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<div><div>*米其林星級港式早茶點心</div><div>連鎖餐廳-Tim Ho Wan (添好運)</div><div>Katy 亞洲城 誠徵:</div><div>1. 後廚行政總廚 2. 後廚經理.</div><div>公司醫療保險·福利·獎金·有公司培訓.</div><div>需報全稅. 如有興趣, 請寄簡歷到:</div><div>david@timhowanusa.com</div><div>或來電: David Li 832-788-0217</div></div>	<div><div>Hiring Server</div><div>Lucky Palace Korean Restaurant at Bellaire, Chinatown, Full/Part time, great income and flexible hours. Please call 281-889-0533 8508 Bellaire Blvd. Houston, TX 77036</div></div>	<div><div>糖城堂吃外賣店</div><div>誠請全職送餐, 底薪加小費, 需打包. 聯系電話: 347-981-8670</div></div>	<div><div>糖城美式餐館</div><div>誠請全工企檯 需英文流利 意者請電: 281-242-7728</div></div>	<div><div>Chow Wok</div><div>位於 Dairy Ashford / Westheimer 誠請 Cashier 一名 需懂英文 有意者請電: 832-308-8132</div></div>	<div><div>*中餐館誠請</div><div>企檯, 外送員, 炒鍋 全工或半工均可 6340 N. Eldridge Pkwy #K Houston, TX 77041 有意者請電: 832-768-1383</div></div>	<div><div>黃金水餃請人</div><div>中國城黃金廣場內 新優誠請廚房員工 全工. 需有身份 請 11am-9pm 來電: 713-270-9996 281-881-9885</div></div>	
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<div><div>中餐館招聘</div><div>中國城百佳超市附近, 誠聘有經驗企檯服務員 無工作經驗可培訓. 全工·半工均可, 能報稅 年齡不限, 本店客源穩定, 小費好. 意者來電: 713-367-9936 詳情可面談</div></div>	<div><div>餐館請人</div><div>近 1960 西北區, 高薪誠聘: 炒鍋、企檯、打雜幫工. 全工半工外送員. 意者請電: 281-966-5342</div></div>	<div><div>老美中餐館</div><div>誠請企檯 Server 收銀接電話 Cashier 需懂英文, 全工/半工 位 45 南, 25 出口 意者請電或短信: 832-225-2948</div></div>	<div><div>KATY 中餐館</div><div>誠請熟手炒鍋 會看英文菜單 有意者請電: 917-287-6173</div></div>	<div><div>NOW HIRING</div><div>North China Restaurant 1-10 &amp; KATY Now is hiring Waiter/Waitress Full time or Part time Must speak English 713-470-8118</div></div>	<div><div>粵菜餐館, 新優</div><div>東禾酒家請人 中國城, 敦煌廣場內 誠請炒鍋和企檯 抓碼、油爐、洗碗 意者請電: 713-981-8803</div></div>	<div><div>老人中心誠聘以下全職員工</div><div>需有愛心、耐心願意長期為長輩服務 ●廚房幫手: 能夠做面食 ●辦公室經理: 懂英文 ●辦公室助理兼前台服務: 懂簡單英文 有意者準備好簡歷, 打電話: 713-782-1983 或發短信</div></div>	
<div><div>壽司餐館請人</div><div>Restaurant Hiring</div></div>	<div><div>*Sushi Chef (壽司師傅)</div><div>(No experience needed) Sushiya inside HEB 19529 Northpark Dr. Kingwood, TX 77339 Please text or apply in person 請傳簡訊或親臨: 713-309-5236 誠聘壽司師傅: 有無經驗均可 位 Kingwood, HEB 超市內</div></div>	<div><div>壽司餐館請人</div><div>Restaurant Hiring</div></div>	<div><div>壽司吧請人</div><div>Kroger 超市壽司吧 誠請有經驗的員工 男女均可 可報稅, 新優 意者請電: Lucy 713-301-8023</div></div>	<div><div>壽司餐館請人</div><div>Restaurant Hiring</div></div>	<div><div>超市內壽司吧</div><div>610 北, 近 290 誠徵女性人員一名 需有些經驗 全工或半工, 待遇 意者請 5 點後電: 832-660-2521</div></div>	<div><div>超市壽司吧高薪</div><div>誠徵 壽司師傅、助手 有責任心者·男女不拘, 提供住宿, 須報稅. 有意者請傳簡訊至 832-401-9179 New Caney, TX 77365 位高速公路 59N 上, 離中國城約 45 分鐘路程</div></div>	
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<div><div>*日餐店請人</div><div>誠招廚房師傅 有相關經驗優先, 不會可教. 聯系人: Vincent 408-901-9571</div></div>	<div><div>*路州日餐, 高新</div><div>離休士頓 2 小時, 請 油鍋師傅或新手學徒 新手壽司幫手或師傅 有午休 2 小時, 包食宿. 請電: 337-764-7736</div></div>	<div><div>日本餐館誠聘</div><div>Sushi 師傅, 廚房油鍋打雜 包吃住, 薪水面議 ●全職企檯 Richmond 地區 要求有身份, 可報稅. 請電: Jeff 626-373-7744</div></div>	<div><div>路州全日餐</div><div>Lake Charles 『高薪』誠請 壽司師傅, 學徒 廚房師傅, 油鍋打雜, 全工企檯. 包吃住, 意者請電: 832-605-2131</div></div>	<div><div>日本餐館誠請</div><div>壽司師傅或學徒 企台及帶位 全工/半工均可 需工卡. 請親臨或電: 713-781-6300 6345 Westheimer</div></div>	<div><div>日本餐館, 新優</div><div>二家日本餐館 位西南區 &amp; 西北區 誠請全工 包卷及 Sashimi 師傅 提供住宿, 請電: 281-851-5858</div></div>	<div><div>美日餐館, 高新</div><div>二家 Galleria &amp; 1960 誠請經理, 企檯, 帶位 Bartender 調酒師 需英文流利, 懂酒水 全工/半工均可 小費極佳. 聯系電話: 281-636-8808</div></div>	<div><div>日餐請人</div><div>位 1-10 Memorial 99 大華附近, 聘請 ●壽司師傅(可培訓) ●廚房幫手(可培訓) ●前檯幫手 ●Cashier 全/半工均可, 時間彈性 薪優, 待遇好, 男女不限 832-380-0247</div></div>
<div><div>200</div><div>餐館租售</div><div>Restaurant for sale</div></div>	<div><div>200</div><div>餐館租售</div><div>Restaurant for sale</div></div>	<div><div>*堂吃外賣兼小 Buffet 轉讓</div><div>設備齊全, 周五周日 buffet, 生意還有上升空間, 詳情請致電: 210-380-2645 閒聊者勿擾!</div></div>	<div><div>賺錢堂吃中餐售</div><div>●因東主年齡退休, 近 Galleria Mall, 1500 多呎地段好, 生意旺, 租金合理 ●Katy 中高檔繁華社區外賣/堂吃中餐, 10 號邊, 1900 呎 租金僅 \$2800. 生意 4-5 萬, 售價 \$16 萬 832-858-4838 王</div></div>	<div><div>Katy 中餐館</div><div>出售兼招人 生意穩定 4-5 萬, 預售價面議 誠請 炒鍋, 油鍋煎打雜·外賣員 電 281-673-8752</div></div>	<div><div>糖城堂吃外賣店</div><div>轉讓. 經營多年, 生意穩定(周一公休) 1490 呎, 房租便宜, 業主還有其他生意管理 意者請電: 832-503-0453</div></div>		
<div><div>*密蘇裡城賺錢中餐館出售</div><div>堂吃加外送. 2500 呎, 生意穩定 房租平, 含設備. 包水+垃圾費用, 生意 6 萬餘. 意者請聯系: 985-790-3195 非誠勿擾</div></div>	<div><div>賺錢餐館退休售</div><div>近 8 號, Westheimer 16 年老店, 1750 呎 生意穩定, 設備齊全 業主退休, 有意出售. 意者請電: 832-513-8776</div></div>	<div><div>賺錢餐館出售</div><div>位於西南區 生意穩定, 房租低, 包水. 意者電: 非誠勿擾 346-812-3233 ●另請炒鍋一名</div></div>	<div><div>中韓式餐館售</div><div>位 Katy 區, 好餐館出售 價格好, 請短訊 Korean Chinese restaurant in Katy for sale at low price. Please send texts to 404-454-6170 if interested</div></div>	<div><div>餐館出售</div><div>糖城 Sugar Land 面食店出售 ~詳情面談~ 聯系方式: 713-922-7104 626-348-9980</div></div>	<div><div>急急急! 餐館讓</div><div>位於 Katy 中日餐堂吃外賣店 因股東糾紛急轉讓 有意者請私信: 347-277-1612 非誠勿擾</div></div>	<div><div>中餐館轉讓</div><div>僅售二萬八 位於 LA Marque Walmart, Sam Club 旁 設備齊全, 因身體欠佳急於轉讓 (離中國城 40 分鐘) 850-485-4128</div></div>	
<div><div>Le Lai</div><div>成長最快速區中餐館售</div><div>Chinese Restaurant For Sale in McAllen, TX</div><div>Established family-friendly restaurant in one of the fastest growing regions in Texas. www.laiaeastern.com/ForSale Call for more info: 956-923-1477 位成長最快的地區 McAllen, 適家庭經營</div></div>	<div><div>大學城亞洲超市+中餐館</div><div>誠心轉讓。(一併買者, 價格優惠) 因老版搬家, 不得已轉讓. 生意穩定. 超市 3800 呎, 餐館 2300 呎 請電或短訊: 814-506-7198 不接請短信. 謝謝 非誠勿擾</div></div>	<div><div>中餐旺舖出讓</div><div>位於 Baytown 10 號公路旁, 附近住宅林立, 亦隣近幾大煉油公司, 客源龐大, 因缺人運作出讓. ●另請炒鍋. 有意請聯繫李小姐 713-732-8203</div></div>	<div><div>賺錢餐館出售</div><div>●近 Memorial 高級區中餐館, 設備齊全, 年收入 60 萬, 業主榮休, 僅售 \$79,000. ●位於 Katy 亞洲城餐館, 年收入過百萬, 僅售 \$30 萬, 機會難得, 預購從速. 有意者, 請洽德州地產: 713-988-1668, 832-734-6888(中文)</div></div>				











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Inside C2

# Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Thursday, February 03 2022|

## Biden orders nearly 3,000 U.S. troops to Eastern Europe to counter Russia

WASHINGTON/MOSCOW, Feb 2 (Reuters) - The United States will send nearly 3,000 extra troops to Poland and Romania to reinforce Eastern European NATO allies in the face of what Washington describes as a Russian threat to invade Ukraine, U.S. officials said on Wednesday.

Russia, for its part, signalled it was in no mood for compromise by mocking Britain, calling Prime Minister Boris Johnson “utterly confused” and ridiculing what it said was the “stupidity and ignorance” of British politicians.

Moscow has massed more than 100,000 troops near Ukraine’s borders. It denies any plan to invade its neighbour but says it could take unspecified military measures if its demands are not met, including a promise by NATO never to admit Kyiv. read more

A Stryker squadron of around 1,000 U.S. service members based in Vilseck, Germany would be sent to Romania, the Pentagon said, while around 1,700 service members, mainly from the 82nd Airborne Division, would deploy from Fort Bragg, North Carolina, to Poland. Three hundred other service members will move from Fort Bragg to Germany. The objective, Pentagon spokesperson John Kirby said, was to send a “strong signal” to President Vladimir Putin “and frankly, to the world, that NATO matters to the United States and it matters to our allies”.

“We know that he also bristles at NATO, about NATO. He’s made no secret of that. We are making it clear that we’re going to be prepared to defend our NATO allies if it comes to that. Hopefully it won’t come to that.” Poland’s Defence Minister Mariusz Blaszczak said the U.S. deployment was a strong sign of solidarity. NATO Secretary-General Jens Stoltenberg also welcomed it, saying the alliance’s response to Russia was defensive and proportional. read more

Efforts to reach a diplomatic solution have faltered, with Western countries describing Russia’s main demands as non-starters and Moscow showing no sign of withdrawing them.

French President Emmanuel Macron said he would discuss the crisis with U.S. President Joe Biden in the coming hours and did not rule out travelling to Russia to meet with Putin. The priority was to avoid



tensions rising, Macron said.

The Kremlin said Putin told Johnson that NATO was not responding adequately to its security concerns. Johnson’s office said he had told Putin an incursion would be a “tragic miscalculation” and they had agreed to apply a “spirit of dialogue”.

U.S. President Joe Biden holds a bilateral meeting with Qatar’s Emir Sheikh Tamim bin Hamad al-Thani in the Oval Office at the White House in Washington, U.S., January 31, 2022. REUTERS/Leah Millis Ukrainian service members of the Air Assault Forces attend military drills in Lviv region, Ukraine, in this handout picture released February 1, 2022. Press service of the Ukrainian Air Assault Forces/Handout via REUTERS U.S. army instructor from the Joint Multinational Training Group trains Ukrainian service members to operate with M141 Bunker Defeat Munition (SMAW-D) grenade launcher, supplied by the United States, at a shooting range in Lviv Region, Ukraine, in this handout picture released January 30, 2022. The Ukrainian Ground Forces/Handout via REUTERS Ukrainian service members of the Air Assault Forces attend military drills in Lviv region, Ukraine, in this handout picture released February 1, 2022. Press service of the Ukrainian Air Assault Forces/Handout via REUTERS

On Tuesday Johnson had accused Russia of holding a gun to Ukraine’s head, drawing caustic remarks from Kremlin spokesman Dmitry Peskov before the call with Putin. Johnson had rescheduled the call to answer questions in parliament about accusations his staff violated COVID-19 lockdown rules.

“Russia and President Putin are open to communicating with everyone,” Peskov said. “Even to someone who is utterly confused, he is prepared to provide exhaustive explanations.”

Russia’s Foreign Ministry mocked Johnson’s foreign secretary, Liz Truss, for saying Britain was sending supplies to its “Baltic allies across the Black Sea” - two bodies of water that are on opposite sides of Europe.

“Mrs Truss, your knowledge of history is nothing compared to your knowledge of geography,” Russian Foreign Ministry spokesperson Maria Zakharova wrote in a blog post. “If anyone needs saving from anything, it’s the world, from the stupidity and ignorance of British politicians.”

BEAR VS FOX

Nor did the Kremlin reserve its wit for Britain. Noting that White House spokesperson Jen Psaki had compared Moscow to a fox shouting from the

top of a chicken coop, Peskov said: “Actually, it’s always traditional to compare Russia to a bear. But a bear can’t stand on a chicken coop. It is too big and heavy.”

A day earlier, Putin laid out a worldview in which Russia was being forced to protect itself from U.S. aggression. In his first public comments about the Ukraine crisis this year, he said Washington was trying to lure Moscow into war by insisting on the possibility Ukraine could join NATO.

“It’s already clear now ... that fundamental Russian concerns were ignored,” Putin said on Tuesday. Describing a scenario in which Ukraine joins NATO and then attacks Russian forces, he asked: “Are we supposed to go to war with the NATO bloc? Has anyone given that any thought? Apparently not.”

Washington has said it will not send troops to Ukraine itself to shield it from a Russian attack, but would impose financial sanctions on Moscow and send arms to help Ukrainians defend themselves. read more Russia, still Europe’s main energy supplier despite being under U.S. and EU sanctions since annexing Crimea from Ukraine in 2014, brushes off additional sanctions as an empty threat.

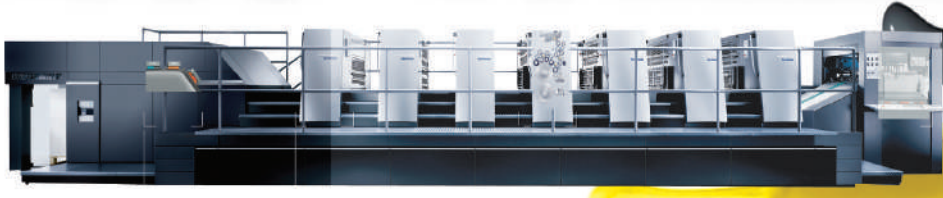


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# WEA LEE'S GLOBAL NOTES

02/02/2022

## The Voices And Shouts Of Our Asian-American Community



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Asian-American communities and citizens living in Canada and the U. S. are happily celebrating the coming of the Year of the Tiger in various ways.

Due to the Covid pandemic, whether we meet through the internet or outdoors,

regardless of scope, it represents our promotion of our heritage and shows that we are truly a multi-ethnic nation.

Over the last hundred years many of our countrymen have left their hometowns to pursue a better life. With the

spirit of hard work we have made great contributions to local communities. Today when you travel to major U. S. cities you will find Chinatowns full of Chinese business and culture. Thousands of them have taken root here.

To be honest, we can only see a lot of politicians at election time going into our community to ask for money and votes. After the election, it means the promises will

be forgotten.

Canadian Prime Minister Trudeau delivered a new year's message last week vigorously recognizing the great contributions of the Chinese to Canada. But so far, we have not seen President Biden deliver any new year greeting to our community.

Regrettably now, a lot of us were your supporters in the last election.



**Southern DAILY** Make Today Different

## Editor's Choice



Punxsutawney Phil's handler A.J. Dereume holds the famous groundhog during the 136th Groundhog Day, at Gobblers Knob in Punxsutawney, Pennsylvania. REUTERS/Alan Freed



A girl in traditional costume stands amid lion dancers during a Chinese Lunar New Year, Year of the Tiger, cultural celebration in the Chinatown neighborhood in New York City. REUTERS/Mike Segar



A girl sits in front of a bakery in the crowd with Afghan women waiting to receive bread in Kabul, Afghanistan. REUTERS/Ali Khara



Police officers attend a funeral service for New York City Police Department (NYPD) officer Wilbert Mora, who was killed in the line of duty while responding to a domestic violence call, at St. Patrick's Cathedral in the Manhattan borough of New York City. REUTERS/David Dee Delgado



The mother of a coronavirus patient stands bedside the patient at the Intensive Care Unit (ICU) of the St. Mary Medical Center in Apple Valley California. REUTERS/Shannon Stapleton

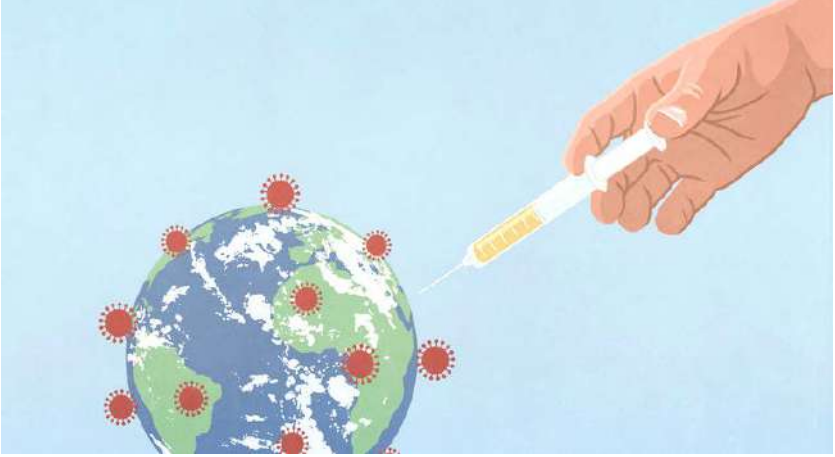


Residents are seen in an area of a landslide as firefighter rescue crews continue searching homes and streets covered by mud in Quito, Ecuador. REUTERS/Jonatan Rosas



“Amazingly High” Immune Response Discovered In Fully Jabbed People Who Also Caught The Disease

Study: How To Get ‘Super Immunity’ To Covid



(Photo:/Malte Mueller/Getty Images)

Compiled And Edited By John T. Robbins, Southern Daily Editor

Fully vaccinated people who catch Covid, as well as those who had the disease prior to the jabs, get rewarded with the best immune responses, a new study has found.

Oregon Health and Science University (OHSU) researchers took samples from 104 people, double-jabbed with the Pfizer vaccine. Forty-two of them had never tested positive for Covid, 31 were vaccinated after an infection, and 31 had “breakthrough” infections following the vaccination.

After the scientists exposed the volunteers’ blood samples to the Alpha, Beta, and Delta variants of Covid-19, they discovered that the combination of vaccine and natural immunity creates antibodies “at least 10 times more potent – than immunity generated by vaccination alone.”

As a result, the scientists concluded that “additional antigen exposure from natural infection substantially boosts the quantity, quality, and breadth” of immune response to the disease, “regardless of whether it occurs before or after vaccination.”

“In either case, you will get a really, really robust immune response – amazingly high,” co-senior author Fikadu Tafesse, who is an assistant professor of molecular microbiology and immunology in the OHSU School of Medicine, said.

Moreover, the study, published on Tuesday in Science Immunology magazine, claims that “while age negatively correlates with antibody response after vaccination alone, no cor-

relation with age was found in breakthrough or hybrid immune groups.”

Tafesse noted that the likelihood of getting infected after vaccination is still high due to the wide spread of the virus, but with the jabs “we’ll get a milder case and end up with this super immunity.”

The new findings suggest that “each new breakthrough infection potentially brings the pandemic closer to the end.” (Courtesy rt.com)

**Related**

**Natural Covid Delta Immunity More Effective Than Vaccination – CDC study**

Despite contradicting previous advice from health officials, the study still insists that vaccination is the “safest strategy” against the coronavirus.

The study, published on Wednesday by the US Centers for Disease Control and Prevention (CDC), found that as the Delta variant became the dominant coronavirus strain during the second half of 2021, people who were vaccinated were six times less likely to catch Covid-19 than those who hadn’t been jabbed.

However, those who had been infected with an earlier variant of the coronavirus, but hadn’t been vaccinated, were between 15 and 29 times less likely to catch the virus.

A similar difference was noticed in hospitalization rates, with prior immunity conferring better protection against hospitalization than vaccination.

BUSINESS



Despite its disadvantage compared to natural immunity, the CDC stressed that “vaccination remains the safest strategy” for preventing Covid-19 infections. This is because “having Covid the first time carries with it significant risks,” study co-author Dr. Eli Rosenberg told CNN. Likewise Dr. Erica Pan, state epidemiologist for the California Department of Public Health, recommended that even those with prior infection get vaccinated to ensure they get a layer of “additional protection.”

The study’s conclusion contradicts earlier claims from top US health officials. At the beginning of the Delta outbreak last May, White House Chief Medical Advisor Dr. Anthony Fauci insisted that vaccines “are better than the traditional response you get from natural infection.” Fauci has also been accused by Republican lawmakers of ignoring studies touting the benefits of natural immunity, “because it foils his plans to get everybody possible vaccinated.”

As it was conducted during the surge of Delta infections, the study offers no insight into the efficacy of vaccines against the now-dominant Omicron variant.

**WHO Says, ‘No Evidence’ For Boosting Children And Teens**  
**The World Health Organization says Covid-19 boosters should be a priority for the highest-risk populations instead**



**A teenager gets a Pfizer Covid-19 booster at a vaccine clinic in Bellows Falls, Vermont, January 14, 2022. ( Photo/The Brattleboro Reformer / Kristopher Radder/©AP)**

There is currently no evidence that Covid-19 booster shots should be administered to healthy children and adolescents, the WHO’s top scientists said. The organization is still trying to work out the appropriate booster schedule.

“The aim is to protect the most vulnerable, to protect those at highest risk of severe disease and dying, those are our elderly population, immunocompromised with underlying con-

ditions and also health care workers,” WHO chief scientist Dr. Soumya Swaminathan said at a news briefing on Tuesday, adding that “there’s no evidence right now” for administering them to otherwise healthy children and teens.

The WHO’s Strategic Advisory Group of Experts (SAGE) on Immunization will meet later this week to consider how governments should think about boosters, Swaminathan said.

Dr. Michael Ryan, the WHO’s executive director for health emergencies, said the organization hasn’t figured out yet how many doses people may ultimately need.



“I think people do have a certain fear out there that this booster thing is going to be like every two or three months and everyone’s going to have to go and get a booster. And I don’t think we have the answer to that yet,” Ryan said.

SAGE may eventually redefine how many doses will make up the “primary series” of shots, Ryan added, explaining that most healthy people may need just two, but the elderly or immunocompromised could require three or four.

Last week, the WHO’s Technical Advisory Group on Covid-19 Vaccine Composition (TAG-Co-VAC) said that a vaccination strategy “based on repeated booster doses of the original vaccine composition is unlikely to be appropriate or sustainable,” urging member countries to prioritize primary vaccinations for high-risk groups over universal boosting.

TAG-Co-VAC experts also said that current vaccines focus on reducing severe disease and protecting healthcare systems, while there is an ongoing need for vaccines that prevent infection and transmission of the virus.

**WHO Experts Criticize ‘Repeated Booster’ Strategy**  
**The World Health Organization’s vaccine advisory body has voiced concerns about using current Covid-19 vaccines as boosters**



(Photo:/Morsa Images/© Getty Images/)

Using the original vaccines against Covid-19 as boosters against emerging variants is the wrong approach, said a WHO expert group, adding that the world needs new vaccines that protect against infection and transmission.

“A vaccination strategy based on repeated booster doses of the original vaccine composition is unlikely to be appropriate or sustainable,” the Technical Advisory Group on Covid-19 Vaccine Composition (TAG-Co-VAC) said on Tuesday.

While some countries may recommend boosters, “the immediate priority for the world is accelerating access to the primary vaccination, particularly for groups at greater risk of developing severe disease,” the group added, pointing out the “need for equity in access to vaccines across countries to achieve global public health goals.”

While the currently available vaccines focus on “reducing severe disease and death, as well as protecting health systems,” there is a need for vaccines “that have high impact on prevention of infection and transmission.” Until such jabs are developed, the existing vaccines may need to be updated to better target emerging virus variants such as Omicron, the group said.



Developers should work to create vaccines that “elicit immune responses that are broad, strong, and long-lasting in order to reduce the need for successive booster doses,” the TAG-Co-VAC urged.

On Tuesday, the EU drug regulator EMA’s head of Biological Health Threats and Vaccines Strategy said they don’t yet have enough data to recommend a second booster – the fourth jab so far – even as some countries urged such a move.

Marco Cavaleri said they were “rather concerned about a strategy that entangles repeat vaccination within a short term,” adding that “we cannot really continuously give a booster dose every three-four months.”

The WHO said that Omicron could infect more than half of the EU population over the next two months and urged the bloc’s authorities not to treat the virus as endemic. (Courtesy rt.com)

Decades After Polio, An Iron Lung Is Still Relied On To Breathe By Patient

Compiled And Edited By John T. Robbins, Southern Daily Editor



**Martha Lillard needed a large respirator called an iron lung to recover from polio, which she caught in 1953. She still uses a form of the device at nights. (Photo courtesy of Martha Lillard)**

On June 8, 1953, Martha Lillard celebrated her fifth birthday with a party at an amusement park in Oklahoma. A little over a week later, she woke up with a sore throat and a pain in her neck. Her family took her to the hospital, where she was diagnosed with polio.

She spent six months in the hospital, where she was put in a giant metal tank — a ventilator informally called an iron lung — to help her breathe. To this day, Lillard is one of the last people in the U.S. who still depends on an iron lung to survive.

Polio is a potentially life-threatening disease, once among the world’s most feared. In the late 1940s, polio disabled an average of 35,000 people in the U.S. every year.

A polio vaccine became widely available in 1955, and millions of Americans got vaccinated. Since 1979, no cases of polio have originated in the U.S., according to the Centers for Disease Control and Prevention. The disease has been nearly eradicated — the World Health Organization documented only 175 cases of wild polio in 2019. It remains endemic in only Pakistan and Afghanistan.

Although most people who contract polio will not have visible symptoms, a severe case can infect the brain and spinal cord and cause paralysis. Lillard’s breathing muscles were weakened by the disease, and she survived thanks to the iron lung.



**Iron lung respirators are prepared in an emergency polio ward at a Boston hospital in August 1955. (Photo/AP)**

The machines are giant ventilators about 7 feet long. Patients lie inside with just their heads resting outside; a seal around the patient’s neck creates a vacuum. Bellows at the base of the device do the work of a human diaphragm — they create negative pressure so the user’s lungs fill with air, and positive pressure allowing the person to exhale.

Sixty-eight years later, an iron lung is still keeping Lillard alive — she sleeps in it every night. While many people who had polio or post-polio syndrome either weaned themselves off the machines or switched to another form of ventilator, Lillard never did.

“I’ve tried all the forms of ventilation, and the iron lung is the most efficient and the best and the most comfortable way,” she told Radio Diaries.

The antiquated machines are now more likely to be found in a museum than in someone’s home. In the 1990s, when her iron lung was breaking down, she called hospitals and museums that might have had old ones in storage. But they’d either thrown them away or didn’t want to part with their collection. She eventually bought one from a man in Utah — the machine she still uses today.

The machines were once serviced by Philips Resperonic, but Lillard says the assistance she received from the company was minimal. Once, she says a technician was sent to service her machine and prepared to leave before putting the machine back together.

Lillard has gotten stuck in the iron lung. She lost power when an ice storm came through Oklahoma and her emergency generator didn’t kick on, leaving her trapped in the device without heat.

“It’s like being buried alive almost, you know — it’s so scary,” Lillard says. She tried to call 911, but the cell towers weren’t working. “I was having trouble breathing. And I remember saying out loud to myself, ‘I’m not going to die.’ “

Lillard was eventually able to get a signal, but she remembers the emergency responders had no idea what an iron lung was. Luckily, they were able to get the generator going for her.



**Martha Lillard says she worries about running out of replacement parts to make her iron lung respirator function properly. (Photo courtesy of Martha Lillard)**

Wear on parts is her main issue now. The belts need to be replaced every few weeks, the cot inside every six months, the motor every 12 years or so. Her most immediate need is collars. The collars create the critical airtight seal around the neck. Each one lasts only for a few months. And she has bought all the back stock of collars from places that don’t produce them anymore.

“That’s the main thing I’m having a hard time with, because I try to stretch out, make these collars last longer,” Lillard says. “And when they start deteriorating, it gets harder and harder to breathe as they leak more.”

She has only a handful of collars left. “I really am desperate,” she says. “That’s the most scary thing in my life right now — is not finding anybody that can make those collars.”

Today, Lillard spends much of her time alone. She paints, watches old Hollywood movies and takes care of her beagles. She has been mostly isolating throughout the COVID-19 pandemic, seeing her sister, Cindy, and her brother-in-law, Daryl, in the evenings.



**Dr. Jonas Salk administers vaccine to young patient.**

Being affected by polio at such a young age has meant Lillard hasn’t been able to have all the experiences others have had. She attended school from home for much of her childhood and couldn’t participate in most extracurricular activities — she still remembers longing to go camping with her siblings. She was not able to have children or hold a steady job because of her physical limitations.

Although some of her life experiences were limited, Lillard thanks a childhood friend named Karen Rapp for teaching her to appreciate small things. Together, they observed ants and built little villages of grass huts.

“There’s much more to see if you really look for it,” she says.

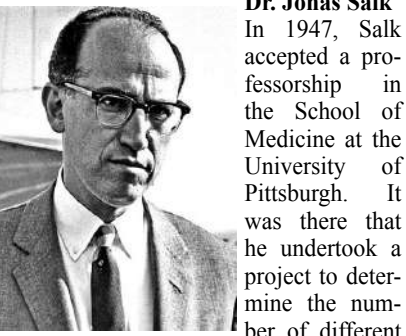
And she’s grateful for the iron lung.

“It’s what sustains me. It’s what heals me. It’s what allows me to breathe the next day,” Lillard says. “I look at it as a friend, as a very dear friend.” (Courtesy npr.org)

**Related**

**Jonas Salk Creator Of The Salk Vaccine**

Jonas Edward Salk (Born Jonas Salk; October 28, 1914 – June 23, 1995) was an American virologist and medical researcher who developed one of the first successful polio vaccines. He was born in New York City and attended the City College of New York and New York University School of Medicine.



**Dr. Jonas Salk**

In 1947, Salk accepted a professorship in the School of Medicine at the University of Pittsburgh. It was there that he undertook a project to determine the number of different types of poliovirus, starting in 1948. For the next seven years, Salk devoted himself towards developing a vaccine against polio.

Salk was immediately hailed as a “miracle worker” when the vaccine’s success was first made public in April 1955, and chose to not patent the vaccine or seek any profit from it in order to maximize its global distribution. The National Foundation for Infantile Paralysis and the University of Pittsburgh looked into patenting the vaccine but, since Salk’s techniques were not novel, their patent attorney said, “if there were any patentable novelty to be found in this phase it would lie within an extremely narrow scope and would be of doubtful value.”



**Jonas Salk wrote about the polio vaccine trial project, “the most elaborate program of its kind in history, involving 20,000 physicians and public health officers, 64,000 school personnel, and 220,000 volunteers,” with over 1.8 million school children participating in the trial. A 1954 Gallup poll showed that more Americans knew about the polio field trials than could give the full name of the current U.S. president.**

An immediate rush to vaccinate began in both the United States and around the world. Many countries began polio immunization campaigns using Salk’s vaccine, including Canada, Sweden, Denmark, Norway, West Germany, the Netherlands, Switzerland, and Belgium. By 1959, the Salk vaccine had reached about 90 countries. An attenuated live oral polio vaccine was developed by Albert Sabin, coming into commercial use in 1961. Less than 25 years after the release of Salk’s vaccine, domestic transmission of polio had been completely eliminated in the United States.



**Salk in 1955 at the University of Pittsburgh**

In 1963, Salk founded the Salk Institute for Biological Studies in La Jolla, California, which is today a center for medical and scientific research. He continued to conduct research and publish books in his later years, focusing in his last years on the search for a vaccine against HIV. Salk also campaigned vigorously for mandatory vaccination throughout the rest of his life, calling the universal vaccination of children against disease a “moral commitment”. Salk’s personal papers are today stored in Geisel Library at the University of California, San Diego. (Courtesy Wikipedia)





本报记者秦鸿钧摄影

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2022 休斯顿汽车游艇展盛大举行 (下)



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