

3

A Ruang

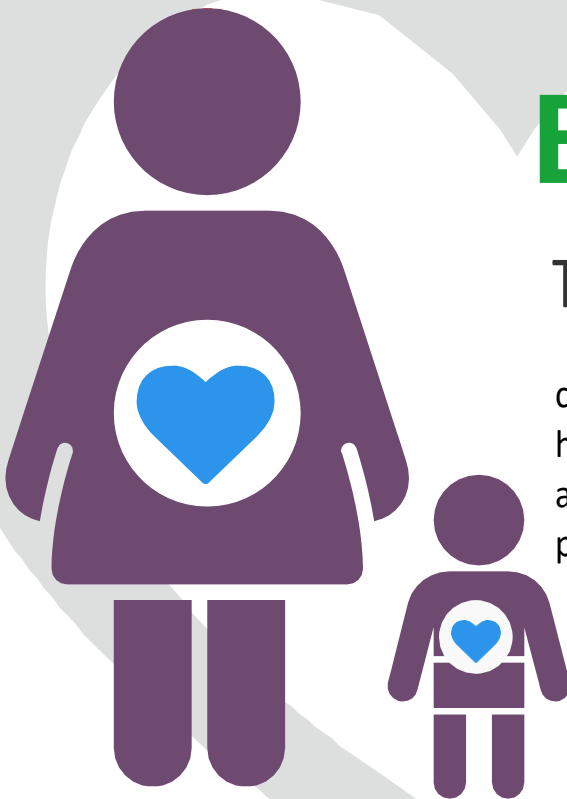
BAWHE THINLUNG LEI NGANDAMNAK A THAT BIAPI



Ngakchia pawl thluak lei thanchonak ser ding ah cheuhmi riantuanbu pakhat kan ngei, a ruang cu zatlang bu chung teltumnak thanchonak le cawnnak bawmh ding ah mah hrampi nih hin a bawmh. Ngakchia herhmi caah tuanvo a la khomi zumh awktlak zohkhenhtu cu a himmi pehtlaihnak hrampi a si, cu nih cun bawhte cu cawnnak le kawlnak lei lam a onh hna.

Zohkhenhtu le bawhte karlak ii pehtlaihnak a rawkmi in **a thalomi lungretheihnak** nih ngakchia ii lungretheihnak hormones cu sang pi ah a chiah khawh. Cun an thluak le an pumsa nih ningcang in rian an tuanlo ahcun ngakchia pawl nih nun an cawng kho lo. **A thalomi lungretheihnak ii damhtu cu zei dah a si?** Thaumnak rawl lei zohkhenhtu nih a kilvennak le a dawtnak a si.

A himmi pehtlaihnak cu zatlangbu cawlcanghnak ii a hrampi a si. Ngakchia pawl nih an mah le mah i zohkhenhnak, midang he an thutdir thiamnak, harnak pawl a phi an chuahnak le an thanchonak pawl ah aa biatakmi zohkhenhtu he pehtlaihnak an herh – ram le chawlehtu thanchonak caah a hrampi a si.



BAWH TE

THINLUNG NGANDAMNAK

cu kum 0 in 3 tiang ngakchia pawl ii an thinlung lei, hawi he pehtlaihnak, le an khuahmuhnak a thatnak a si, zohkhenhtu he a himmi le a hmunmi pehtlaihnak nih a thancho ter.