



Ubwiyongere bukabije bw'abantu, ingaruka zikomeye ku mazi 4



Kongera amahirwe y'akazi 5



Yatabaye impinja zitabarika 7



Buri bwoko bw'amaraso bugira ibiribwa bijyana

Ubwoko bw'amaraso y'abantu tubona kuri ubu ni bune, kandi bwagiye buvuka mu bihe bitandukanye, biturutse ku mirire y'abantu yagendaga ihinduka. Peter D'Adamo umuhanga mu w'ubutabire n'ibinyabuzima atwerekaga ibiribwa buri muntu yagombye kwirinda n'ibyo yarya aho bikomoka.



Ubwoko bw'amaraso "O": ubu ni bwo bwoko bukuze kurusha ubundi bwoko bwose bw'amaraso bukaba bumaze imyaka irenga 30 000. Amaraso ya "O" asaba intungamubiri za "Proteines" nyinshi; ziboneha ahanini mu nyama. Niyo mpamvu ubu bwoko bw'amaraso babwita ubw'abahigi. Imirire y'abafite amaraso ya "O" yibanda cyane ku nyama zitukura, iz'ibiguruka nk'inkoko na dendo, imbuto zo mu mazi ndetse n'imboga zimwe na zimwe ziremewe nka epinari, nkori n'amashu.

Ariko bakwiye kwirinda ibinyampeke n'ibinyamisogwe, amashaza, ibishyimbo, ubunyobwa ndetse usanga ibikomoka ku mata n'amagi bitabagwa neza.

Ubwoko bw'amaraso "A": ubu ni ubwoko bw'amaraso bwagaragaye mu myaka 20 000 ishize; bwitwa ubw'abahinzi kuko bwatangiye kugaragara ubwo abantu bari batangiye kwitabira ubuhinzi ndetse bukaba bugendana cyane n'ibiribwa bikomoka ku bimera. Igogora ry'abafite amaraso yo mu bwoko bwa "A" riberanye cyane n'ibinyamisogwe n'ibiribwa nk'umugati n'umutsima w'ingano imbuto nka pome na avoka ndetse zose n'imboga cyane cyane izikungahaye kuri Proteine nka soya.

Ariko bakwiye kwirinda Proteine ikomoka ku nyamaswa nk'inyama



amafi n'ibiguruka, ndetse bakirinda ibishyimbo bitukura n'ibiribwa bikomoka ku mata.

Ubwoko bw'amaraso "B": bayita amaraso yabatemberezi, yatangiye kugaragara mu myaka 10 000 ishize. Akaba ariyo maraso ahuza cyane n'ibiribwa bikomoka ku mata kurusha ibindi. Umuntu ufite aya maraso we agereranywa n'indyabyose, ashobora kurya inyama zitukura, dendo n'amafi, umubiri we kandi wakira neza ibinyampeke, imboga rwatsi n'imbuto.

Ariko akwiye kwirinda ibigori n'ibinyamisogwe muri rusange ,



inkoli n'inkoko ndetse akagendera kure ubunyobwa

Ubwoko bw'amaraso "AB": ubu bwoko bumaze imyaka 10 000 nabwo. bakayita amaraso y'amayobera, kuko buhuza imirire y'ibikomoka ku mata n'ibihingwa. Imirire y'ufite amaraso ya "AB" yagombye kwibanda ku mboga cyane izikungahaye kuri Proteine, dendo n'amafi, imbuto zisanzwe nk'imineke, pome ziremewe, imbuto zo mu mazi zose ndetse n'ibishyimbo. Nyamara hari ibindi bitabagwa neza nk'inyama zitukura, ibigori ndetse ngo no kunywa ibisindisha bibagiraho ingaruka mbi.

Ibi ntibivuga ko uwakundaga ikiribwa runaka nk'inyama ahita akireka ahubwo Peter D'Adamo ukurikirana iby'imirire y'abantu yasannze hari ibibazo bivuka mu mubiri w'umuntu bitewe n'ukudahuza k'ubwobo bwe bw'amaraso n'imirire ye n'uko byari bimeze kera, ubwo ubwo bwoko bw'amaraso bwavukaga. Umuntu akaba ashobora guhindura imirire buhoro buhoro. **Pascal H.**

Tumenye ubuzima bw'abana bo mu muhanda

Abana bari ku muhanda buri wese arababona, biragoye kumenya aho bakomoka, aho batuye, ndetse no kumeya aho babarizwa n'aho babarurirwa. Usesenguye neza buri wese afite aho yabarizwa n'aho yabarurirwa ariko ubuzima bwa bamwe mu bana b'umuhanda butuma utamenya amateka yabo ngo umenye aho wababariza. Ibi bivuga ko utabazi kandi biguye kubafasha, aribyo twizihije mu kwezi gushize nk'uko bisanzwe buri wa 16 Kamena.

Mubyo dukwiye kubafasha harimo kubaha ubwo burenganzira bwo kugira aho babarizwa nk'intangiriro yo kwigira. Ariko twahera kuguca ibituma bajya mu muhanda; muri byo harimo

amakimbirane mu miryango atuma umwana abona nta muryango agifite agahitamo kuwuhunga akiri muto akazakura atakibuka ko agira umuryango.

Abandi tubona mu buzima bw'umuhanda ni abana b'imfubyi. Mu 1994 Genocide yakorewe abatutsi yadusingiye imfubyi nyinshi ariko muri uku kwezi kwa karindwi twizihiza ukwibohora ku nshuro ya 21, abasigaye ari imfubyi ubu ni abasore n'inkumi. Bumwe mu buhamya bw'abana bo mu muhanda bugaragaza ko hari imfubyi za SIDA zigaragara mu muhanda kuko n'imiryango yabo bana yarazimiye. Muri aba harimo abana b'abakoraga ubuyaya badashobora kumenya abandi



bafitanye isano bakwiyambaza nyuma yo kubura umubyeyi. Abenshi muri bo bari mu muhanda kandi ntibabaruye nk'abandi babarirwa mu igenamigambi ry'igihugu ry'abateza imbere. Nyamara ibyo bibazo by'amakimbirane, SIDA ndetse n'uburaya dushobora kubyirinda.

Ubwanditsi

UBUMENYI N'IKORANABUHANGA

Havumbuwe Telephoni zirinda guhumana bitewe n'imyuka mibi



Abakoresha telephone ngendanwa mu Bufaransa batangiyeye uburyo bwo kumenyeshwa iteganyagihe ku myuka ihumanye. Ubusanzwe abakoresha telephone zikoranye ubuhanga (smartphone) bashoboraga kumenya iteganyagihe ry'aho bari ku bijyanye no kugwa kw'imvura cyangwa kuva kw'izuba ariko mu bufaransa batangiyeye kureberaho n'ahari imyuka ihumanye bikabafasha kumenya ibyo bambara n'inzira bagendamo ngo birinde guhura no guhumeka iyo myuka. Ubu buryo bwashyizwe ahagaragara n'ikigo cy'ikoranabuhanga Plume Labs mu bufaransa ngo burimo gukwirakwizwa no mu

bindi bihugu byateye imbere by'uburayi na Amerika ahiganje guhumana kw'ikirere kubera inganda.

Iki gitekerezo cyavuye ku mashyirahamwe arengera ibidukikije. Yafatanyije n'umujiyi uri ku isonga ku isi mu mwanda : Marseille mu Bufaransa, ahifashishijwe telephone ngendanwa mu kurwanya imyanda ihagaragara igizwe iyo mu mu nganda ziciriritse n'iyi mungo, abatuye uwo mugwi banyanyagiza hose. Abahatuwe bashyiriwe muri telephone zabo uburyo bwo kumenya no gutoranya imyanda bakurikijwe ibyiciro byayo; ibora , itabora n'iyuburozi. Ndetse ubu buryo bukaba bunakoreshwa mu kugaragaza ahanyanyagijwe ibishingwe. Ku buryo umuturage wese ubonye iyo myanda inyanyagiye ayifotoresha telephone bityo abashinzwe isuku bakamenya aho basanga imyanda. Ariko muri iyo babonye mu myanda ibigaragaza aho yaturutse barabakurukirana bagahanwa.

Pascal H.

Ubwiyongere bukabije bw'abantu, ingaruka zikomeye ku mazi

Kuba ubuzima bushoboka ku isi bituruka ku bwuzuzanye bw'ibinyabuzima biyituye n'ubwo ibi binyabuzima byose byuzuzanya bitabyumvikanyeho ahubwo ari imibereho yabyo ibigena. Ariko ibikorwa bya muntu byinshi bimaze gusenya ubwo bwuzuzanye, bigatuma iyo mibereho igenda iba mibi. Ku isonga haza ubwiyongere bw'abantu ku isi, mu gihe benshi barangamiye ku kurwanya iyangirika ry'akayunguruzo katurinda izuba kibasiwe n'imyuka y'inganda, bagerageza kuyigabanya mu kirere. « Nyamara umuti nyakuri ntushingiye ku kugabanya ubunini bw'ibirenge ahubwo ni ukugabanya mubare w'ibyo birenge » iyo niyo mvugo ikoreshwa n'abahanga mu bidukikije. Ubwiyongere bw'abantu bukomoka ahanini ku iterambere cyane cyane mu bijyanye n'ubuvuzi bwarwanyije indwara nyinshi zibasiraga abantu. Ubu buvuzi bwageze no ku nyamaswa zisanzwe abantu bahisemo ariko ubwiyongere bw'abantu bumaze kurenga kure ubw'ibindi binyabuzima bigapfa ndetse umutungo kamere ubatunze

ukayoyokana ibyo binyabuzima. Abashakashatsi bagaragaza ko buri mwaka hazimira amoko 30.000 y'ibinyabuzima kandi andi moko atavuka ku buryo byihuse kuri icyo kigero.

Amazi niyo bangamiwe kurusha ibindi, amazi meza ashobora gukoreshwa n'ibinyabuzima akaba akomeje kugabanuka ku buryo ageze ku bice 0,003% by'amazi yose ari ku isi, mu gihe ubundi yabarirwaga mu mutungo kamere wisubira (wivugurura). Ayandi mazi tubona ntashobora kunyobwa cyangwa gukoreshwa n'ibindi binyabuzima Ibi bituruka ku gutemwa ko amashyamba kamere yabashaga kw'amashyamba kamere yakiriraga imvura nyinshi ndetse agatuma amazi yayo atemba gahoro gahoro avuye mu bigega kamere byo munsu y'ubutaka ayo mashyamba kamere asigaye akaba ashobora gutunga abantu mu gihe cy'imyaka nka 40 gusa kubera umuvuduko w'ubwiyongere bw'abaturage ukabije.

Igice kinini cy'amazi kandi ni ayanduye, Ibi biturutse ku kuba amazi agenda atakaza ubushobozi

bwo kwivugurura no kwisukura . Ibi nabyo kandi bikomoka ku iterambere ryagezweho mu buhinzi rigamije kubonera abatuye isi ibibatunga bivuye ku butaka butoya mu rwego rwo kurengera amashyamba makeya asigaye, bityo akomeje gukoresha inyongeramusaruro zirimo imiti n'ifumbire mvaruganda bikoreshwa mu mirima. Nyamara iyi miti n'amafumbire byivanga n'amazi atemba agana mu migezi, ibiyaga n'inyanja. Akaba ari uburozi bwica udukoko n'ibimera biba mu mazi magari , ubusanzwe bitungwa no gukura umwanda muri ayo mazi. Bityo wa mwanda



ugasigara mu mazi. Ibi kandi byiyongera ku muvuduko ukabije w'uburobyi utuma ibinyabuzima byinshi byo mu mazi byarokotse uburozi bwo mu mazi bigabanuka bishyira kuzimira kandi ari byo byakwirakwizaga imbuto z'ibimera bitungwa n'umwanda wo mu mazi. Ubutaha tuzakomeza tubagezaho igice cya kabiri cy'ingaruka mbi z'ubwiyongere n'amakimbirane akomoka ku mazi .

Pascal H.

INGANZO N'ABAHANZI

“Status de la Liberté” impano ikomeye ku banyamerika

Ushobora kukita inyubako cyangwa ishusho, ifite ubunini butangaje ikaba muji wa New York. ifite ubutebure bwa metero 46 n'uburemere bwa toni 200 ishusho y'ubwigenge Yubatswe n'umufaransa Auguste BAR TORDI, kuva mu 1865 kugera mu 1886

Uyu mugabo yifashishije abandi bahanga mu bwubatsi batandukanye barimo Gustave EIFFER wubatse umunara w' I Paris wanamwitiriwe Tours EIFFER, wasimbuye Eugene Violet Le Duc wari watangiranye n'uyu mushinga akaza kwitaba Imana

amaze gukusanya umuringa (cuivre) wari ukenewe mu kubaka icyi gishushanyo ndetse n'imbata (Plan) yacyo.

Ahagana mu 1878 imari leta y'Ubufaransa yari yageneye icyo gikorwa yashize kitarangiye . BAR TORDI watangije icyi gikorwa atangira gushoramwo imari ye bwite ndetse yifatanya n'abakire batandukanye biganjemo aban yamerika, baje kumutererana nyuma ubwo Amerika yari iharaye ubwiza bw'urutindo rwa Brook line.

Muri Kamena 1886 nibwo iyi shusho yashyikirijwe abanyameri-



ka nk'ikimenyetso cy'ubucuti buhoraho n'abafaransa.

Nyuma y'ibitero byo kuwa 11 Nzeri 2001 byibasiye inyubako zikomeye iyi nyubako iri mu za hise zongererwa umutekano kuko zikunzwe ndetse ibikorwa byo kuyisura biba bihagaritswe.

Desire Nzitunga

EJO HACU

Club Rafiki ikomeje gufasha urubyiruko kwihangira umurimo

Mu gihe hari umubare munini w'urubyiruko rutagira akazi n detse ugenda wiyongera, birashoboka ko buri muntu ku giti cye yakwiyongerera amahirwe yo kubona ako kazi.

Hari abaha amahirwe abafite amashuri menshi nyamara gushaka akazi kuri ubu nabyo bisaba ubundi buhanga

Uru ni urugero rw'abanyeshuri 25 bahuguriwe kongera amahirwe yo kubona akazi no kwihangira imirimo mu kigo cya Club Rafiki ku bufatanye na DOT Rwanda, bakaba barashoje ayo mahugurwa muri uku kwezi kwa Kamena

turangije. Muri bo 5 bakoresheje ubumenyi bahawe bahise babona kazi, bakaba barabitangaje ubwo bahabwaga impamyabumenyi zabo kuwa 12 Kamena 2015.

Mu masomo bahawe abongerera amahirwe harimo inyigisho z'ibanze mu ikoranabuhanga no gushakira akazi aho kari ndetse no kwizigamira.

Uretse abo bahise babona akazi, abandi nabo bigishijwe uburyo bworoshye bwo kwizigamira muri duke cyangwa twinshi babona, kuri ubu bose bakaba baratangiye kwizigamira.

Myuma y'icyiciro cyambere cy'ayo



mahugurwa “Reach up” uru rubyiruko ruteganyirizwa n'icyiciro cya kabiri “Start up” aho biga kurushaho bijyanye no kumenya ahari akazi kabagenewe, guhangana ku isoko ry'umurimo no kwihangira umurimo mu bucuruzi buciriritse.

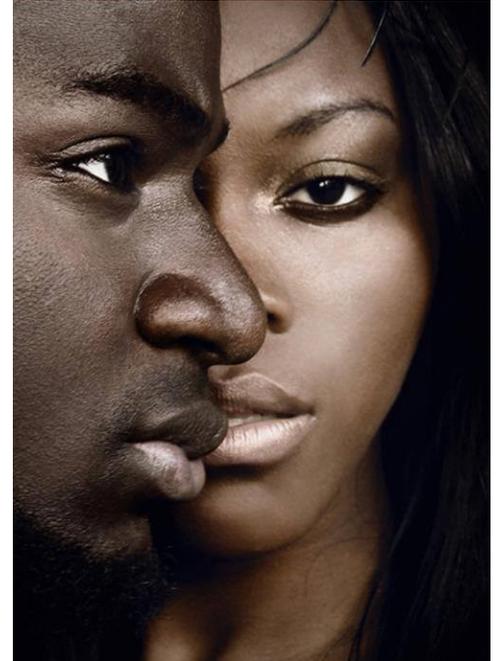
Inkuru ya Oliva

abagore barusha abagabo kuramba.

Ku isi bahora bafite icyizere cyo ku baho kiruta icy'abagabo. Kuri ubu mu bihugu byose by'isi, abagore baramba imyaka 5 kugera kuri 7 kurusha abagabo. Abenshi bihutira kubihuza n'imyitwarire itandukanya abagabo n'abagore, aho usanga bishora mu mirimo ivunanye kandi ishyira mu kaga ubuzima bwabo.

Mu turemangingo tw'amaraso habamo udushinzwe kurwanya ubusaza nk'indwara. Nyamara ku ba gabo utwo turemangingo dusaza vuba bityo ingaruka zo gusaza zi gatangira kugaragara mbere y'abagore. Iri tandukaniro mu kuramba kandi rikomereza ku turemangingo tugize umugore tumufasha kuramba kurusha umugabo. Umugabo afite gusa uturemangingo ngengabitsina tuzwi mu bugeni ku izina rya "X". (chromosome X), ututuremangingo umugabo aduhuje n'umugore kandi dusaza vuba. Ariko umugore

n'uturemangingo twitwa "Y" (chromosome Y); utu nitwo dufasha abagore kuramba. Mu gihe ku bagabo utu turemangingo tugenda ducika intege kubera inshuro nyinshi twiyuburura kandi ari two afite twonyine, bigatuma umugabo atangira kurwaragurika, umubiri w'umugore wishingikiriza ku turemangingo twa "Y". Hari kandi n'imiseburo umubiri ukora irinda umugore gusaza; umusemburo w'imyororokere "Testosterone" ukorwa n'umubiri w'umugabo wifitemo ubushobozi bwo kuzamura mu mubiri uburozi bwa Cholesterol; bwo mu cyiciro cya LDL nk'ubwo tuzi buboneka mu mavuta akomoka ku nyamaswa, butuma imiyoboro y'amaraso iziba buhoro buhoro maze umuntu agatangira kurwara indwara z'umutima kuko amaraso adatembera neza mu mubiri. Naho mu myoro rokere, umubiri w'umugore ukore sha



umusemburo wa "Oestrogene" ubasha kugabanya mu mubiri bwa burozi bwa Cholesterol bwo mu kiciro cya LDL kuko izamura iyo mu bwoko bwa HDL; bityo n'izo ndwara z'umu tima zikagabanuka ku bagore.

Steve SIBOMANA

AMASHYENGO N'IKARISHAYABWENGE

☞ Ubucuruzi bwunguka amafaranga gusa buba bukenye—**Henry Ford**

☞ Ubwenge mu ikoranabuhanga ntibujyana n'ubuswa kamere—**Utazwi**

☞ Umutuzo niyo inshuti idatenguha—**Confucius**

☞ Iyo usobanukiwe n'amayobera y'ubuzima n'urupfu, usanga ubuzima ari iyobera—**Kahil Gilbran**

☞ Igihe kinini tugitakaza dushaka icyo tumaza igihe—**Will Rogers**

☞ Uwaretse kwiga aba yashaje, haranira ubusore bwawe — **Henry Ford**

☞ Kumva amaganya n'ubwo yaba adafite agaciro nibwo bucuti —**Dr Samuel Johnson**

☞ Uburyo bwo kwibonamo imbaraga ni ibigeragezo — **Joseph Campbell**

☞ Ushaka kubaho neza ntakora ibimushimisha, ahubwo akora ibyo asabwa — **Benjamin Franklin**

☞ Mu buzima byose ni agateganyo uretse urupfu—

Babes

Omar Tony NSENGUMUREMYI

Uwatabaye impinja nyinshi ari mu marembera



James Harrison w'imyaka 80 afite

ubwoko bw'amaraso budasanze, akoresha mu gutabara impinja zifite ikibazo cyo gudahuzwa amaraso n'ababyeyi bazo, bituma inda zivamo nyuma y'isama. Yitabira igikora cyo gutanga amaraso buri cyumweru kuva afite

imyaka 18, amaraso ye amaze gutabara impinja zirenga miliyoni ebyiri ariko indwara ya Kanseri igiye kumuhitana. We n'abaganga be bababajwe gusa n'uko ku isi hatari benshi nkawe bazamusimbura. **Gaby**

IMIKINO

David de Gea yasubiye mu ikipe ya Man U naho Murinho yitwaye nabi ku kibuga



Nyuma y'igihe kinini yifuzaga kuva mu ikipe ya Manchester United ngo yerekeze muri Real Madrid bikaza kwanga k'umunota wanyuma ubwo isoko ry'igura n'igurisha ry'abakinnyi k'umugabane w'iburayi ryasozwaga. David de Gea, ibye bikomeje kuvugisha isi menshi. umwaka ushize w'imikino nibwo ikipe ya Real Madrid yagaragaje ko yifuzaga uwo mukinnyi ariko inanirwa kumvikana n'ikipe bahora bahanganye ku agafaranga kugeza naho uwo mukinnyi yaje kugaragaza ko yifuzaga

kugenda biza no kumviramo kubura umwanya ubanza mu kibuga mu ntangiriro z'imikino y'uyu mwaka muri Manchester United. Ubu hakaba hibazwa niba azabona umwanya mu ikipe y'igihugu dore ko umutoza w'ikipe y'igihugu yatangaje ko bigoye kubona umwanya kandi amaze igihe adakina, atazi neza ko nasubira no mu ikipe ye, ya Manchester azabona umwanya uhoraho.

Ikinyamakuru dailymail Dukeshya aya makuru gikomeza kigaruka k'umutoza w'ikipe ya Chelsea Jose Dosantos Morinho nkuko yagaragaje uburakari budasanze ubwo yakina umukino wo kuri uyu wa gatandatu ubwo yajyaga kuri mikoro ifata urusaku rw'umupira igihe bawushose akayibwira amagambo

ubona ababaye ngo bisa nkaho yabwiraga abayobozi be. Uwo mutoza abajijwe n'itangamakuru icyabimuteye yavuze ko atishimye nta busa ngo akaba abiterwa ahanini n'ubuyobozi bw'iyi kipe butamuhaye amafaranga ahagije ngo aje ku isoko nka bagenzi be bahanganyiye igikombe.

Steve SIBOMANA



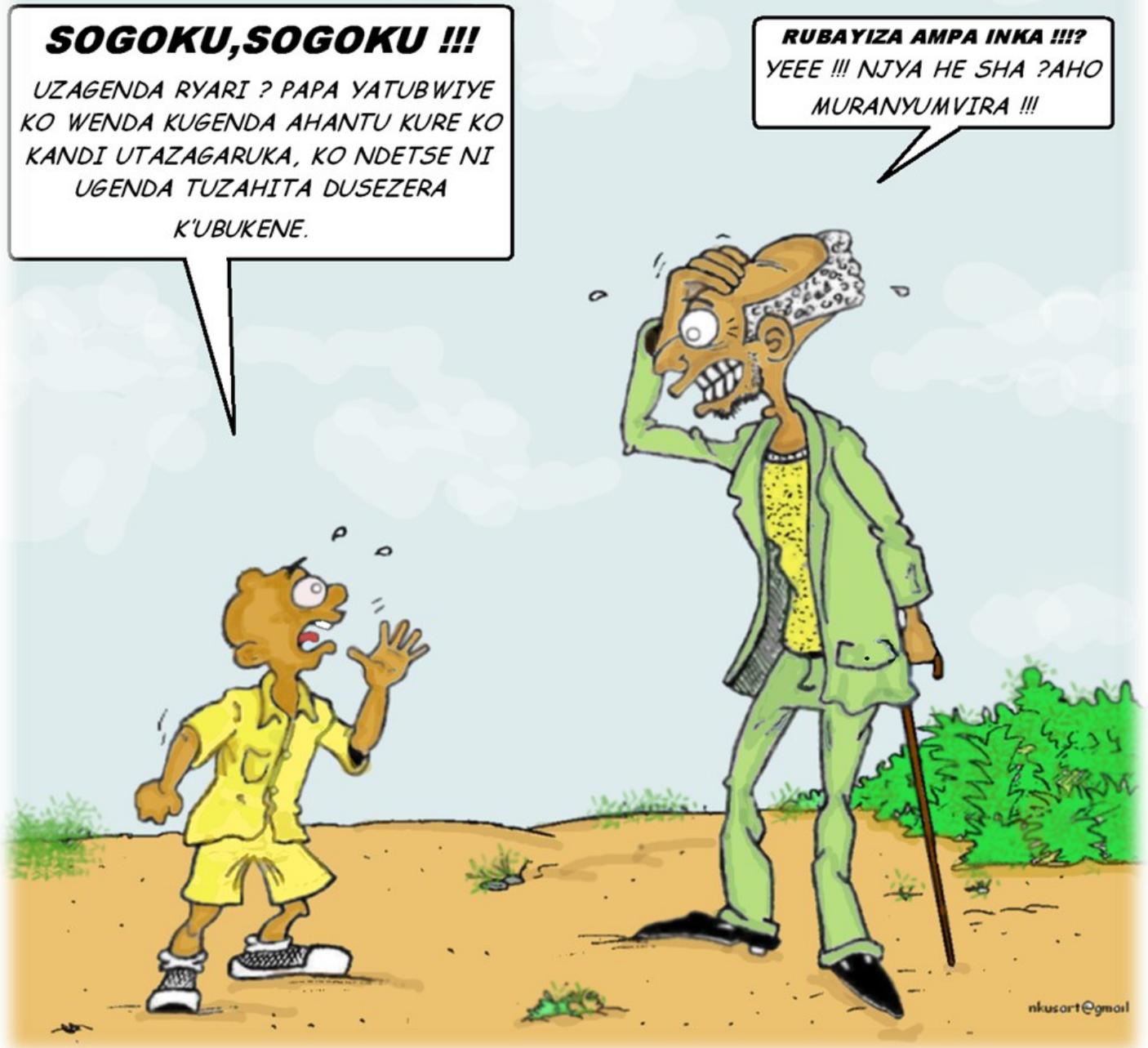
BYENDA GUSETSA



Mu mpanuka ikomeye imodoka ebyiri zaragonye, haphamo benshi abandi barakomereka. Minisitiri ahita ahagera asanga birakabije nuko ateguka ko abakomeretse babaha impozamarira ya miliyoni ebyiri, barishima cyane, abatari bakomeretse cyane. Hashize akanya baramubaza bati "ese abapfuye bo tubigenze gute?" arabasubiza ati "imiryango yabo yo turayihira miliyoni icumi

z'impozamarira n'ubwo nazo zidahagije" umwe mu bakomeretse aho aryamye abyumvushye arakururuka yegera abapfuye, abagezemo umwe mu bapfuye aramubwira ati "subirayo barangije kubara."

Hakizimana Ramadhan



Ntukajye wicara ngo utekereze ko umutungo So yaruhiye uzaba uwawe amaze gupfa. Biriya ureba Muzehe yabigezeho avunitse. Ba umugabo kunda umurimo, nt'akazi gatesheje agaciro kabaho. Ahubwo kwiba no kugenda ufunguza abahisi n'abagenzi nibyo bitesheje agaciro kandi ntabwo bibereye umusore w'i Rwanda. Yari : *muzehe N.D*