

Korean Refugees

Although it is not explicitly explored in the novel it is suggested that Halmoni fled to America as a refugee to escape the high unemployment rates, political insecurity, and military dictatorship of Korea after the Korean War.

With no choice but to immigrate, Korean immigrants moved to America in search of a better quality of life. On arrival many struggled to find work, integrate into American society and learn English although Halmoni was able to integrate successfully into her town of Sunbeam.

One way in which Halmoni was able to raise money and work with the locals was through her knowledge of traditional Korean herbal medicines. See if you can match each of the traditional medicines below to their use.

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|----------------|---|---|---|
| Camomile | • | • | Relieves asthma, bronchitis, fatigue and tinnitus. |
| Echinacea | • | • | Treats sleeplessness and reduces anxiety. |
| Ginger | • | • | Prevents colds and flu. |
| Ginko | • | • | Relieves nausea and is an anti-inflammatory. |
| Valerian | • | • | An antidepressant that can be deadly if combined with some western medicines. |
| St. Johns Wort | • | • | Reduces anxiety and promotes relaxation. |

HPE - ACPPS073 - Investigate and select strategies to promote health, safety and well-being.

