



## History of hospitals

Early in the 19<sup>th</sup> century, most of America faced illness, gave birth, and even did surgery at home. The people of that time lived in a more rural society and hospitals weren't as widely used as they are nowadays. Public hospitals became more popular during the development of cities, as a community effort to give care to the chronically ill, deprived, and disabled. Over the span of 100 years or more, a six bed ward founded in the New York City Almshouse in 1736 became Bellevue Hospital. The hospital before New Orleans' Charity Hospital was opened the same year. Most hospitals in America developed from institutions and almshouses that gave care and shelter to the poor.

## Fun Medical Facts

- It takes an interaction of 72 different muscles to produce human speech.
- The attachment of the human skin to muscles is what causes dimples.
- Sneezes regularly exceed 100 mph. There's a good reason why you can't keep your eyes open when you sneeze - that sneeze is rocketing out of your body at close to 100 mph. This is, of course, a good reason to cover your mouth when you sneeze.
- Earwax production is necessary for good ear health. While many people find earwax to be disgusting, it's actually a very important part of your ear's defense system. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.

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## Things children can do indoors during the cold weather

1. Ask your parents to show you how to bandage a small wound.
2. Volunteer at a local nursing home to help with various task.
3. Grow an inside garden of herbs in small indoor planters.
4. Try indoor swimming at a local club.
5. Spend some quality time with your parents playing basketball at a local community center or gym.
6. Make new dances with your friends or family and practice them together.
7. Do some exercise videos with your parents.
8. Ask your parents to help you make healthy snacks or meals.

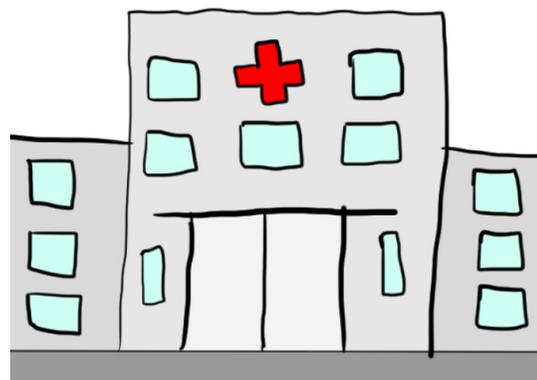
## Little Medical School Word of the Month "Hospital"

### H is for Hospital

What an amazing place a hospital can be!

Think of all the services hospitals have to help their patients find out what is wrong with them and make them better.

X-ray machines, operating rooms, and nurseries for newly born babies all can be found at a hospital!



## I Will Try That!

Asparagus is a spring vegetable that blooms small flowers. They have a long life span. Asparagus is native to most of Europe, northern Africa and western Asia, and is generally grown as a vegetable crop. The asparagus is usually harvested and eaten while they are still young, they turn woody quickly after



this point. They are mainly cooked as an appetizer or vegetable side dish. Asparagus is low in calories and is very low in sodium. Asparagus is a good source of vitamin C, vitamin E, vitamin K and more. It is made up of 93% water, and it is sometimes eaten raw in salads.

Interested in being a student at Little Medical School?

Check out our classes at: [www.littlemedicalschoo.com](http://www.littlemedicalschoo.com) or call 314-740-0388 or email [jgriffard@littlemedicalschoo.com](mailto:jgriffard@littlemedicalschoo.com)