



Wesley's Wednesday Challenge



HEALTH



Who was John Wesley?

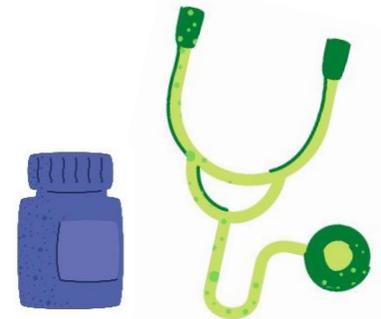
John Wesley worked in a church in the 18th century (the 18th century is any date between 1700 and 1799). He is most famous for helping to start a church called the Methodist Church.

He was also interested in health and medicine. People had to pay to see doctors and get medicine when John Wesley was alive, so John tried to help people by giving out free medicine and advice.

Our activities this week are inspired by his work helping people try to stay healthy.



This is Wesley's Chapel & Leysian Mission, it opened in 1778.





What was medicine like in the 18th century?

People did not know that germs caused illnesses. There were some other ideas about what caused illness in the early 18th century:



Bad smells

Your body not being in balance

This idea linked to something called the four humours, which doctors thought needed to be equal in your body to be healthy.

What medicines were there?

There weren't medicines like there are today. Most medicines were made from natural ingredients like herbs or flowers. Some doctors used very strange things in their medicines like egg shells and snail shells, even poisonous things like mercury were used!

In the 18th century, it wasn't free to see a doctor or get medicine and most ordinary people couldn't afford to get help when they were sick. John Wesley set up free **dispensaries**. These were places where people could go and ask for health advice and get medicines for free.





Create!

As people thought bad smells could cause illnesses, pomanders, or scent pots, were carried to ward off the bad smells.

Have a go at making your own using the template on the next page.

Carefully cut out the template. Using a pencil and some blu-tack or playdough, make four small holes in the lid of the pot.

Colour in and decorate your scent pot.

Carefully fold along all the lines and apply glue to the tabs. Stick the pot together, you may need a helper for this bit.

Before you close the lid, fill your scent pot with something that smells nice, can you find anything in your house or garden?

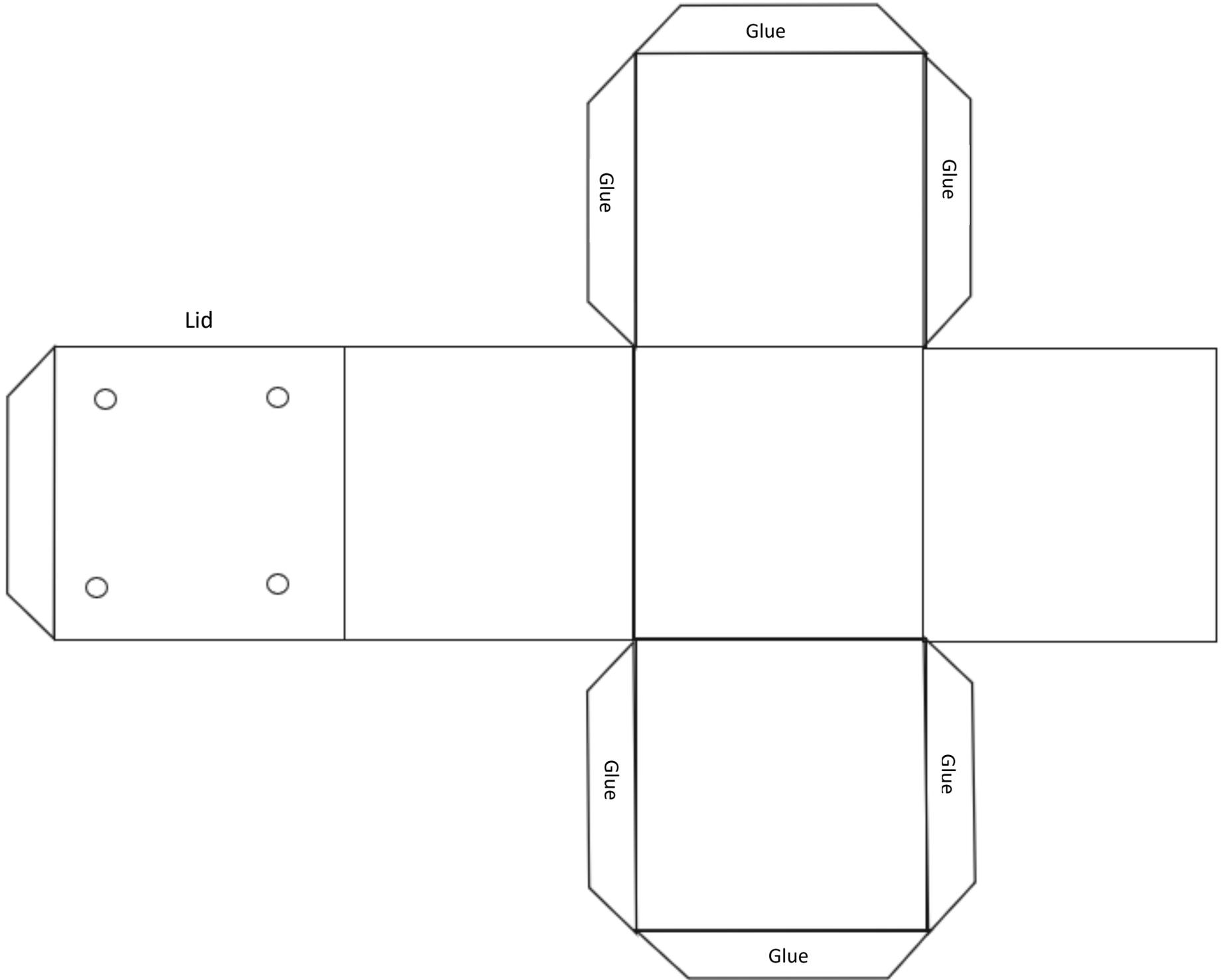
You will need:

- Paper or card
- Scissors
- Colouring pens
- Tape or glue
- Something that smells nice like herbs or flowers

Fill it with something from your home or garden:

Rose Lavender Cloves
Rosemary Herbs





Lid

Glue

Glue

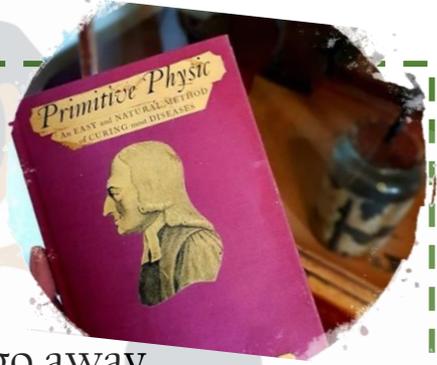
Glue

Glue

Glue

Glue

In 1747 John Wesley wrote a book called **The Primitive Physic**.



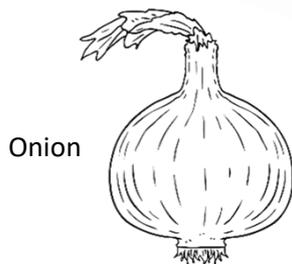
In it he listed lots of different illnesses and his suggested cures for them. Many of these 'cures' wouldn't really have made the illness go away, but some might have made people feel a bit better.

John recommended using lots of different plants, herbs and flowers throughout the book, the idea being that people wouldn't have to buy expensive ingredients, they could grow their own!

Below are some of the cures that John Wesley suggested for different illnesses. Can you match them up to the illness? The answers are at the end of the pack.



Rosemary



Onion



Marigold



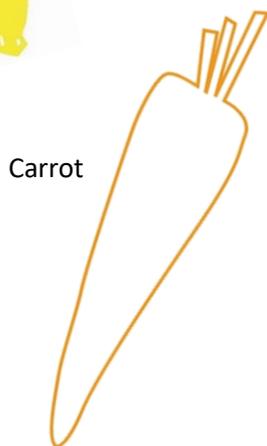
Strawberry



Lemon



Rose



Carrot

Headache =

Earache =

Swollen eyes =

Asthma =

Baldness =

Pleuracy =

(fever with cough)

To prevent plague =

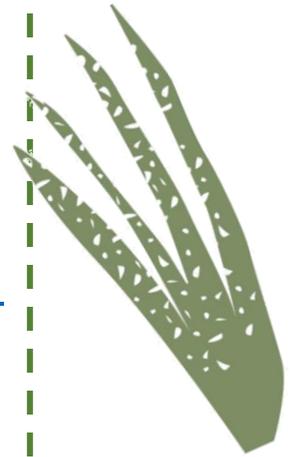
Just for fun...

Last year we planted a trail around our site that featured plants from Wesley's Primitive Physic book.

Can you complete this puzzle featuring some of the plants we used to create the trail?

<https://www.jigsawplanet.com/?rc=play&pid=2962ce8a932d>

The puzzle features marigold, lavender, rhubarb and onions.



Get inspired!

John Wesley wrote about different things he did to keep healthy at the beginning of his book 'Primitive Physic'. A lot of the things he wrote about still apply today:

- Exercise
- Eat healthily
- Get fresh air
- Keep your mind active
- Have treats in moderation

John Wesley wrote about this, but your challenge is to create an eye-catching poster to encourage and inspire people to stay healthy.

You'll need some paper, pens or paints. Draw your design out in pencil first then colour it in. See the next page for some hints and tips!

Wesley's Healthy Hints!

Use a **catchy title**. Keep it short. Think about using alliteration (when you use words beginning with the same letters).

Remember, you don't have to use all the tips, just what works best for you!

John Wesley says: 'Only have sweets as a treat!'

You could use **short quotes** from you or a character to make the poster more personal.



Could you eat more fruit & veg?

Ask **questions** to engage people and get them thinking.

Think about the **colours** you use. Which drawing stands out more?



Keep learning!

Use lots of **engaging images**! You can draw these yourself. Link them to what you are trying to say.

Exercise!



Keep text to a **minimum**: people might not have time to read a lot of information. Let your images do the talking!

Answers

Headache = Lemon

Earache = Rosemary

Swollen eyes = Roses

Asthma = Carrots (eat a diet of
boiled carrots for two weeks!)

Baldness = Rub your head with
onion

Pleuracy = Roasted strawberries
(fever with cough)

To prevent plague = Marigold
flowers



Well done on completing Wesley's
Wednesday Challenge!

The next challenge will be sent on
Wednesday 13 May.