

Medicines through Time

When Adam and Eve disobeyed God, sin and sickness entered the world. Since then people have tried to cure different illnesses using various types of medicine from plants to smoke.

Before Christ came to earth people used plants to cure illnesses. Plants that are used to cure illnesses are called herbs. People experimented with many plants and parts of plants including the root, bark, and leaves of the plant. Through time, people discovered that thyme, sage, and rosemary were best at curing common illnesses.

Have you ever had a cold or a bad cough? During Bible times people drank thyme tea to cure coughs, bronchitis, and the common cold.

Sage was used to cure many different sicknesses and injuries during Bible times. When someone had a cut or open wound, they would mix sage and water to make a paste and rub onto the wound. People would also gargle sage and water to cure sore throats. The mixture was used as a beverage to cure diarrhea and tonsillitis.

Ever had a hard time focusing in school? In the past people drank rosemary tea to help with attention span, headaches, and memory skills.

Today when we are not feeling well, there are many things that can be done to help us feel better. There are all types of special doctors who study to learn about ways to help patients get well quickly. They might do x-rays, blood work, or other tests to help them make decisions how best to treat the illness.

Doctors have many kinds of medicines that help our bodies get well. Sometimes they will give pills or a shot to help our body fight an infection. Kids have Band-Aids and cream to put on cuts and scrapes when they fall down while playing.

Doctors also tell parents to keep their children home if they have a fever. They want children who are sick to rest, drink lots of water, and to take their medicine so they can get well quickly. They tell children to wash their hands with soap and water before they eat or touch their faces, and encourage all to eat healthy foods to stay well.

