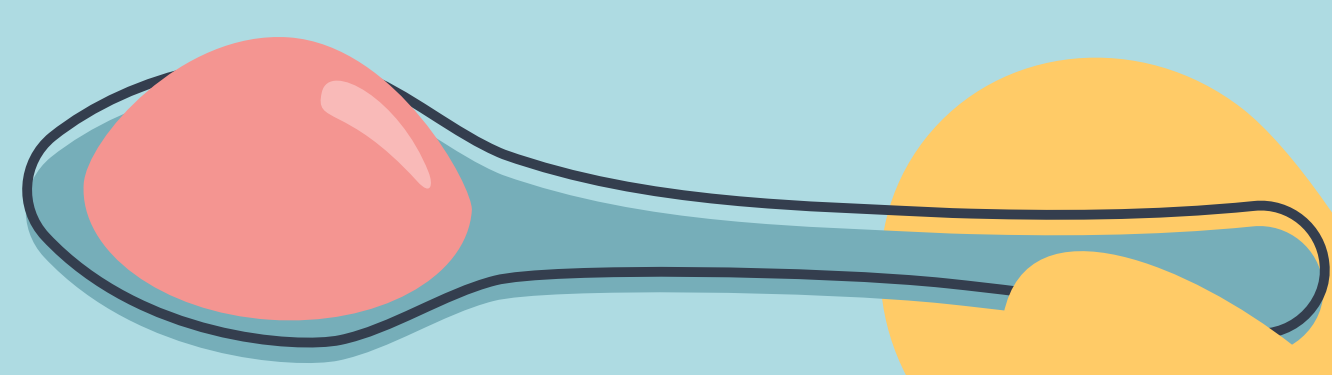




# Ellie's Medicine





Ellie was poorly. Her little eyes hurt and she was hot.

She lay in her little bed and, shivering, she pulled the covers up around her chin. Sadly, she looked at her teddies and wished she felt better. Her mother came into the bedroom with a bottle of medicine.

“Mummy, why am I so hot?” she asked. “I feel so poorly” and a little tear ran down her cheek.



Her mother sat on the bed beside her and rearranged her daughter's teddy bears on the bed, so that they sat up in a more comfortable position.

"Remember the doctor said you're unwell" she said, "But I've got some medicine now to help

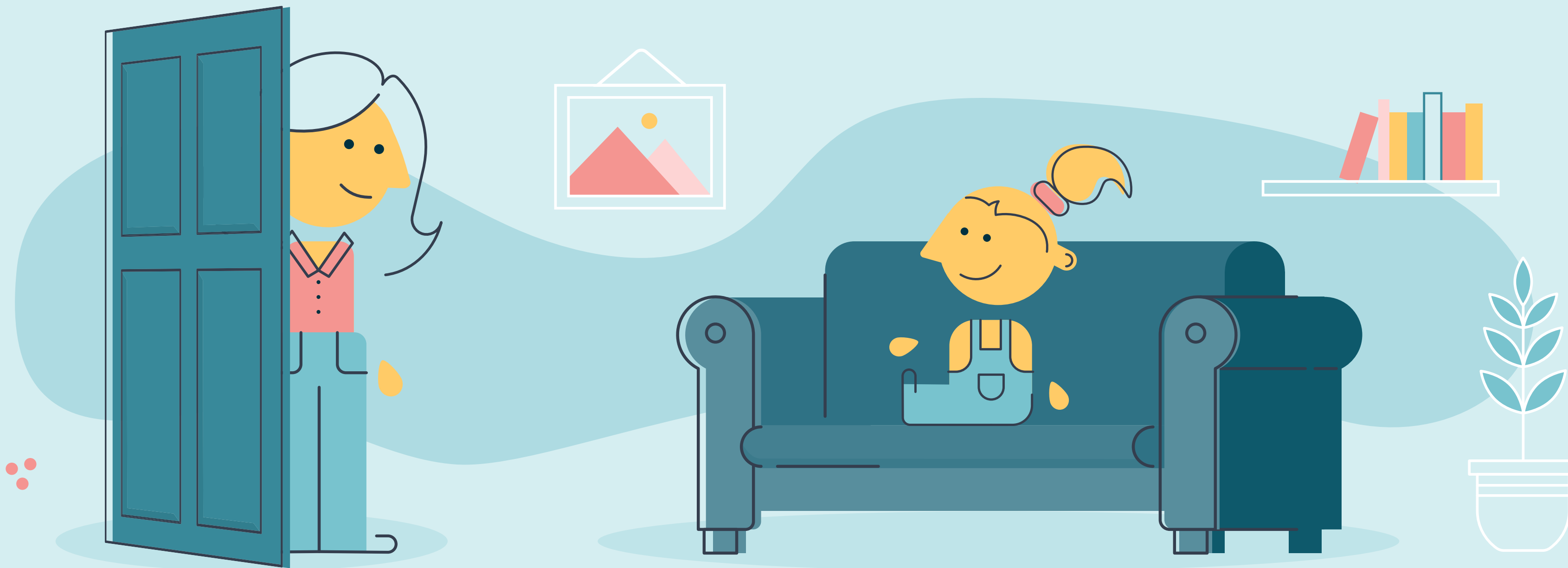
you feel better". She gave her daughter a spoonful, and then sat down on the bed beside her.

"Will I be well enough to play outside with my friends later?" Ellie's big blue, tearful eyes gazed at her mother, hoping that she'd say yes.

But sadly, she didn't say yes. It looked like Ellie would have to stay there today. And even possibly tomorrow...

She was not a happy little girl at all. Her mum stroked her head gently, and soon, Ellie was fast asleep.





Her mum was right, Ellie, stayed in bed all of that day and all of the day after, but the following day, she felt a little brighter and was able to go downstairs.

Ellie sat on the sofa watching television. One of her favourite programmes was on, and,

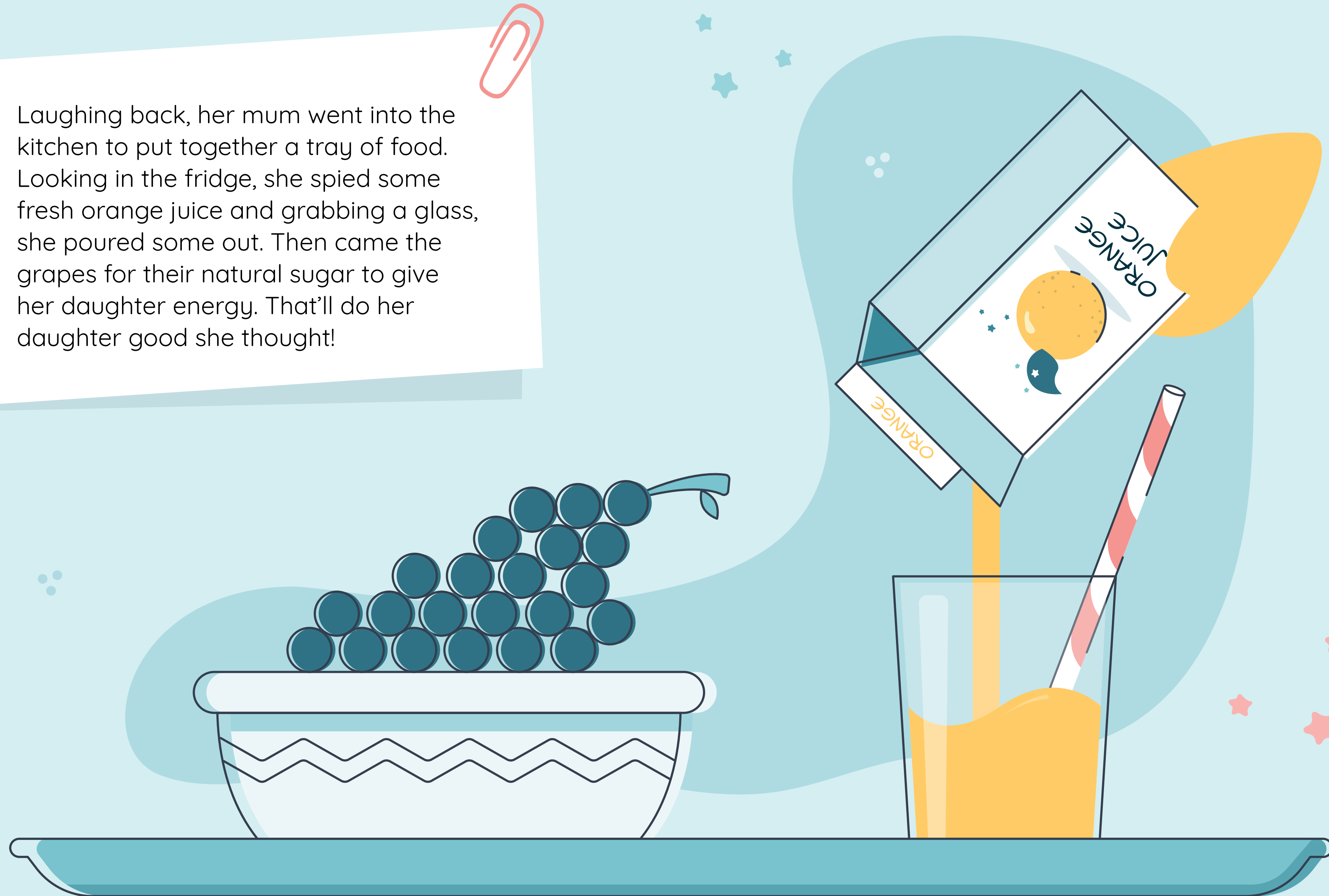
coming down the stairs, her mother heard giggling, as her daughter laughed and enjoyed the programme.

Mum peaked her head around the door, smiling as she watched Ellie. What a different sight to that of the other day!

Ellie's mother was pleased the medicine had made Ellie feel better.

Ellie, her little face, no longer pale and sick, turned to her mum and asked for a drink, oh and some food, oh and maybe a treat.

Laughing back, her mum went into the kitchen to put together a tray of food. Looking in the fridge, she spied some fresh orange juice and grabbing a glass, she poured some out. Then came the grapes for their natural sugar to give her daughter energy. That'll do her daughter good she thought!





Ellie ate well and finished the plate of food. The grapes were eaten first and finally, she enjoyed a frozen lolly. She sat back, when she'd finished, with a big happy sigh.

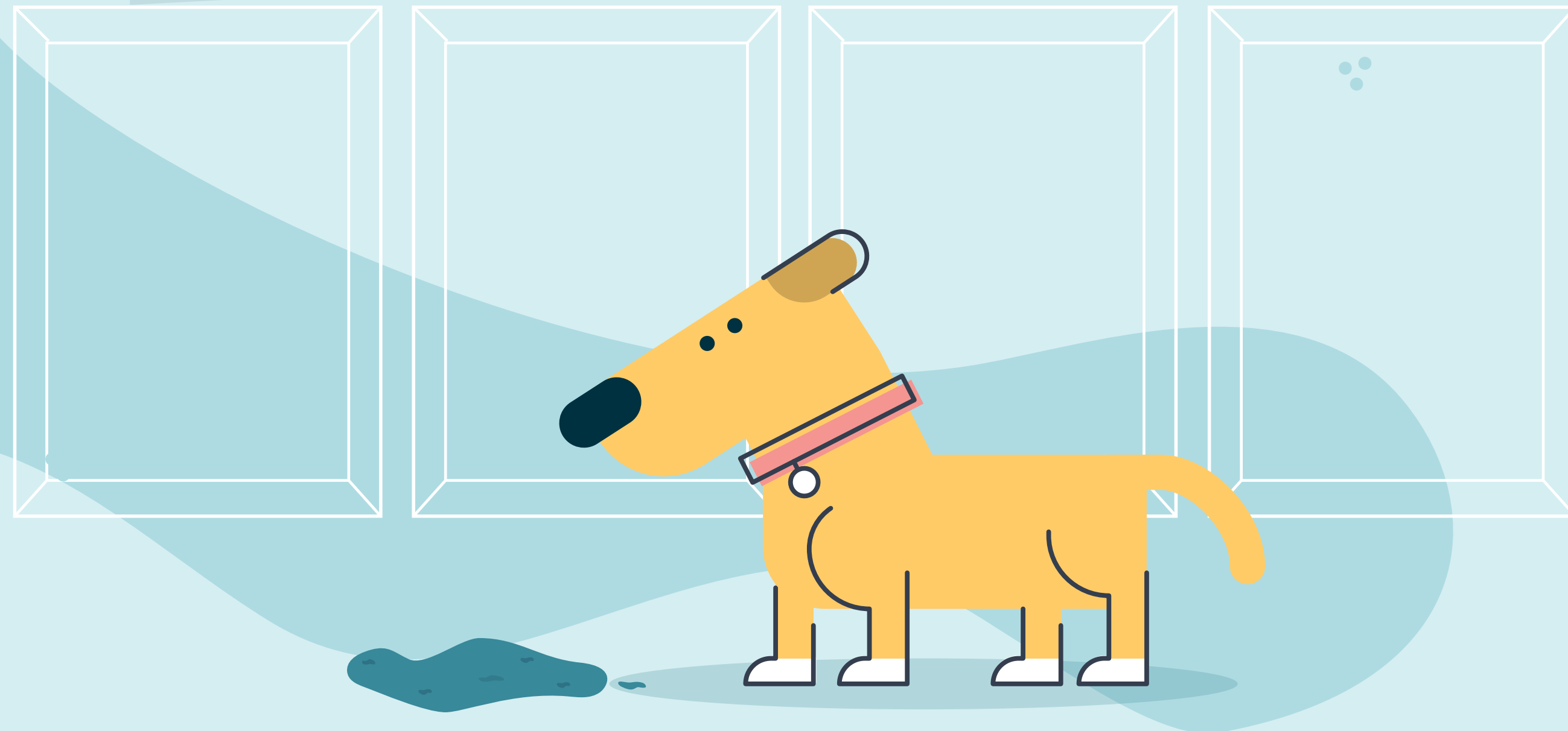
“Oh, that was good, thank you!” she said, and now full, she snuggled up to her favourite teddy bear, Mags, and pulled the blanket up over her legs.



A loud retching sound came from the kitchen and her mother jumped up and with a loud “Oh no!”, she ran into the other room. “Oh Rusty!”, she exclaimed, “He’s being sick, I’ll come back in a minute”, she called back to her daughter, conscious that Ellie would want to know what the noise was.

Grabbing some kitchen towel and a bottle of disinfectant, she cleaned up the dog’s mess.

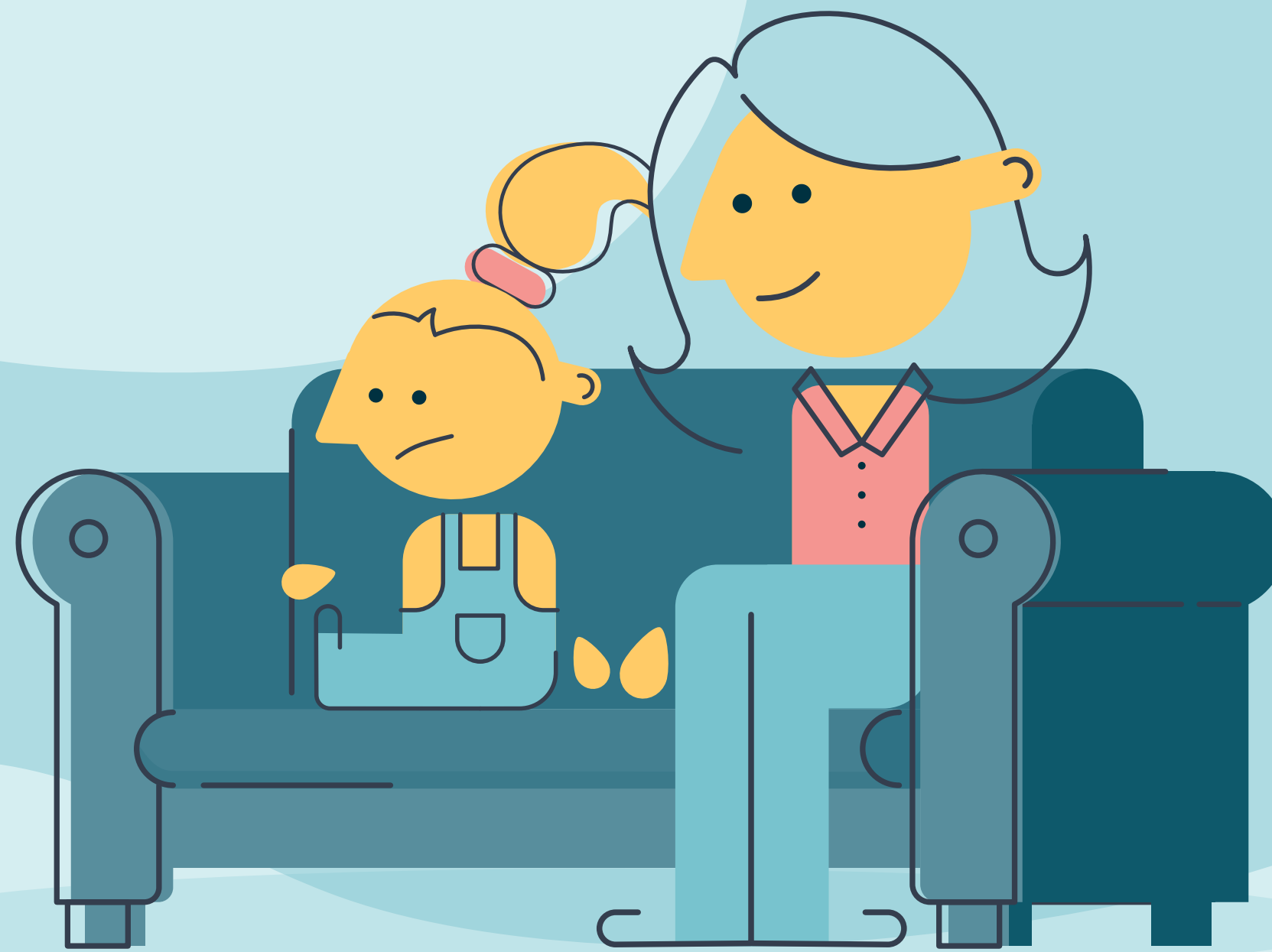
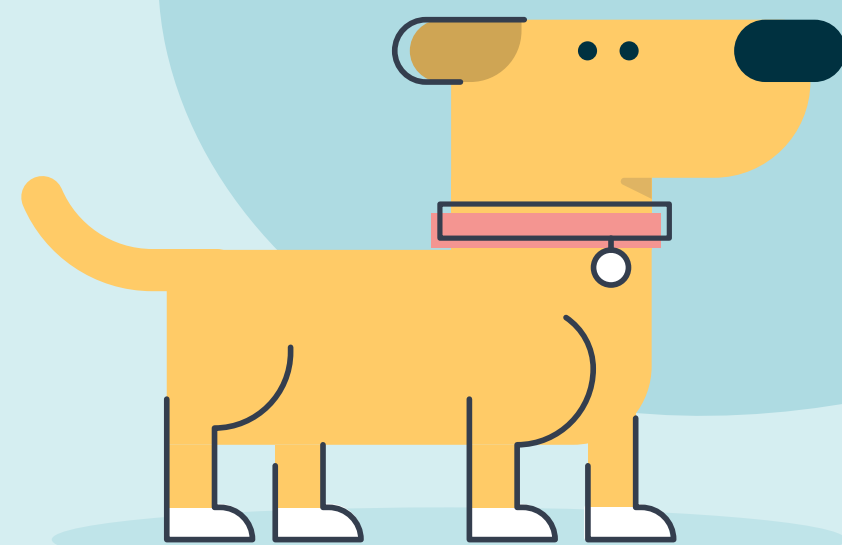
Eventually, and with a cleaned floor, her mum went back into the lounge, her hands still damp from the good wash she’d just given them.



“Phew!” she exclaimed! “Poor Rusty!”.

Her face slightly frowning with concern, Ellie asked why Rusty had been sick. Was he poorly too?

Her mum, curling up next to her little girl, explained that Rusty had been eating grass to help his insides to work better. Cats do the same thing too.





Rusty, feeling much better, was sitting on the floor listening to the conversation. He was, in fact, feeling much better now that he had been sick. He'd had a bad tummy and eating the grass had helped him to be sick, so getting rid of all the nasty bugs in his stomach. This only works for animals, not for little Ellies!

Ellie's mum was now saying that dogs also eat grass as it contains fibre (like your cereal), and it makes their blood healthier. Dogs need to eat their greens too!

"Well, I never!" thought Rusty, his shaggy head cocked from side to side as he listened intently.





“So, it’s like medicine?” Ellie asked.

“Yes, that’s right sweetheart, animals don’t have medicine like ours, but they have their own type of treatments” her mother replied.

“Where do our medicines come from?” Ellie’s eyes sparkled with

interest. Mags the teddy bear cocked her head to one side too. This was really interesting! She couldn’t wait to tell the other toys upstairs!

Ellie feeling Mags move, and thinking that she was slipping, cuddled her ever closer.



Her mother picked up the now empty glass of orange juice, and held it out in front of her. “You see this? Fresh orange juice has a lot of goodness in it. It contains a lot of vitamins. One of these is vitamin C, which helps to fight bugs. If you’re feeling ill, it’s good to eat things that will help you to fight the nasty bugs.”

“Like fruit and vegetables!” Ellie cried, her happy face, shining brightly.

“Exactly!” said her mum.


“So where does my yummy banana flavoured medicine come from? From bananas?!” she asked.

“Do you know, I’m not sure” answered her Mum. “Let’s find out, shall we?” and with that, she picked up her laptop from the table next to them, and turned it on.

They started with the chemist (or pharmacy as it’s also known), as that is where they picked up the medicine that their doctor had prescribed.

They then found that the medicine was made by special companies, called pharmaceutical companies.



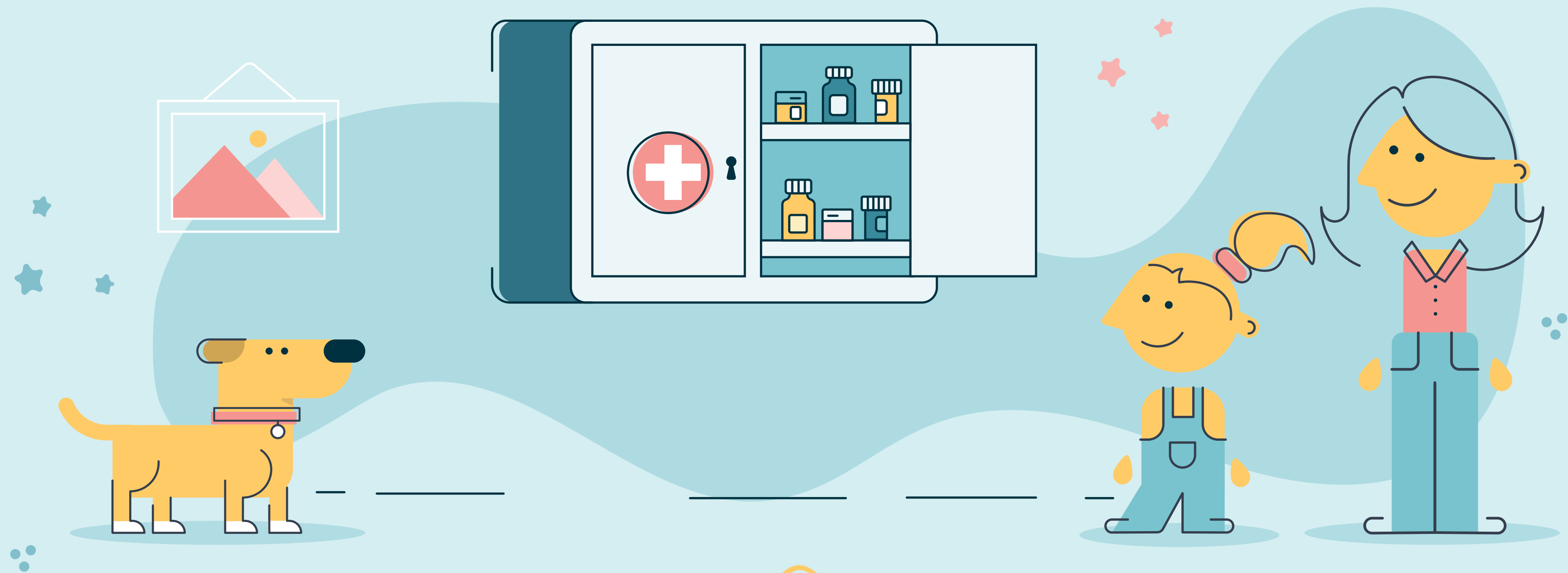


Bananas weren't actually in the medicine, and banana flavoured medicine was not the name of the medicine either – in fact the medicine had a long and strange name, and was a type of medicine called an antibiotic. Ellie's mother told Ellie that antibiotics can come from a type of mould!

“Mould!” exclaimed Ellie, “Do you mean the furry stuff that covers food that's going bad?!” Her face was a picture of disgust!

“Does that mean I've eaten mould?!”

“Not exactly darling”, her mother said, smiling and cuddling her more closely.



Mags's face was an absolute picture, making Rusty laugh (which he had to disguise as a whine – he didn't want them to know why he was laughing – and besides, dogs don't laugh, (- or do they?!).

Mummy, raising an eyebrow in his direction, went on to explain that this very special mould was found to kill certain nasty bugs.

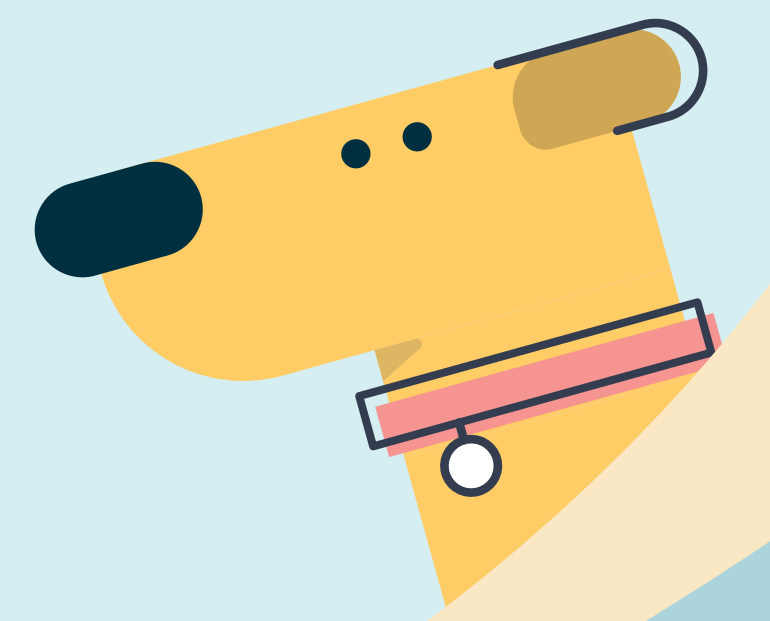
Ellie was fascinated – what a pretty thing this type of mould is and how wonderful it was. It had

made her feel better and had got rid of the nasty bugs!

Ellie's mother went on to explain that there are lots of other medicines used every day to help people get better.



For more stories featuring Ellie,  
her family, friends and teddies,  
as well as accompanying  
teaching resources, visit:  
[www.abpischools.org.uk](http://www.abpischools.org.uk)



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