

Morning **ROUTINE**

GET YOUR DAY OFF TO A GRAND START!

Mental Stretch



This Day In History
Riddle of the Day



Today In History ...

On March 26, 1953, American medical researcher Dr. Jonas Salk announces on a national radio show that he has successfully tested a vaccine against *poliomyelitis*, the virus that causes the crippling disease of polio.

In 1952—an epidemic year for polio—there were 58,000 new cases reported in the United States, and more than 3,000 died from the disease. For promising eventually to eradicate the disease, which is known as “infant paralysis” because it mainly affects children, Dr. Salk was celebrated as the great doctor-benefactor of his time.

Polio, a disease that has affected humanity throughout recorded history, attacks the nervous system and can cause varying degrees of paralysis. Since the virus is easily transmitted, epidemics were commonplace in the first decades of the 20th century.

In the first decades of the 20th century, treatments were limited to quarantines and the infamous “iron lung,” a metal coffin-like contraption that aided breathing. Although children, and especially infants, were among the worst affected, adults were also often afflicted, including future president Franklin D. Roosevelt, who in 1921 was stricken with polio at the age of 39 and was left partially paralyzed.

There have been lots of epidemics over the centuries. Right now Coronavirus is the big topic, but just as a vaccine was discovered and used for polio, scientists will discover a vaccine for Coronavirus.

Did you know that after Franklin D. Roosevelt was partially paralyzed by polio, he used most of his money to open a clinic for people with polio? His clinic was important in the discovery of the vaccine many years later. Plus, FDR (as people called him) won the presidential election four times after contracting polio...so it certainly didn't stop him from doing things!

Riddle of the Day

*I reach for the sky, but clutch to the ground;
sometimes I leave, but I am always around.*

What am I?

Put your name and answer in an email to
estern@holychildnm.com. Good luck!