

Name _____ Date _____

Nature's little helpers

People have been using natural medicines for thousands of years. Did you know, for example, that aspirin originally came from the bark of the willow tree? In the 5th century BC the Greek doctor, Hippocrates, gave it to his patients to stop their aches and pains.

Another natural remedy is quinine, which used to be an important drug in the battle against malaria. It comes from the bark of the cinchona tree, which grows in the Andes mountains in South America. Peruvian Indians have been using quinine for centuries to cure fevers.

In 1775 a British doctor, William Withering, was unable to treat a patient who had a serious heart problem. However, the patient made a complete recovery after taking something a local woman had given him. The woman told the doctor she'd made the remedy from purple foxgloves. This natural medicine is still given to people with heart problems because it makes your heart beat more slowly.

Many of the most effective natural remedies can be found in our homes and gardens. Put some lavender oil on your pillow at night to help you sleep. Break open the leaves from an aloe vera plant and put the sap on your burns and cuts. This will help them to heal and might also stop you getting a scar. The Egyptian queen, Cleopatra, used this remarkable plant to keep her skin soft and young-looking.

Finally, we mustn't forget the healing power of garlic. It thins and cleans the blood, it's good for stomach problems and coughs and it's a natural antiseptic. So, next time you have a cold, try a mixture of garlic, lemon and honey. It's magic!

What do these words mean in the story?

- | | | |
|----------------------|-----------------|------------------------------------|
| 1. remedy | a) a medicine | b) a type of plant |
| 2. battle | a) a fight | b) a type of illness |
| 3. treat | a) give money | b) give medical attention |
| 4. leaves | a) young plants | b) the green parts of a plant |
| 5. heal | a) get better | b) get worse |
| 6. scar | a) a bad cold | b) a mark on your skin after a cut |
| 7. remarkable | a) very good | b) very dangerous |

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Answer the questions below.

1. Where does aspirin come from?

2. Why did people take aspirin a long time ago?

3. How is garlic good for the body?

4. Which Egyptian queen used aloe vera?

5. What remedy was used to cure malaria?

6. What would help a person fall asleep?

7. Where are these remedies in the story found?

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Choose a word from the Word Box to complete the sentences.

bark	ache	century	patient	burn
skin	heal	cough	natural	cure

1. The _____ covers the outside of a tree.
2. My cut should _____ in a few days.
3. Don't eat the _____ of a chicken.
4. My friend was a _____ at the General Hospital for 3 weeks.
5. After I lifted that heavy box, I have a back _____.
6. One thousand years is one _____.
7. Things that come from nature are _____.
8. It would be nice if there a _____ for all diseases.
9. Turn the meat over on the grill before you _____ it.
10. Cover your mouth when you _____.
11. I'll be there soon. Be _____ !
12. That big dog sounds funny because his _____ is so high.

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Nature's little helpers - **Answers**

Page 1:

- | | |
|----------------------|------------------------------------|
| 1. remedy | a) a medicine |
| 2. battle | a) a fight |
| 3. treat | b) give medical attention |
| 4. leaves | b) the green parts of a plant |
| 5. heal | a) get better |
| 6. scar | b) a mark on your skin after a cut |
| 7. remarkable | a) very good |

Page 2:

1. Aspirin comes from the bark of the willow tree.
2. People took aspirin a long time ago to cure their aches and pains.
3. Garlic thins and cleans the blood.
4. Cleopatra used aloe vera.
5. Quinine was used to cure malaria.
6. If you put lavender oil on your pillow, it might help you sleep.
7. These remedies are found in nature.

Page 3:

1. The bark covers the outside of a tree.
2. My cut should heal in a few days.
3. Don't eat the skin of a chicken.
4. My friend was a patient at the General Hospital for 3 weeks.
5. After I lifted that heavy box, I have a back ache.
6. One thousand years is one century.
7. Things that come from nature are natural.
8. It would be nice if there a cure for all diseases.
9. Turn the meat over on the grill before you burn it.
10. Cover your mouth when you cough.
11. I'll be there soon. Be patient!
12. That big dog sounds funny because his bark is so high.