

Ndarira za Chidigo

Digo Saying	English Gloss	Comments
1. Achili ni nyere, chila mmwenga ana zakpwe	Intelligence is like hair, everyone has some	
2. Achiyeshiba kamanya mndzala	He who is full does not know him who is hungry	
3. Achiyetsupa mbere, siye myao	He who overtakes you is not your companion/friend	can be applied to many situations, eg. financial, education
4. Afwererwaye ndiye ariwaye	He who is bereaved is the one who is eaten	The bereaved person is expected to feed his guests
5. Akakala mamba anavwehera chivwani	He has become (like) a crocodile pulling (prey) into deep water	Said of one who tempts others by deceitful means
6. Akazondohera mgomba anaphiya na mavige	He has wiped himself on a banana tree and is going with his excrement	i.e. He hasn't done a good job and is still soiled. Said of one who tries to trick others but is seen through
7. Akiba si mbaya	Savings anre not bad	
8. Akiba taytiola	Savings do not rot	
9. Akosaye rero ni mlume wa muhondo	The one who does wrong today is the man of tomorrow	
10. Akubandanye balahe anakufundza viha	The one who slaps you teaches you how to fight	Used also in relation to insults, cunning, deceit etc. You learn by bad example
11. Akuhombaye na mala, kombe zindaoga uhoko	He who has sex using his fingers, his nails will wash in vaginal fluids	
12. Alume mbere, alume nyuma	Men in front, men behind	When a leader is away other men must step in to solve the problem. When the leader returns he will say this proverb because he approves of what they have done in his absence.
13. Ana na ana taerekana	Children don't carry other children on their backs	cf. The blind can't lead the blind
14. Ana nguluwe nkuamwana madomo	Piglets suckle each others lips	People help one another
15. Aphiyaye kuzimu kauya	A person who goes to hell/underworld does not return	
16. Ariye dzulu mgodze photsi	A person who is high up, wait for him below	Pride comes before a fall
17. Ariyekosa haya wasitirika	A person who is not shy hides his shame	This person talks a lot without caring what other

		people think, they say things other people would be ashamed to say
18. Aryaye jashoye kana kondo na mutu	He who eats his own sweat has no conflict with anyone	
19. Asiyeye na mwana kamanya utsunguwe	A person who has no child does not know its bitterness	labour pains
20. Asiyeye na wakpwe naaririre Mlungu	He who has no-one of his own let him cry to God	
21. Asiyemanya kuhula kadzangbwelumwa	He who doesn't know how to groan has not yet been in pain	Applied to situations such as the difficulties of being a breadwinner
22. Asiyemanya nyama, usimuhume sokoni	One who doesn't know meat, don't take him to the market	
23. Badala ya Hassani ni Husseini	Instead of Hassan it is Hussein	
24. Bahari taina msena	The sea has no friend	
25. Banda, tika rya, chisokololo tiya	Get, eat a little, put aside a big part	eg. when you get your salary, don't spend it all at once, save some and make it last
26. Bandu-bandu yamala gogo	Bit-by-bit finishes chopping the log	
27. Bure tahirika dzana siyo rero	A free (gift) is not eaten, yesterday is not today	Even if you got something for nothing yesterday, don't expect the same today
28. Bweni tarivoywa moho	An empty house cannot be asked for fire	An empty house will have nothing, no cooking will be done there, therefore no fire.
29. Cha kuhewa tachina ukoko	The (food) given does not have left-overs/scrapings	If you are given what you need, you should not expect more. The cook is the one who controls the pot and decides who gets what, the leftovers belong to her.
30. Cha mchiya tachivunda	The poor person's thing does not rot	The poor person uses what he has and doesn't store it
31. Cha mchiya tachivyala ndama	The poor person's thing does not give birth to a calf.	
32. Cha mfupi chiriwa ni mure	The short person's thing is eaten by the long person's	A person who doesn't plan ahead and lacks intelligence will be outwitted by a cleverer person, who can think ahead.
33. Cha mlevi chiriwa ni mjema	The drunkard's thing is eaten by the palm wine tapper	
34. Cha mnyonje chaangulwa ni kusi	The weak person's is destroyed by the wind	
35. Cha mzuzu, chiriwa bure		

36. Chala chihuphu tachilambwa	An empty finger is not licked	
37. Chala chimwenga tachibanda tsaha	One finger does not crush a louse	
38. Chala chinono chavwipwa pete	The good finger is trapped in a ring	
39. Chala tachioloa tsaka	A finger does not point at a forest	You point at a forest when you want to farm there. Don't boast about the field you have there until you have actually cleared the field.
40. Charo cha muhondo chifunganywa rero.	Tomorrow's journey is prepared for today.	
41. Chavu chichikushinda wima kusagala kuchiweza	If a tackle defeats you while you are standing up you won't be able (to win) while you are sitting either	If you are defeated by things while you have strength (health, money etc.) you will be even more defeated by them when your strength is gone
42. Chelewa ufike	Delayed you shall arrive	
43. Chete chikagbwa nyoka	The market has fallen on the snake	
44. Chibaya ni chako, chizuri ni cha mayo	Bad things are yours, good things are your mother's	
45. Chibuzi cha mbere-mbere chavundzwa liphembe	The goat out in front breaks his horn	Someone who rushes into things or is always the first to speak up will end up in trouble
46. Chichigwirwa china uriziwe na chichirichirwa china uriziwe	The thing that you hold onto has its own cry and the thing that you leave has its own cry	A child who is punished will tell you it's not fair, but a child who is not punished will not respect you. ie. you can't win!
47. Chichimendzwa ni Mwanasiti, Chamkpwaya kana rakpwe	Whatever is loved by Mwanasiti, Chamkpwaya doesn't have a choice	Whatever the wife (Mwanasiti) wants, the husband (Chamkpwaya) has to buy, because he loves her.
48. Chidau niphirika Pemba		
49. Chigumba kpwa nguluwe kpwa Mdigo chi utsungu		
50. Chigongo cha mgayi chaangulwa ni kusi	A poor person's stick is destroyed by the wind	The wind represents the 'big man'. For a poor person to succeed they need the patronage of the big man, otherwise they will fail.
51. Chigongo chiphya chahangula cha kare	The new stick destroys the old one ?The old stick destroys the new one?	Children are negatively affected by the bad deeds of their parents. People will judge them by what their parents have done.
52. Chigulu chinadzanga, hako taridzanga	The leg moves, the buttocks do not move	'dzanga'- meaning uncertain. When you sit down you don't achieve or get anything, you have to get up and walk and make an effort.
53. Chiko chaajira ndilo	A pipe suits an honourable person	People believe that certain items should only

		belong to the rich and good. If a person who is known to be poor or bad suddenly has something such as a car, or a beautiful wife people will say that it is not his, or that he doesn't deserve it
54. Chikuryacho chi mwako bindoni		
55. Chila mmwenga ana fwerereye, gula waolagbwa ni jembe	Everyone has their own bereavement, the frog is killed by a hoe	We all have a different way to die
56. Chila nyumba ina msehowe	Every house has its sigh	Every house has its own rules and principles, ways of doing things
57. <u>Chilume ni kani</u> Chilume ni kani	Manhood is (bold and) stubborn	kani – very broad meaning: bold, tough, cunning, stubborn, brazen
58. Chimanyi wa madzi wauka na madzi		
59. Chimwagikacho, tachiuya tele		
60. Chinono tachikosa ila	Goodness does not lack a defect	
61. Chiphala kudosa lugbwe siko kumala makonje	If an antelope cuts a rope it does not mean the sisal is finished	There will be enough sisal to make a new rope. Don't lose hope, even if things are not going well.
62. Chiphiyacho kpwa mganga tachiuya	A person who goes to a medicine-man does not return	he will have spent everything he has on him
63. Chirima cha Beng'anya sicho cha Meng'anya	Beng'anya's hill is not like Meng'anya's	Beng'anya = the father of somebody, Meng'anya = the mother of somebody. Your problems are not the same as my problems. A hill is steep, like problems. Me/Be are from Giriyama
64. Chiriro chiandza mwenye jirani naye akasikira	Mourning starts at the neighbours house and he has heard it	
65. Chisicho dambi usichihendere dambi	Do not sin against a thing which has no sin	If you have a good relationship with someone, don't abuse it.
66. Chitanda ni ndugu	A bed is a brother	You are very close to your bed when you lie on it. It's the place where you take your sorrows and illness.
67. Chitswa cha ng'ondzi chisikira chidzunguni	The sheep's head listens in the little clay cooking pot	If the sheep had listened top advice earlier she wouldn't have ended up in the pot.
68. Chola ndanini chidzoho	The thing which comes from inside you is hot	e.g. If someone wants to hurt your child (which caused you such pains to deliver) you will feel

		great pain
69. Dalili ya mvula ni maingu	The sign of rain is clouds	
70. Dawa ya chenene ni chenene	Medicine for a cricket is a cricket	The punishment should fit the rime. An eye for an eye etc.
71. Dawa ya deni n'kuriphiwa	Medicine for a debt is to be paid	(creditor's perspective)
72. Doko-doko yamala chiphinda	Bit by bit finishes the basket	If you keep on taking a little your store will soon be empty
73. Donje kugbwa ni mlungu wa diya	A fallen piece of dough is the God of a dog	The one who causes the dough to fall is the dog's God (not the person who was eating) and the dog will thank him as he eats.
74. Dunia ni mlomo wa diya tautsungurirwa	The earth is the mouth of a dog, you cannot peep inside (either)	
75. Dzambo ambwa, ela sirihende	A thing is said but should not be done	
76. Dzitso kuona siko kurya	An eye is to see with not to eat with	
77. Dzitso ra tsongo ritsotswa riro	The eye of a one-eyed person	
78. Dzitso tarina paziya	An eye does not have a curtain	
79. Dzogolo kuika sio dawa ya kucha	The cock crowing is not medicine for the dawn	The day will always come, whether the cock crows or not
80. Dzuwa mwenga ndzovu kuola		
81. Fisi richirya mkpwongo, mzima funga mryango	If a hyena eats a sick person, the well person (should) shut the door	You must take steps to ensure someone else's problem doesn't affect you too
82. Fundi kalala phanono	The craftsman doesn't sleep in a good place	
83. Fungato tailumiza mkpwono	Tying something well doesn't hurt the hand	i.e. take good care of things (e.g. the money you are carrying tied in your handkerchief), it can't hurt you.
84. Fungo aryacho ndicho anyacho	the 'fungo' that you eat is what will come out of you	fungo=meat or an insect. You reap what you sow, you are what you eat
85. Fungo muche ni tsui		
86. Fwa macheyo	Die alone	A curse, said e.g. by an angry parent casting off a child, implying no further links
87. Fwimbo ya kure taiolaga nyoka	A distant stick does not kill a snake	
88. Fwimbo ya mganga ni nyire na fupi	The medicine-man's stick is long and short	Medicine men often deceive in order to get money, so they will give a treatment even when they know it won't work.
89. Ga kare taganuka	Old things do not stink	
90. Ga moroni tagagombwa gosi	Things to do with traditional dances are not all	because they are too many and some are secret.

	spoken about	i.e. you cannot say everything there is to say about yourself
91. Gadza-gadza ya mganga yalaza mkpwongo na tamaa	The medicine man's treatment brings the sick person hope	hope of healing
92. Gafula ni mbii, dzogolo rachimbira ndifu	Suddenly is ..., the cockrel ran ...	
93. Gasigogbwa, gahendazuguzwa	Things (fruits) which won't fall will be shaken down (from the tree)	If someone won't do something voluntarily they will be forced
94. Gasigomanya ulimbo gagbwirwa mairi mairi	Those who don't know what glue is get caught two by two	Some animals (rats) stick together when being chased and all try to go into the same hole, which makes them much easier to catch. Stupid people do likewise.
95. Gogo ra kaya tarinyererwa	The homestead's log is not urinated on	This log is where the elders sit. You should listen to them and respect them rather than ignoring or despising them.
96. Gongolo na chigongoche/mlalawe	A millipede and its stick/piece of rafia	if you throw a millipede out together with a stick the millipede will not return. If you want to make sure a problem does not happen again, make sure you take care of it properly, e.g. a person you don't want in you house.
97. Gunda ra mnyonje ni kola	The weak person's horn is a snail shell	The greatest weapon of a weak person is useless, ie. he has no rights
98. Haki ya mutu taizama		
99. Hako ra mayo ragula vuwe	A mother's buttocks buy a field	If a man really loves a woman there is no limit to what he will do for her and her children
100.Hamadi chi bindoni		
101.Handzo rinangundya	A lie travels fast	v. old Digo.
102.Hanga siro mbara tarifika	The 3 days of mourning don't happen until the appointed time	ie. you can't plan a funeral until the person has died. Don't expect things to happen without an appointment
103.Hewa hewa ya ajema, chila mmwenga ana chiburuche	The palm wine tappers song, every one has his own gourd	The song that the palm wine tappers sing means that they are doing their work. Applied to people working together and singing at the same time (ie. women pounding maize)
104.Hoyo hoyo ndiyo kukula	Noise noise is growing	
105.Hoyo hoyo ndiyo ukala	Noise noise is the hunt	The hunters have their own signals and sounds while they are hunting

106.Inapigbwa ela ina chitswa	It is beaten but it has a head	When you have a discussion (piga) there must be a point of focus (chitswa)
107.Ivu usirorilala unaripigirani diya	(From the) Ashes where you don't sleep you beat away the dogs	You don't sleep in the ashes but you don't want the dogs to either. If you have something you aren't using, why don't you want me to use it either.
108.Jasho ra mutu taririka wala tariwa	A person's sweat is not edible and is not eaten	When a person works he sweats and uses the money earned to buy things. He should not be cheated of those things. God will revenge.
109.Jasho ra mutu tariwa	A person's sweat is not eaten	
110.Jeza ndiyo mudzi		
111.Kala chimehe-mehe unyendeke na nyumbayo	Be an "insect" so that you walk with your house	chimehe-mehe is a type of grub which builds a cocoon and moves along with the cocoon around it. Rely entirely on yourself, don't ask others for help.
112.Kala naye ummanyane tabiyaze	Be with (him) and you will know his character	
113.Kanga wa tsongo nkufukurira mzima	A one-eyed guinea fowl scratches for a whole one	Used when an incompetent person tries to lead a competent one.
114.Kanira yayi usikanire mwana kuku		
115.Kata pula uunge wajji	Cut your nose so that you make it beautiful	A plea for reconciliation. If you owe a friend money, pay it back so that your friendship does not suffer. If you have argued with your parents, apologise, even if it hurts you a little to do this.
116.Kaya taiuyiza mufu	A homestead does not return a corpse	When a person dies they cannot come back
117.Kazi tairiwa ni lutswa	Work is not eaten by termites	You will benefit from your work
118.Kofi mwenga, mbuzi na kadzama	One slap, a goat and a cup of alcohol	Something to do with celebrations
119.Kondo ya ndugu, jirani siinjire	Your brother's war, neighbours should not enter it	
120.Kondo ya mlomo igololwa ni mlomo	The war of the mouth is straightened by the mouth	A war of words can be solved by words. Disputes should not be solved through violence but through calm discussion
121.Kondo ya myao inakuolaga	Your friend's war is killing you	The one who intervenes may be the one who gets killed. Don't intervene.
122.Koo usumbirwa wima	You take action to make your clan upright	If a relative is sick you go around to make sure they get the best treatment so that they will get better (upright)

123.Kpwala kaoya achioya anaocha		
124.Kuambirana kukuko ela kusikirana takuna	There is talking, but not listening to one another	People are given advice but do not act upon it
125.Kuangamika nyika ndiko kumanya nyika	To get lost in the forest is to know the forest	
126.Kufwa ni kufwahana	Dying is helping each other	When you have a problem I help you and when I have a problem you help me
127.Kuinjira ni mara mwenga, lakini kutuluka ni pore pore	To enter happens immediately but to exit happens slowly	
128.Kukula ni kugodzana	To grow up is to wait for one another	
129.Kulani mwedze mgaone	Grow up then come and see	said to young people concerning the responsibilities and burdens of adult life
130.Kulumwa sana siko kufwa	Hurting a lot isn't dying	
131.Kulungu muoga wachimbiza pembeze	A cowardly antelope has taken away his horns	The cowardly antelope runs away and hides when there is a fight, so he saves himself. Therefore it can be good to be a coward.
132.Kuphaha n'kuphaha	To receive is to receive	
133.Kuriko na ng'ombe takuna arisa	Where there are cows there are no herders	
134.Kurima ni kushindana kuphaha ni kpwa Mlungu	Farming is to have victory, to get is from God	
135.Kurira dzulu kotsi kumoho	(to) grow upwards, it's hot below	Blessing, expression of thanks especially to a child
136.Kuriya-riya ni kudziikato	To look all around furtively is to keep yourself well equipped	Be aware. Use all means to look after yourself, e.g. work a shamba, run a business, make savings etc. lots of small things to ensure you don't lack provision. Also, make sure you know what is going on around you.
137.Kusagala bure si kama kunyendeka bure	To sit for nothing is not like walking for nothing	
138.Kushindwa ni uchi ni chinemi	To be defeated by alcohol is shameful	
139.Kusudi tailagulika	Pretending cannot be healed	If you are not really sick you cannot be treated. Those who fake illness to get out of working.
140.Kutana na indzi ni chironda kuphola	Parting with flies means a sore is healing	Flies only come to an open wound
141.Kutana na urindzi, ni kuolaga tumbiri mkare	Parting with protection is to kill an old monkey	cf. killing the goose which lays the golden eggs. The old monkey is the one who was providing the protection.
142.Kuterya, takuangamika	Helping cannot be lost/destroyed	Helpful deeds will be remembered

143.Kuvweha sana siko kulatsa	To pull a lot is not to hit	When you go hunting you pull the string to release the arrow, but you may miss the animal. Eg. if a man chooses a woman for his wife she has to agree too, it's not his choice alone.
144.Lagiza si urindzi	Commanding is not protection	
145.Longo chiko na Digo chiko	(death) is in Longo and it's with us Digos	Death is everywhere
146.Magulu ni manyendes	Legs are walkers	If you meet someone in two places which are far apart it is because of their legs (otherwise they wouldn't have got there)
147.Mairi mairi Mwatunya wachimbirwa ni gari	Two by two Mwatunya missed the bus	The bus will always come when you have gone away for a moment and so you miss it. You can't do two things at once.
148.Makalo ga simba, ganagalwa-galwa ni nyani	The lion's mane, the baboons roll around on it	Even a fierce person can be gentle
149.Manono ni njizira	Good things are <u>a road/way</u>	advice
150.Masikiro tagana mchiya	A poor person has no ears	everyone has ears, even a poor person (is this ironic?)
151.Masono gazolwa mwenga mwenga	Sorrows are taken away one by one	said to comfort someone who has many problems. They can be solved individually even if they appear many
152. Matso tagana lichigo	Eyes have no fence/boundary	
153.Matsozi mahuphu tagauyiza mwenda kore	Empty tears do not return a person sent away as a substitutionary payment for murder	
154.Mayo wa myao nawe mmayoho	Your friend's mother is your mother too	You should respect her just as you respect your mother
155.Mazikpwa tagaola	Funeral contributions do not rot	Contributions given as a sign of condolence. When you are bereaved people will bring you gifts just like you did for them
156.Mbona unanikundza-kundza dza chingo ya mbega?	Why do you fold me up like the skin of a colobus?	
157.Mbuzi ya myao ni nyama	Your friend's goat is meat	You don't have any emotional attachment to it so are quite happy to eat it
158.Mchetu karuswa na ndiro	A woman is not seduced by crying	If a man is crying a woman won't be impressed by him and will think him weak
159.Mchira wa ng'ondzi unariwa ni kala	The sheep's tail is eaten by a fox	The sheep's tail contains lots of fat. A good thing is often just wasted. Eg. if a beautiful big woman is married to a small ugly man.

160.Mdide msena, mvyere msena	A young friend, an elderly friend	
161.Mdigo kataki cha myawe chivyale patsa	A Digo person doesn't like his companion to have twins	
162.Mfupha uchishinda fisi diya kauturya/ Mfupha uchishinda fisi diya undauweza kuphi?	If a bone defeats a hyena a dog cannot eat it (either)	the hyena is stronger than the dog
163.Mgala muolage ela vyakpwe muphe	You kill Mgala but pay him his dues	Even if you despise those below you (eg. your employees) you must still give them what is due to them.
164.Mgala-gala na pwa karya wari muhuphu		
165.Mganga kadzilagula mwenye	A medicine man does not treat himself	
166.Mganyi achere matuni	The divider is still at the distribution point	said to comfort people who are in need. They will receive something eventually. Mganyi usually refers to God
167.Midzi taigonerana	Towns do not hate each other	gonerana - old form. If they do hate each other there will be problems. People should love one another
168.Mjema achilikpwa uchi nkuutiya madzi	If a palm tappers wine is praised he usually adds water to it	If you are praised too much you may end up spoiling everything
169. Mjeni aphokerwa ndata, ela matso anago mwenye	A visitor has his staff taken, but he (still) has his eyes	Superficial politeness (taking a visitor's staff inside) does not mean that other (bad) behaviour will not be noticed
170.Mjeni loka mwenyezi apone	A visitor comes, the inhabitant should be healed	When a visitor comes good food must be prepared, which will benefit all. The visitor may have brought food too
171.Mjeni ni mvula	A visitor is rain	Rain doesn't last for ever, the sun comes out again. In the same way a visitor will be with you for a while and will then go.
172.Mkala karemwa, achiremwa anaocha	A hunter doesn't get tired, when he gets tired he roasts	The hunter only roasts when he has caught something. If you want something, don't get tired and give up. Only rest when you have got what you want.
173.Mkala mmbere ndiye mkala nyuma		
174.Mkpwadzu mui undaphaha tumbiriwe		
175.Mkpwaza mganga kaonda	A medicine man's wife does not get thin	A medicine man always gets lots of money and gifts

176.Mkpwongo kana msena	A sick person has no friend	Who will help you to carry the pain when you are sick? You have to bear it yourself
177.Mkpwongo ni chitsaga cha aganga	A sick person is the granary of the medicine men	
178.Mkpwono muhuphu taulambwa	An empty hand is not licked	
179.Mlala mure taufunga kuni	A long piece of rafia does not tie firewood	
180.Mlala na ngoyo, alamukira kusuna	One who sleeps with 'ngoyo', when they wake up they do it.	If you go to bed with plans in your head you carry them out as soon as you wake up
181.Mlamba asali kalamba lumwenga	One who licks honey doesn't just lick once	
182.Mlamba kuphya ni kuocho rambo	If a 'bird' gets burnt it is roasting 'rambo'	black type of bird
183.Mlatso tauchimbirana wala taurichana	Blood doesn't run away from each other or leave each other	Blood is thicker than water. You will always be attached to your relatives.
184. Mlume wangu waochera muuyu arye vidzogavye	My husband has roasted for a baobab (so that) he can eat its mushrooms	The parasitic mushrooms will be destroying the tree so removing them is good for the tree, but they also make good food. Someone does a favour for someone so that they will gain also
185.Mlungu alala macheye	God sleeps alone	He has his own ways and thoughts which cannot be understood or known
186.Mlungu kakupha chisha akakuhika	God does not give to you and then take from you	God does not take back his gifts to you
187.Mlungu katsupha mujawe		
188.Mnaphaya-phaya makopa tagaikpwa mbeyu		
189.Mnazi mmwenga una uchi wani?	What palm wine do you get from one palm tree?	One palm tree does not have much wine. You must work together
190.Mnazi wa mchetu taujemwa na ngaro/ndaro	A woman's coconut palm isn't tapped with joy	A woman/wife is very jealous of her own possessions. Don't rejoice when taking/using her things. She will want a refund
191.Mndzala kana masikiri 182b. Mndzala kana masikiro	A hungry person has no followers A hungry person has no ears	Either no-one will follow a hungry person, or a hungry person has no interest in anything except food
192.Mndzala kazika nine	A hungry person can not bury his mother	When you are hungry, food is more important to you than anything else, even paying for your mother's funeral. You won't save up any money for the future but will eat all you have
193.Mng'atwa ni nyoka nkudziondoka ling'ongo		
194.Moho tauvyala moho	Fire does not give birth to fire	It gives birth to ash, it destroys

195.Moyo wa mutu ni tsaka	The heart of a person is a forest	
196.Mpamba kagoloka	A stupid person does not become straight	A stupid person is stubborn and will never change their ways or opinions
197.Mphakusa tsetse aandza yakpwe 190b. Mphakusa laka aandza rakpwe		
198.Mphiya pore kadzikpwala	He who walks carefully does not stumble	
199.Mrema wa anji ni mtsai		
200.Mrya chakpwe chitsanga kana kondo na mutu		
201.Msagala vii kaigbwa	A person who lives a bad life is not imitated	
202.Msema ngambi siye mngambi		
203.Mshona nguwo ajeza chunucho	The one whoseews the clothes should try his own waist	
204.Mtsedza apigbwa dzengoni		
205.Mtseke chimba, usimtseke mguruto	Rejoice at a carcass, don't rejoice at a track	Applied to humans. Don't think you've killed your enemy until the deed is actually done
206.Mtsimba mbira naye piya aendza atsimbirwe	The person who digs a grave also wants to have a grave dug for him (i.e. to be decently buried)	
207.Mtsolokerwa kabera	The one who goes out to receive a visitor cannot be ignored	You should not ignore your host
208.Mtsumi kafwa, muhumwa kaolagbwa	The breadwinner doesn't die, the servant isn't killed	He has to look after himself first so that he has energy and resources to provide for his family. If he neglects himself the whole family will suffer.
209.Mtsumi kaolagbwa wala kafwa	The breadwinner is not killed nor does he die	
210.Mtsumi na maliye mnyonge anahe		
211.Mtsuzi wa ndenje unewa/uriwa wa moho	The sauce of an (old) he-goat is taken/eaten when hot	The sauce will smell bad if not eaten straight away. An important matter has to be dealt with immediately and not left until later.
212.Mtswano wa chai n'sukari	The sweetness of tea is sugar	
213.Muambirwa ng'andzi ana zakpwe	He who is told (something) in conversation has his own thing to say	If someone tells you something then you give your opinion, or own story
214.Muhambo kufyuka ni kuoyeza mongo	(if) the trap stands up it is to rest its back	A trap is 'bent over' when it is set. Eg. if some of your employees leave you are freed from the duty of paying them. This is a relief if you are

		burdened by too many workers/wives/children etc. to support.
215.Muhenda manono wariwa ni aphuphi	The one who does good is eaten by bad people	
216.Muhi uchishinda nyani, tumbiri kauweza	If a tree defeats a baboon, the monkey cannot (climb it either)	the baboon is a better climber than the monkey
217.Muhi ugbwerera ariye phephi	A tree falls on those who are near	When a problem comes, those who are closest suffer most.
218.Muhumwa kaolagbwa	A messenger is not killed	
219.Muivi mgbwire na suche	The thief, catch him with the ear (of corn)	Don't accuse someone of being a thief without proof. Catch his red-handed
220.Muona mbulu ndiye muhumbuli	The one who sees a monitor lizard is the trapper	A monitor lizard is hard to spot, so only a skilled person can catch one. Similarly, the one who sees a solution to a problem is the best person to implement it or explain it to others.
221.Muoza nyama ni mwenye muhambo	The one who lets the animal/meat rot is the one who owns the trap	If a trapper is lazy and doesn't check his traps often the animal might decay. A person who doesn't pull his weight may be dismissed from his job. If you don't tend your crops you will not have a good harvest.
222. Mutu aambirwa anauya, kaambirwa anaphiya	A person can be told while he is returning, he cannot be told while he is going	Someone determined to do a certain thing will not listen to advice until they have run into difficulties
223.Mutu aambwa hara, kaambwa yuya	A person is told that, he isn't told this	
224.Mutu aokolwa ni chakpwe	A person is saved by his own	
225.Mutu wa koma kaigbwa	A mad person is not imitated	Don't follow any sort of bad example
226.Muuyu uvwimbwa ni mitsatsa	A baobab is covered by undergrowth	A 'big-man' needs his entourage to support him, who add to his prestige.
227.Mvula igodzwa na utseru	The rain is waited for with a cleared plot	So that the crops can be planted immediately. Plan ahead.
228.Mvumirizi agodzera rakpwe/ Mvumirizi naagodze gakpwe	The one who perseveres waits for his own	If someone is in a hard situation we should be careful how we comfort them. If you tell someone not to worry and don't take their problems seriously, you may react differently when the same thing happens to you.
229.Mvundza tsi ni mwanatsi	The one who destroys a country is a citizen	If we want development in our country we should take action ourselves and not wait for

		outsiders (missionaries/NGOs etc.) to come and do it for us. If we don't do it ourselves we are destroying our country.
230.Mvwini kavwirwa/kavwinwa	You can't sing songs about a singer	
231.Mvyazi karya akamvuna	A parent does not eat to their satisfaction	They will put the needs of the children first.
232. Mvyazi kondo mgumba kondo		
233. Mvyere mtsape mairo, ela kumshinda marifwa	You can run past an old person, but you won't beat his wisdom	
234. Mwadinda dinda mwenye utsi tauhendera mutu	You should work hard yourself, the public won't do anything for a person	
235.Mwadziko muhondo dza vivyo	'Mwadziko', the same tomorrow	Blessing, expression of thanks
236.Mwaligulu dzambo na mwenye	'Mwaligulu', the matter of the owner	If I have something to do I should work harder than those who are helping him. e.g. if you have asked people to help in your shamba.
237.Mwambirwa ng'andzi ana zakpwe		
238.Mwana-mbuzi aphyere-aphyere phakpwe kpwandza, ndipho akakurya-kurya kpwa myawe	The goat kid sweeps his own compound first then eats at his friend's place	
239.Mwana chijego kafwitsika	An abnormal child cannot be hidden	
240.Mwana mnyerera chiga tachikatwa	If a child wets your thigh don't cut it off	The problem of a child wetting your thigh does not require drastic action (amputation). Therefore forgive people who wrong you
241.Mwana mrerwa kakosa makungu	A well-cared for child does not lack	
242.Mwana msikizi kaambirwa (dzuwa dii) sana	The child who listens is not told many (times)	This child obeys and only needs to be told something once
243.Mwana muhumiki mavige ni mmanji	The child who is willing to run errands does a lot of poos	because he will be rewarded by being given lots of food
244.Mwana ni chivoyero	A child is something to borrow for	You use your child as a sympathy-tool when you need to ask for things/beg
245.Mwana wa kanda kana mrezi	The child at the side has no guardian	Refers to a child who isn't related to you and is just around. He won't be taken care of in the same way as children you know.
246.Mwana wa kutseka-tseka walafya ise nyama	A laughing child refuses (to give) the father meat	The laughter can hide stubbornness and refusal. A clever child is not always helpful to his parents
247.Mwana wa myao anazizima	Your companion's child is cold	You do not value another person's child as

		much as your own. If you are looking after them you might not take as good care of them as you should.
248. Mwana wa nyoka ni nyoka	The young of a snake is a snake	
249. Mwananyau ni chidema, mwanadiya ni wa lugbwe	A kitten is a rag, a puppy is for a rope	Kittens have rags tied round their necks when they are born so that they won't be eaten by the male cats. The puppy is tied up with a rope so that it won't misbehave. To do with bias. Some people are treated better than others.
250. Mwandzo wa chironda ni chitswetswe	The beginning of a sore is a little itch	Some big problems start out very small
251. Mwane mwane yamala nyoka	Four by four finishes the snake	
252. Mwasaga nguluwe kazi uchiyolunga, ndivyo uhendayo	The grinder pig, the work we have come for is what we are doing	Mwasaga means 'one who grinds'. When the pig enters the field he doesn't waste time but goes straight away to what he wants and takes it. Don't waste time on trivialities, get on with the business in hand
253. Mwenda kuzimu kasengenywa		
254. Mwenye ng'ombe kana milozi mii		
255. Mwiri tauna kanda-kanda kunya	The body does not have a (preferred) side to excrete	
256. Mwiya wa kudzidunga taulumiza		
257. Myao achimwaga mboga nawe sima itiyemtsanga	If your friend pours out sauce you put sand in the ugali	These people are quarelling and will both go without food. They both inflict pain on each other due to their dispute.
258. Myao achikpwala muambe pore	If your friend stumbles tell him sorry	
259. Mzingirwa kamanya, ela enye midzi, anamanya	The one who is surrounded doesn't know, but those the town inhabitants do	The person affected by something is the last one to find out
260. Mzola anji kanemwa	One who chases many people is not ignored	
261. Nang'a-nang'a ya kuyu, ndani ina mabulu	Ripeness of a fig, inside it has maggots	Don't judge a book by its cover.
262. Naona makuzi kuzolana, ela simanya lume ni rhiphi wala chetu ni rhiphi	I see 'makuzi' chasing each other, but I don't know which is male and which is female	makuzi – type of bird. In many situations Digos are all alike, regardless of wealth or education. eg. at a wedding all the women will be dressed smartly. A good cook may be rich or poor, educated or not, you can't tell.
263. Nayeni tayiika mutu	Collective oppression (on a person) cannot keep a person	If a person is not liked then the group puts negative pressure on them until they leave. This

		can also be applied to a problem you want to get rid of.
264. 'Ndarya nani' siyo sawa na 'ndaryani'	Whom shall I eat is not the same as 'what shall I eat'	
265. Ndeo zaajiza mgumba	Jealousy/envy suits a barren person	A barren woman will feel envy whenever she sees a child
266. Ndzovu kaolagbwa na buwa	An elephant cannot be killed with a dry maize stalk	
267. Ndzovu kashindwa ni muirowe	An elephant is not defeated by his trunk	The trunk is weaker than the rest of the elephant, the elephant controls the trunk, not the other way around.
268. Ng'andu kuala ndiko kuphiya	Taking 'Ng'andu' is going	Snatching something without asking permission.
269. Ng'ombe iolagbwa ni chala cha mwenye	A cow is killed by its owner's finger	The owner has the power to decide which cow to kill and can just point at it and everyone will know. This applies to anyone with power.
270. Ng'ombe siru ina mkamiwe	An angry cow has its own person to milk it	A person who is always angry will have someone who knows how to calm them and get things from them.
271. Ng'ondzi kuuya nyuma, siko kuchimbira kondo, ela ni kuaza mizungu	(When) a sheep takes some steps backwards, it isn't running from a war, but is thinking about attacking	Don't be fooled if you see your enemy/problem retreating a little, it may come back with greater force
272. Ng'ondzi rinaona nyuma	A sheep looks behind/backwards	A clever person is aware of the past and takes it into account
273. Ngambi ni mlundi	A judge is a foot	Traditional judges try cases and receive a reward. They will only be rewarded if they actually make the effort to go and try the case (using their feet). ie. you have to put something in before you will get something out.
274. Nguvu za madzi ni mawe	The strength of water is stones	
275. Njira mbiri zashinda fisi	Two paths/ways defeat a hyena	
276. Nndaryani si sawa na ndarya nani	'What will I eat?' is not the same as 'what will I eat with it?'	In the first instance you have nothing, in the second you have something but it is not complete
277. Nyani kuhenda ngoti nkukala diya rikure	A baboon kneeling usually the dog is far away	The dog will attack the baboon if it is kneeling. Children with a strict father will do what they like when he is not around!

278.Nyasi zina mimba, gomba kusaza/uchisaza	The grasses are pregnant, don't say everything	When you are out in the open you may be overheard if you speak about secret things as there may be people hiding in the grass.
279.Nyasi zina mimba	The grasses are pregnant	
280.Nyerenyere ndiho ukongo	'a niggle' is an illness	You have an illness (eg. aches and pains) but it doesn't stop you from doing your everyday business. It may kill you one day though
281.Nyoka zafwa ngate zinang'ata atu	(when a) snake has died a red-tailed lizard bites people	Furious/strong people have gone, now the weak ones are flexing their muscles
282.Nyoko nyoko ni ya kuonana		
283.Nyumba ichiyofwewa usiisikize uriziwe	(in) a house where someone has died you should not listen to its mourners	Don't believe all the stories people will say when someone has died, ie. that the person did not die naturally
284.Nyumba ni kunga zihenda ungbwa-ungbwa	A house is problems, it was made out of many parts	Each house has its own problems
285.Nyumba ni pembe nne	A house is four corners	Digo houses are usually square rather than round
286.Nyumba ya gbwalala i lala gbwalala	(only) A beast sleeps in a beast's house	gbwalala – a kind of animal, but no-one knows what it is, also refers to a person who is a beast.
287.Nyumba ya mndzaka taina hanga	(in a) House of a bachelor there is no mourning	He is the only one living there, so if he dies there will be no-one there to mourn him, the funeral will take place elsewhere. A warning that people should not live alone. Having a good funeral is v. important in Digo culture.
288.Oho taivundza msipha		
289.Pepho mnyonje afwihira/avwinira kanda-kanda	A weak spirit is danced for at the side	No one takes a weak spirit seriously
290.Pesa ni chitsaha tazionyeswana	Money is (like) nakedness, they are not shown/exposed	You don't tell other people how much money you have.
291.Phavunwapho ndipho phariwapho	The place where you harvest is the place where you eat.	
292.Pharipho na mosi taphakosa rongbwe	Where there is smoke there is no lack of 'birds'	When the bush is burning this bird gathers to eat the insects driven up by the smoke.
293.Pharipho na nderi phana lufu	Where there is a vulture there is a carcass	
294.Pharipho na wereza siphahende chidzinyo	Where it is slippery do not make a boast	If you boast you may fall at any moment
295.Phasipho na mwango usiphahende chidzinyo	Where there is no hill do not make a hill	You cannot create something out of nothing.

		(Actual meaning of chidzinyo?)
296.Phenye avyere taphayugika dzambo	A place with elders is not disturbed by things	Nothing will go wrong while there are elders around. They can sort out any problem
297.Phenye mosi taphakosa moho	Where there is smoke there doesn't lack fire	
298.Rero ni matso machero ni mabatso	Today is eyes, tomorrow is bigger eyes	You are being warned today and if you don't heed the warning tomorrow you will face the consequences and many people will be focussing on you
299.Richifwato nkuiga pehe	If it (a millepede) dies well it looks like the rain	If a millepede dies without being crushed its body produces rings which look a bit like rain. When an argument has been settled there is no need to worry again about this issue
300.Roho yachenga bwanawe	The soul tricked its master	
301.Safari ya muhondo i funganywa rero	The journey of tomorrow is packed for today	
302.Sikiro ra kufwa tsikira dawa	A dead ear cannot feel (lit: hear) medicine	
303.Sikiro taritsupa chitswa	The ear does not surpass the head	The ear is smaller than the head, and refers to a child-father relationship
304.Simba mwenda pore ndiyemrya nyama.	The lion who walks quietly is the one who eats the meat.	
305.Singo ya kuku i vundzirwa kanda		
306.Tabiya taina dawa	There is no medicine for character	Aleopard cannot change its spots
307.Takuna mbora mdide na mwanzawe	You don't get a small person who does not belong to a clan.	Everyone belongs to a clan and therefore has a network. No-one stands alone.
308.Takuna chete sicho na mbara	There is no market which has no appointment	Everything has to be planned
309.Takuna kanga wa kare na moho	You don't get an old guinea fowl and fire	Any guinea fowl that wanders too near the fire will end up in the cooking pot – old or young. An older person is just as capable of making mistakes as a younger person.
310.Takuna machani ga umiro	There is no joking about the throat	If someone goes for your throat you know they are serious about harming you and not fooling around
311.Takuna mtsakarira/mtsakala charoni	No one gets old on a journey	God will provide while you are travelling
312.Takuna mure alalaye tsaga mbiri	There is no person who is so tall he sleeps in two beds	Even a very tall person only has one bed to sleep in.
313.Takuna pondwa mitsi taisimama	Things cannot be pounded if the pestles are not upright	When there is no maize to pound the pestles are left lying on the ground. E.g. You slander

		someone and say untrue things about them to their superiors. If the slandered person then goes on to do the things you have unjustly accused them of, you will feel vindicated and will report them with greater confidence. By your earlier accusations you had 'lifted the pestle upright.'
314.Tamuna tamuna ndimo virimo	There is nothing inside, there is nothing inside means that they are inside	
315.Tele taitungurirwa	Abundance cannot be peeped into	
316.Tsaha wa bindoni ndiye akuryaye		
317.Tsango ra Mdigo ni fitina	The contribution of a Digo person is slander	Many Digos go around slandering each other for their own gain
318.Tsoko-tsoko yenu mndaombolana matso		
319.Tsoko-tsoko yenu mndatsokola garerego		
320.Tsukizi za mchizi ni raha ya mvuvi	The cuttle fish's anger is the fisherman's delight	
321.Tumbaku iyi riandza kolo	Bad tobacco begins at the stem	
322.Umwaro u naro Mwabajiro		
323.Uchifwitsa ukongo undasemwa ni chiriro	If you hide an illness you will be spoken of in mourning	A hidden problem will get so bad you can no longer hide it, especially if you don't seek help or take action.
324.Uchihega kanga na kpwiru undarya manga mhuphu		
325.Uchihega na mwerevu mriche akaondze iye		
326.Uchiikosa chaani, igodze ligani	If you lose out at the boma/cattleshed, wait for it in the pot	If you find the cow you want to buy is too expensive, don't lose hope. It will eventually be slaughtered and you may get to eat some of the meat of that very same cow one way or another.
327.Uchilunga ngoma fwiha ngoma	If you follow the dance then dance	Do the thing you have come to do and don't be distracted by other things.
328.Uchimanya huno myao anamanya hura	If you know this your friend knows that	
329.Uchiphya windzani usitsambule nyama	When you go hunting don't chose an animal	You kill whatever comes before you
330.Uchirya kuku wa myao marondo galola kpwako		
331.Uchirya na chipofu, usimgbwire mkpwono	When you eat with a blind person, do not hold their hand	

332.Uchirya, rya cha tele, cha sinda saza	When you eat, eat until you are full, save some for tomorrow	Plan ahead
333.Uchitaka cha mvunguririni lazima uzame	If you want something from underneath something you must be prepared to bend down	
334.Uchitsekera vyoga undahenda mahana	If you laugh at the first signs of leprosy you will become a leper	Take the early signs of illness seriously
335.Udzumbe wa mlamba n'kuuka-uka	The greatness of the 'bird' comes and goes	mlamba – small black bird
336.Uha likani, lipohe likani	The bow is tight, the string is tight	Therefore you will be able to shoot the arrow well.
337.Ujinga unavyala, werevu tauvyala	Foolishness gives birth, cunning does not give birth	
338.Ukachengbwa ni giza, ukanya muhalani	You were deceived by the darkness, you urinated in the compound	You did a stupid thing thinking that no-one would find out, but people saw you, so don't think you can get away with it!
339.Ukahomba moho ukaphya mivuzi	You had sex in the fire and you burnt your pubic hair	
340.Ukala wa hoyo tawuolaga	The noisy one does not kill	If you make a lot of noise while you are hunting the animals will all run away.
341.Ukala wa kani tawuolaga	The stubborn one does not kill	If this person doesn't work with the team they will not succeed in the hunt.
342.Ukala wa nyoka ni ligundzu	The one with a snake is morning	If you want to kill a snake do it early in the morning before the sun falls on it. Snakes come out early in the morning to catch the sun before it is too hot and they go and hide. If you want to do something, the earlier the better.
343.Ukongo uzidi usiku	Sickness increases at night	
344.Ukpweli wa mwanache nnchibako	The truth of a child is irritation	Children never have anything important to say
345.Umanya wako kumanya uphiyako		
346.Umuambaye ndiye, siye		
347.Undatsapa na phaphi na madiya ga Tiwi?	How will you pass the place where the Tiwi dogs are	The Tiwi dogs are many and fierce. Many interpretations incl. You can't pass through a place with tight security. There is nothing you can do to please all people.
348.Unji ni mutsi	Much is a pestle	If you can't beat them join them
349. Usibere ngorowa, mana ngorowa ndiyo ngoma	Don't despise the ngorowa dance because it is (a true) dance (of this area)	Don't despise your parents whatever their stature/nature because they are your own.

350.Usigule makopa na kufwiha	Don't buy dry cassava and dance	Buy carefully, then cook the cassava, only then will you know that it is good and you can rejoice.
351. Usiguze ga kaphuni na kuno/mbavi ga mafungo bado	Don't sell from the basket while you still have your heaps (of vegetables)	Deal with the matter in hand first of all, then take care of other things
352. <u>Usikale dza mvoya ng'ondzi</u>	<u>Don't be like the one who asks for a sheep</u>	<u>... and doesn't ask for it straight away. In other words go straight to the point or otherwise you might miss the boat!</u>
353.Usiku wa jiza taushonwa nguwo	Clothes are not sewn in the dark of the night	
354.Usirimene mruche, uchirikanga ni mboga	Don't despise a bad smell, if you grill it it's food (stew)	The smell is made by the 'fungo' (civet cat) which leaves its trace on a tree. However, if you kill the animal you can eat it.
355.Usivumbire vyoga, vichihumbuka ni mahana	Do not play around with skin complaints, when they burst they become leprosy	
356. Utsapapho pore ndipho wedzapho ukaphatwapa mairo	The place you pass slowly is the place where in the future you may be running past	When you want something from a person you approach them in a very friendly manner, but when it comes to paying back you run away from them.
357. Utsekera vyoga undahenda mahana	If you laugh at a skin disease you will get leprosy	Don't make fun of other people's misfortunes as something worse may happen to you
358.Utsi ni mutsi taupindika	The public is (like) a pestle, it cannot be folded	You cannot manipulate the public
359.Utsungu wa mwana umanywa ni mvyazi	The bitterness/pain of the child is known by the parent (one who gave birth)	
360.Uvyalwako takuna rikaro		
361.Uvyalwavyo sivyo utsakalavyo	How you are born is not how you become old	
362.Uvyere ni dzala	Old age is a rubbish tip	Both good and bad things are dumped on you
363.Uvyere unaremera	Old age is tiring	
364. Uzoleni garyago matsere	Chase away those who are eating the maize	Refers to baboons in your maize. Chase them first before turning your attention to those who are still in the trees. Concentrate on the main matter in hand without being distracted by side issues.
365.Vichionererwa taviolaga		
366.Vidzo vyarya mnago	Good eats the fruit tree	Mnago is a type of fruit tree. The tree which is bearing fruit is destroyed by someone breaking off the branches to get the fruit. Refers to the

		good one has done, but I'm still unclear as to the relationship here!
367.Vinono vinatsupa na rome ra achiya	Good things pass through the poor people's teaching place	
368.Vweha vweha yareha dosa	Pull pull brings a cut	Two people pulling in opposite directions will break the rope
369.Vwindi kalamusa goyo na goyo kalamusa vwindi	The front of the knee does not greet the back of the knee, and the back of the knee does not greet the front of the knee	
370.Vyoni ni vyoniro	the naughty child is your naughty child	Of the children you are going to bear, some will not be as you expect. However, even if he is naughty sometimes, at other times he will be good and anyway he is still your child whatever.
371.Wa dzitso kang'arirwa	A person with an eye is not shone upon	
372.Wa koma kazoreswa chitsaha	The mad person is not chased naked	If a madman is running around naked make sure you are fully dressed before you chase him. Don't do as he does.
373. Wa koma ni wako	The mad person is yours	
374.Wa kpwiru kaivwisa	The one with a great desire does not ripen	If you desire fruit so much you will pick it before it is ready, or you won't cook your meat properly
375.Wa kunuka kadzimanya	A stinking person does not know (it) himself	Applies to many things such as pride, foolishness
376.Wa likpwale kaambwa dong'ola	The lustful one is never told to bend over	ie. they never need to be told!
377.Wa maphengo kaasa moho	The toothless one cannot not light a fire	He cannot blow enough to light it
378.Wa mwenga kauywa mbiri	He has has one thing cannot be robbed of two things	
379.Wakala kanga wa tsongo achifukurira azima	You were (like) a one-eyed guineafowl scratching for the (other) sighted ones	The blind guineafowl cannot see all of the things he is scratching up so the other birds will come and take advantage of this.
380.Warya bombo undaripha bombo	You ate 'bombo', you'll pay for 'bombo'	Meaning of 'bombo' uncertain. If you misuse something you will have to pay for it
381.Werevu taurya chete		
382.Wira mui tauongerezwa mwana	A bad song is not used to soothe a baby	
383.Wivu n'chironda uchishiriki undaonda	Jealousy is a sore, if you share in it you will waste away	

384.Yezira chakpwe ni ndezi	Whoever disowns his own is a wild rat	When the rat is caught in a trap it gnaws off its leg in order to escape, thus disowning the leg. This is the same with someone who cuts themselves off from their family (even if just for a short time out of pique)
385.Yuya ni mmwenga, hara ni anji	That is one (person), these are many	If you just have one child, people will ask questions, because in the future you may need help and this is better supplied by many children rather than just one. Justification for large families.
386.Zinaphya-zinaphya ndiko kuivwakpwe	'It is burning! It is burning!' means it is nearly cooked	
387.Zula mwachupa uphande mwachupa		