



# MEDICINE

Medicine is the science of keeping people healthy and healing the sick. Humans have practiced forms of medicine for thousands of years. Today specially trained people called physicians, or doctors, practice medicine.

People visit a doctor when they do not feel well. Doctors use their knowledge of medicine to make people better. When a sick person, or patient, goes to a doctor's office, the doctor must find out what is making the person unhealthy. Then the doctor decides the best way to treat the sickness.

Sometimes healthy people go to the doctor for a checkup. During a checkup, doctors perform simple tests and ask questions to make sure the patient's body is working well.

The ancient Greek doctor Hippocrates is considered the Father of Medicine. He treated medicine as a science. He made detailed observations of his patients and thought that diseases had a physical cause. Before that people had thought that diseases were caused by the gods or evil spirits.

Doctors in the 1800s began to use stethoscopes, X-rays, and many other helpful devices. They learned how germs cause disease. They also learned that cleaning hands and medical instruments helps to kill germs.

In the 1900s, scientists developed vaccines to prevent many diseases and drugs to treat many others. Doctors transplanted organs from one person into another. They used many machines to help them to identify and treat diseases. They also learned how good nutrition helps people to stay healthy.

Today, doctors have many ways to help patients heal. But there are still many unanswered questions in medicine. For example, scientists are still searching for cures for cancer, AIDS, and many other diseases.

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## Word of the week

### HEALING

Healing is the process of getting better after an illness, injury, or wound. During healing, the body repairs damage to the skin, bones, muscles, and other parts. Healing can occur naturally, or it can occur with the help of medical treatments.

#### CAN YOU FIND THESE HIDDEN OBJECTS?



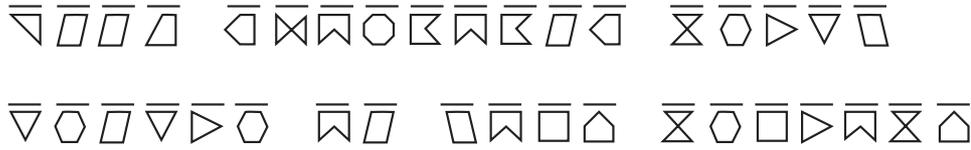
## Questions

1. Why do you think people become doctors?
2. How do doctors help people?
3. Why do you think people have been learning about medicine for so long?
4. What do you do to stay healthy?

# Activity Sheet



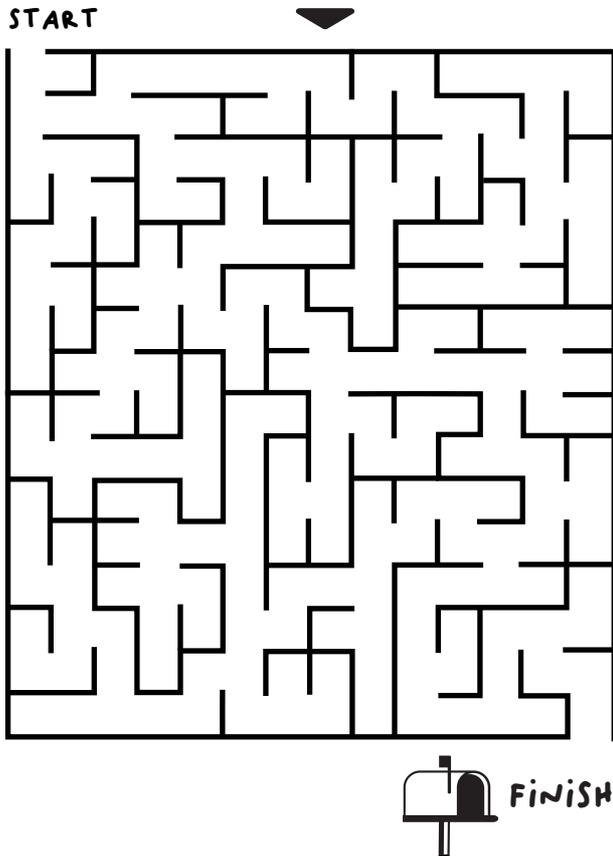
## Secret Code Section



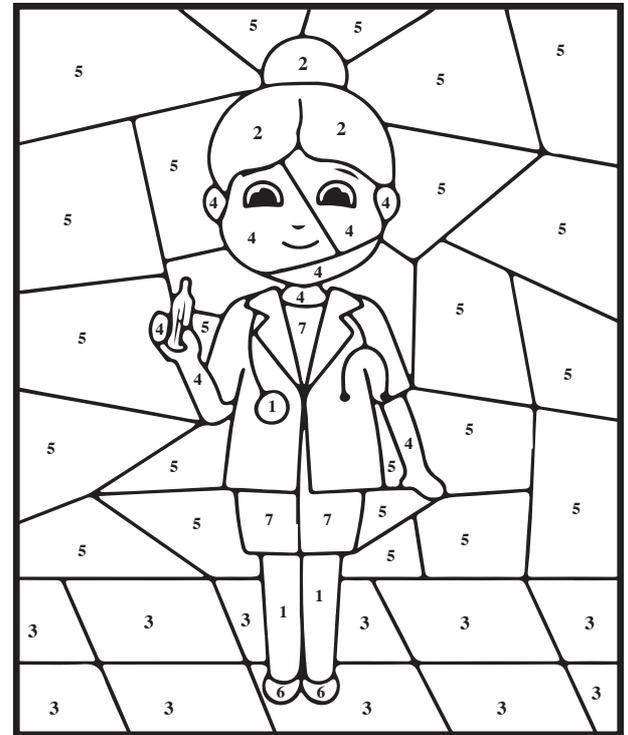
Code Key:

a	b	c	d	e	f	g	h	i	j	k	l	m
□	◇	△	▵	○	▷	▽	⊗	◻	▽	▷	▷	△
n	o	p	q	r	s	t	u	v	w	x	y	z
◁	▱	▽	▽	○	◻	◻	⊗	◻	△	◻	△	⊗

## Maze Section



## Color by Number Section



- 1 - gray
- 2 - black
- 3 - blue
- 4 - beige
- 5 - orange
- 6 - brown
- 7 - purple
- 8 - red

## Word Search Section

E	A	J	X	H	P	U	K	I	W
H	V	B	I	I	V	I	R	E	E
E	D	V	P	A	T	I	E	N	T
A	W	I	V	A	C	C	I	N	E
L	D	B	S	M	I	C	L	M	C
T	O	S	D	E	I	O	E	G	F
H	C	G	N	D	A	Q	A	S	T
Y	T	P	E	J	V	S	M	X	F
B	O	M	L	V	A	G	E	S	X
B	R	E	X	U	S	N	Q	T	I

MEDICINE  
HEALTHY

DISEASE  
VACCINE

DOCTOR  
PATIENT



Franz  
Schubert  
Ave Maria, D. 839

## Captain Mail Attainable Super Power

### Self Care

It's important to care for our loved ones, but we also have to take care of ourselves.

What are some of your favorite things to do? Be sure to take time each week to do your favorite things.



## Enrichment Activity

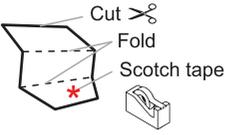
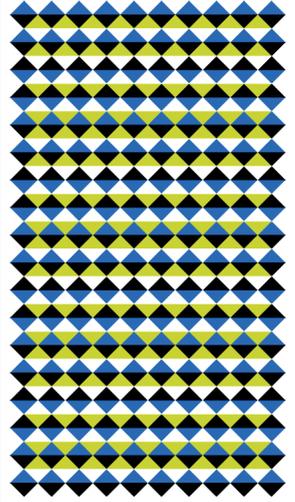
A Healthier You: With someone at home, brainstorm ways that you can keep your family healthy. Create a poster to hang on a wall with all the ways your family can have a healthier lifestyle.



# Paper Craft 3D Toy

Parts of the image appear to move swingingly.

Moving Curtain



**JOKE OF THE WEEK:**

**Q.** What medicine would you give an ill ant?  
**A.** Antibiotics!



## Medicine



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## Hello Young Heroes,

Welcome to an incredible adventure into the world of medicine! Imagine a magical land where brave doctors use their special knowledge to keep us healthy and make sick days disappear.

Did you know that medicine has been around for a really, really long time? People from ancient days to today have been learning how to help each other feel better. And guess what? Those amazing people called doctors are like superheroes of medicine!

When we're not feeling our best, we visit these doctors. It's like meeting a wizard who knows just how to fix things. They figure out what's making us feel unwell and use their special know-how to make us strong again.

Even when we're feeling awesome, we can visit doctors for something called a "checkup." It's like giving our bodies a little tune-up to make sure everything is working perfectly.

Long ago, there was a wise doctor named Hippocrates. He's like the grandpa of medicine! He believed that sickness had real reasons, not just magic spells or mischievous spirits. This smart idea started a whole new way of thinking about medicine.

As time marched on, doctors got even smarter. They used cool tools like stethoscopes and X-rays to look inside our bodies. They learned about tiny troublemakers called germs and how to make them disappear with clean hands and tools.

Today, doctors have a bunch of magical ways to help us feel better. But guess what? There are still mysteries waiting to be solved, like how to defeat tricky enemies like cancer and other sneaky illnesses.

So, my adventurous pals, get ready for a thrilling ride! Inside this packet, you'll uncover amazing stories, do fun activities, and become heroes of health. Let's set off on this grand quest to discover the incredible world of medicine together!

Are you excited to begin this extraordinary journey?

Your friend and sidekick,  
**Captain Mail**



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**JOKE OF THE WEEK - SHARE IT WITH FRIENDS**

