

7<sup>th</sup> April 2020

### Memory verse for the week:

**The heavens declare the glory of God;** and the firmament sheweth his handywork. Psalm 19:1

Note: Today marks the start of the Rwandan Genocide in 1994. This is covered in the lesson for 4<sup>th</sup> July. If you have older children who may be on holiday on that date you could cover the material about Rwanda today.

### Something to Think and Pray About

#### World Health Day

**April 7<sup>th</sup>** is designated by the World Health Organisation as World Health Day. We can remember the work of Christian doctors and nurses all over the world.

Missionaries often take medical skills with them and this was the case with some of the most famous missionaries, Dr David Livingstone (1813-1873) for instance.

Many of the basic principles of modern medicine and hygiene can be found in the Bible especially in the first five books of the Bible. Here we find none of the dangerous treatments such as a drink made from rotting snakes as a cure for leprosy or (widespread in India even today) cow urine to cure cancer. Instead, despite predating modern medicine for thousands of years, we find instructions on hand-washing, sanitation, isolation and quarantine that have a very up to date ring!<sup>1</sup>

In many countries poor people are often swindled by the sale of remedies like the ones in the picture which do no good and may do harm. Christian doctors and nurses often have to combat wrong ideas about such medicines.



### Finding Out More

Find out all you can about David Livingstone.<sup>2</sup> You can look ahead to the lessons for May 10<sup>th</sup>, November 16<sup>th</sup> and December 8<sup>th</sup> for information.

Nurses at Christian hospitals in Africa often face difficulties due to lack of funds, wars and difficulties getting training. Find out about Christian Hospitals so that you can pray for them. The Kiwoko Hospital in Uganda<sup>3</sup> has this lovely motto on the hospital building: We Treat: Jesus Heals. You might like to find out about the Mandritsara Hospital in Madagasca which relies on volunteer doctors who come from abroad to stay and help the local staff.<sup>4</sup> In these hospitals, although there may be a lack of some sophisticated equipment, the staff have daily prayer meetings and tell the good news of the Gospel to their patients.

1 <https://creation.com/modern-medicine>

2 Younger children can read about Livingstone here: <https://answersingenesis.org/kids/bible/world-missions/david-livingstone>.

3 <https://www.fokh.org.uk/about-kiwoko-hospital>

4 <https://www.mandritsara.org.uk/hospital>

### Map Work

You can find Uganda and Madagasca in an atlas.

### Activity

Although you are not old enough to be a doctor or nurse yet, did you know that you can still learn to do First Aid? This means knowing what to do if someone is ill or has hurt themselves.<sup>5</sup> Younger children may enjoy practising some of the things in the poster using dolls or teddy bears.

A burn is one of the most common accidents in the home. Would you know what to do?

To halt the burning process and relieve pain, run the burn under the cold tap for about 2 minutes.

DO NOT remove anything such as clothing sticking to the burn.

Where a burn is bigger than one square inch (6 square cm) in size the patient should go to a hospital casualty department.

### Map Work

Some other things that happened on **7<sup>th</sup> April**.

The Canadian Pacific Railroad was completed in 1914. Can you find the route of the railway on a map?

### Something to Read

In 1909 Robert Peary, an American Navy Officer, led the first expedition to reach the North Pole. Unlike the Antarctic, which is a land mass, the North Pole is a frozen sea. Peary and his team could walk over the frozen sea. On the final stage of the journey toward the North Pole, Peary was accompanied by five assistants, Matthew Henson, Ootah, Egigingwah, Seegloo, and Ooqueah. (Can you guess why most of these names sound strange to us?) He established Camp Jesup within five miles (8 km) of the pole. Henson scouted ahead to the North Pole site; he returned with the greeting, "I think I'm the first man to sit on top of the world."



The photo of the explorers posing at the pole is dated **7<sup>th</sup> April** 1909.



### An Experiment to do

Do you know the temperature at which water becomes ice?<sup>6</sup> This is called freezing point. The water in the sea is salt water. Salt lowers the freezing point of water, this is called freezing point depression. The more salt there is in the water, the lower the freezing point. This is why the sea only freezes when it is very, very cold. You can make your own ice-cream using salt, ice from the freezer and some plastic bags, if you follow the instructions given here! This works because as the ice melts, heat is absorbed from the surroundings (in this case the milk mixture) making it freeze. To do this you will need:

A large bag of ice

Salt

Milk (you can use flavoured milk)

A tablespoon sugar

teaspoon of vanilla essence for vanilla ice cream

<sup>5</sup> You can find basic first aid information here: <https://www.nhs.uk/conditions/first-aid/>

<sup>6</sup> 0°C.

Ziploc type bags in different sizes

Tea towel

Method:

Put the ingredients printed in red in a Ziploc bag and seal it. Half fill a bigger Ziploc bag with ice and add plenty of salt. Now put the milk bag into the ice-filled bag, seal it and give it a good shake, keeping the milk in contact with the ice as much as possible. Now keep rolling the ice over the milk. You will need the tea towel to protect your hands because the bag will get very cold. You should have ice cream in five minutes or maybe a little longer. You have added salt to the outer bag which means the ice starts to melt because the freezing point has been depressed. But to melt, the ice needs energy. Heat energy is absorbed from the milk, lowering its temperature and turning it into ice cream.