**Take your medicine!**

it comes in three flavours

red, green and blue

it tastes like old socks

and it smells like a shoe

my mom fills a spoon

as i wrinkle my nose

it burns down my throat

from my mouth to my toes

IT’S DISGUSTING I say

but she says it is good

when your head’s full of snot

and your tongue feels like wood.

my sister was laughing

she thought it was funny

to see me all slobbery

drippy and runny

so I took that big spoonful

i chose cherry red

it splashed in my tummy

and I went off to bed

when I woke in the morning

I felt a lot better

I climbed out of bed

and put on my sweater

and there was my sister

a frown on her face

with boxes of kleenex

all over the place

I laughed and I laughed

like she did before

then i gave her my blanket

and walked out the door