

# “U sooh nkon, u sooh yag matibla”

By Kalengule Kaoma

The forest-dwelling Bassa people of Cameroon have a saying that goes, “U sooh nkon, u sooh yag matibla.” Translated into English, it means, “If you hide the sickness, you hide the treatment.” The point is that you can’t help someone who won’t reveal what their problem is.

God didn’t make us to be loners. We are all connected as children of our Father in heaven, brothers and sisters of our Lord Jesus Christ. The apostle Paul wrote that we all “live and move and have our being” in God (Acts 17:28).

Our need for others is never more pressing than when we face crises and challenges in our lives. The kind reassurance of another



person can calm our fears, soothe our nerves and hold us up in times of trial. Finding professional support to help us through marriage problems or financial difficulties can make the difference between success or failure. And telling a qualified physician about our physical symptoms can save our lives.

We can all take a word of wisdom from the Bassa: Are we hiding our needs from the people who want to help us?

Our shoulders might be broad, but no shoulders are broad enough to carry the whole world. [co](#)