DAILY Warm-Up 9

Name _____ Date _____

DR. ANTONIA NOVELLO

In 1990, the U.S. Surgeon General was Dr. Antonia Novello. She was the first woman to have this job. She was the first Latina, too. The Surgeon General is the nation's main doctor. She does research. She tells the public what she finds. Novello taught about the dangers of smoking and drinking alcohol. She told the companies that make beer, wine, and cigarettes to stop trying to get teens to buy their products. She taught people how to keep from getting AIDS, too.

Novello was born in Puerto Rico. She earned a medical degree there in 1970. She always wanted to become a doctor. But she didn't know that she'd one day be the most important doctor in America.

As a child, she had a health problem. It hurt a lot. But she did not get the operation she needed until she was 18. While growing up, Novello didn't want other kids to feel sorry for her. Although she was in pain, she made jokes. She laughed a lot. She made friends with everyone. But she worked hard to earn good grades. Later she had a set of operations during medical school. Yet her grades did not fall. She always did her best.

Novello was shocked when she was asked to be Surgeon General. She wasn't looking for a new job. President George Bush spoke to her himself. So Dr. Novello took the job. She left after three years. Today she still works to improve health care for women, children, and the poor.

STORY QUESTIONS

1. Where was Dr. Novello born and raised?
   a. in Latin America
   b. in South America
   c. in Puerto Rico
   d. in Mexico

2. How did Dr. Novello become interested in being a doctor?
   a. She was sick as a child and knew she wanted to help others get better.
   b. The president told her that she would be a good doctor.
   c. Her mother told her that she should become a doctor.
   d. She wanted to be the U.S. Surgeon General.

3. During medical school, Dr. Novello . . .
   a. did not do her best because of her operations.
   b. was asked to be the U.S. Surgeon General.
   c. had operations yet kept her grades high.
   d. had to stop and start classes due to her illness.

4. How did Dr, Novello react when asked to be Surgeon General?
   a. She expected it.
   b. She was shocked.
   c. She was afraid.
   d. She was sad.

LIVEWORKSHEETS

DAILY Warm-Up 10

Name _____ Date _____

LOUIS PASTEUR

Louis Pasteur lived long ago. But the things he did help keep you healthy today. He was not a medical doctor. Yet he found new ways to help keep people from getting ill. Pasteur studied germs. He figured out that germs could live almost anywhere. He believed that these germs caused sickness.

Pasteur proved that sicknesses happen when germs get inside a body and multiply. He also found that if a few weak germs were put into an animal, the animal's body would develop its own defense against the germ. He proved this by giving sheep and chickens shots of weak germs. And it worked! Those animals no longer caught the bad sicknesses.

In 1881 he started work on a shot to stop rabies. Four years later, a rabid dog bit a boy. The parents asked Pasteur to save their son. Pasteur did not want to use his shot on a person. He was not sure what would happen. But he knew that the boy was sure to die without it. The shot was his only chance. So Pasteur gave him the first human vaccine. The little boy lived.

Pasteur wanted to come up with a way to keep germs from getting into people's bodies. He found a way to make milk free of germs. He learned that germs could not stand heat. When he heated milk to 140°F and then quickly cooled it and sealed it in clean jars, the germs died. His method is called *pasteurization*. It has been used on milk ever since. Today it is used to prevent germ growth in other products, too.

STORY QUESTIONS

1. Which of these does **NOT** describe Louis Pasteur?
   a. very smart
   b. great doctor
   c. helpful
   d. willing to take risks

2. What happened last?
   a. A rabid dog bit a boy.
   b. Pasteur developed a rabies shot.
   c. Pasteur gave a boy a vaccine.
   d. The parents begged Pasteur to help.

3. How does a vaccine work?
   a. It kills germs as they enter the body.
   b. It doesn't let germs get into the body.
   c. It makes the body produce more red blood cells.
   d. It helps the body make a defense against germs.

4. Why does a pasteurized liquid need to be sealed in a clean jar?
   a. to be sure that no germs are already in the jar or can get into the jar
   b. to be sure that the germs cannot get the air they need to breathe
   c. to keep the liquid at the right temperature
   d. to make the liquid taste better

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LIVEWORKSHEETS

DAILY Warm-Up 11

Name _____ Date _____

ELIZABETH BLACKWELL

Elizabeth Blackwell left England in 1832. She was just 11 years old when she arrived in New York City. The streets were quiet. Few people were around. Most of them were sick. They had cholera. Some even died. Those who were not sick stayed inside. They didn't want to catch it. Blackwell wanted to help the ill people get well. But she was just a girl.

She never forgot her dream of helping the sick. When she grew up, a friend fell ill. Blackwell nursed her back to health. She told her friend that she wanted to be a doctor. Her friend told her to try.

At that time, few women went to college. None had ever earned a medical degree. Blackwell studied the same books that the medical students did. She paid doctors to teach her. Soon she was ready for medical school. At first no college would let her in. It took her years to convince Geneva Medical College to let her try. Then the teachers and students were mean to her. To please the teachers, Blackwell had to work harder than the other students did. She earned high marks in each class.

In 1849, Blackwell was the first woman in the United States to graduate as a medical doctor. But then no one would hire her. No one would rent her space so that she could have her own office. Yet Blackwell did not give up. She started the Women's Medical College. There she helped other women to become doctors, too. And in 1857, she opened a hospital. She treated poor women and children. Few could pay her. But Blackwell was happy. She was helping the sick.

STORY QUESTIONS

1. Where did Blackwell go to medical school?
- a. Geneva Medical College
- b. Women's Medical College
- c. Hobart and William Smith College
- d. Peoples' Medical College

2. What did Blackwell do in 1832?
- a. earned a doctor's degree
- b. came to the U.S. from England
- c. opened her own hospital
- d. decided to go to college

3. Blackwell was most interested in giving medical care to . . .
- a. rich people.
- b. women.
- c. men.
- d. poor women and children.

4. Which statement is **NOT** true?
- a. Blackwell was the first woman in the U.S. to graduate as a doctor.
- b. Many colleges wanted Blackwell to go to school there.
- c. Blackwell opened her own hospital.
- d. Blackwell always dreamed about becoming a doctor.

LIVEWORKSHEETS

DAILY Warm-Up 12

Name _____ Date _____

CESAR CHAVEZ

Cesar Chavez was born in 1927 in Arizona. His family had come from Mexico. His father had a small store. His grandfather had a farm. But the store started to lose money. Chavez's father had to sell it. They moved to his grandfather's farm. They worked hard, but they needed money to pay taxes on the farm. If they could not pay, they would lose the farm.

Chavez's father became a migrant farm worker. Migrant farm workers move from farm to farm. They plant and pick crops. They work hard. The jobs do not last long. They are paid very little. Even though Chavez's father worked hard, he could not earn enough money to save the farm. They became homeless. Then all of them—even the children—had to work in the fields.

As migrant workers, they followed the crops. At some farms, they stayed in shacks that had no running water or electricity. At other farms, they lived in a tent. Once Chavez's family picked grapes. But when the job was done, the farmer would not pay them! There was nothing they could do. They went to the next farm.

When Chavez grew up, he wanted to change things for migrant workers. He formed the United Farm Workers (UFW). This union wanted better pay and housing for farm workers. Chavez fasted. He would not eat. This made the TV and newspapers tell his story. People were shocked when they heard about the problems of migrant workers. They made the largest growers sign contracts with the UFW. Then Chavez started to eat again.

Another time he stopped eating because of pesticides. They were sprayed on crops. They were harming farm workers. He did not eat until the farmers stopped using the bad chemicals.

STORY QUESTIONS

1. How did the Chavez family lose their farm?

a. They could not pay the taxes on the farm.
b. The did not work hard.
c. Someone stole all of their money.
d. All of their crops died.

2. What did Chavez do when he fasted?

a. He only ate at night.
b. He refused to eat food.
c. He ate less food than usual.
d. He ate more food than usual.

3. Why did Chavez form the UFW?

a. to get free healthcare for migrant workers
b. to improve schools for migrant workers
c. to be the leader of the migrant workers
d. to get better housing and pay for migrant workers

4. One reason Chavez fasted is because . . .

a. he wanted farm workers to all wear uniforms.
b. he wanted to be famous and on TV.
c. he wanted farmers to stop using bad chemicals on crops.
d. he wanted farmers to stop growing extra crops.

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LIVEWORKSHEETS

DAILY Warm-Up 13

Name _____ Date _____

CALAMITY JANE

Calamity Jane lived in the Old West. Born on May 1, 1852, her real name was Martha Cannary. She loved horses more than anything else. She rode them without being afraid. When she was 13 years old, her family moved from Missouri to Montana. They traveled by covered wagon. The trip took five months. Traveling gave her a lot of time to shoot her rifle and ride her horse.

Martha decided she wanted to join the army. She worked for General Custer as a scout at a fort in Wyoming. Her job was to ride ahead of the army and then tell them what she saw. She had to make sure it was safe to travel.

Martha had always worn dresses. Her job as a scout changed that. She had to wear a soldier's uniform with men's pants. Martha felt strange at first. But the more she wore them, the more she liked them. Pants made it easier to ride a horse, and they were more comfortable.

One day she and a captain of the army were sent to stop a fight between different Native American groups. They took other soldiers with them to help out too. When they were coming back, they were ambushed from behind. Martha turned around just in time to see the captain get shot and fall off his horse. Martha turned, scooped him up, and put him on her horse. She held him as they rode back to the army post. When the captain was better, he laughed and said, "I name you, Calamity Jane, heroine of the plains!"

STORY QUESTIONS

1. *Ambushed* is another word for . . .
- a. laughed at.
- b. spit on.
- c. a surprise attack.
- d. called names.

2. Why was Martha named "heroine of the plains"?
- a. She saved the life of a captain in an unusual, dangerous way.
- b. She could ride horses very fast.
- c. She was an excellent shot with a rifle.
- d. She rode to scout out the territory.

3. The author's purpose for this passage is to . . .
- a. inform the reader about Custer's last stand.
- b. inform the reader about how Martha became Calamity Jane.
- c. inform the reader about travels in the Wild West.
- d. inform the reader about how Calamity Jane died.

4. Martha began to wear men's clothing when . . .
- a. her father died.
- b. her mother died.
- c. her dresses no longer fit.
- d. she became a scout.

LIVEWORKSHEETS