

# My Grandma's Tales



## The Blind Liar

Translated by Lieutenant  
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Illustrations by  
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Once, a man and his wife went to visit some of their relatives. Since they only had one donkey, the man let his wife ride it while he walked on foot. While they were talking to each other, they saw a blind man who was trying to find his way by using a stick. The wife felt sorry for the man and asked her husband to help him. "He is a stranger and we don't know him very well. Leave him alone and let's carry on", her husband told her.



"But he is blind and if we help him today, Allah will reward us tomorrow", she told him.

The husband agreed with his wife and asked the blind man to ride the donkey. He thanked them and rode the donkey while they walked in front of him. "Where do you want to go?" the husband asked him.

"On your way you will see a group of people so will you please drop me there?", he replied.



They kept walking between the palm trees until they saw a group of people sitting at the entrance of a mosque. While the husband was trying to help the blind man to get down the donkey, he suddenly screamed, "Please help me, this man stole my wife and my donkey"

The people looked around them and the husband and wife were surprised at what was

going on. They couldn't believe what they were hearing and the husband said, "Is this our reward for helping people?" The husband told everybody there that the blind man was a liar. He even explained how he and his wife helped him and brought him there. However, the blind man insisted that the woman was his wife, "She is my wife and she helped this man to steal my donkey and run away", he said.



The two men got into a big argument and the people couldn't tell who was lying and who was telling the truth. At last, they decided to go and see the judge.

After the judge listened to their different stories, he told them, "You have come to me at this late hour and I shall tell you about my ruling in the morning". The judge ordered his guards to put the two men in two different prisons. He even asked his assistants to spy on them and listen secretly to what they are saying. In the morning, the one who spied on the husband told the judge, "Sir, I heard him say that this is all his wife's fault and he shouldn't have listened to her". As for the one who spied on the blind man, he told the judge, "Sir, I heard him say repeatedly that he has nothing to lose. He will either get the woman or the donkey".



Thus, the judge asked his guards to bring the two men to his court. Then, he ordered the them to take the blind man to prison as punishment for his lying, deceit and ingratitude. The judge looked at the husband and told him, "We have no doubt that you are an honest man. So you can now take your wife and your donkey and carry on your way and you should always be careful". The husband left with his wife and continued their journey to visit their relatives.

# Cute Norah

Translated by Lieutenant  
Abdullah Al Harthy



I enjoy skating  
on the tiles,  
kitten, I feel like  
flying in the air.



So we now  
add the soap  
and pour the  
mixture on  
the tiles



This is the best  
way to skate.



Try not to fall,  
I'm going very  
fast

What an interesting  
discovery!?, meow!



Oh God!  
there are no  
brakes. Help!



It seems that -  
skating on the  
tiles has become  
falling on the  
tiles.

What a painful  
discovery!?

## Diabetes Disease

Hello my dear little ones, I am sure you have heard about a disease called diabetes. Old people usually get this disease but young

people can get it too. They are treated by following a certain diet and taking daily doses of insulin hormone which is produced by the Pancreas Gland. When a man eats some food this food is turned into sugar which the body uses in order to get energy. In order to avoid any increase in the blood sugar, the Insulin hormone reduces it to its normal level. However, with diabetic children, the Pancreas Gland fails to produce the insulin hormone. Thus, they require external insulin to help them reduce the sugar level.

Diabetic children should learn how to organize their food in order to prevent any increase or decrease in the sugar level. This will also protect them against any possible future complications such as, poor eyesight, kidney and heart diseases and other diabetes related diseases. The immune system of diabetic children is weaker than that of healthy children. Therefore, these children should take special care of their personal hygiene and eat certain types of food to strengthen their immune system such as, fish, fruit, vegetables, nuts and beans.

Nutritional instructions for diabetic children:

- Avoid simple sugars such as, refined sugar and sweets and eat a lot of complex sugars such as rice, brown flour, oats and barely. Complex sugars break into simple sugars which the body needs slowly and don't raise the blood sugar.
- Eat a lot of fresh fruit and vegetables. Drinking juices is not advisable. Instead, you should eat the whole fruit.
- Eat meat and drink milk on a daily basis in moderation because they help you to grow up.
- Drink water on a daily basis and avoid fizzy drinks, coffee, and tea.
- Eat your three daily main meals in moderation interspersed with two tiny meals containing yoghurt, fruit, sandwiches and biscuit.

Diabetic children have the right to enjoy their food on regular days and occasions. They should learn how to choose their food in moderate quantity. They should also avoid any food which might contain fats or sugar. We should not also forget the role of parents in educating and supporting their diabetic child with the assistance of a team of doctors and dietitians.





# Faheem and Smarty

Translated by Lieutenant  
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Illustrations by  
Badria al Rahbi



Smarty, I wish you a happy Eid.

I wish you the same, Faheem.



We are going to visit my grandparents at their farm.



But the farm is too far and I hate sitting in the car for a long time.



But don't ask your dad to drive at a high speed to arrive there very fast.

I'm afraid my friend that your joy will turn into sadness very fast.



You are right Smarty, it is not important to arrive fast but to arrive safe.



Faheem, remember that speed leads to sorrow and to be safe you should follow the traffic rules.





**إنتبه!**  
**Pay attention!**

الشركة العامة  
لخدمات الصرف الصحي بعمان



OMAN WASTEWATER  
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**تجنب السلوك الخاطئ أثناء صعود السلم؛ لأن  
ذلك يعرضك للسقوط**

**Climb the stairs properly so you  
don't get hurt.**