

POLIO AND YOU

How One Might Help To Keep from Getting Polio

By HOWARD W. BLAKESLEE
(Associated Press Science Editor)

New York, Aug. 10 (AP)—There is no known way to keep from getting polio—infantile paralysis—you can do that might help.

The trouble is that no one knows how the invisible protein particles, the viruses which causes the disease, are carried from person to person.

They are small enough to float in the air, or to be carried on, in or by anything whatever.

Millions of dollars have been spent vainly trying to learn how this virus travels. If you suspect, for example, that the virus is in a bit of food, it takes nearly a month and perhaps \$500 to make sure. And then another month to learn whether the virus moved to some other suspected place.

Many facts have been learned, and common sense fills in the gaps.

Human beings certainly carry the virus while they are sick. They almost certainly get it in what goes into their mouths. Their throats contain the virus when they are ill.

If that were all, the breaking of the polio chain would be easier. But now comes the hard part.

You, the mother of a family, can have this disease, without being sick, and without a chance to know you have it. And you can give it to your child, or the child of your dearest friend.

That child may become paralyzed. Other children will get it, but may show nothing. Yet they too, can spread it.

The medical consensus now is that polio probably spread from person to person, aided by something still unknown. This unknown leaves the home apparently the most dangerous place for spreading polio. Worse than schools and gatherings, because you cannot close homes. And even if you could, the family carrying the disease might not be identified because its members appeared well.

You and your children are likely to have polio virus in your systems during an epidemic. That leads to some of the things you can do.

Keep out of crowds. That lowers the odds a little.

Don't get chilled. Chilling has a technical meaning here. It is lowering your body temperature to the point where natural body chemical reactions slow down. With this most chilling, polio infection already present, gets a better chance to start. Nobody, however, can tell why most of the polio comes in warm summertime. In winter there also is considerable polio, but no epidemics.

Don't get fatigued. Fatigue lowers your body resistance too. There is an added reason for avoiding fatigue. Over-exertion is supposed to do its worst damage during the early stages of polio. But your child can be fatigued without anyone knowing it.

Keep clean. Obviously hands, toys, anything in the house can harbor polio virus. At this point come another contradic-

McKay Praises \$50 Pension

Gov. Douglas McKay voiced praise for the state welfare commission's decision to guarantee the \$50 monthly minimum old age pension after a conference here Tuesday with Miss Loa Howard, state administrator, and Mrs. Lee Patterson, commission vice chairman. McKay told the two: "I was concerned with the possibility that the commission might not strive toward this goal of the last legislature because it feared, possibly, that the referendum had stopped the law. In announcing your intention of going ahead with the \$50 scale, you are acting in accord with the wishes of the people as expressed through their legislative representatives."

The commission decided at its July meeting to provide the \$50 minimum old age pension within the funds available, Oct. 1.

The recent wide discussion over the question of whether or not welfare recipients may keep cars in their possession was touched upon at Tuesday's meeting here. McKay told Miss Howard and Mrs. Patterson he wanted to ascertain "if you are doing everything humanly and humanely possible to settle this problem within the limitation of state and federal law and with consideration to available funds."

Miss Howard will invite representative county welfare commissions to the state commission meeting Aug. 24 to get their views on motor vehicle restrictions. Miss Howard said the commission's standards permit welfare recipients to own a car when other transportation is not available or feasible and transportation is needed for employment or school attendance, or to obtain food, water, fuel and medical care.

Forest Fire Aid Bill Is Passed

Washington, Aug. 10 (AP)—The senate has passed a bill which would step up federal contribution for forest fire protection to \$20,000,000 by 1955.

The bill would increase the \$9,000,000 in federal funds now available for cooperative forest fire programs with the states by \$2,000,000 each fiscal year beginning now.

The bill also would increase to an eventual total of \$2,500,000 the \$1,000,000 authorization for federal cooperation with the states for procurement, production and distribution of forest-tree seeds and plants.

The bill goes to the house for action on amendments.

Teamster-Grocery Dispute Continues

Portland, Aug. 10 (AP)—AFL Teamsters and Wholesale Grocery and Produce dealers were further apart again today on their dispute over wages.

Employers have rejected a union proposal for a one year contract. The union previously had rejected an employer offer to boost pay 5 cents an hour and 2 1/2 cents again in February under a two year agreement.

Union business agent Jack Schlaht said plumbing and hardware firms and paper companies had agreed to a 7 1/2 cent hour boost on a one year basis.

tion, in the finding that places with the best sanitation sometimes have the worst polio outbreaks. There's probably a special reason, but it is safe to stick by cleanliness.

Stay out of polluted swimming waters. The reason is the verified fact that sewage has polio virus in an epidemic area. Outbreaks have been followed through sewage trails nearly 100 miles long. There is a chilling hazard too in swimming.

Swat flies. It is verified that they carry polio virus. But don't worry too much—remember that many thousands of dollars of worth of search have failed to trace a single cause of human polio to flies. Mosquitoes and many other human bug pests are under slight suspicion.

Watch headaches, sore throats, nausea, fever, obscure pains and stiffness. That is the way a polio attack may start. To be sure, the watching won't prevent polio, but this watchfulness might catch those previous early hours of the illness and really prevent some crippling.

And be glad now there is very much that you can do if your child gets polio, as tomorrow's story will explain.

A LITTLE DUMBO EXPECTED

Ocean Liner in Race With King-Sized Stork

San Francisco, Aug. 10 (AP)—The American President Line freighter, President Taft, plowed through the Pacific at full speed today in a race with a king-sized stork.

Capt. W. S. Tyrrell, skipper of the Taft, radioed APL headquarters that Flora, one of four Siamese elephants aboard, was about to give birth to a little dumbo. And it looked like she couldn't wait for the ship to dock in San Francisco next Tuesday.

He said the other three elephants were all horribly seasick and no help to Flora at all.

The captain said nervous crew men were preparing a floating delivery room below decks while all hands stood by to man the maternity ward.

One bosun was rigging a block and tackle to raise the new arrival by the tail and spank its little pink behind—like they do in the books.

The animals' caretaker on their trip from Hong Kong to a Los Angeles animal broker confessed he knew Flora was pregnant before the ship sailed, but since an elephant's gestation period is 18 months he thought they had plenty of time.

"I guess I forget about the international date line," he said worriedly.

Company officials said they were planning to call Cary Baldwin, director of San Francisco's Fleishhacker zoo, into radio consultation with the frantic skipper.

They ordered Captain Tyrrell to radio daily reports on Flora's progress.

Prospector Dies From Exposure

Portland, Aug. 10 (AP)—John Harrison Tracy, the 76 year old Estacada man found Monday in a Mt. Hood forest hut after 13 days alone on Mount Hood, died here last night.

St. Vincent's hospital reported he succumbed to complications of starvation and exposure. One foot had become infected from lacerations of the skin.

Tracy died without ever having been able to tell what had happened to him since he climbed out of his car on a wooded road and vanished. He was

found, 30 or 40 pounds lighter and too weak to talk, in a lean-to shelter, two miles from the abandoned car.

The widow and two daughters survive him.

City Reorganization Up
Portland, Aug. 10 (AP)—Mayor Dorothy McCullough Lee hopes a city advisory committee on municipal reorganization can compile recommendations for a new city government system by 1950.

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