

## **Learning by Ear**

Health Episode 7 – Treating sick people

Author: Hope Azeda

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### **Intro:**

Hello and welcome to Learning by Ear's series on health. Remember the story? Manuel, Steve, Jimmy, Simo and Hassan are living at Mandela Hostel because they've come to the city to do their A-levels -- there aren't any secondary schools in their home villages. In no time at all, the hostel has been turned into a real dump -- cleaning and looking after hygiene is nobody's favorite pastime here. Small wonder then that Jimmy has taken ill. So what do you have to do when your best buddy is sick? Stay tuned to find out!

### **SCENE 1: Manuel, Hassan, Jimmy, Steve and Simo at the hostel (on the verandah)**

**SFX: A radio with flat batteries is playing rap music**

1. Manuel: Why don't you just switch off that radio of yours, Hassan. I mean you can hardly hear anything, it's really hurting my ears. Or at least put in new batteries!

**2. SFX: Switches off his radio**

3. Hassan: Anything else I can do for you, Manuel?

4. Manuel: No, thank you Hassan.

5. Jimmy: Manuel, Hassan...I wish I could go home to the village, I feel horrible.

6. Manuel: Jimmy, why don't you just go back to the health center. You *look* horrible too.

7. Jimmy: I cannot keep trekking to that place Manuel -- it is far and I don't have any money for the transport.

8. Manuel: I will walk with you if you want...

## Learning by Ear

Health Episode 7 – Treating sick people

Author: Hope Azeda

9.Jimmy: You think I'm going to faint, right?

10.Manuel: You never know!

11.Jimmy: Hassan, I see you are going to wash. Could you please wash some clothes for me, too? I have hardly anything to wear.

12.Hassan: (laughing) Just your uniform. But at least you look smart in it. Maybe you can catch the eye of a cute nurse at the health center.

13. Jimmy: Well, last time I went there I only got to talk to a male nurse. You can't convince me to go back by talking about cute nurses!

### 14.SFX: Bicycle bell rings from a distance

15.Hassan: Look at Simo and Steve. What a surprise. Goodness ,they are carrying a chicken -- whose chicken is that?

16. Steve: **(coming from a distance )** Do you really want to know, Hassan?

17. Hassan: No, Steve, better spare me the details.

### 17.SFX: Chicken noise

18. Steve: **(On mic)** Good boy! Hi Jimmy, how are you feeling?

19. Jimmy: Well, what can I say? I feel like I've never felt before -- I just want to go home! Did you get my money.

20. Steve: Almost, still trying...

21. Manuel: Steve, please could you give Jimmy his money or at least take him to the nearest health centre. Do something for goodness' sake!

22. Steve: Manuel, we really love Jimmy and care for him so don't make it look like you are the only person who loves him here!

## Learning by Ear

Health Episode 7 – Treating sick people

Author: Hope Azeda

23. Manuel:           Then show it.
24. Steve:           Come on, Manuel, we are all making sacrifices here and there -- look at this chicken, a friend of mine just gave it to me for free and as a matter of fact I have decided to sell it so I can get some money to pay back Jimmy's stuff.
- 25.Hassan:          Eh Steve, let's just cook it for Jimmy as he has not had a healthy meal or a good hot soup in a while.
- 26.Simo:            I'm getting confused here -- are we looking for money to get treatment or for food?
- 27.Manuel:          Both!
- 28.Steve:            In that case then, that chicken is not enough -- perhaps just for a traditional healer!
- 29.Jimmy:           Guys, I really don't want to be a burden in your lives. If my parents found out you had asked a traditional healer about my health they would get mad at me -- they don't believe in that stuff at all.
- 30.Hassan:          So let's cook the chicken I am sure your parents will be happy if they hear that your roommates cooked some chicken for you.
- 31.Simo:            Hassan, isn't this chicken really too big for a patient without an appetite?
- 32.Hassan:          Oh come on Simo, don't be naïve -- we're going to treat ourselves too (laughs) and as for the medication, you and Steve should go and get some pills from a pharmacy.
- 33.Manuel:          Oh yes, great idea Hassan, this way we can save on the money for a doctor.
- Hassan:            (laughing) ... or for a cute nurse...

## Learning by Ear

Health Episode 7 – Treating sick people

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34.Jimmy: But we don't know what's wrong with me. How are we supposed to get the right medication without going to the health center?

35.Manuel: Alright you're right. There seems to be no way around the health center. Hey, why don't you get ready to go, Jimmy? Meanwhile, some of the rest of us will cook. We should prepare a chicken soup from that poor creature Simo and Steve brought. I don't think Jimmy can digest food that is too heavy right now.

Jimmy: Thank you Mr. health-preacher, Manuel. Sometimes it's really good that at least one of us knows a little bit about such things. I'll see if I can eat anything -- I don't really feel like it.

37.Hassan: Guys I'm not cooking! I already told you I really need to wash some clothes (**Louder**) Jimmy, bring me your uniform and I'll wash it for you.

38.Jimmy: I am feeling dizzy again. Please help me get it from under my mattress, Hassan.

***(Jimmy starts vomiting)***

39.Manuel: Jimmy, Hassan get a basin (***panicking... Jimmy continues to vomit***)

40. Hassan: We must take him to the health clinic, otherwise...

41. Jimmy: (***recovering***) Get me some water...

42.Simo: Alright! Steve come with me" I have an idea -- we will be back shortly. Manuel and Hassan, cook that chicken.

**End of scene 2**

**Scene 3: Hassan, Manuel, Simo, Steve and Jimmy at the hostel during the night**

## Learning by Ear

Health Episode 7 – Treating sick people

Author: Hope Azeda

**43.SFX: Night crickets, dogs barking in the distance**

***Jimmy is groaning like a sick dog***

***SFX, Location: Mandela Hostel, the surroundings are a quite busy and loud suburb ,there is a canteen nearby that plays all sorts of music non-stop and just next to the canteen there is a carpentry, the hostel has actually been nicknamed a ghetto. There are distant voices, once in a while you can here sounds of a motorbike and bicycle bells.***

44.Hassan Jimmy, you must go home otherwise ...

45.Manuel: I think he should go to the health center first.

46.SFX: ***( Steve and Simo are heard in the distance singing in a drunk manner... "Don't worry be happy"...hakuna matata what a wonderful phrase)***

47.Hassan: ( **Louder** ) Stop making that noise - you forget we have a sick person in the house.

48.Simo: What's up, Jimmy? how are you feeling?

49.Jimmy: (**sickly** ) Just get me my money. I'm feeling horrible!

50.Steve: Come on -- relax! First, take a sip of this stuff, it will make you feel high, fly you to the developed planet and postpone all your problems.

51.Jimmy: (**sickly** ) Really? What is it?

52.Simo: Waragi -- painkiller number one...just one sip.

53.Manuel: Steve and Simo, are you crazy? Jimmy do not sip a thing! It will give you temporary excitement and when you recover, you will be a gone case!

## Learning by Ear

Health Episode 7 – Treating sick people

Author: Hope Azeda

- 54.Steve: I know a lot of people who drink it when they are sick. But well... Hey, Jimmy, Here is some of your money -- I just borrowed it from my girlfriend.
- 55.Jimmy: **(sickly )** Steve, I want all my money -- this is not even half of what you owe me -- it just is not enough. You have money to spend on liquor but nothing for my medicine? What kind of a friend are you?
- 56.Steve: I promise I will pay all your money back tomorrow. My auntie is coming to town to go to the market. She'll bring the money. And, if you want, I'll ask her for some herbs for you. They will cure you in no time. She's really good at it. She takes care of all the sick cattle in the village.
- 57.Manuel: Right. And then they die of a mysterious disease. Steve, I don't believe in your medical ideas. Jimmy, in the meantime, you can use the little money you have at the health center.
- 58.Jimmy: **(sickly )** Ahhh, I am in real pain...
- 59.Manuel: Guys we must take Jimmy to the clinic now or wherever, I need your help, let's carry him and grab the nearest taxi, otherwise the situation will get complicated.
- 60.Hassan: Manuel, I will help, as you can see Simo and Steve can hardly stay up on their legs.
- 61.Jimmy: Don't worry Hassan, just get me some more water to drink -- it's really late. I think we should go tomorrow morning.
- 62.Manuel: That is not good Jimmy, the little strength you have is fooling you, it's better we get some tablets for you now so you can stop vomiting, and you need some painkillers as well, then we'll take you to the health center tomorrow.
- 63.Steve: (drunk) Good boy Simo -- any booze left?

## Learning by Ear

Health Episode 7 – Treating sick people

Author: Hope Azeda

64.Simo: (drunk) Yeah just a drop.

65.Manuel: Will you guys just shut up?

66.Steve: (drunk) Good night, nurse Manuel. Good night, nurse Hassan...

67.SFX: Closing door behind.

## END EPISODE 7

### Did you know? Treating sick people

#### The facts

A lot of people say a sick person shouldn't drink, but the truth is all patients should drink as much as possible BUT not alcohol, coffee or black tea. Water is the best liquid and it is essential to drink as much of it as possible to recover from illness. This is especially true in warm and humid climates.

#### The fluids

Two liters of day are recommended. If you have diarrhea for example it is crucial to drink lots of water to avoid dehydration. The same is true if you have a fever and are sweating a lot and losing a lot of liquid. Water is imperative. *However*, it is also crucial to make sure the water is not contaminated. Boil water for at least ten minutes to avoid water-borne diseases such as typhoid.

#### The foodstuffs

If you are sick, you should get as many vitamins as possible. They can give the body strength to fight the disease. The best way of getting vitamins is from fresh vegetables and fruit. However, if they do not have a peel, make sure they have been washed in clean water. A sick person is more vulnerable to food-borne disease, such as typhoid. A body already weakened by disease might not be able to fight it.

#### Cleanliness

To speed up the healing process, a sick person needs clean and hygienic surroundings. Clothes and bedclothes should be changed as often as possible. Otherwise, bacteria and viruses might cause a re-

## **Learning by Ear**

Health Episode 7 – Treating sick people

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infection. Sick people should also wash as much as possible to get rid of germs sticking to their bodies.

## **Sleeping and Resting**

The best thing to do if you are ill is to stay in bed -- this is not a sign of laziness. Illness weakens the body so it should get a lot of rest. Don't go to school or work if you are ill but stay in bed until you are better.

## **Outro:**

And that's all for today's Learning by Ear's series on health, written by Hope Azeda. Thanks for listening and remember to go online to [www.dw-world .de/lbe](http://www.dw-world.de/lbe) if you want to listen to the shows again or tell your friends all about them! Good bye for now and don't forget to tune in next time!