

most important things in many of the severe cases, in order to protect the body as well as the limbs. This rest and protection must be carried out in each case according to the judgment of the physician in charge. In some cases it may be many months before it is considered wise to allow full or free use of the part. During this time, muscle training is used to improve the muscles as much as possible. Light massage, spraying, baths, &c., are useful also.

#### MUSCLE TRAINING.

Muscle training in infantile paralysis is about the same as muscle training or gymnastic work for a normal person, changed to suit the weakened conditions. As it is unwise to overwork normal muscles in developing power, so it is unwise to overwork the few living fibres of the paralysed muscles, but as properly graded exercises develop the normal muscles, so will exercises properly suited to the weakened muscles assist in increasing their strength. It requires much skill and experience to know just how much these weakened muscles should be called upon to do. Overwork weakens them. This training must be done by specially fitted persons who have had experience in doing it.

The Visiting Nurse Association now has twelve nurses who have been specially taught to give these treatments. Their best results have been obtained with children whose fathers and mothers were sympathetic and intelligent, and were willing to do their share of the work. The doctors and nurses can not do this alone. The parents must help by obeying the doctor's instructions, and giving the treatments needed between the nurses' visits carefully and regularly.

Muscle training alone does not always mean a complete cure, but it is one of our most valuable helps. It is an aid to other measures that are used in relieving as much as possible the effects of the paralysis. When the time comes for walking, in children whose legs have been paralysed, the recovery may be so complete that no braces or artificial help of any kind is needed. In some patients the paralysis may be so extensive that both crutches and braces are necessary if the patient is to walk at all.

Recovery is usually a slow process. Parents and patients must not be discouraged and think that their work is not going to be worth while. Experience with hundreds of children has shown that very great improvement has taken place where the treatment has been faithfully carried out.

In a few instances where proper after-care

has been neglected and deformities have been allowed to develop, and where the arms remain too weak to use crutches, the patient will be permanently unable to walk as a result of an attack of infantile paralysis. Permanent confinement to bed or to a wheel chair should be a rare exception in this disease nowadays.

#### OPERATIVE TREATMENT.

Especially when proper care has not been given in infantile paralysis, severe crippling deformities sometimes develop, requiring much painful effort on the part of the patient and extensive operative work on the part of the surgeon; and the result of these efforts is usually far inferior to that obtained by the preventive method. But many neglected cases still exist, and operations often afford them great relief.

The best way, however, is the preventive way, and through the work of this special committee of the Visiting Nurse Association it is now open to everyone.

#### WARNING.

Avoid people who guarantee or promise to cure your child. A good doctor can help your child and make it better, but he will never promise a complete cure. Don't get restless and change doctors or clinics too easily because improvement is slow and takes a long time. Remember that your child's whole future depends upon his getting good care now. Courage and faithfulness in carrying out the doctor's orders will do more for your child than anything else.

#### THE 300th REMEMBRANCE LEAGUE.

Field-Marshal Earl Haig appeals from the Appeal and Publicity Branch of the British Legion, 1, Regent Street, London, S.W.1, for subscriptions to his 300th Remembrance League for the alleviation of Ex-Service men of all ranks.

The League has been formed with a view to ensuring as far as possible a definite annual income for the benefit of Ex-Service men, and the widows and children of those who gave their lives. Earl Haig points out that during the war millions gave years of service—service fraught with extreme peril. In return, he only asks the equivalent of one day's service in each year—service performed in the security of the peace which they established. After subtracting Sundays and holidays Earl Haig estimates there are three hundred working days, and he asks for one-three hundredth part of the income for these days.

His Royal Highness the Prince of Wales is Patron of the League. Cheques should be made payable to the Hon. Treasurer, Earl Haig's Appeal, at the above address, and crossed Barclay's Bank.

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