Tuya and The Talking Grass

Written by Kenneth Youngstein
Illustrations by Bookworks
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Summer is almost over, and all the families are busy preparing for the move to the Fall pastures. Soon many of the children will return to school.
This morning, Bataa helps his mother as she milks the mare. “Bataa, have you seen Tuya?” asks mother. “I am not sure, but lately I have seen her sitting alone in the field behind the ger,” replies Bataa.
“Why are you sitting here, all alone?” asks Mother. “Oh,” replies Tuya. “No one wants to play with me.”

“Whenever I shoot my bow and arrow, I miss the target. And when I play Shagai, I always lose. The ankle bones are so small, I can’t see them.”
“But soon you will go back to school. Surely, you must have friends there.” Says mother.
“Everyone at school thinks I am stupid.” Replies Tuya. “When the teacher writes on the board, I can never read it. And they laugh at me because I always hold my book so close to the face.”
"But aren’t you lonely, sitting here alone?" asks Mother? “I am not alone”, replies Tuya. “I talk to my friends, the grass.”

“You talk to the grass?” asks Mother? “And does the grass talk back to you?” “Yes”, answers Tuya. “But I don’t understand what they say. They must belong to another tribe.”

Mother reaches down and pushes aside the grass. There, on the ground, she sees the grasshoppers and hears their chirping sounds.
The next morning, Father and Tuya drive to the local clinic.

At the clinic, they meet Dr. Densmaa. Tuya sits on a chair and Dr. Densmaa asks her to cover one eye and, with the other hand, show her what she sees on the chart.
Tuya looks and looks and says, “I can see something, but I am not sure what it is.”

Dr. Densmaa puts a metal frame of Tuya’s nose. He then slides a round glass into the frame and asks, “Now, what can you see?”
I can see everything!” shouts Tuya. As Dr. Densmaa points to each line on the chart, Tuya moves her hand up or down, to the left or to the right.

“That’s perfect” says Dr. Densmaa. “All you need are eyeglasses and you will see just fine.”

“But I don’t want to wear eyeglasses,” says Tuya. My friends will make fun of me and call me Bankhar - because I have four eyes.”
Dr. Densmaa replies, “When I was your age, I got my first eyeglasses. I was also afraid that my friends would make fun of me. But I learned that anyone who made fun of me was not really my friend and my true friends all liked me just the same as before.

A nurse takes Tuya and Father to another room where there are many shelves fill with eyeglasses of all shapes and colors. Tuya chooses the bright red ones. “A good choice,” says Father.
“Tuya,” says Dr. Densmaa. “I want you to promise me that you will wear your eyeglasses every day, especially when you are at school.”

“Oh yes,” says Tuya. “I promise. I promise to wear them every day. I love my eyeglasses and all the wonderful things I can see.

After one week, they return to the clinic and Tuya tries on her new eyeglasses for the first time. As she looks out of the clinic window, she shouts, “Father, I can everything! I can see that man on a red motorcycle and an eagle, flying high above that building."
As they near their ger, Tuya can see her brother practicing archery.
“Do you want to try?” asks Bataa.

On their way home, they meet some children.
“Oh Tuya. I love your new eyeglasses,” says one girl.
“They make you look very smart,” comments the boy.
“Maybe I also need eyeglasses?” questions the other girl.
Tuya takes the bow and arrow. She looks down the arrow and releases the string. The arrow flies through the air and hits the target in the center. “Well done,” says Bataa. Do you want to shoot some more?” “Later,” replies Tuya. “I have something very important to do.”
Some tips for eye health and safety

Do

Wash hands regularly with soap
Take care while using sharp objects
Sleep for 8 hours
Get an eye check up every year

She looks at the small grasshopper and says, “Thank you for talking to me. I hope we can meet again next year.”
Some tips for eye health and safety

- Touch your eyes frequently
- Share towels or handkerchiefs with others
- Look at the sun directly
- Play dangerous games
Turned away by her brother and friends, little Tuya sits alone in the field behind her ger, talking to her new friend, the grass. Tuya’s mother worries about her daughter not playing with the other children and decides to find out why.

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Mongolian Version
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Author
Kenneth Youngstein has spent forty years developing health education programs for professionals and patients throughout the world.

Illustrations
Bookworks (India) is helping children’s book authors and publishers from across the globe to communicate their stories in an engaging way by providing them with customized illustrations in a variety of styles.

Orbis is a leading global non-governmental organization that has been a pioneer in the prevention and treatment of blindness for over 30 years. Orbis transforms lives by providing the skills, resources, and knowledge needed to deliver accessible quality eye care. Working in collaboration with local partners, Orbis provides hands-on training, strengthens eye care infrastructure and advocates for the prioritization of eye health on public health agendas.

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