

(continued from previous page)

some of the virus-polluted water. Most of the bathers were adults; they acted as carriers to the children.

The disease incubates between seven and 14 days, usually about 10 days. A patient may be infectious and has to be isolated, at least 21 days. Sufferers should always be removed to hospital, for better isolation, and for skilled technical treatment. Any child contacts should stay away from school 10 days after the removal of the patient to hospital.

### Two Pre-Paralysis Stages

Paralysis in a child is often the first realisation of an attack, but this is a late sign. When infantile paralysis is about we have to watch for two pre-paralysis stages. Firstly there's fever, headache, and flushing. Vomiting may occur. The throat may be sore—it may seem like an attack of influenza. Or there may be pains in the stomach, simulating a gastric upset. The child is off colour and drowsy, and may fall asleep easily during the day. Or there may be fretfulness, with a painful skin, so that the child doesn't like being touched, but wants to be left alone. Secondly there's a short period of stiffness of the neck and back. The child cries when raised by the head, because of the pain on bending the spine. Lastly there's the paralytic stage, which may be the first noticed unless parents suspect apparent influenza or upset stomachs when infantile paralysis is in the neighbourhood. Watch out for a combination of fever, vomiting, constipation, drowsiness, and irritability, especially when combined with headache, flushing of the face, abnormal sweating, and possibly the non-passing of urine.

After the patient is removed to hospital, all his clothing and personal articles should be disinfected. Treatment is a matter of care of the paralysed muscles, to dodge deformities and restore function. It involves remedial exercises in warm water and the re-education of the paralysed parts.

Prevention is a matter of keeping children separate, away from crowded places, and seeing that they always wash hands after visiting the lavatory and before eating food. Milk should be pasteurised, and all food protected from flies. Lastly—a balanced diet keeps the body strong and helps to resist the virus.

### Josephine Again

SO successful was the ZB production *Josephine, Empress of France*, that a sequel has been produced, and will be heard from 12B at 8.45 p.m. on Mondays and Thursdays.

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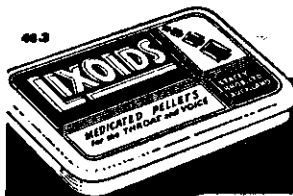
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