



Paul Alexander, Famously Known as 'Polio Paul' Spends Majority of His 70-Year Span in an Iron Lung, Passes Away at 78

Description

The appalling news of Paul Alexander's demise was divulged on Tuesday, via a GoFundMe page intended to amass funds for his accommodation and health care expenses. Alexander, an acclaimed author and barrister, despite being confined for the better part of his life to an iron lung, breathed his last on Monday afternoon, at the significant age of 78. His passing was expressed by his brother, Philip Alexander, who also revealed appreciation for the overwhelming empathy demonstrated towards his brother.

The circumstances leading to Alexander's untimely demise remain hitherto indefinite. Though the deceased was admitted into a health institution due to adverse symptoms of COVID-19 a few weeks prior, the infection seemed to have been successfully combated, as confirmed by recent diagnostic tests.

Alexander, having contracted polio at the tender age of six during the culmination of the debilitating epidemic in 1952, spent approximately seven decades restricting his life to an iron lung. The affliction rendered him neck-down immobile, compelling a life dependent on the cumbersome, large metallic tube that varied air pressure to aid respiration.

However, Alexander's physical boundaries failed to confine his ambitions. He assimilated novel breathing methodologies, permitting periods of respite from the iron lung, enabling collegiate education, a flourishing legal career spanning three decades, and a self-published autobiography.

His memoir, "Three Minutes for a Dog: My Life in an Iron Lung," borrows its name from his significant privilege earned after mastering independent respiration for a duration of at least three minutes over an entire year- a feat marked by gifting him a dog. He was also scripting his second book using a pen affixed to a plastic rod manipulated by his mouth to tap keyboard keys.

Alexander remained as ebullient and ambitious as ever, with larger dreams and an acute refusal for imposed limitations. Hints of the same are gleaned from his statement, "I've got some big dreams. I'm not going to accept from anybody their limitations," during an interview with CNN in 2022.

Alexander initiated a "Polio Paul" TikTok account, which shed light on his achievements, including answering queries regarding life inside an iron lung. The account amassed a vast follower base of 300,000, with over 4.5 million likes at the time of his demise.

He was an intrepid champion for polio vaccinations, using his digital platform to stress the preventative measure's paramount significance for millions of children potential victims of a future epidemic.

Undoubtedly, the life of Paul Alexander has been an unrelenting struggle, but one that radiated optimism, determination, and an indomitable spirit, serving as an inspiration for many. His infirmity and death signify a significant loss for the world, but his exceptional life journey will continue to inspire, and his ideals on refusing to be confined by barriers live on.

On the GoFundMe page, Christopher Ulmer, the organizer of the said fundraiser, paid tribute to Alexander.



He concluded, "Paul, you will be missed but always remembered. Thanks for sharing your story with us."

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Vocabulary List:

1. **Demise** // (noun): A person death.
2. **Acclaimed** // (adjective): Recognized for significant achievement or praise.
3. **Confined** // (verb): Restricted within certain limits.
4. **Indefinite** // (adjective): Not clearly defined or determined.
5. **Epidemic** // (noun): A widespread occurrence of an infectious disease in a particular community.
6. **Empathy** // (noun): The ability to understand and share the feelings of another.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term refers to the death or end of something?



-
- Option: Acclaimed
Option: Confined
Option: Demise
Option: Indefinite
2. What do we call a widespread occurrence of an infectious disease in a community at a particular time?
Option: Empathy
Option: Captivating
Option: Epidemic
Option: Authenticity
3. Which term indicates a mutual relationship or connection between two or more things?
Option: Baffling
Option: Gullible
Option: Correlation
Option: Adherence
4. What word refers to actions that make something less severe serious or painful?
Option: Decelerates
Option: Mitigates
Option: Amendments
Option: Illuminate
5. Which term means a formal request usually written to a person or authority?
Option: Tragically
Option: Authentic
Option: Intervention
Option: Petition
6. What type of medical treatment involves the management of obesity?
Option: Obesity
Option: Medications
Option: Bariatric
Option: Affordable
7. What are written instructions from a medical practitioner that authorize the use of specific medications?
Option: Insurmountable
Option: Obesity
Option: Medications
Option: Prescriptions
8. Which word describes the quality of being genuine or real?
Option: Correlation



- Option: Adherence
- Option: Authenticity
- Option: Baffling

9. What term is used to indicate the action of slowing down or reducing speed?

- Option: Mitigates
- Option: Decelerates
- Option: Amendments
- Option: Illuminate

10. Which word describes something that is reasonably priced and within one's financial means?

- Option: Petition
- Option: Bariatric
- Option: Obesity
- Option: Affordable

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The novel was _____ by critics for its originality and engaging plot.
12. It is important to educate people to dispel _____ they may have about certain topics.
13. Due to favorable conditions the species in that area is rapidly _____ .
14. Despite facing many challenges he never considered any obstacle to be _____ .
15. The story ended _____ with the protagonist meeting an untimely death.
16. The social worker recommended immediate _____ to prevent further escalation of the situation.
17. The antique dealer confirmed that the painting was indeed _____ and not a replica.
18. The government declared a state of emergency to address the _____ spreading of the disease.
19. The committee proposed several _____ to the existing policies to make them more



effective.

20. The documentary aims to _____ the lives of the underprivileged in remote areas.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Showing towards others can create a more compassionate society.
22. Being too can lead to falling for scams and deception easily.
23. The meeting was postponed to an date due to scheduling conflicts.
24. The disappearance of the artifacts remained a mystery for years.
25. The patient was to isolation to prevent the spread of the contagious disease.
26. Access to quality education is a that not everyone around the world has.
27. The doctor prescribed specific to manage the patient's condition.
28. The challenges they faced seemed at first but were eventually overcome.
29. The speaker delivered a speech that held the audience's attention throughout.
30. The store offered a wide range of products at prices attracting many customers.

Answer

Multiple Choice: 1. Demise 2. Epidemic 3. Correlation 4. Mitigates 5. Petition 6. Bariatric 7. Prescriptions
8. Authenticity 9. Decelerates 10. Affordable

Gap-Fill: 11. Acclaimed 12. Misconceptions 13. Proliferating 14. Insurmountable 15. Tragically 16.
Intervention 17. Authentic 18. Epidemic 19. Amendments 20. Illuminate

Matching sentence: 1. Empathy 2. Gullible 3. Indefinite 4. Baffling 5. Confined 6. Privilege 7. Medications
8. Insurmountable 9. Captivating 10. Affordable

CATEGORY

- 1. Health - LEVEL5

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