

# Good Health With Common Charcoal

| <b>MAKING CHARCOAL POWDER - ENGLISH</b>   | <b>YIKO MAAKAR ABURU LEB LANGO</b>  |
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| <ol style="list-style-type: none"> <li>1. Choose a large piece of clean charcoal.</li> <li>2. Wash the charcoal off with water.</li> <li>3. Boil water and pour over charcoal or place charcoal in pot of water and boil.</li> <li>4. Allow charcoal to dry completely.</li> <li>5. With very clean mortar and pestle, pound charcoal into fine powder.</li> <li>6. Shake powder through a strainer to get only the finest powder.</li> <li>7. Keep pounding and shaking until all charcoal is in the finest powder.</li> <li>8. Put in a closed container - It will last a long time if in an airtight container.</li> </ol> | <ol style="list-style-type: none"> <li>1. Yer makar acel acil.</li> <li>2. Lwok makar i pii.</li> <li>3. Ket makar i pii alyet nyo ted makar i gulu.</li> <li>4. Wek makar twoo kong aber.</li> <li>5. Tii apany kede alek me oddo makar me bed aburu.</li> <li>6. Kii makar kede kekei me bed apwot.</li> <li>7. Medde i oddo kede kiiyo naka wang ame makar odoko apwot atek.</li> <li>8. Ket i kebe ame gi-wie tye aber, bino rii pi kare alac.</li> </ol> |
| <b>HOW TO USE FOR DIARRHEA</b>  | <b>KITTE ME TIC KEDE PI CADO</b>  |
| <ol style="list-style-type: none"> <li>1. One small spoonful of the charcoal powder to a full glass of clean boiled water.</li> <li>2. Stir until powder is completely into the water.</li> <li>3. Drink the full glass of charcoal water after each watery "long call".</li> </ol>   | <ol style="list-style-type: none"> <li>1. Juk makar ogiko acel atitidi pong ony i pii acil oteno i gilaci pong.</li> <li>2. Rub makar aber.</li> <li>3. Mat makar gilaci acel pong ducu inge wot i coron.</li> </ol>  |



| <p><b>HOW TO MAKE A POULTICE FOR TREATING WOUNDS</b></p>   | <p><b>KITTE ME BOYO WANG BUR</b></p>  |
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| <ol style="list-style-type: none"> <li>1. Depending on the size of the wound, put several spoonfuls of charcoal powder in a bowl.</li> <li>2. Add starchy material - posho, potatoes, ground flax seed, wet bread.</li> <li>3. Add water and stir until it is a soft paste - make it as damp as possible but not runny.</li> <li>4. Place paste on clean gauze or cloth which has been ironed to make it sanitary. Fold the cloth/gauze over the charcoal paste.</li> <li>5. Place cloth poultice directly over the wound.</li> <li>6. Wrap the entire area with plastic to keep the paste from drying out.</li> <li>7. Change the dressing often, depending on how infected it is, but at least twice a day.</li> <li>8. For snake bites, change every 20 minutes until you can get to a medical facility. If you have no medical facility, continue treatment until the pain and swelling are gone.</li> </ol> | <ol style="list-style-type: none"> <li>1. Lubbere kede dit a bur, ket ogiko apol me makar i kopi.</li> <li>2. Med iye jami ame obedo odokodok bala: ungnga, icok, kwon.</li> <li>3. Med pii eka ite rubbo naka wang odoko apwot - mi bed adyaka dyaka ento pe pii pii.</li> <li>4. Ket en ame i rubo apwot i ginnoro onyo bongo ame iyiko aber, ogoo, dol bongo i wii makar ame irubo apwot ca.</li> <li>5. Ket bongo no i wii bur.</li> <li>6. Wum wang bur ducu me wek makar ame orubo ca pe twoo oko.</li> <li>7. Lok bongo ame itio kede i bur kare i kare, lubere kit a bur littere tye kede, ento a kato duc tyeno aryo i nino acel acel.</li> <li>8. Ka twol okao dano, lok bongo man me wang bur iyonge dakika pyero aryo ducu naka wang adong ituno i ot yat. Ka ot yat pe tye, medde kede miiyo kony man naka wang arem kede kwoot me kom orwenyo.</li> </ol> |



Hands Across Nations  
Lira Uganda