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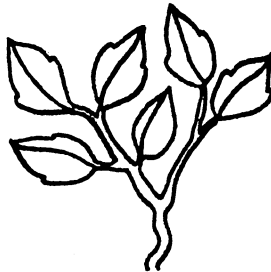
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# HERBAL MEDICINES

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Although doctors sometimes think that their treatments are the "right" ones, or that they are the only ones which are effective, in fact for thousands of years, humankind has used a wide variety of remedies including spiritual, herbal and physical, for treating illness, disability or injury. Not all of these methods were successful. Modern medicine has, hence, had a tendency to disregard all of the old cures as doubtful, even though its own are not always successful.

Many secrets of herbal medicine throughout the world, have been lost now. They remain locked in the plants around us, awaiting rediscovery. This is one argument for preserving our plant species from extinction.



Research the medicinal uses  
found for our native plants.

Discover whether herbal medicine is still used  
in your area, by whom and in what circumstances.

What do its users say about its effectiveness?

What do doctors in your area think?

What do you think?

# PERSONALITY

What is "personality"?

Try to define the word in your own words.  
Compare your definition with a dictionary.



Describe your own personality:-

- as you are (in your view of yourself)
- as you think others think you are
- as others think you are (you'll have to ask them).



Where the three are different, try to explain why people might see you differently than you see yourself.

List the main types of personality. Place the people you know in the categories on your list. Do they each fit comfortably in each category?

Ask them to fit themselves into your categories?

Compare their view of themselves with your view of them.

How closely do they match?

Would you say we know ourselves well?

Express your personality through an artwork, a piece of original music or through dance. Express any negative aspects, but emphasise the positive aspects. We all have negative sides but it can be self defeating to dwell on them, and is personally energising to focus on the positive.