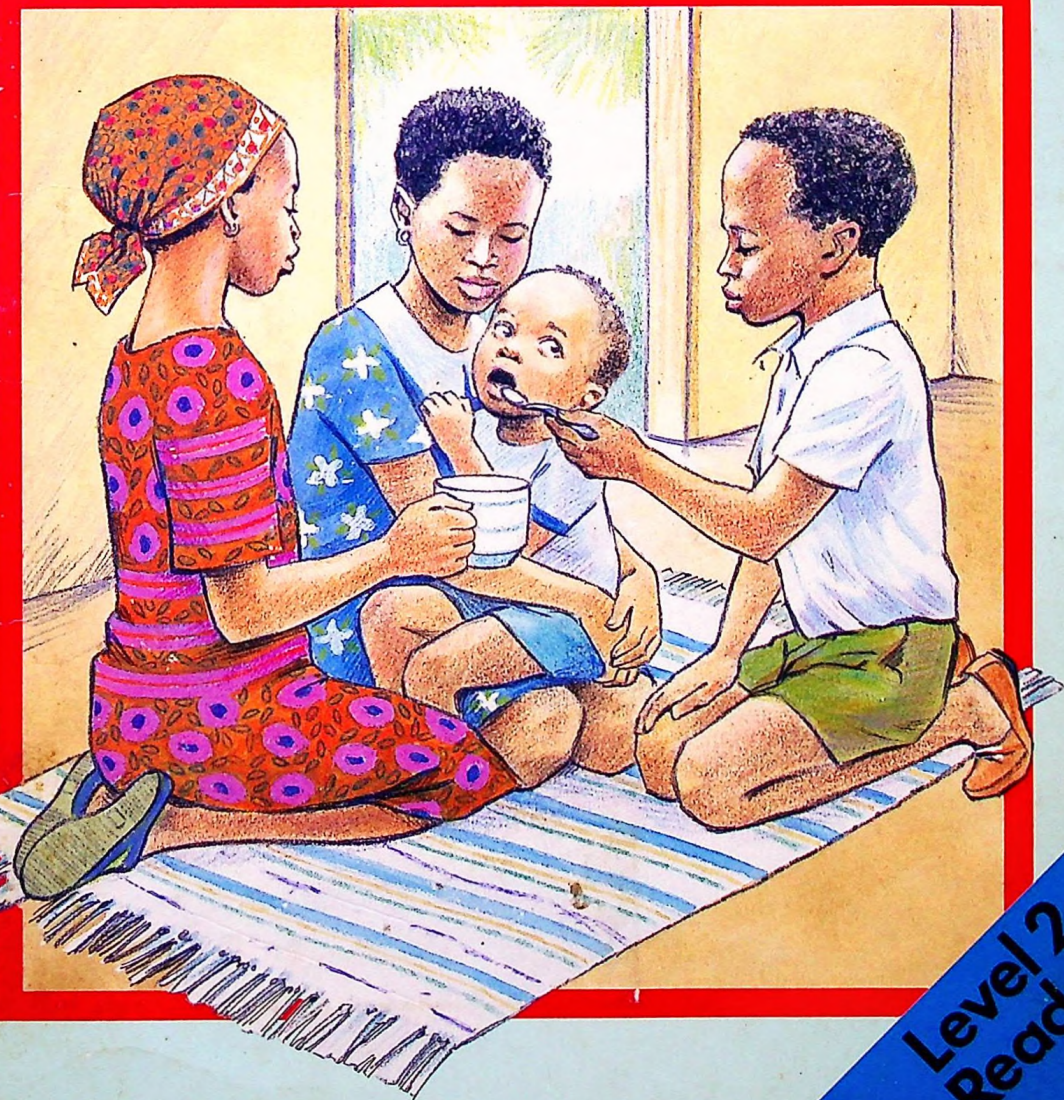




CHILD-to-child Readers

A Simple Cure



Level 2
Reader

Colette Hawes

A simple cure

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Longman

MAINLY FOR PARENTS AND TEACHERS

Throughout the world many people die of diarrhoea, especially children between the ages of one and three.

Diarrhoea can be cured by a very easy method if the cure is started soon enough. You can make a very easy mixture called the Special Drink with:

Water

Salt

Sugar

A cup full of this drink must be given to the child every time it has a stool, even when it vomits and rejects it.

This book tells how an eleven year old girl cures her small brother by patiently giving him this drink.

1087

CH140

COMMUNITY HEALTH CELL
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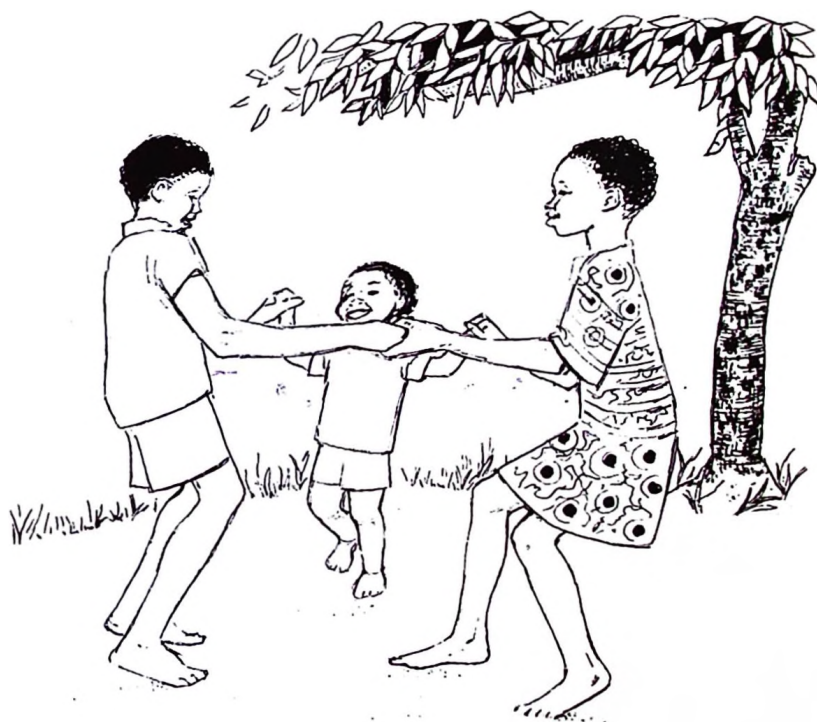
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Jojo is ill

Mary Ajala no longer goes to school, but she is a clever girl of eleven. She looks after many people in her home. She helps her mother. She looks after the youngest baby when her mother is busy.

Mary has a good friend, John Garba. He is their neighbour. He is only nine and he goes to school. When he comes home he plays with Mary. John tells Mary about what he learns at school every day.



Early one morning Mr and Mrs Ajala went to the hospital. It was very far away. They went to see the nurse. Mrs Ajala was expecting another baby soon. She told Mary to look after the children. She said: "Try to keep the chickens off the road and tidy round the house. I have left you plenty of food. If I am late, you can go to our neighbour, Mrs Garba. She will help you."

Mrs Ajala said: "Jojo was crying a bit. He hurt his hand yesterday. He is sleeping now. He will be better when he wakes up."

Then Mr and Mrs Ajala went down the road to go to the hospital.

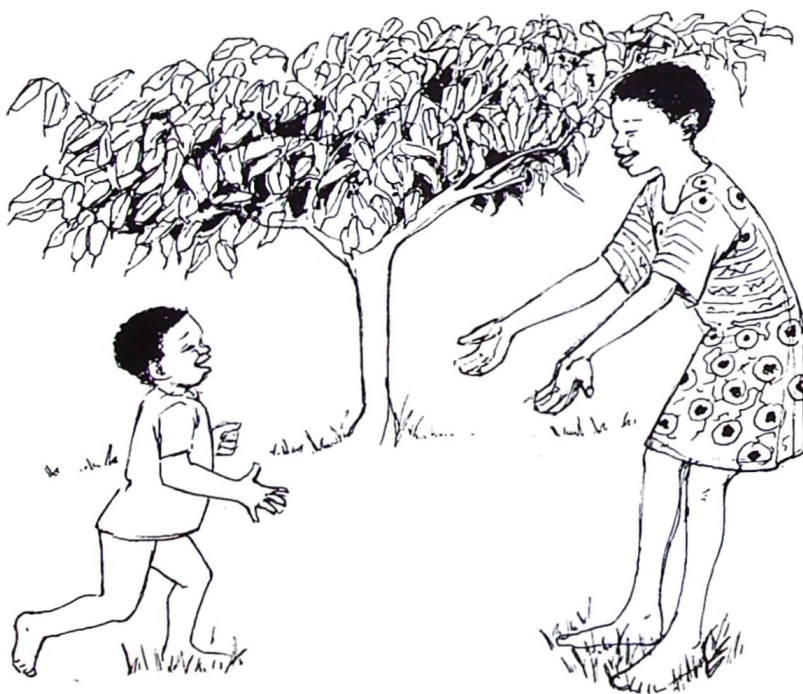


After her mother left, Mary tidied the house. She swept the bits of food outside and the chickens quickly came and ate them up. Then she put the bed clothes straight. She washed the pots and pans, plates and cups and left them to dry in the sun. She threw the dirty water onto the garden. She fetched clean water from the well. Then she began to play with her big brother and sister.

Mary has two brothers and one sister. Peter is seven, Juliet is five and Jojo is only one and a half.



Peter and Juliet are both able to take care of themselves. They can dress themselves. Peter and Juliet can also go to the latrine or toilet by themselves, when they want to pass water. This water is called *urine*. Urine is useless water. Our body throws it out. When we pass this water we call it to *urinate*. The big thing we do in the latrine is called a *stool*. These two children are clean. They always wash their hands every time they go to the toilet. But little Jojo is not so clean. Mary and Juliet have to change his clothes when he urinates or does a stool on them. Often he plays only in a shirt. Then he does not dirty too many shorts.



Jojo was asleep. Mary played a game with her brother and sister. They took little sticks and tied them together with grass and made a man. Then they made a woman. Then they put two large leaves together and made a hall. The stick man was married to the stick woman by a stick priest. Mary and her brother and sister sang the songs they always hear when people get married.



They played more games. Then the children all ran off to pick mangoes.

When they came back it was hot. Mary went into the house to see if Jojo was awake. A bad smell came from the house and there were many flies flying around. The flies said: "Buzz, buzz, buzz!"

Mary knew that she must not leave flies on the baby. Her mother always sent them away from the house. She ran to the place where the little boy was lying.



"Flies are dirty. Flies make people ill," thought Mary. "I must look after baby Jojo. When Mother comes home, she will be pleased. She will see that I can be a good mother."

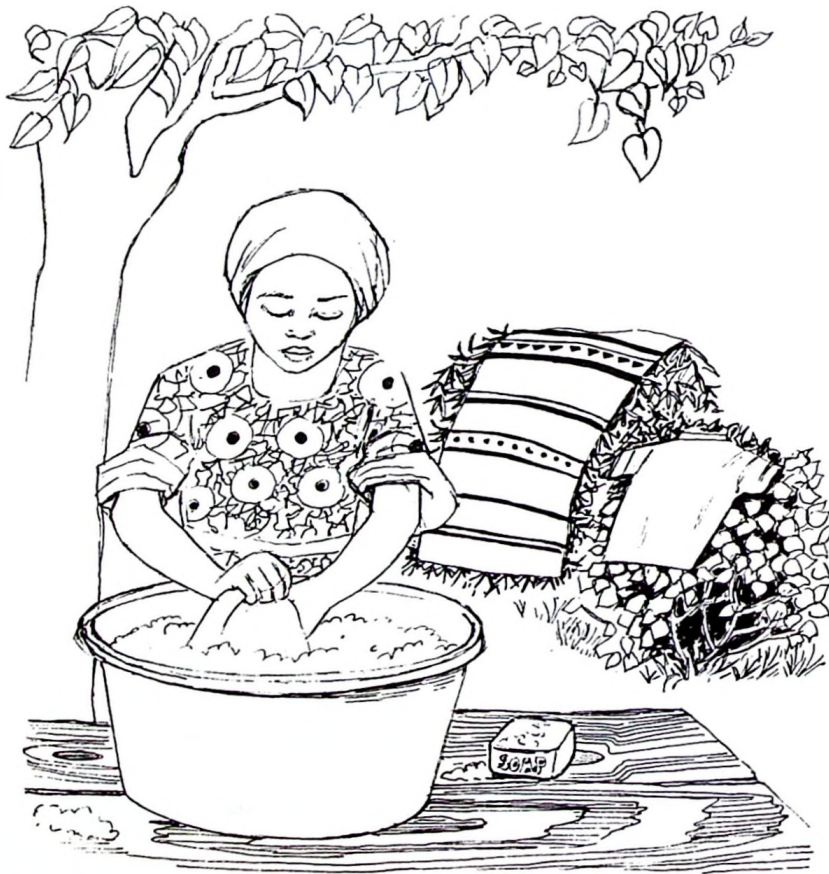
Mary came close to Jojo. The smell was very bad. All the flies went up and flew round and round the room. They made a buzz, buzzing sound. Jojo was lying on wet bed clothes. His clothes were all dirty.

Mary took a clean cloth. She wet it in some fresh water. Then she washed the baby. She put clean clothes on him. Then she washed her hands.



She laid Jojo on clean bed clothes. He seemed weak. He did not want to walk. Then she took all the dirty, smelly clothes outside and began to wash them. "Why does his stool smell so bad?" she asked herself. "Why is there more water than usual? Why are his clothes all covered in such a wet stool?" Mary often took the stool off the cloth with a stick. Today she could not because it was too wet.

When Mary finished washing, she put the clothes to dry on the bushes near the hut.

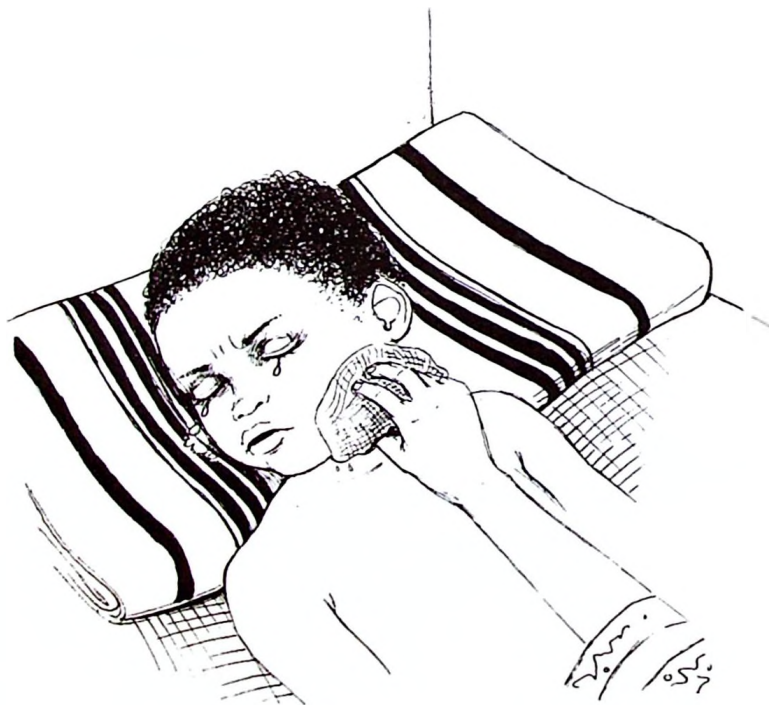


Then she went in to see little Jojo. He was not very well. His eyes were not bright. He was breathing loudly and crying weakly. She tried to give him some soft food, but he was not hungry. He ate a little bit. Then he began to cry again. Mary gave him some tea to drink. She had to help him a lot. She told him little stories to make him drink. She could see that he was not able to do anything by himself.



Mary thought: "Juliet was ill like Jojo when she was two. Mother looked after her day and night till she was better. Juliet also had wet stools. She didn't want to run around and play. She didn't want to eat. She didn't want to drink. She didn't want to make loud noises, or try to sing. She didn't want to sit in the sun. She didn't want to catch flies or run after the chickens. She didn't want to laugh and play. She only wanted to cry."

Little Jojo had a dry skin. His mouth was dry too. Mary sang to him. She got a wet cloth and passed it over his face and hands.



She got fresh clothes for him to lie on. She put something soft under his head. Then he could lie back. After a while Jojo fell asleep.

Mary went outside again. She called Peter and Juliet and they all ate some food. She washed up their plates and put everything back in its right place. Then she went into the garden near her house. She picked some vegetables. Her mother could cook them when she came home. Mary did not know when her mother would get back. There were not many cars or buses and the hospital was far away.



The other children were playing. Mary could hear them calling to one another. She felt sleepy so she sat down by Jojo. She fell asleep. When she woke up she was afraid. Little Jojo was crying and calling weakly.



This time he was very dirty. All the clothes he was lying on were wet and dirty. They were covered with wet stools. He could not get up. He could not even crawl away. He was sick. He *vomited*. His face was dirty and there was *vomit* in his hair. His mouth was dry. He needed to drink.

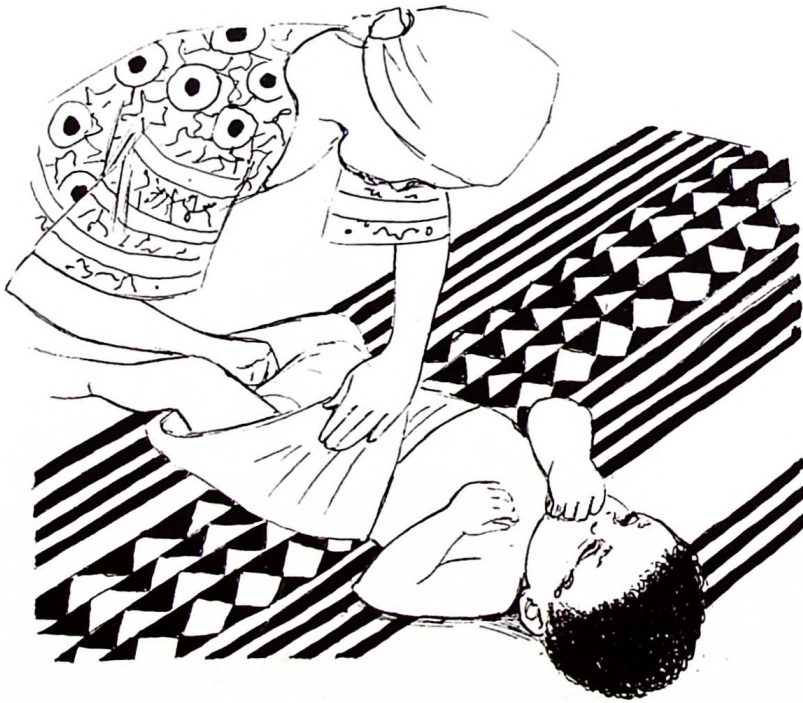
Mary knew that something was wrong. Her mother and father were late. She called Juliet and said: "Go and see if Mrs Garba is at home. Ask her to come and help."

Then she began to clean up. She tried to find fresh, clean clothes for her baby brother to lie on. Every time she cleaned the baby he got dirty and smelly again. She washed her hands every time she washed Jojo. After a time she had to take some of Peter's and Juliet's. All his clothes were wet. They were all drying on the bushes.



The special drink

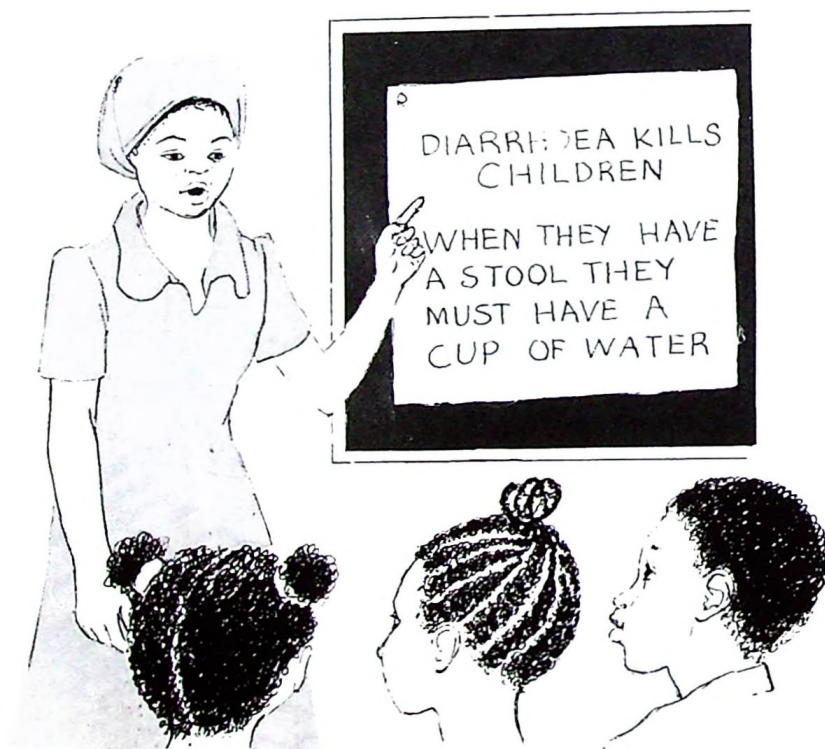
After a time Mary put a big cloth round his bottom. Then the stool only went on the cloth. Jojo did not get dirty all over. She changed it every time it got dirty. She was getting very tired when Juliet came back with John. Mrs Garba was visiting a neighbour two miles away and was coming home later. John was home from school. He came to see if he could help.



Mary began to talk to John very fast. She said: "Jojo is getting weaker. He makes his clothes dirty more and more often. Sometimes it is not very much. It always smells very bad. The stools are very wet and green. He will not eat. I have a lot of trouble to make him drink, but he cries for water. He doesn't pass much urine. He only does wet, smelly stools. Oh, John! I don't know what to do! Mother is away and the baby is very ill."



John looked at little Jojo. Then he said: "Last week the health worker came to our school. She talked to us about *diarrhoea*. When the stool is wet like this it is *diarrhoea*." She said: "Many little children die when they get diarrhoea. They die because all the water goes out of their body. We must put water back into them. This will help them to live. We must put back as much water as they lose. They must have one cup full of water every time they pass a stool." Then John said: "Jojo has diarrhoea."



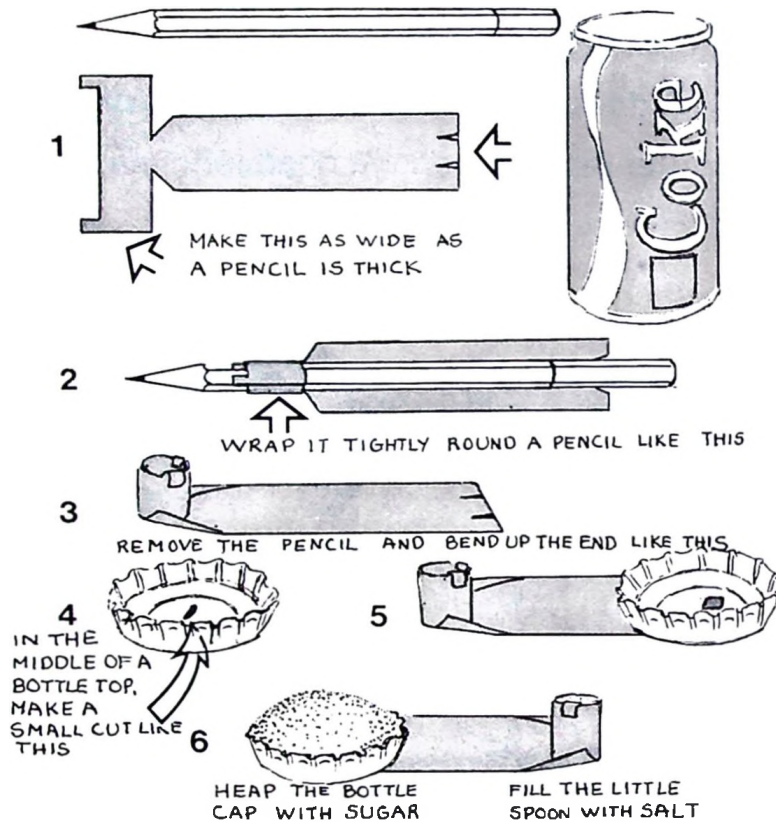
Mary stopped him. "Oh, John! How can we do that? Jojo will not drink. He will not sit up."

John said: "Let me finish and you will see. The health worker showed us how to make a special drink. She used water, salt and sugar. This special drink helps children with diarrhoea. It makes them better."

"Good," said Mary, "We have water, salt and sugar. I have clean water ready when we need it."



John said: "At school we made a special spoon for measuring the sugar and salt. We made it with a bottle top and a piece of metal."



"Our teacher let us take it home. I will go and get it. You get a cup full of clean water. We will try to feed Jojo. I will show you how."

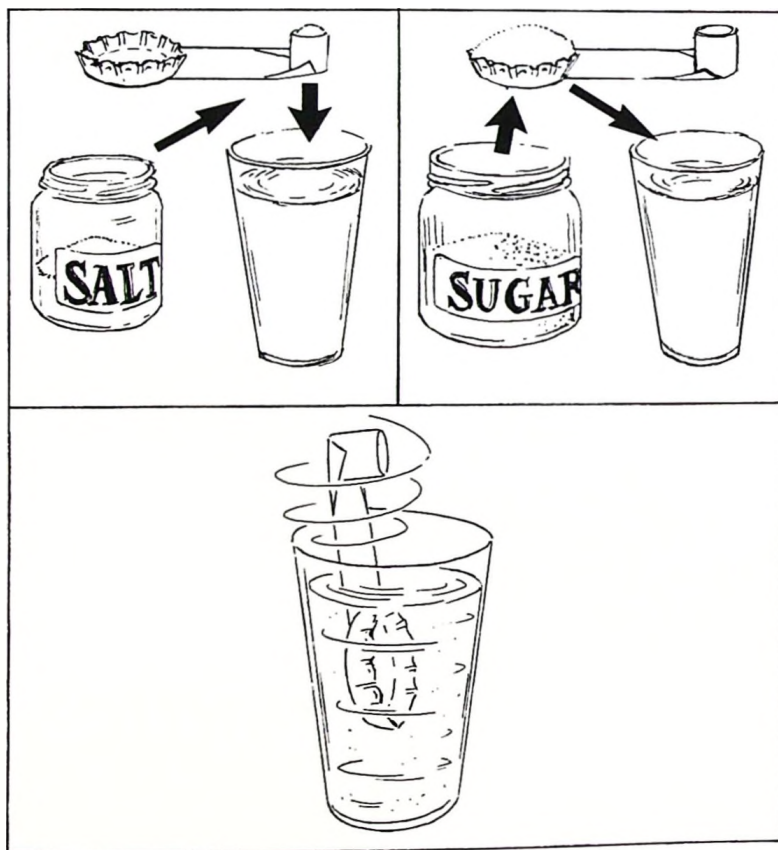
"Oh, John! Thank you, thank you! Please run as fast as you can!" said Mary.

Mary went back to Jojo and changed his clothes. She washed his hands. She made him comfortable. She said: "Little Jojo, you will soon be better." She got clean water in a cup. She got the salt and sugar. She put them all on the table.

Then John came back.



John showed the spoon to Mary. Then he took a little salt between two fingers. This just filled the small part of the spoon. He dropped the salt into the cup of water. Then Mary took some sugar. She took as much as she could put in the large part of the spoon. She dropped the sugar into the cup of clean water. Then John took the measuring spoon he made. He moved it round and round in the cup. Soon they could no longer see the sugar and salt. Then the drink was ready.



Mary said: "Do you think we really can give Jojo this drink? Perhaps you have made a mistake, John. Perhaps Jojo will go to sleep and get better by himself."

"No, no!" John said. "Can't you see he is getting weaker and weaker? His body will become dry and he will die. The grass dies in the dry weather when there is no rain. It needs rain to give it life and make it grow."



We are like grass. We can't grow and be strong when there is no water to keep us alive. Come on! Don't be afraid. I am sure we must try to make Jojo drink this special drink."

Mary called Juliet. Juliet took the baby in her arms. Then he could sit up against her. John and Mary tried to make him drink. They held the cup near his mouth and let the drink go in by drops. They gave him the drink very slowly. They said: "You will grow big and strong if you drink." He took a few drops.

They waited for a short time. Then they said to him: "Drink a bit more for Mother." He took a few more drops. "Drink some for Father." He took a little more.



Every time they gave him a few drops, they made noises like dogs and chickens. Each time Jojo took a few more drops. They sang to him. They talked to him until he had drunk all the special drink.

Soon he passed another stool. He was dirty again. Mary had to wash him and change him. His bottom hurt him. He cried a lot. Mary comforted him. John went home to see if his mother was there.

Mrs Garba was at home. John told her about Jojo. She ran to see Jojo.



She listened to the children. They told her about the Special Drink.

It was evening. Mary wondered why her mother and father were not home yet. Mrs Garba said to her: "Don't worry. I will look after you. Your Mother and Father will soon be home. You have been a very good girl. You and John did the right thing. I have heard about diarrhoea on the radio. You must go on giving the baby more to drink. You must give him drink slowly. Give him a small drink many times in the night."

Mrs Garba and Mary fed the other children and put them to bed.



Then Mrs Garba said: "John can stay with you. If you need me in the night, he can come and call me." Then she went home.

Mary and John lifted Jojo gently. They sang to him. They said: "Drink, little brother. It will make you big and strong. You will not cry any more. You will not have any more pain. You will not feel weak. You will eat. You will play. You will run after the chickens again. Be a good boy and drink."

They gave him drops of water, or the Special Drink John made. Sometimes they gave him tea. Soon little Jojo went to sleep. They changed him every time he was dirty. Mary washed the clothes and put them out to dry. The ones she had washed in the morning were dry. So she had enough clothes to put on Jojo.



The children looked after Jojo all night. When he cried, they were near him. They woke up and looked after him like two good nurses. They helped one another. They said: "He seems a bit better now. He is taking his drink better." It was very hard to wake up to feed Jojo. They were very tired. But Mary thought: "I can't let Jojo die like grass without rain." So she got up once again and gave him another drink. Then, very early in the morning, Jojo fell into a good sleep. Mary and John slept too.

Some time later they heard a noise outside. Mr and Mrs Ajala were home at last. They were all too tired to talk. They all went to sleep until it was light.



Jojo gets better

Peter and Juliet woke them up, saying: "We are hungry. It is day time. Get up!"

John and Mary got up. John was late for school. He ran home to get his books.

Mr and Mrs Ajala went to look at Jojo. He was still asleep. He was quiet. He was breathing gently. His skin was not so dry. He was not dirty so they let him sleep.



Then Mary said: "Oh, Mother! I am so glad you are home. Baby Jojo has been so ill! He had diarrhoea. John came and helped me to give him a special drink. His mother came and helped us. We gave Jojo a lot of drinks. We looked after him all through the night. Now you can help me. I am so tired! Dear Mother, why were you so late? We were so afraid!"



Her mother said: "We waited a long time at the hospital. After we saw the nurse it was very late. We walked to the bus stop, but no bus came. We waited a long time. Then a man came in a car. We had to pay him a lot of money, but he took us in his car. After a few miles the car had a puncture. The man got out and changed the wheel. The road was bad and so the car went slowly. When we were half way home, the car got another puncture. This time the man couldn't change the wheel. We had to get out and walk home. That is why we were so late."



Mr Ajala went off to work in a hurry. Mary and her mother tidied up the house and fed the children. Then they went back to Jojo. He was awake so they changed his clothes. They washed him. He was not so wet this time. He drank a cup of tea and ate a little soft food. Soon he fell asleep again.

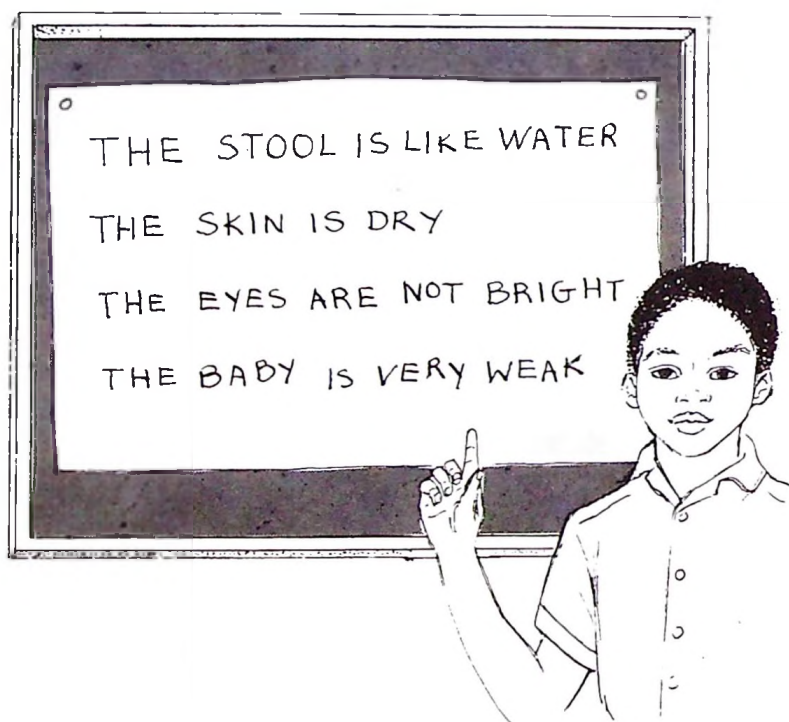


At school, John told his teacher: "I am sorry I am late for school. I am very tired. I helped my friend, Mary, to look after her little brother, Jojo. He had diarrhoea and was very ill. He could hardly drink. He was very dirty. Mary had to wash him very often. She had to fetch a lot of water. I helped her carry it. We gave Jojo drinks all night. That is why I didn't wake up early this morning."



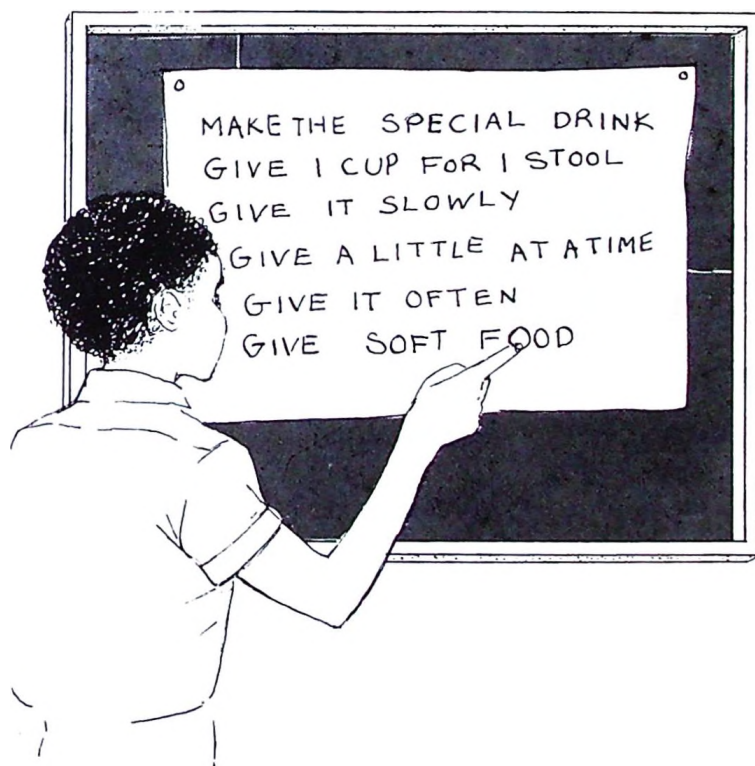
His teacher said: "Tell me more about this baby."

John answered: "The baby passed stools like dirty water. He didn't pass much urine. His eyes were not bright. His skin was very dry. He wanted to drink, but he couldn't. He was too weak. Sometimes he was sick after a drink. We told him stories and helped him to drink. We sang to him to stop him from crying."



His teacher was very pleased that John helped Mary. He asked John: "Will you please tell the class all about it."

John told his friends: "We made the special drink. Do you remember? We all learnt to make it at school last week. We gave Jojo short drinks very often for many hours. We gave him one cup full every time he passed a stool. We washed him many times. When Jojo was getting better, he ate a bit of soft food too. We changed his clothes. We made his bed clean every time he made it dirty. We woke up every time he cried. At last we all fell asleep until the other children woke us."



The teacher said: "The health worker will come to school soon. She wants to see the special spoons you have made. I will tell her about John and Mary and Jojo."

The health worker came to school the next day. She asked John: "Where does Jojo live? I want to visit him." John told her how to get there. The health worker went to see Jojo the same day.



It was quite late when she got there. The sun was high in the sky and it was very hot. But there were no flies on Jojo. He was lying quietly. He was tired, but he did not have much pain. Mary was playing with his fingers. She counted them. "One, two, three, four, five." She held one finger and said: "This is Mother." Then she held another finger: "This is Father." Then another finger: "This is John." Then another: "This is Mary." Then she held the last little finger. She said: "And this is Jojo. He is a good boy. He drank his drink. He drank all of it. He is better again."



Mrs Ajala welcomed the health worker. The health worker looked at Jojo. She touched him and asked Mary many questions. She asked:

“When did you give your little brother food? When did you give him a drink? How much did he drink? When he had his last stool did he cry very much? When was the last time he had a stool?”

Then she said: “Mary, you have been a very good girl. Even I couldn’t have looked after Jojo better.”



Then she said to Mrs Ajala: "I am sure you are very pleased with your daughter. You are a lucky woman. You have a clever daughter. She has saved the life of your baby. She started to give Jojo drink *before* he was very ill. She gave him plenty to drink very slowly. When you do not do this, babies die. Sometimes they have to be carried to hospital. It takes some days to make them better. Sometimes they come too late and even the doctors can't save them. Then they die."



Then the health worker said to Mary: "You must go on giving Jojo plenty to drink. You must give him some food as well. Give him a little soft food when he will take it. I will come back tomorrow. I think he will be well again by then."

Mary said: "You mustn't only thank me. I didn't know what to do. John helped me. Juliet was good too. She did a lot to help me. I couldn't do it by myself."



That evening Jojo was better. His brother, Peter and his sisters, Mary and Juliet, hugged and kissed him.



They said: "We will play with you tomorrow." They all thanked God for making little Jojo better.

That night they all slept very well.

Mrs Ajala had to wake up once or twice in the night to give Jojo drinks. She had to change him too. But he was nearly well again.

Next day was a holiday. John came in the morning. He was happy to see how well Jojo was. The health worker also came. She told John: "I am very pleased with you. You did well. When you grow up you will become a doctor. You will save many lives, but you have already saved one life."



Things to do

1 "A Simple Cure" – A Play.

You must have: Mary
Her mother
Her father
Peter
Juliet
Jojo
John
His mother
A health worker
A teacher

Perhaps you need more people.

What can each person do?

What can each person say?

Act the play for your friends.

2 Play the stick game.

What else can you do with sticks and leaves?

3 Play the finger game.

Do you know any other finger games?

4 Make the Special Drink.

Taste it. What do you think of it?

What can you do to make it taste better?

- 5 How can you make a spoon for the Special Drink?
Find things near your house for making the spoon.
Make a spoon for the Special Drink.
- 6 You are the health worker. You come to a village where
no one knows about the Special Drink. They don't
know about the Simple Cure. How will you tell them
about it?
- 7 Name 5 things that Mary and John did for Jojo.
- 8 Name 6 things that were wrong with Jojo.
These things showed that he was ill.
- 9 3 things showed that Jojo had diarrhoea.
What were they?
- 10 Make a list of all the children you know who had
diarrhoea this year.
How old were they?
Did they die?

The three-word game

Take 14 pieces of paper about 3 cm square

On 3 of them write A A A A

On 2 of them write R R R

On 2 of them write S S S

On 2 of them write T T T

On 1 of them write E E

On 1 of them write W W

On 1 of them write G G

On 1 of them write L L

On 1 of them write U U

These 14 pieces of paper make up the three words for making the Special Drink.

1 Take away S and R

How can you put together the remaining 12 letters so that they make the *three* words?

2 Take away S and T

How can you put together the remaining 12 letters so that they make the *three* words?

3 Take away S and A

How can you put together the remaining 12 letters so that they make the *three* words?

REMEMBER

When a child has diarrhoea:

- 1 Always wash your hands.
- 2 Make the Special Drink.
- 3 Give it straight away.
- 4 Give it slowly.
- 5 Even when the child vomits.
- 6 One cup for every stool.
- 7 Give a little soft food.
- 8 Wash the dirty clothes.
- 9 Keep the child clean.

The CHILD-to-child stories are edited by Pauletta Edwards, illustrated by Joan Gammans and written by a group of teachers and doctors:

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Pauletta Edwards
Shân Griffith Pinna
Colette Hawes
Hugh Hawes
Keith Lowe
Augustine Veliath
David Morley

What is CHILD - to - child?

CHILD-to-child is an International Programme which teaches and encourages children of school age to concern themselves with the health, welfare and general development of their younger pre-school brothers and sisters and of other younger children in their community.

Each of the stories in this series of readers is based on the CHILD-to-child concept of one child helping another.

It is hoped too that children will read these stories to their younger brothers and sisters thus giving practical expression to the CHILD-to-child idea.



CHILD-to-child Readers

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The CHILD-to-child Primary Health Readers have been developed to teach and encourage primary school children in Africa to become concerned with the health and general development of their pre-school brothers and sisters. Each book has been written by an experienced educationalist in conjunction with a panel of medical and language specialists. The books have been graded into two reading levels, and each deals with a different health topic of relevance to children in Africa.

The readers can be used as an integral part of a primary Science, Social Studies, Environmental Science, Home Economics or Health Science curriculum.

A Simple Cure is a *Level 2 Reader* which emphasises the dangers of diarrhoea in young children. The book shows children how to prevent death from diarrhoea by acting promptly and using a very simple remedy.

Other books in the series:

<i>Level 1</i>	<i>Level 2</i>
Dirty Water	Down with Fever
Good Food	Teaching Thomas
Accidents	