

NO. 7

FOREWORD

SEARCH FOR THE CHIEF'S TAIL

There lived two chiefs in two separate countries. One was called "Mr. Iron Fist", there was famine throughout the country and many people died from hunger, some fled to the neighboring countries in search for food.

Chief, Iron fist, told his people to get to their toes and start tilling the land. Since they were blessed with good rainfall, people worked hard and planted acres of maize fields and their yield was fruitful that year. They had plenty of food, even those who ran away returned to their country of origin. There is a Bemba proverb which says "A young man planted ASHAMBA and they bewitched him VISITORS," there came a flock of monkeys and attacked the shambas. The chief only hired a hunter to clear the monkeys. The hunter's name was "How many have you killed", he went in to bush and set his traps. He killed many monkeys, but in the process, the chief's monkey wanted also to find out what was finishing the monkeys, as the number reduced tremendously. He set out on a trip, before he could even take a second step, he fell into the trap by the tail. He tried to free himself but he failed, until the other monkeys came and pull him, but in vain, the hunter came and found the chief's monkey in the trap, the monkeys ran amuck and cut the chief's tail in the process to flee him.

Instead of fleeing in the bush, the monkeys seeing their chief had no tail, they all ran to the village to look for their chief's tail. People had a good harvest but had no where to store as the monkeys were busy searching the houses, offices, and all over for their chief's tail. Let us therefore join hands together and chase the monkeys back into the bush.

GENERAL BODY PAINS WITH MALARIA

TREATMENT

1. Roots of KALONGWE, grind with hot chilies and make tattoos where it hurts most.
2. Burn UMUTILESA, tree where lightening struck and make tattoo.
3. Powder or the bark of MWAFI, grind together and make tattoos where it hurts.
4. Grind together powder and roots of PUPWE, MULWALSA, and gunpowder and MUNUNGA and make tattoos, where it hurts.
5. Powder from roots of MUTIMBWAMBUSA, MUPTATI, MUPAPI, MULYANSOFU MUSASA, LAKAYI, and MUKENYAMBULO and make tattoos where it hurts.
6. Leaves from MUSANGATI, boil and drink twice daily. Soak the roots and drink 3 times daily.

7. Roots and leaves of MWISUMIKE, boil and drink it.
8. Leaves and roots of POKO, Pound them until mashed and then make tattoos where it hurts.
9. Powder and roots and MULOTA, and NKOMA mix together with finger millet and mix it with food that the patient eats.
10. Burn ITEMBUSHA, some form of wild sisal, mix it with roots of NDALE and make tattoos where it hurts.

TREATMENT FOR INFERTILITY PROBLEM IN MEN

Men also experience problems, thus it is important to correct their infertility. At times they are unable to perform well due to lack of strength. At times it may be due to low sperm count, thus it is necessary to start treatment early.

CORRECTING SPERM COUNT

1. Soak in cold water roots of MUBANGACULU then drink 2 cups daily.
2. Boil roots of MUNKOYO, add salt then drink 2 cups daily.
3. Roots of MUNTUNTULA, burn it slightly then chew and swallow the liquid only.
4. Boil roots of MUSHIKISHI, sieve then drink 1 cup 3 times daily.
5. Roots of KIKOLOLO, soak in cold water and then drink 1 cup 3 times daily. Then get the leaves and smoke like tobacco.
6. Roots of KABOKO, soak in cold water and then drink.

WARMING UP SPERMATIC FLUID

TREATMENT

1. Take leaves from KEMYANSHING, and smoke like cigarettes.
2. Take leaves of MULUNDENI, smoke like cigarettes.
3. Take the leaves of Hot Chili plant, chew them and swallow the liquid.
4. Roots of MULUNGALUNGA, heat them and when warm, chew and swallow the liquid.
5. Roots of KIBEKA, soak in cold water and drink.
6. Roots of MUTENDAKWALE, remove a strand of fibre from the roots and chew.
7. Leaves of KALUNGUTI, and chew.
8. Take powder from roots of KALAYI and put in tea when is luke warm and drink.
9. Take a branch from KAPETANSOFU and chew.
10. Roots of KAPYAPYA and MUNTUNTULA, soak in Hot water in a bottle and add the penis of a wild pig and a male goat and then drink.

TO REDUCE EXCESSIVE SPERMATIC FLUID

1. You take roots of TOMPO, boil and drink 2 cups daily.
2. Roots of KEMYANSHINGE boil and drink 3 cups daily.

PROLONGED P.V. BLEEDING

This condition is common in women. There are two types:

- The first one is bleeding per vagina.
- Secondly is vaginal watery discharge where instead of losing blood, she loses a lot of fluid per vagina and drips like urine.

TREATMENT

1. Roots of MUFUKA, get some powder by scraping and then put in the vagina after bathing or urinating.
2. Roots of MUBANGA, Boil and sieve and fill up 2 Simba bottles and drink them in 1 day then lastly drink a bottle of beer.
3. Boil the roots of MULOMBWA and then drink 3 times daily if symptoms persist, then cut small sticks from the very root and then thread them and put them round the waist.
4. Roots of NKENDE BALA, and MULUNDENI, get some powder and grind together with NZIMZ, then the roots and the remaining powder use for sitz baths, then the remainder let the patient wear as pessaries.
5. Leaves of MULOMBWA, smoke them like cigarettes, then boil the roots and drink.
6. Powder from the roots of SAMBWE, cook porridge and eat it.
7. Roots of Banana, cook and eat roots with a chicken, inside when ready eat the chicken without biting the bones, after you finish, bury the bones and feathers in a hole.
8. Roots of CHIFUMBE, boil a lot and drink 4 times a day.
9. Roots of KEMYANCHINGE, soak in cold water, the leaves you put in a small hole and put in burning charcoal and squat over and allow the smoke to travel up into the vaginal.
10. Roots of MUPAPA, soak in cold water and drink 5 times daily.
11. Roots of KAKUTE, MWENGE, boil and drink whilst like worm.
12. Roots of KAKUTE boil and then drink 4 times daily.
13. Roots of KAYABULE, boil and drink 4 times daily.
14. Take the bark of SANINGA. Boil a lot then drink when it cools.
15. Roots of MUSENGUENGU, and MATWI YA KALULU, soak in a bottle then before drinking you warm the liquid.
16. Roots for NAKAUMBU, soak in water and warm before drinking.
17. Powder from KALONGWE, wear like Pessaries roots boil and drink 4 cups, per day.
18. Get a branch that grows and piece into a banana tree root, then following morning, you pull the roots soak in cold water and drink.

WATERY DISCHARGE PER VAGINA WITH CANCER OF THE CERVIX

1. Leaves for MULEBEBE, Put in a small hole, then put burning charcoal then squat over the hole, the roots you make two very small cuttings and thread 4 in number and wear round the waist then remaining roots you soak in cold water and drink daily. After 3 days the patient should feel better, if not take her to the hospital.