

# Herbs and Medicine

## Vocabulary:

Antiseptic- substance used to prevent infection

Disease- a sickness

Herbal-a book that describes the uses of herbs for medicine

Hygiene- practices that promote good health and prevention of disease

Infection-the invasion of the body by things that can cause sickness

Plaster- a pasty mixture applied to the body to help it heal

Remedy- a treatment that relieves or cures symptoms

## Start Your Own Classroom Herb Garden:

**Easy to Start from seeds:** yarrow, mint, basil, marigolds, chives, catmint, lemon balm, thyme, dill

**Good in Containers:** basil, chives, mint, rosemary, thyme, lemon balm, geraniums

### Herb Cough Drops

1 tsp. dried horehound

1 cup honey

Heat the honey in a saucepan, stir in the herbs. Simmer, then take the honey off the heat, cover, and steep 10 minutes. Next, strain out the herb and return the honey to the sauce pan. Now, follow the directions above, clipping on your thermometer and heating to about 300 degrees. Drop the syrup in the cold water, test for cracking, then remove it from the heat being very careful because honey burns easily.

On a piece of parchment paper or wax paper, pour teaspoon sized drops leaving room for them to spread. Leave them to harden, then store by wrapping each in parchment paper or dust them with powdered sugar to keep them from sticking to each other.

## Specific Standards:

SS.H.1.3: Create and use a chronological sequence of events

SS.H.2.3: Describe how significant people, events, and developments have shaped their own community and region

SS.H.3.3: Identify artifacts and documents as either primary or secondary sources of historical data from which historical accounts are constructed.