



The Importance Of Drinking Water Vs. Juice



Most people believe that drinking juice is a better way to hydrate yourself than drinking water, but that isn't true. Most believe that juice has lots of vitamins but if you read the labels to some fruit juices, you will find that a lot of them are artificially flavored. Even 100% juice isn't as healthy as many think it is. Just one glass of 100% juice has at least 7 teaspoons of sugar in it. That's about 150 calories which is a large amount of what a child's body needs. Children should drink more water than juice because the extra calories can cause them to gain excess weight.

Fun Medical Facts

- During your lifetime you will produce enough saliva to fill up two swimming pools.
- Everyone has a unique smell, except for identical twins
- Ketchup was sold in the 1830s as medicine.
- Your stomach lining replaces itself every three to four days. (If it did not do this your stomach would digest itself. If you have ever had a stomach ulcer you will know how painful this is.)

Hippocrates - History of medicine and the Hippocratic oath

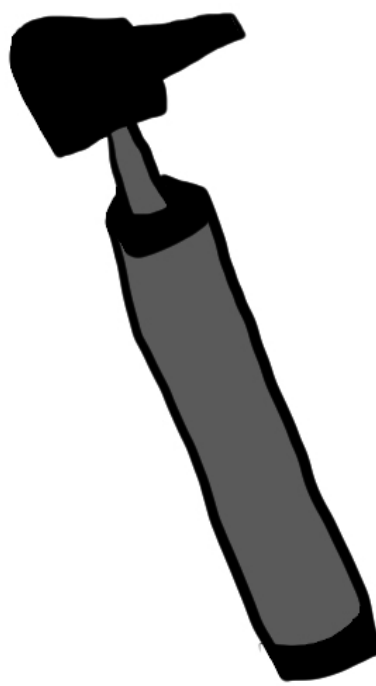
No one is really sure who the hippocratic oath was written by but it is an ancient Greek document. It is a well known oath that physicians take which is basically a promise made by the doctor to protect those whom they serve. Things like the privacy of patients and not playing God with the lives of patients. Of course there is much more but this is the basic idea.

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Little Medical School Word of the Month "Otoscope"

O is for Otoscope
Surely your doctor will have an Otoscope in their bag. How else would they be able to see the ear canal, the eardrum and even earwax!



I Will Try That!

Cranberries are small red berries that are very bitter in taste but good for you. They start off white and turn red as they begin to ripen. Because they are not very sweet, they are used in juices, sauces, jams and other prepared foods. Cranberries are good for you and are considered to be a superfruit and have lots of vitamin C and other



Cranberries

nutrients. Cranberry sauce is a favorite fall treat right around Thanksgiving and can be found on many dinner tables during that time. They are a major commercial crop in the US and Canada. I would say for berry lovers everywhere, add these to the list of, "I'll try that."

Interested in being a student at Little Medical School?

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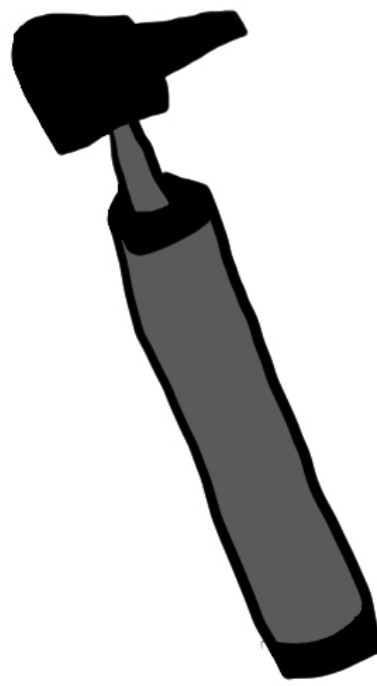
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