

Nature's Little Helpers



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Reading

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.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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