

CHRISTMAS-TIDE, 1947.

"THE JOYFUL MYSTERY OF MARY."

Human interest in the Christmas Festival arouses in every one of us the emotion of Joy. It is a pageant of such superb, yet tragic, reality that it can never fail to attract attention, as no other episode could. Christmas heralds the Advent of Peace, as the result of good government.

The Angelic Messenger struck a note which vibrated and will continue to vibrate all through the ages until "death is swallowed up in victory" and "God shall be all in all."

As the second great act in the Drama of Creation, it is timely and most appropriate that the Divine Wisdom should cause a herald to proclaim: "Fear not, for behold I bring you good tidings of great joy, *which shall be to all people*. For unto you is born this day in the City of David a Saviour which is Christ the Lord. And this shall be a *sign* unto you: Ye shall find the Babe wrapped in swaddling clothes, lying in a manger."

The appropriateness of the Message, together with the type of men to whom it was delivered, adds additional interest and grandeur to the episode. It has been truly said: "The greatest things in the world are often the simplest; hence every one of us must experience a thrill of unutterable delight when we realise the truth of St. Paul's great utterance: "When the fulness of the time was come: God sent forth His Son, made of a woman, made under the law, to redeem them that were under the law, that we might receive the adoption of sons."

"And because we are sons: God hath sent forth the Spirit of His Son into your hearts crying: 'Abba: Father.'

"Wherefore thou art no more a servant, but a son, and if a son, then an heir of God, through Christ."

To the converted Jew the virgin birth of Jesus presents no difficulty. His faith when once established is implicit, and his reason assents to the fact that such a method of Incarnation, alike justifies and satisfies the necessity for the subsequent miracles of our Most Holy Redeemer, which ultimately culminated in His Resurrection and Ascension, making possible the gift of the Holy Spirit who inspired men to preach and to teach that "Jesus is Lord, to the Glory of God the Father."

The added message of the Christmas herald supports the value of the proclamation of Gabriel to the Mother of the Lord: "Fear not, Mary, for thou hast found favour with God. And behold, thou shalt conceive in thy womb and bring forth a Son, and shall call His Name Jesus.

"He shall be great, and shall be called the Son of the Highest, and the Lord God shall give unto Him the throne of His father David.

"And He shall reign over the House of Jacob for ever, and of His Kingdom there shall be no end."

The good government which civilisation needs is "meekness"—*i.e.*, "self-control." It is those who realise it who are alone able to "inherit the earth."

It is the Christmas gift bestowed upon man so soon as he is able and willing to believe that "with God all things are possible."

T. V. H. BARBER.

POLIOMYELITIS.

NURSING AND TREATMENT.

Isolation.

Disease is infectious, therefore all cases should be strictly isolated, usually from 3-4 weeks. The causal organism is a virus, as yet unidentified.

All secretions and excretions must be regarded as infectious

Swabs should be burnt.

Excreta disinfected before disposal.

All utensils must be disinfected.

Cutlery (not knives) and crockery after being washed to be sterilised by boiling for 20 minutes. This is a matter of routine here—we always sterilise after each meal.

All staff, *i.e.*, Doctors, Nurses, wear masks whilst in contact with the patient.

Rest.

Absolute rest, both mental and physical is essential from the moment of diagnosis. Bear in mind the seat of inflammation—*i.e.*, grey matter, anterior horn of spinal canal—this is irritated by any movement either passive or active. Position in bed depends upon degree and site of paralysis.

General Treatment.

Splints are required for lower limbs when affected—bed cradle to keep off weight of bedclothes.

Arms are supported as indicated by medical staff.

Severe cramp or pain may be treated by either moist or dry heat. We have found hot fomentations give considerable relief in some cases.

Daily movements of the limbs, (*i.e.* exercises) are carried out according to instructions received from medical staff.

Often retention is common, especially where there is considerable paralysis, urinary output must be watched. Enemata too—frequently necessary to help bowel action.

Each case needs individual treatment, no two being actually alike.

Very Severe cases with much paralysis, which quickly spreads involving respiratory muscles, may have to be nursed in the respirator, of which there are several types.

The "Both" respirator is the one we have in Hastings, simple to use, reasonably comfortable. Rate of respiration is adjusted—usually 20-22 for an adult. Depth of respiration is controlled by valves on the box. The respirator itself may be adjusted, *i.e.*, tipped for drainage from the mouth, where there is excess secretions.

Minor degrees of intercostal paralysis may not require this mechanical assistance.

Diet.

Should be easily digested and as nourishing as possible. Plenty of fluids, *i.e.*, glucose included—at least 3 pints during the day.

General Care.

Patients are kept in a recumbent position, and at first are not allowed to do anything for themselves. They are fed by the nurse, and kept at absolute rest.

Mouth toilet is of extreme importance. In some cases where the nervous system is very sensitive a darkened room may be required. It is important always to be quiet in movements—refrain from jarring the bed. Speak quietly, etc.

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