

Meet Mary Seacole

When Mary heard about the Crimean War, she wanted to help care for the soldiers. She applied to the War Office to be included in the groups of nurses going out to war but her application was rejected. She didn't let that stop her and she raised money to travel to the Crimea and set up the British Hotel where she cared for sick soldiers.

Mary is remembered for her humanitarian work and her courage to challenge social, political and cultural values of the Victorian Age.



Think about an inspiring woman in your life and **discuss** with a parent, carer or friend why is she important to you?



Mary Seacole's Herbs and Spices

Mary was born in Kingston, Jamaica. Her father was a Scottish army officer and her mother was Jamaican and made medicines from plants. Mary was called a 'doctress' because she was able to cure common illnesses. She learned about medicine from her mother.

Mary used herbs and spices to help make her patients feel better. Below is a list of some of her treatments:

Ginger: for painful joints and diarrhoea

Cinnamon: to kill germs and lower risk of infection

Lemon grass: used as a tea to cool fevers

Sage: used to treat fevers and kill germs

Vanilla: as a flavouring to make some of her mixes easier to swallow!

Thyme: to treat coughs and a sore stomach

Liquorice: to treat infections and colic

Sesame seeds: to help you go to the bathroom!



Discover what spices you have in your kitchen. Are any of them the same ones Mary used?



Smell the different spices you've found. Which one do you like most and why? Which one do you like least and why?