



Mini Page Heroes: Jonas Salk



Mini Quote:

"The reward for work well done is the opportunity to do more."

— Jonas Salk

In the first half of the 20th century, polio, the short name for **poliomyelitis** (POE-lee-oh-my-uh-LIE-tuhs), was a dreaded childhood disease. If you got it, it might paralyze you or leave your body crippled. Most victims got the disease as babies or children, which is why it was also known as infantile paralysis.

In the 1950s, mothers wouldn't let their kids swim at a public pool or play in large groups for fear that they might get the disease.

Fighting disease

Dr. Jonas Salk, a medical researcher at the University of Pittsburgh, devoted his work to finding out more about polio and developing a **vaccine**, or medicine to help prevent the disease.

He worked 16 hours a day, seven days a week for years to find a way to prevent polio from attacking kids. Finally, he created a vaccine to protect people against polio. After successful tests on laboratory animals, it had to be tested on human beings. Who would take the risk?

Salk believed so strongly in the quality of his work that he was willing to risk his own safety to prove that he was right. His wife and his three sons put their lives and health on the line for him, too. A researcher doesn't usually test his own findings, especially on himself and his family.

Risky business

Why did the tests involve risks? Because the vaccine consisted of "killed" specimens of the actual poliovirus. To prevent the disease

from occurring, the killed virus was injected into your body.

The killed poliovirus in the vaccine causes the body to build up natural **antibodies** (fighting cells).

Because they trusted him, Salk's wife and children also volunteered to be "human guinea pigs." The tests were successful: They showed the vaccine was not dangerous. None of the people injected with the vaccine got polio.

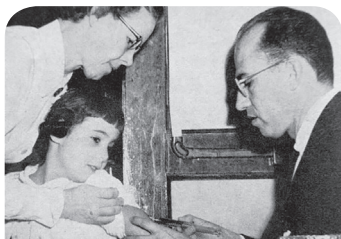
Stopping polio

This allowed the vaccine to be tested on a larger scale, eventually proving itself to prevent polio.

It was a major breakthrough in the 1950s and was the beginning of the end of polio's terrible effects.

It was clear to everyone what Salk had done.

A grateful nation and world applauded his achievement. Salk could have become a very wealthy man from his discovery, but when asked who would own rights to the polio vaccine, he replied, "There is no patent. Could you patent the sun?" He believed such beneficial work should be freely shared. Salk gave away his discovery so the vaccine could be available to everyone who needed it. That's a true hero!



Dr. Salk gives a girl the polio vaccine shot in 1956.



photo by Carol M. Highsmith, courtesy Library of Congress

At the Salk Institute for Biological Studies in La Jolla, California, work continues to find cures for disease.

Continuing his work

Dr. Salk, even at the age of 80, was actively involved in research to find a cure for AIDS or a vaccine to prevent its spread. What do you know about AIDS or other infectious diseases, such as the flu, pneumonia or even the common cold?

In the United States, most people have access to good medical services. Some people say that we have the best doctors and health care facilities in the world. In 2017, the Americas are considered to be polio-free.

But the cost of all these services has become very high. You can help keep our health system first-rate by learning ways to stay healthy.

Do you know the right kinds of foods to eat? Do you know the importance of daily exercise? Do you know how you can reduce the chances of getting a disease?

Get some ideas for taking care of yourself here: bit.ly/2hReuTH

Resources



This issue of *Mini Page Heroes* is based on a chapter from "50 American Heroes Every Kid Should Meet" by Dennis Denenberg and Lorraine Roscoe. To order the book, go to heroes4us.com and click on "50 American Heroes Book" and "Order a Book."

At the library:

- "Polio" by Timothy Grayson-Jones

Try 'n' Find

Words that remind us of Dr. Jonas Salk are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



ANTIBODIES, CELLS, CHILDREN, CURE, DISEASE, DOCTOR, FLU, HEALTHY, JONAS, PARALYZE, PATENT, PITTSBURGH, PNEUMONIA, POLIO, RESEARCH, RISK, SALK, SHOT, VACCINE, VIRUS.

P N E U M O N I A A S U R I V
A E Z Y L A R A P E E K A P T
T U V W C H I L D R E N S U H
E K L A S H G R U B S T T I P
N A Q F S E I D O B I T N A R
T R E S E A R C H E A L T H Y
E S A E S I D W N R O I L O P
K T S L L E C X L Y C U R E P
K I S A N O J J D O C T O R T
T O H S E N I C C A V N F F I

Cook's Corner

Cornflake and Hash-Brown Casserole

You'll need:

- 1 (30-ounce) bag shredded hash-brown potatoes, thawed
- 1 (10.75-ounce) can reduced-fat cream of chicken soup
- 1 (16-ounce) container low-fat sour cream
- 1 tablespoon instant chopped onions

- 1 1/2 cups shredded cheddar cheese (reduced-fat optional)
- 2 cups cornflakes, crushed
- 3 tablespoons butter or margarine, melted



* You'll need an adult's help with this recipe.

What to do:

1. Mix first five ingredients in a large 9-by-13-inch baking dish until well-blended.
2. Top with crushed cornflakes. Drizzle melted butter on top of the cornflakes.
3. Bake at 350 degrees for 45 minutes. Serves 10 to 12.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



1. baby dog (5) _____
2. where a teacher works (9) _____
3. ice cream flavor (7) _____
4. what tires are made of (6) _____
5. what you dry your hands with (5) _____
6. land surrounded by water (6) _____
7. sweet treat (5) _____

SSR	BER	DY	IL
IS	TO	CLA	PY
PUP	CAN	RUB	OOM
LA	LAND	WEL	VAN

Answers: puppy, classroom, vanilla, rubber, towel, island, candy.

Mini Jokes



James: What's the old saying about the flu virus?

John: "Win a flu, lose a flu!"

Eco Note



When you shower, you can use five gallons of water every minute! Taking a bath uses even more water. To save water, take shorter showers, and have your family install low-flow shower heads.

adapted with permission from "The New 50 Simple Things Kids Can Do to Save the Earth" by The Earthworks Group, Andrews McMeel Publishing (andrewsmcmeel.com)

Thank You



The Mini Page thanks Dennis Denenberg, former teacher, principal, superintendent and university professor, and Lorraine Roscoe, a champion of heroes of every kind, for help with this issue.

Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

Books from The Mini Page are wonderful resources and make great gifts! See all of our Mini Page products at MiniPageBooks.com, or call **844-426-1256** for more information. Mail payment to: Andrews McMeel Universal, Mini Page Books, 1130 Walnut, Kansas City, MO 64106. Include \$4.00 shipping and handling per order.

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