza yako.

French: Avant d'enlever la poussière dans l'œil de ton frère, enleve d'abord pour toi. (avant de juger les autres, il faut voir si toi au moins tues irréprochable.

English: before taking off a thing in your friend's eye, think about yours.

Teaching: It teaches us not to judge others because we are not perfect.

Bibleparallel: Mt. 7:1” *“Do not judge, or you too will be judged.”*

79. Oorbeguieuteeyoutik.

Swahili: Kama hauna Babu, nunua umoja

French: Si vous n'avez pas de grand-pere , achetez-en un.

English: if you do not have a grandfather, buy one.

Teaching: Young people need elders in the community. They have to listen from them to benefit their knowledge to strengthen the community.

Bibleparallel: Joshua 4:6 *“to serve as a sign among you. In the future, when your children ask you, ‘What do these stones mean?’”*

80. Oroguiikooteemeteno a beguiebese.

Swahili: hauwezi ku munyowa mtu akiwa hayuko.

French: on ne peut couper Les cheveux de quelqu'un en son absence.

English: You can't shave a man's head in his absence.

Teaching: When present you can benefit opportunities.

Bibleparallel: Jonas 3:4-5 *“Jonah began by going a day's journey into the city, proclaiming, ‘Forty more days and Nineveh will be overthrown.’ The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.”*

81. Ouatiemkouekouebekibonnosee.

Swahili: kukijikwaa ka mguu wa kuume usiendeleye tena.

French: Si tu cognes du pied droit, ne pars plus là où tu allais.

English: when you get bumped with your right leg, don't go anywhere else.

Teaching: Do not neglect signs that predict misfortune. It only means that the first step determines whether the deal will be fruitful or not.

Bibleparallel: Jn 21:21 *“When Peter saw him, he asked, ‘Lord, what about him?’”*

82. Ouokooguibebeie.

Swahili: masifa halipagi.

French: Gros dos ne paie pas

English: pride doesn't pay.

Teaching: Proud people do not pay so be careful of those who lay out what they are.

Bibleparallel: Mark 10:21-22 *“Jesus looked at him and loved him. ‘One thing you lack,’ he said. ‘Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.’”* At this the man's face fell. He went away sad, because he had great wealth.”

83. Seiadjiheenouomeyia

Swahili: barabara haikose kona.

French: une longue route ne manque pas de courbures.

English: no long road without corners.

Teaching: It simply means that no human is perfect; he has weakness that has to be Understood and forgiven in his society.

Bibleparallel: Romans 10:2-3 *“For I can testify about them that they are zealous for God, but their zeal is not based on knowledge. 3 Since they did not know the righteousness of God and sought to establish their own, they did not submit to God’s righteousness.”*

84. Segnaabeediibebetenomoobooyiaalakviimeyaa :

Swahili: fisi angelijuwa jinsi inaogopewa ualifu wake ungelizidi.

French: si l'hyène savait comment elle était crainte,IL y'aurait beaucoup de maux.

English: if the hyena knew how much is feared, it would do much harm.

Teaching: Wicked persons have to be faced in order to challenge them and reduce their harm.

Bibleparallel: Luke 24:25-26 *“He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! 26 Did not the Messiah have to suffer these things and then enter his glory?”*

85. Sinobeiyookibonbeiyibongon.

Swahili: urafiki ni ukweli chungu.

French: une relation amicale est une vérité amère.

English: Friendship is a bitter truth.

Teaching: A friend should be someone you can trust with your secrets .

Bibleparallel: 1 Samuel 20:9 *“Never!” Jonathan said. “If I had the least inkling that my father was determined to harm you, wouldn’t I tell you?”*

86. Sookotokyiakkoukouo.

Swahili: Vaa kiatu kinakutosha

French :Porte une chaussure qui te convient

English: wear a shoe that fits you.

Teaching: It urges people to be what they truly are and not to compare themselves to others. Mind your own affairs.

Bibleparallel: 1 Cor 12:11 *“All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.”*

87. Taabaaguiibefakyoue.

Swahili:kikomo kimoja hakitowi sauti.

French :un seul anneau n'émet pas de son

English: A single bracelet does not ring out.

Teaching: It shows the unity. When people come together, their achievement becomes greater.

Bibleparallel: Jn 17:21 *“that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.”*

88. Taanbeibeenoguekkouatam.

Swahili:Wakati ni kama upanga, kama hauikate itakukata.

French: le temps est comme une épée, si tu ne le coupe pas, il te coupe.

English: Time is a spear if you don't cut it, it cuts you.

Teaching: Time has to be used wisely. Take opportunities when they are ready givenand not to let it go, you may further be disappointed.

Bibleparallel: Prov.14:4-5 *“Where there are no oxen, the manger is empty but from the strength of an ox come abundant harvests. An honest witness does not deceive, but a false witness pours out lies.”*

89. Tammiibeemodeeninechiininesaakgouebiebouk :

Swahili: Mvua ikinyesha saa sita na jua likitokea maana yake Simba amezaa.

French: quand il pleut à 12heures et que le Soleil sort, le lion va accoucher.

English: when it rains at noon and the sun rises, the lioness is giving birth.

Teaching: When uncommon things happen, special event is taking place so be aware.

Bibleparallel: Mt.2:2 *” and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”*

90. Tammiicheenoodjeemetenyii a beeguiyeguee a noodeediidik:

Swahili: muoga akimuona mtu hawezi piga, husirikiya macho yake.

French: quand un lâche voit quelqu'un qu'il ne peut battre, il devient furieux pour sa vision.

English: when a coward sees someone he cannot beat, he becomes angry for the sight.

Teaching: It means that fear for being covered needs small courage .

Bibleparallel: Mt.26:51 *“With that, one of Jesus’ companions reached for his sword, drew it out and struck the servant of the high priest, cutting off his ear.”*

91. Tammiifenoodaahiifak a noofenobeiganufaa:

Swahili: wafalme wakikosa mwelekeo hugeuka watumwa.

French: lorsque les rois perdent la direction, ils deviennent serviteurs.

English: When kings loose direction become servants.

Teaching: When authority is misused people disqualify it.

Bibleparallel: 1 Kings 11:1 *“King Solomon, however, loved many foreign women besides Pharaoh’s daughter—Moabites, Ammonites, Edomites, Sidonians and Hittites.”*

92. Tammiifeminoondediifakkibondiibeetakkouiinoomouilououbean :

Swahili: kipofu akisema atakugonjweshwa Ina maana guu lake limekanyanga jiwe.

French: quand un aveugle veut te lapider c’est qu’il a déjà son pied sur un caillou.

English: when a blind says he is going to beat someone, his leg is on a stone.

Teaching: The weak misbehaves when he has supporters.

Bibleparallel: Mt.27:41 *“In the same way the chief priests, the teachers of the law and the elders mocked him.”*

93. Tammiiheebihibaanookueesaateguoanoodoodjinou:

Swahili: Kama wazee wamesafiri, vijana huerevuka.

French: quand les sages sont absents, les jeunes s'expérimentent.

English: when the elderly ones in the house travel, the young ones quickly grow in experience.

Teaching: You will be using the knowledge you have after the departure of those who were leading you. When there is no one

Bibleparallel: Acts 2:14 *“Then Peter stood up with the Eleven, raised his voice and addressed the crowd: “Fellow Jews and all of you who live in Jerusalem, let me explain this to you; listen carefully to what I say.”*

94. Tammiikayaanoondediikuii a beeguetenoodouomoobouk:

Swahili: nyani akikaribia kufa, husema Kuna joto msituni.

French: Quand le singe veut mourir, il dit qu’il fait chaud dans la forêt.

English: when the monkey is dying, it says it's hot in the forest.

Teaching: In inappropriate conditions there is inappropriate solutions.

Bibleparallel: Judges 14:3 *“His father and mother replied, “Isn’t there an acceptable woman among your relatives or among all our people? Must you go to the uncircumcised Philistines to get a wife? But Samson said to his father, “Get her for me. She’s the right one for me.”*

95. Temootiopyouofaak.

Swahili: hakunaka kigumu kwa mwenye juhudi.

French: A Coeur vaillant rien d’impossible.

English: no impossible to a courageous heart.

Teaching: Nothing impossible for a brave people since they are committed.

Bibleparallel: 1 Cor. 9:25 *“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”*

96. Teaaniulafeeyoukkibon.

Swahili: ardhi ikitetemeka kijijini, huamamisha mukurugenzi amekasirika.

French: Si la terre tremble au village, le chef est fâché. Le chef a la puissance du village.

English: when the soil trembles the chief is sad in the village.

Teaching: When the authority is frustrating everything is aware and takes care of its consequences.

Bibleparallel: Mark 15:15 *“Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.”*

97. Teeyi a temeteemookeepdeuu.

Swahili: miti inayo yooka ndio hukatwa mbele.

French: Les arbres droits sont Les premiers à être coupés.

English: Straight trees are cut first: honest people are screwed first.

Teaching: Honest people are the one who are considered to give solutions on a matter.

Bibleparallel: Romans 10:2-3 *“For I can testify about them that they are zealous for God, but their zeal is not based on knowledge. Since they did not know the righteousness of God and sought to establish their own, they did not submit to God’s righteousness.”*

98. Tenayiiyamayepbeuienmocokdeneebeesieguije.

Swahili:mti Mungu aupendae hukuwa bila mvua.

French: la plante préférée de Dieu croit sans pluie.

English: The plant God favours grows without rain.

Teaching: It simply means that when blessed everything you touch prosper.

Bibleparallel: 1 Sam.1:27-28 *“I prayed for this child, and the Lord has granted me what I asked of him. 28 So now I give him to the Lord. For his whole life he will be given over to the Lord.” And he worshiped the Lord there.”*

99. 99. Tenayiiyamayepbeuienmocokdeneebeesieguije.

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100. 100.Yiatenoovee.

Swahili: Hasira inauwa.

French: la colère tue.

English: anger kills.

Teaching: Attitude determines your physical and emotional mind. The way you behave shows whether you are serious or not.

Bibleparallel: Acts 1:19”(*With the reward for his wickedness Judas bought a field, where he fell headlong and burst open in the middle, and all his intestines spilled out. 19This became known to everyone living in Jerusalem; so they called that field in their own language Akeldama, that is, Field of Blood.*)”

APPENDIX

RESEARCH PROPOSAL FOR COLLECTION OF 100 MEDUMBA PROVERBS AND

WISE SAYINGS

By Devotha Cikuru

INTRODUCTION

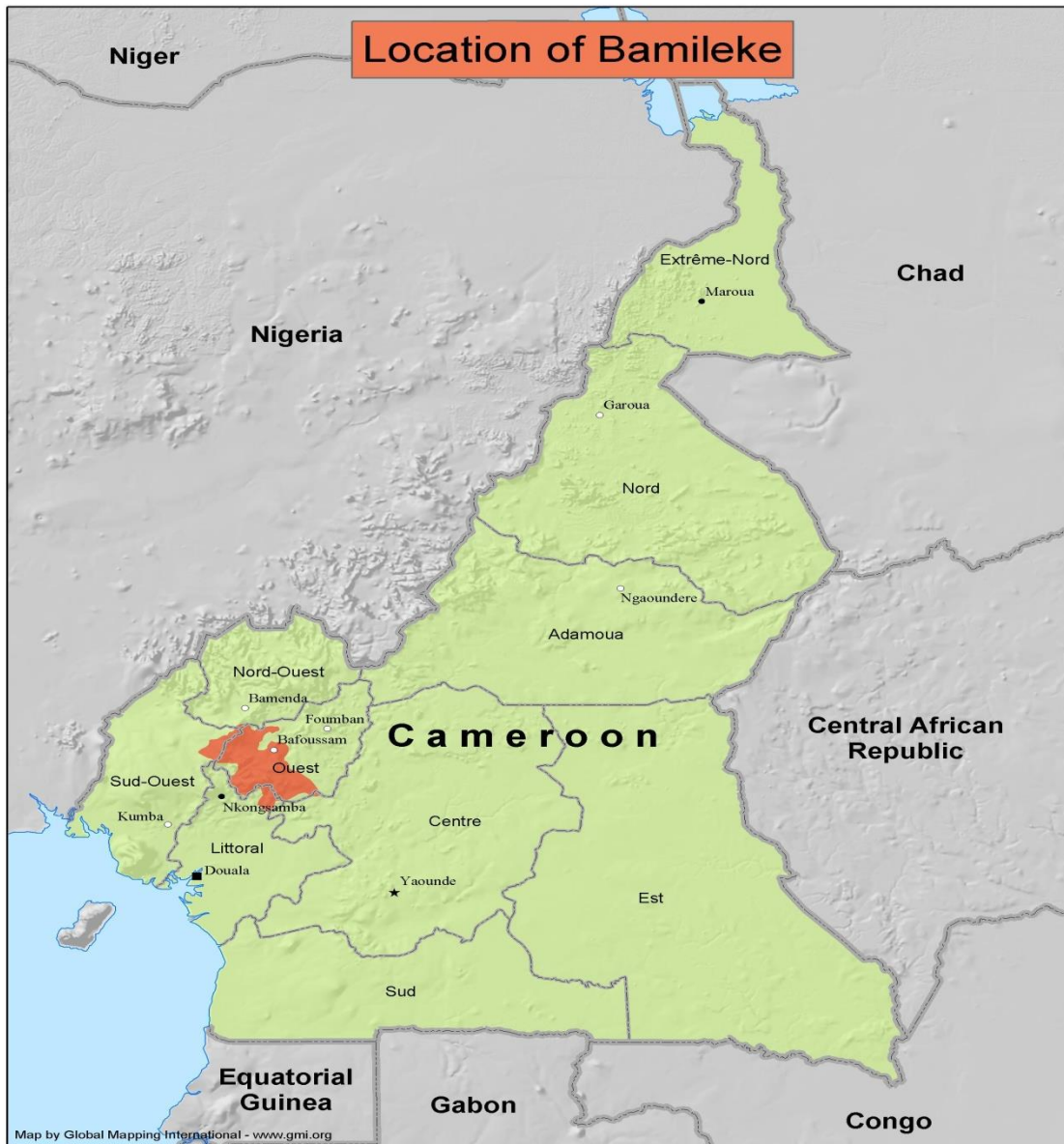
Location

The Bamileke is the native group which is now dominant in Cameroon's West and Northwest Regions. It is part of the Semi-Bantu (or Grassfields Bantu) ethnic group. The Bamileke are regrouped under several groups, each under the guidance of a chief or fon. Nonetheless, all of these groups have the same ancestors and thus share the same history, culture, and languages. They speak a number of related languages from the Bantoid branch of the Niger–Congo language family. These languages are closely related, however, and some classifications identify a Bamileke dialect continuum with seventeen or more dialects.

Medumba is spoken in most of the Ndé division, by 210,000 people in 1991, with major settlements at Bangangte and Tonga. It is one major Bamileke language.

The long south extension of Cameroon, coupled with its vast expanse of about 475 000 sq Km makes its diversity not to be limited only to its natural milieu. There is a great diversity of people and ethnic groups in Cameroon. Medumba is a Grassfields language of Cameroon. The people who speak it originate from the Nde division with the main settlements in Bangangte, Bakong, Bangoulap, Bahouoc, Bagnoun and Tonga of the West region in Cameroon.

The Ethnographic Location Of The Bangangte In Cameroon



Culture

Ethnic groups that have maintained a high degree of homogeneity are the pygmies and the Mbororo. The pygmies hardly intermarry; in some cases though, they get married to other ethnic groups in the east. This is common amongst women who live their homes and are adopted into another clan. Their children are however absorbed into the other clan.

The reverse situation hardly occurred; people hardly gave out their daughters to pygmy men. The situation is almost the same for both sexes with the Mbororos; that of hardly intermarrying in other clans. They most often live in small societies on the Adamawa Plateau and parts of the Western plateau. Both clans are today marginalized and form one of the most uneducated groups in the country.

Two examples of Medumba proverbs

1. Metenou tyou gak yi baa

If someone is better than you, carry his bag. (English)

si quelqu'un te dépasse porte son sac. (French)

(si quelque te dépasse en intelligence crois le)

2. Kalak tiagek di kouo miemi.

Do not teach how to grimace to an old gorilla. (English)

Ne montre pas à un vieux gorille à faire de la grimace. (French)

(ne montre pas à un adulte que tu es intelligent)

Religion

The north is characterized by the 'Kirdis' (meaning non-moslem) population as well as other descendants of the Sao civilization. The main Religious belief is Christianity, with the two main denominations being Catholics and Protestants.

Marriage

Some groups have over a long period conserved a high degree of homogeneity due to restricted marriages within their lineage or clan. This is the case with the Elog Mpoou of the Sanaga and lower valleys of the Nyong. In the Bameleke region, several royal lineages conserve their homogeneity by marrying only within this cast. And during the succession of a leader in most

cases, there is insurance that the successor is a pure descendant from the same group. A good example is within the Bamun dynasty founded by Nchare in the XVII century. Most clans have over time adapted strategies that have for long preserved their lineage and limited intermarriages.

Some communities practice endogamy at a family level. This is the case with the Mkako who occupy the Kadei and Doume valleys in the East. Most small groups tended to marry amongst themselves or in close neighborhoods; marrying out of this context was just an issue of looking for a supplementary companion for those practicing polygamy.

These practices coupled with the fact that clans that have subsequently originated live in the same geographic locations, make the identification of people of the same group easy. Some people succeed in identifying people of different groups just by looking at their physical appearance that reveals some uniqueness in most cases. For example, there is a clear difference between a basaa/mpoo and a fulbe or pygmy.

The situation has greatly changed today; as early as the XVIII and XIX centuries several situations led to the mixing of races. It is the case with families who adopted children from other clans and others who owned slaves. Progressively, such people became assimilated into their new environments, making them to totally forget about their initial origins and hence adapted to their new environment. Even the Mpoo who were previously commended for their homogeneity carried out some of these practices and with time experienced a mixing of their lineage. They owned slaves (ntobene) and adopted people (bansosole) and some times had high regard for strangers whom they at times considered as people with spiritual powers

Economy

Rural Bamiléké are primarily farmers; they also keep pygmy goats and sheep. The staples are maize (the preferred food) and plantains, supplemented by beans and peanuts. Cassava is used primarily to bridge the hungry time between harvests. Tomatoes, onions, pumpkins, and condiments are grown on the ends of rows-Farms are tilled with iron hoes. The major cash crop is coffee. Some Bamiléké in lower elevations grow cocoa, and in higher elevations European vegetables such as potatoes, eggplants, and leeks for local and urban markets. A few have experimented with growing strawberries.

French agricultural policy from 1920 to 1950 favored production of food crops, and many Bamiléké kings, fearing a loss of control over the fortunes of their subjects, discouraged the production of coffee. This confluence of colonial and indigenous agricultural policy encouraged the small-scale commercialization of women's food crops, starting in the 1930s, as well as male labor migration. Trade, which has always been important for both women and men, is conducted in local markets organized around an eight-day weekly cycle, as well as in long-distance interethnic exchange.

Bamiléké traded agricultural goods, game, and small livestock for salt, palm oil, and iron hoes. Weekly local and regional market centers grew during the colonial and postcolonial eras. In these centers, both local and European goods were bought or bartered. One of these market centers, Bafoussam, has grown into a bustling city of over 120,000 inhabitants. Bamiléké emigrés are known as aggressive entrepreneurs. They are active in many sectors and often dominate the taxi and transportation industries of the urban centers.

Political structures

This diversity is marked by a variety of behaviors, activities, cultures and languages. This has however not influenced the sense of togetherness and peace in Cameroon. It is rather a political advantage in the sense that no group totally dominates the territory in terms of numbers. Although language groups are quite diverse in Cameroon, several efforts have been made to ensure national unity through the learning of these languages in schools even by people from other parts of the country.

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BUDGET

Data gathering and processing	\$180
Typing and printing	\$100
Binding	\$ 70
Transport	\$100
Miscellaneous	<u>\$ 50</u>
TOTAL	<u>\$ 500</u>