

Theme 9: The human body and ailments

TRACK 21: The human body

Hair	Moriri
Head	Hlogo
Ear	Tsebe
Ears	Ditsebe
Neck	Molala
Shoulder	Legetla
Shoulders	Magetla
Chest	Sehuba
Stomach	Mpa
Finger	Monwana
Fingers	Menwana
Foot	Lenao
Feet	Manao
Eye	Leihlo
Eyes	Mahlo
Nose	Nko
Mouth	Molomo
Tongue	Leleme
Hand	Seatla
Hands	Diatla
Arm	Letsogo
Arms	Matsogo
Hip	Letheka
Hips	Matheka
Knee	Letolo
Knees	Matolo
Leg	Leoto
Legs	Maoto
Toe	Monwana
Toes	Menwana

TRACK 22: Ailments

I am tired.	Ke lapile.
I have a headache.	Ke opa ke hlogo.
I have a stomach ache.	Ke longwa ke mala.
I have a cold.	Ke na le mpshikela.
I am coughing.	Ke a gohlola.
I am sick.	Ke a babja.
I am thirsty.	Ke nyorilwe.
I am hungry.	Ke swerwe ke tlala.
Take care!	Hlokomela!
Where do you have pain?	Sehlabi se kwala kae?
I do not sleep well.	Ga ke robale gabotse.
I feel good.	Ke ikwa gabotse.
I am happy.	Ke thabile.

Comments:

About Northern Sotho nouns:

Nouns in Northern Sotho are grouped together into various classes according to the sounds they start with (referred to as *prefixes*). Nouns that have the same prefix belong to the same class. Most of the classes occur in pairs, of which one is the singular and the other the plural. *Monwana* for instance belongs to the *mo-* class, its plural *menwana* belongs to the *-me-* class. Letsogo 'arm' belongs to the *le-* class; matsogo 'arms' its plural, belongs to

the ma- class; seatla 'hand' belongs to the se- class and its plural diatla 'hands' to the di- class. It is thus relatively easy to predict the plural form of the noun once you know the singular and vice versa. You will also see that the class to which a word belongs determines the sound which links it to the verb.

Doctors:

South African doctors are very well qualified and there are excellent hospitals in South Africa, whether private or provincial. Northern Sotho people either visit a Western doctor or a traditional doctor. It is customary for traditional doctors (dingaka tša Sesotho) to throw divination bones to identify various illnesses, or to utilise an extensive knowledge of herbs, treebark, grasses, etc. inherited from previous generations to cure patients. Medicine made from trees or shrubs is referred to as *sehlare*, while *medu* is the common word for roots or bulbs. *Sehlare* is a general word for medicine.

Video 9: The human body and ailments

A: Dumela Tate!	Hello Sir!
B: Dumelang! Le kae?	Hello. How are you today?
A: Tate, ke a lwala.	Sir, I am ill.
B: Molato ke eng?	What is wrong?
A: Ke longwa ke mala.	My stomach.
B: Ke mala ... Sehlare sese!	Your stomach... Here is medicine.
A: Ke a leboga Tate.	Thank you
B: Hlokomela. O fole ka pela!	Take care. Get better soon!