

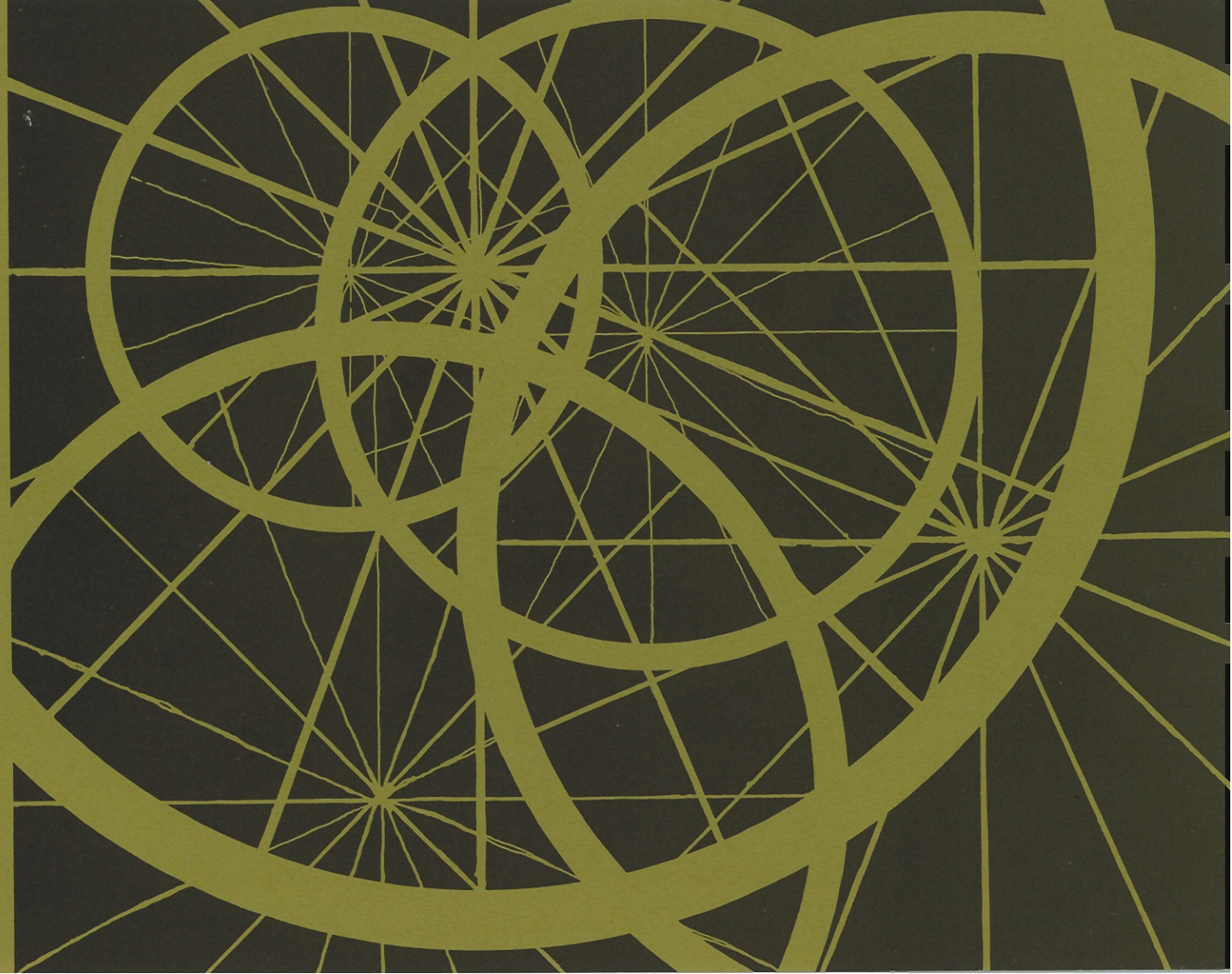
INTERNATIONAL JOURNAL AND INFORMATION SERVICE FOR THE DISABLED

REHABILITATION GAZETTE

BOX 149, CHAGRIN FALLS, OHIO 44022 U. S. A.



SPRING
1970





REHABILITATION GAZETTE

Rehabilitation Gazette is now the name of our former *Toomey J Gazette*. We feel the new name more clearly reflects our present aims and the evolving interests of our readers worldwide.

Donation per copy: \$3 from the non-disabled, \$1 from the disabled, plus 14¢ postage outside the U.S.A. Donations are tax deductible. Make checks payable to: *Rehabilitation Gazette, Inc.*, Box 149, Chagrin Falls, Ohio 44022, U.S.A.



REHABILITATION GAZETTE

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Rehabilitation Gazette is an annual journal and information service for the disabled. The editor and founder is a non-disabled volunteer. The editing, researching, and other activities are centered in her home in the village of Chagrin Falls. From this hub, she and the non-disabled assistant editor gather material through correspondence with readers world-wide. The *Gazette* is incorporated as a non-profit organization under the name of Rehabilitation Gazette, Inc.

The *Gazette* Aim: To reach, to inform, and to dignify the disabled throughout the world.

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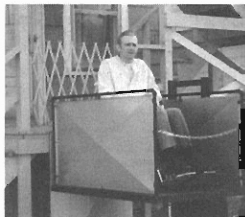
*Quad (quadriplegic) - one whose four limbs are paralyzed or relatively useless as the result of injury or disease.

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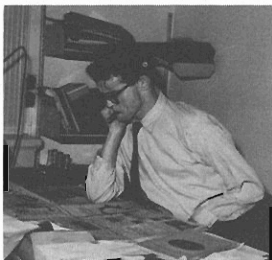
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COMMUNITY CONCERN



RESOURCES UNLIMITED

by Timy Sullivan

In 1962, the *Gazette* reported to you a uniquely creative organization called Resources Unlimited. Resources began quite modestly in 1953 when Mrs. Nancy Nickerson, a respiratory polio quad seeking new interests and Mrs. Rachel Baker, a creative writing teacher with the adult education program in Stamford, Connecticut, organized a weekly writing class. From this developed Resources' Program of bringing together handicapped and non-handicapped people to "share interests of the mind and develop creative abilities."

Resources now has five chapters in Darien, Stamford, New Canaan, Bridgeport, and Hartford. Each chapter is, in reality, a professionally taught study group of approximately equal numbers of handicapped and non-handicapped who get together regularly to pursue a common interest. Popular subjects are creative writing, oil painting, ceramics, armchair travel, book reviews, and discussion groups on a variety of topics.

The Resources Unlimited's Darien Chapter painting class in session and a close-up of co-founder Nancy Nickerson at her easel.

(Photo: Priscilla Barrett)

Handicapped and non-handicapped participate equally in the activity of the group. In addition, however, non-handicapped serve as aids, providing transportation, turning pages, and preparing palettes. Groups obtain qualified teachers and classroom space through educational institutions in their communities. (In Connecticut, and in many other states, the local boards of education are required to provide a teacher and a classroom whenever a given number of students apply.) The modest financing required is usually obtained through contributions from individuals and groups.

In the sixteen years of its existence, Resources has provided its members with new and unexpected interests and given many the opportunity to achieve outstanding accomplishments. The Resources Bulletin reports that a young pediatrician, the late Dr. Burton H. Fern, disabled by polio and unable to carry on his practice, came to Stamford's creative writing class and eventually landed the job of writing a medical column for King Features, a nationwide syndicate. A non-handicapped member thanks Resources for stimulus and encouragement to keep working until she succeeded in publishing her first novel.

Now there is an exciting new development in the history of Resources. The national sorority Alpha Chi Omega, has taken on the opportunity of nationalizing the organization by lending its members' support to the founding of chapters in the many communities in which they reside. This means that the exciting experience of Resources will now be available to many new people throughout the country. Perhaps you will be one of them. If you are interested in getting more information, you can write to Ward W. Fenner, 15 Range Road, Rowayton, Connecticut 06853. ♪

NASSAU COUNTY COMMITTEE

by Timy Sullivan



(Left) Nassau County Executive Eugene H. Nickerson, Scott Bernard, disabled by muscular dystrophy, and Myron Bernard, president of the County's Muscular Dystrophy Association. (Right) Hubert Finneran, Jr., Coordinator for the Handicapped in the Nassau County Department of Labor.



In the early 1960's, Nassau County, New York, became the first in the country to take official action on the county level to provide multi-faceted aid to its 160,000 handicapped residents. Spearheading the action was County Executive Eugene H. Nickerson. Mr. Nickerson brought to the task, not only executive talents sufficient to earn him the reputation as one of the ablest municipal executives in the country, but also a first-hand knowledge of the problem gained through his experience with a bout of polio at the age of 17. He began his campaign by appointing a 25 member Committee on the Handicapped to advise his administration on the needs of the handicapped in Nassau County. Three years later, the Committee filed its report, and, since then, Mr. Nickerson has made every effort to make its many recommendations realities.

One of the major problems that the committee reported was the existence of architectural barriers in public and private facilities. As a result, Mr. Nickerson had ramps, rails, and other facilities constructed to give the handicapped access to all county buildings. He also specified that all new county construction be similarly equipped. Thus, on the first floor of the new County Executive Building, the ladies' room has an extra wide booth for access by wheelchair, shower curtains instead of doors, and special hand rails. Similarly, the Division of Parks and Recreation was urged to install ramps leading from parking lots and to make adjustments in its rest rooms. Also, at the suggestion of the committee, a survey of all polling places was taken, and all those found inaccessible to handicapped voters were relocated. Mr. Nickerson and the committee went on to exert considerable influence on villages, towns, school districts, and pri-

vate concerns within the county to remove their architectural barriers. Thus public buildings, museums, libraries, and other facilities have been opened to wheelchair patrons.

In order to insure that the handicapped will continue to be considered in the design of new buildings and that existing doors will continue to be opened, Mr. Nickerson created the office of Coordinator for the Handicapped in the Nassau County Department of Labor. This office is now held by Hubert Finneran, Jr., whose own confinement to a wheelchair from multiple sclerosis gives him a special understanding of the problems he seeks to solve. Mr. Finnerman serves as a clearing house for complaints made by handicapped persons regarding architectural barriers. In addition, he is in the process of preparing a "Guide Booklet" which will inform the handicapped of the services available to them by describing curbs, ramps, rails, and lavatory facilities in public buildings, restaurants, churches, synagogues, theaters, banks, and department stores. The "Kiwanis International" is aiding in this project by gathering information from the twenty-two selected communities.

Another major problem encountered by the committee was the lack of jobs and job training for the handicapped. Thus, in 1967 Mr. Nickerson, in cooperation with the Federal Government, set up the Nassau County Employment Program for the Employment of the Handicapped. Through this program, the first of its kind in the nation, the county contracts with employers to give on the job training to handicapped persons. Training may vary from 4 to 26 weeks, depending on the nature of the work. At the end of the training period, the county, using federal funds, reimburses the employer for the expense of the train-

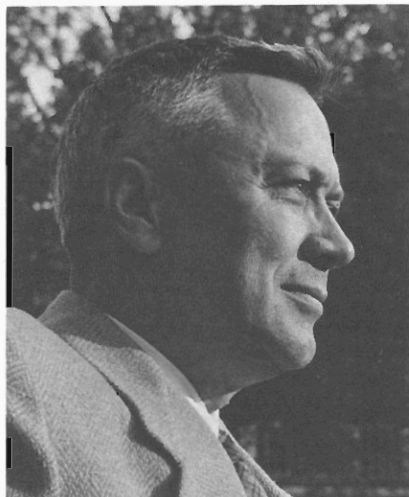
ing. (Every attempt is made to find employers who are willing and able to absorb the cost of training themselves.) The County also seeks out handicapped eligible for the program, working through such agencies as the Division of Vocational Rehabilitation, Cerebral Palsy Center, and the Epilepsy Association. In addition, the county provides supportive services such as transportation and location of housing and stays in contact with the employer and employee in order to insure a good adjustment. They are concerned with making every placement a success so that more and more employers will be willing to hire handicapped people.

Mr. Nickerson views handicapped persons as "a challenge to employers to accept the applicant for his ability, not his disabilities."

In addition to the above programs, Mr. Nickerson and his committee made a number of other proposals which they would like to see implemented. Among these are:

- o free higher education for any handicapped student accepted by an accredited college,
- o federal and state aid to provide pre-school education and increased psychological services to handicapped children,
- o greater "integration" of handicapped children in the public schools,
- o employment of more handicapped teachers.

It is evident that Mr. Nickerson's commitment to the problems of the handicapped is a deep and far reaching one. His work has gained national recognition, and it is hoped that it will serve as a model to other counties. As Mr. Finnerman has said, "If all government officials were as conscious of the problems of the handicapped as Mr. Nickerson, life would be more pleasant for everyone confined to a wheelchair." Ω



THE EPITOME OF COMMUNITY CONCERN

by Tom Loehr

When Charles Dilley was initially contacted about this article, he responded, "I warn you in advance that my interest in these various organizations is largely selfish - I get much more out of them than I am able to contribute." Perhaps this is true, but a man who was co-author of the Fair Share Plan of The Community Fund, who was a cofounder of The Health Fund of Greater Cleveland, and who has served as a trustee of numerous community organizations would have to reap a huge amount of satisfaction to more than compensate for the contributions he has made.

Chuck, as his friends call him, was born in Peking, North China, in 1910. His father was serving there as a medical missionary. He grew up in China and later came to the U.S. for his

college training, which included an A.B. from Wooster College in Ohio and an M.A. from the University of Chicago.

In 1955, while employed by the Clevite Corporation, he was involved in a water skiing accident which left him a quadriplegic. It took him about a year before he was ready to return to work at Clevite, and at the same time he was ready to begin re-shouldering his work for various civic organizations.

When asked why he took on so many outside responsibilities, Chuck replied, "Basically because I have been able to." Although his positions as Executive Director of the Clevite Foundation and Employee Benefits Manager are extremely demanding, he is his own boss and can alter his daily schedule to accommodate various meetings. By working weekends and evenings, he usually manages to find time for everything.

There are other reasons too. His father, a man dedicated to serving others, undoubtedly had a profound influence. And then Chuck also stressed the practical aspect. "Although I believe in the free enterprise system," he stated, "many services that make the difference between a civilized society and an uncivilized one simply can't operate on a pay-as-you-go basis."

As to how he came involved with so many causes Chuck said that he had always been asked to join. He further stated that the problem actually becomes whether or not to turn a group down when they ask. He has turned some down in the past. Not because they weren't worth-while, but because he couldn't make a sufficient contribution. He refuses to merely lend his name to a group. When he joins, he expects to work.

Even with this selectivity, however, he has occasionally become spread too thin. "At one time

I found myself on ten different governing boards," he reminisced with a chuckle. "I was just too busy to give anything the attention I should have."

The fact that he became a quadriplegic has altered his participation in these organizations very little. He said that the only real difference is in the ease of getting to meetings. He focuses his attention on the same types of groups he always had been concerned with. For example, he is currently a trustee of the YMCA of Greater Cleveland and a trustee of Wooster College. In fact, he held the latter post before he became a quad. He gave it up for a few years due to his accident, but happily accepted re-appointment when it was offered.

For a time, he considered switching all his efforts into fields which directly benefitted the handicapped. After some thought he decided against switching. "Perhaps it was a mistake," Chuck said, "but I was already interested in particular areas and preferred to stay with them." This does not mean, however, that he avoids groups directly affecting the handicapped as his participation on the Mayor's Committee for Employment of the Handicapped demonstrates.

Is he considering slowing down? It sure does not look that way. Within the past year he has become co-chairman of The Community Family Planning Project and chairman of The Fairmont Village Committee (an inner-city housing project).

Chuck has found the rewards of serving others far outweigh the amount of work he has put in. A valuable thing to keep in mind for those seeking to add a measure of purpose and meaning to their lives.

Address: 2371 Woodmere Dr., Cleveland Heights, Ohio 44106. Ω

JUNIOR LEAGUE

by Timy Sullivan

In 1965, The Junior League of Cleveland voted as one of its projects the preparation of *A Guide to Cleveland for the Handicapped*. Compilation of the material for the forty-four page, pocket-sized directory was handled by the League's Professional Group, girls who fulfill their League obligations of regular volunteer service and attendance at meetings in addition to working at full time jobs. In all, forty-five girls spent 4260 volunteer hours gathering the listings which cover a wide range of public places. Fifteen thousand copies of the booklet were printed at a cost of approximately \$2,000.

Vocational Guidance and Rehabilitation Services helped in analyzing the need for the booklet. They also undertook the task of distribution. Through their efforts, and those of the Mayor's Committee for the Employment of the Handicapped large numbers of guides were delivered to agencies whose clients could most benefit from the information provided.

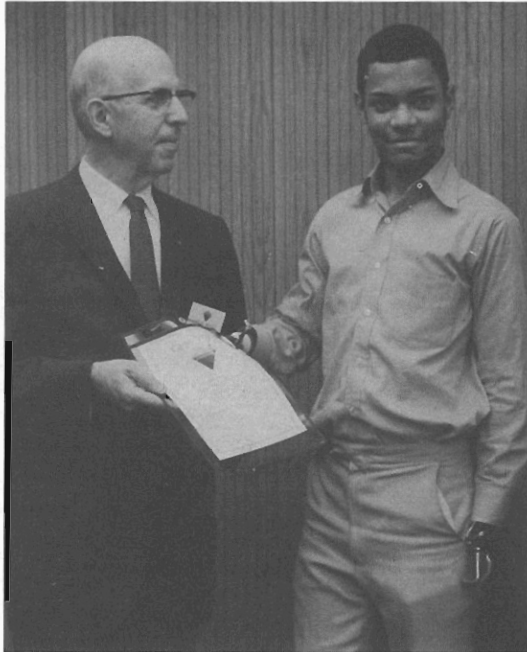
Miss Doree Swift, Chairman of the project, found the enthusiasm with which the booklet was received most rewarding.

The preparation of guides for the handicapped has been undertaken by Junior Leagues in many other cities such as Stamford and Greenwich, Los Angeles, Oakland, St. Louis, Dayton, Memphis, and Montreal, Canada.

ED: *Guidebooks for Handicapped Travelers*, a list containing 75 domestic and 11 foreign guides, may be obtained free from the Women's Committee, President's Committee on Employment of the Handicapped, Washington, D.C. 20210. Ω

JUNIOR ACHIEVEMENT

By Mary Jo Gurcze



Heights Rotary President Mr. Leslie P. Moyer presenting the company charter to the president, 16-year old Eldridge Neal, who lost both hands in a chemical accident.

First I will start by asking the question, "What is Junior Achievement?" Junior Achievement is designed to give practical business and economic education to teen-agers while they are still in high school. The principles we are learning in J.A. will help us to understand how a professional business is run and the know-how it takes to run it. This program has also helped us make new friends, gain an understanding of the importance of business in our society and secure experience that will help in finding a job.

If it wasn't for the Heights Rotary and The Society For Crippled Children this opportunity would never have been possible for many of us.

Our meetings are held every Monday night from 7:00 to 9:00 at the Heman Rehabilitation Center on Buckeye at East Boulevard, Cleveland, Ohio.

Our first task was to give our company a name. There was much conflict about this since everyone had their name chosen but finally it was agreed that we should call our company "Mini Products." Second, we had to decide on a product. There were many creative ideas such as coat hangers and bulletin boards but our product is personalized book matches. The prices range from \$2 for 50, \$1.25 for 25 and \$.75 for 12. To some, this may seem like a lot to pay for matches but you must take into consideration the work it is to set up the machines and the type for every individual name.

We sold stock to start our company going for \$1 a share. Each member bought a share in his own company to be a member of the Board of Directors. We raised \$116 in capitalization and our business had officially started.

We elected officers for our company and their duties are as follows:

President: Eldridge Neal presides at all meet-

ings and has the executive responsibility for the proper functioning of all departments of the company and for building a spirit of cooperation.

Vice-President of Manufacturing: Tom Tompson is responsible for quality, efficiency and safety. He also plans and prepares a production program and assigns, trains, and supervises all production workers.

Vice-President of Sales: Barbara Hutkin keeps the minutes and the company papers.

Treasurer: Patti Green keeps the company books.

Personnel Director: Penny DeFino keeps the attendance records of the 26 members.

Like most businesses we had many problems. First of all, we had more orders than we could produce. Mr. William Townsend, director of The Society for Crippled Children, purchased two new machines and Mini Products rents them from the Society. Now everything is moving along at a pretty good and steady rate.

Our wages started at 20¢ an hour and are liable to go up. The officers get as much as \$2 a month. Further we each receive a 10% commission on each sale we make.

Junior Achievement is a part of our future in a very special way. In J.A. we learned what it is like to hold a job in a regular business. We meet and work with business men. We find out for ourselves what we like to do and what we do best.

Since what we are learning now determines what we will be doing in the future and how we will be living tomorrow, we are planning to make the most of our membership in J.A. It is not a means to an end, but a means to a beginning. J.A. gives us that important head start on our future.

ED: The 14-year old author, disabled by polio, uses braces and crutches. Her address: 4312 East 124th Street, Cleveland, Ohio 44105 Ω

VOLUNTEER ARTISTS

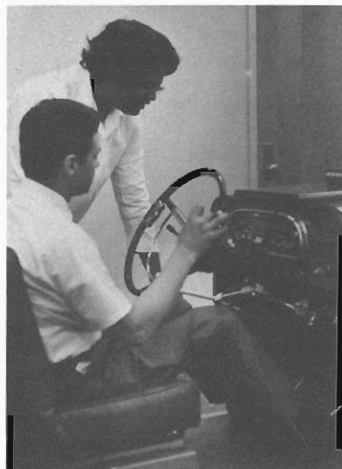
"I along with 32 other post-polios of the early 50's have remained in the hospital. I belong to an art class at the hospital consisting of six post-polios and one accident victim. We have been taught entirely by volunteer artists. I think because of their success we too have been successful. We sell all the paintings we finish except for an odd failure. Some of us hold the brushes with severely disabled hands while others have headsticks."

"I am the second on the left in the picture below and behind me are the ten pictures I painted for Canada's Centennial year, 1967."

Mrs. Betty Elizabeth Banister, Room 206, King George Hospital, Winnipeg 13, Manitoba, Canada. Ω



TRANSPORTATION



AUTOMOBILITY CLINIC

The Aetna Drivo-trainer demonstrated by Vincent Masciarelli, a paraplegic and Chief of the Orthotics Division, to Mrs. Mary Miles, Chief of Physical Therapy at Highland View Hospital, 3901 Ireland Dr., Cleveland, Ohio 44122.

In December 1967, a cooperative program was established to test the abilities of physically handicapped individuals to operate a car safely and then to train them to drive. The program, known as the Automobility Clinic, is cosponsored by Case Western Reserve University, the Cleveland Automobile Club, Dowd Oldsmobile Co., Inc., and Highland View Hospital's Department of Physical Medicine and Rehabilitation, under the direction of Dr. Charles Long II.

When the individual wishing to be evaluated comes to the Clinic, he is first given a medical examination. He is also questioned about his driving record to date, and the status of his driver's license, if he has one. His ability to transfer in and out of a car unaided by another is demonstrated. He may use special equipment, such as a sliding board to accomplish this. His sitting balance and ability to reach the controls are tested. He is also taught the technique of transferring his wheelchair into the car. This important step in the program was facilitated by the acquisition of a 1969 Oldsmobile car body donated by General Motors.

If he passes the test up to this point, he is then given the opportunity to demonstrate his ability using the Aetna Drivo-trainer - a driving simulator commonly used for the training of high school students in automobile operation. He sits in the cab of a mock-up with the basic configuration of a standard car with steering wheel, directional signals, accelerator, brake, dimmer switch, shift lever, and a full panel of instruments, and safety belts. Special adaptations may be made, including: manual controls for the brake and accelerator for persons with safe leg control, left footed accelerator control, and a steering knob.

Located behind the mock-up is a motion picture projector and a logic device which records his responses to the situations as they are projected on a wide screen in front of him.

Results of the total findings are sent to the source of referral. Referrals are received from physicians, agencies, the Veteran's Administration, and interested individuals. Recommendations are then made for driving training, no driving training, or a trial.

No one may be accepted for training in the Cleveland Automobile Club driver education program without being first tested in the Automobility Clinic. Those recommended receive instruction in an automobile equipped, if necessary, with special controls.

To date, 146 persons have been evaluated: cerebral palsy (14), multiple sclerosis (3), stroke (30), quadriplegia (11), poliomyelitis (10), lower extremity amputees (5), and paraplegia (55).

As a result of the driver evaluation, many persons who had never believed they could drive are doing so. Ω

DRIVING SYMPOSIUM

In November 1969 Judge Sherman G. Finesilver of the University of Denver College of Law conducted a symposium under a federal grant from HEW's Social and Rehabilitation Service.

The fifty participants included representatives of the legal, medical, and rehabilitation professions, equipment manufacturers, insurance companies, the Veterans Administration, the American Automobile Association, and members of organizations for the disabled.

The objectives of the symposium were to increase mobility and encourage fair driver licensing and insurability of physically impaired drivers, thus expanding opportunities for employment, community participation, and enjoyment of living generally:

- o By informing licensing administrators, safety and rehabilitation professionals, researchers

and others as to existing knowledge of the driver licensing and testing techniques, retraining, special driving problems and insurability applicable to physically impaired drivers.

- o By creating better understanding of individual capabilities of physically impaired drivers among driver licensing officials, safety professionals, insurance executives and the public at large.

- o By exploring the necessity of increasing the number of facilities for driver training, retraining and rehabilitation of physically impaired persons.

- o By assisting in the development of effective and equitable standards for licensing.

- o By providing a national forum as to the springboard for wide dissemination of factual information on subjects under study.

- o By encouraging physically impaired drivers themselves to assume personal responsibility in safety and accident prevention.

For further information, write: Judge Sherman G. Finesilver, University of Denver, College of Law, 200 West 14th Ave., Denver, Colorado 80204. Ω

DRIVING SKILLS STUDY

The results of a nationwide survey into the driving records of physically impaired drivers show that this class of drivers ranks among the most safety conscious in the country.

The study, dealing with the licensing, driving records, training and insurability of physically impaired drivers, was released in December 1969. Ω

by Judge Sherman G. Finesilver of the University of Denver College of Law. His survey of over 400 national safety professionals and licensing officials sought to evaluate the driving abilities of physically impaired drivers in the eyes of objective respondents.

Judge Finesilver, a widely known safety expert, concluded, "The decision whether a person should be allowed to drive a car should not be based on physical condition alone - but more so, should be based on competence, ability to safely operate the vehicle with or without special aids, physical and mental condition, knowledge of laws and safe driving techniques, coupled with a review of an individual's previous record." He further added, "Primary emphasis should not be placed on keeping drivers off the highway, but rather should be placed on seeing to it that those who are licensed - no matter what their outward physical conditions are - have been adequately trained and tested to the task for which the license is granted. Let's not single out the physically impaired driver, the deaf driver or older driver...let's strengthen licensing, driver education, training, testing and driver performance for all drivers."

Ω

U.S. DEPARTMENT OF TRANSPORTATION

At the fiftieth anniversary meeting of the National Easter Seal Society in November 1969, the Secretary of Transportation John A. Volpe stated his interest in making all transportation systems more accessible to the disabled.

He announced the publication of a report on a study of the transportation needs of the disabled. This \$100,000 study was conducted by ABT Associates of Cambridge, Massachusetts.

The study estimates that the chronically handicapped currently comprise about 3% of the national population. A significant proportion of the aging and handicapped populations are denied equal opportunities to work, shop and participate in social activities as a result of inaccessible low-cost transportation.

This technical study of travel barriers includes guidelines for subways and elevated trains, buses and trolleys, and air and train travel.

The report, *Travel Barriers*, may be ordered from Clearinghouse for Federal, Scientific and Technical Information, Springfield, Virginia 22151. Price \$3.

Ω

WHEELCHAIRMANSHIP

To lessen the "human barrier" between the disabled and their community, the American Rehabilitation Foundation launched in 1968 a three-year program of public education called "Wheelchairmanship." Its aim is to demonstrate techniques of assisting the disabled to personnel in those industries which serve large numbers of disabled persons.

The program was started on a national level with the executive offices of major airlines, railroad, bus and hotel and restaurant companies.

In each of twenty-five test cities, an Ameri-

can Rehabilitation Foundation registered nurse-instructor conducts classes in airline, bus, and rail terminals, in hotels, stadiums, and theaters for red caps, ushers, ticket agents, room clerks, bell hops, waitresses, etc.

For further information, write: Mr. Roger Jolicoeur, American Rehabilitation Foundation, 1800 Chicago Avenue, Minneapolis, Minnesota 55404. Ω

CANADIAN TAXI SERVICES

In 1967 the Canadian Paraplegic Association in Manitoba reported in its publication, *Paratracks*, the starting of commercial taxi services for the disabled.

The success of the ventures is attested in a recent letter from a respiratory polio quad, Mrs. Betty Banister, a resident of King George Hospital, "Most of us are glad-about thanks to a taxi service specially tailored to our needs. The city of Winnipeg has two taxi companies who serve only the handicapped. They have buses with high ceilings and easy access by the good natured drivers.

"It is great not to have to get out of the wheelchair especially during these days of the short skirts (now they go up when I get lifted!). Although the cost is quite high this is to be expected as the cabs sit idle for many hours. Because of the competition between the two companies the rates are kept to a minimum."

ED: For information, write: Mr. A. T. Mann, Executive Director, Canadian Paraplegic Association, 825 Sherbrook St., Winnipeg 2, Manitoba, Canada. Ω



LIONS CLUB DRIVERS

By Joan Rhoden

Our Lions Club started their services to the disabled about eighteen years ago when Mrs. Grayce Riley, entertainment

chairman for the Princess Elizabeth Hospital Guild, approached the Winnipeg Chapter of the Lions Club for their aid as drivers to take us patients to the Guild's various outings.

After Mrs. Riley left the Guild she continued to arrange outings for those of us who had gone home, as well as those still in hospitals. This is when the Riverside Lions Club started driving us to football games, Ice Capades, the circus, and any big entertainment at the Arena. About sixteen of us go with them. The chairman, Len Fraser, phones each one of us about a week before the event, finds out if we want to attend, then tells us what time to expect a Lions Club member at our door.

We usually have the same men take us all that year to every home game of the Winnipeg Blue Bomber football team. We always have a lot of fun, even when it is cold, snowy, and the team is losing. Whenever we go to the Arena, as a group, the Fire Department men are there to take us down the flight of stairs and place us alongside the ice on the wooden platforms that the Arena staff had made for us a few years ago.

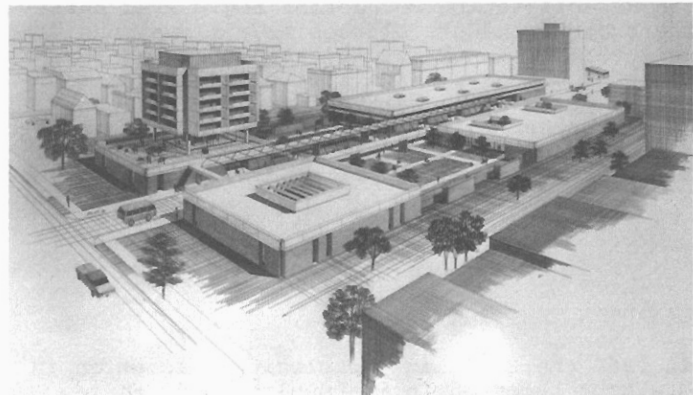
The past three Christmases we have been invited to the Annual Christmas Party for the Lions and their wives and we have all become good friends. Ω

VOLUNTARY HEALTH AGENCIES' PLANS

THE BRITISH POLIO FELLOWSHIP has been offering holiday accommodations to its handicapped members for many years. These include the Fellowship's Lantern Hotels - at Worthing and Lytham St. Annes, the Bungalow at Burnham-on-Sea, and three Caravans.

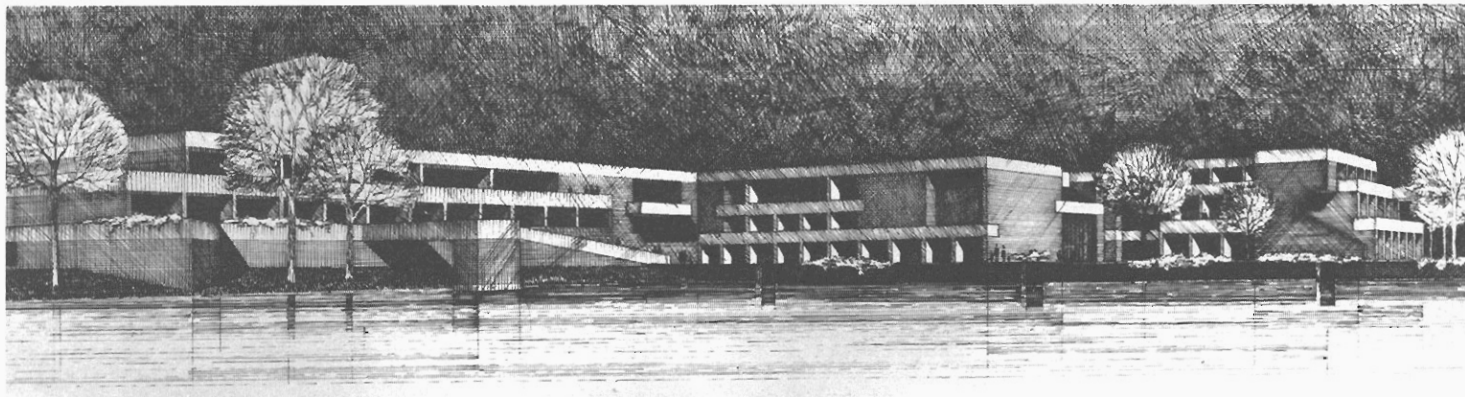
Recognizing that the majority of polio disabled are now over 40 years of age and many are approaching retirement age, the Fellowship has initiated a program of specially built facilities. The first eight of the ten new residential units at the Worthing Lantern were officially opened on January 21, 1970.

Everything is on one level and doorways, halls, and bathrooms all provide ample space for a wheelchair. Fittings, including sink and toilet, bathroom and toilet rails, are adjustable in height to suit individual residents. All the residents take their main meals in the dining hall, but to enable them to prepare a light meal each unit has a compact galley kitchen equipped with electric hot plate, kettle and toaster. Each has an intercom connection with the main building.



UNITED CEREBRAL PALSY OF NEW YORK CITY, INC. has acquired a street block in the heart of Brooklyn on which it will construct its first "Rehabilitation Campus." The building complex (*sketched above*) will serve more than 500 severely handicapped children and adults and will include:

- o A special school for 250 cerebral palsied children with facilities for the very young.
 - o A sheltered workshop and sub-contract shop for 100 cerebral palsied adults.
 - o A resident facility adapted for independent living for 80 severely handicapped.
 - o A transportation center to garage and repair 24 vehicles now used to transport children throughout the city.
 - o Outdoor playground areas.
- UCP's future plan is to construct such a campus, which will encompass comprehensive facilities for educational and vocational services and resident living, for the cerebral palsied in each of



the major boroughs of the city.

The campus will be constructed in stages, starting in 1970. The funding for the resident facility will come almost exclusively from the Community Mental Retardation Hostel Program which provides almost 100% of construction costs and approximately 50% of operating costs.

UCP is planning to edit and print a nationally circulated publication, *Cerebral Palsy Journal*.

For details, write: Mr. Leslie D. Park, Executive Director, United Cerebral Palsy of New York City, Inc., 460 W. 42nd St., New York, NY 10036. Ω

THE MINNESOTA SOCIETY FOR CRIPPLED CHILDREN AND ADULTS, INC. is developing a residential rehabilitation facility (*sketched above*) to be known as Courage Center. It will be located on a 7½ acre site adjacent to Glenwood Hills Hospital.

Courage Center, on which construction is scheduled to begin early in 1970, will provide the following services to the handicapped from both the Minneapolis-St. Paul and outstate areas:

- o A comprehensive physical restoration program which will expand the present functions of the Curative Workshop.
- o A recreational and social activity area.
- o An administrative-vocational unit housing MiSCCA's statewide headquarters and providing training and employment opportunities.
- o A residential care program for young adults with rehabilitation potential.

The total cost of the land, building, and equipment is estimated at \$2,450,000. One million of this has been received as a legacy. The balance will be raised in a special appeal to individuals, organizations, and foundations.

Brochure available from: MiSCCA, 2004 Lyndale Ave. South, Minneapolis, Minnesota 55405. Ω

INDEPENDENT LIVING BY QUADS

A BACHELOR

by R. B. Gordon

My physical condition can be described as a respiratory polio quad, with good hands, fair lower arms, poor shoulders, and no muscular strength elsewhere. Vital capacity is approximately 750-800 and I use a Thompson portable respirator while sleeping.

Physical rehabilitation in the sense of muscle building was very limited, and therefore became more of a program to learn trick maneuvers with the assistance of mechanical aids. In this program, I was assisted greatly by Mrs. Joan Sikler, R.N., Pearson Hospital rehabilitation nurse. Her special training, practical "know-how" and persuasive personality made all this possible. Some of the mechanical aids that I use were created by the staff at Pearson Hospital, and some were created by my friend Phil Andow who is an inventive genius. I will always be indebted to these people for their patience, understanding and technical ability.

After sixteen years of hospitalization I am able to live alone in an apartment and carry out all the daily requirements without assistance. However, I do accept help from time to time for shopping, house cleaning and showering. Some of the mechanical aids that I use include:

Modified Bed: Electric gatch to wind head up and down. This enables me to sit up in bed for

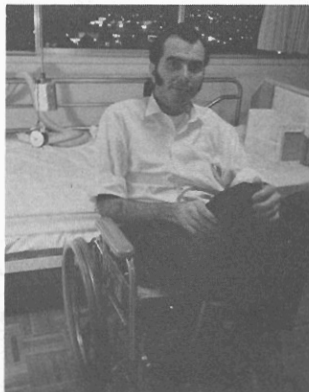
dressing and transferring to wheelchair. Nylon sheet contoured to mattress for slippery sliding surface. Special footboard to position feet correctly and relieve pressure on heels. Sliding board, pedestal-mounted, padded, and nylon-covered for transferring to wheelchair. Respirator mounted on left side within reach. Pedestal-mounted telephone on right side; can be used while sitting or lying in bed, or from wheelchair.

Modified Wheelchair: My swivel, detachable backrest is used simply as a lever. When you lean back at the top, the bottom is pivoted forward. This enables me to move my seat forward in the wheelchair. Being detachable, it allows me to back up to the bed, remove the back, lie down on the bed and slide onto the bed horizontally. To make: remove standard backrest from wheelchair. Remake backrest with two lengths of pipe and a pair of swivel connectors.

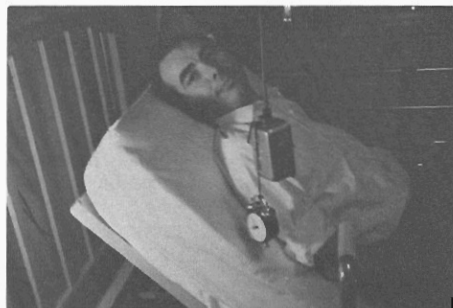
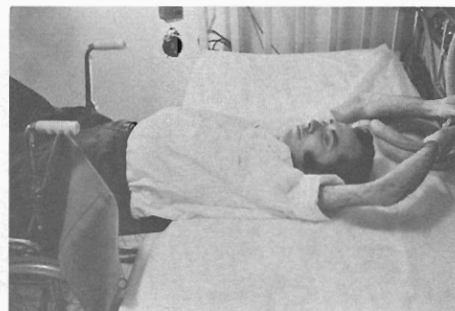
Commode Wheelchair: This is a converted wheelchair with the cross members moved forward underneath, padded commode seat and swivel backrest, waterproof and collapsible. The main advantage is that I can wheel myself around. This is not possible on a standard commode with casters.

Shower Chair: This is a converted wheelchair with wheels removed. It sits on pedestal legs in-

#1 Power gatch bed showing sliding board, telephone & light on swinging arm, chest respirator in background. Electric switch control hanging in foreground.



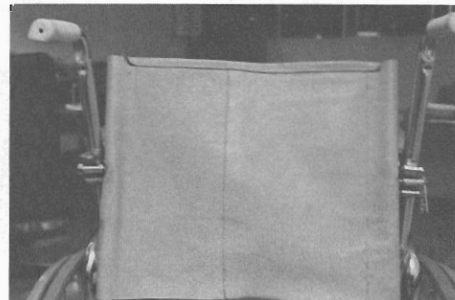
#2 (left) First step to transfer to bed. Back up to sliding board, attach two chains to hold chair to bed, lift feet up onto cross strap. #3 (below) Second step. Release removable back on wheelchair, lie back on bed, pull on strap attached to far side of bed, slide horizontally on nylon sheet.



#4 Electric gatch winds head up to allow sitting position.



#5 To transfer from bed to wheelchair, fold up footrests, swing feet thru open back of chair, sit up, take firm grip on arm rests, throw upper part of torso forward. Momentum will cause rear end to slide into wheelchair. Sit in chair, re-attach backrest.



#6 Swivel back on my wheelchair. Only one mounting point on each side. Right hand side is detachable.



#7 Commode chair conversion from standard. Note crossmembers underneath moved forward.



#8 Bath seat conversion from standard and sliding board.



#9 Wolfe lift to transfer from wheelchair to car. Overhead bar (not shown) helps to slide across to driver's seat.

side the bath tub. Sliding board is used to transfer from commode to shower chair.

Auto Radio-Telephone: This is connected to the regular telephone system and I can call anyone from my car. Previously I had had a citizens band two-way radio, but with it I could only talk to other citizens band radios.

Auto Hoist: This is a Wolfe lift, with modified sling arrangement, mounted inside my Buick Skylark. I wheel up to the passenger door, connect the hoist to the sling that I am sitting on, and the hoist lifts me into the car. I then collapse the wheelchair and start it into the rear seat area. Next I move to the driver's side with the assistance of a slippery nylon seat cover and an overhead bar mounted across the inside of the car. I can then pull the wheelchair into the rear seat area.

My work requires that I go out to the office each day. Once again I am indebted to two wonderful people, my employers, Bob Millar and Frank Seipp of Broadway Refrigeration and Air Conditioning Co., Ltd. They literally lifted me out of the respirator, wheeled me behind the desk, and told me to get with it. They have put up with my idiosyncrasies ever since. I had no previous training for office work, but knew a little bit about refrigerators. Since then, "on-the-job" training, augmented by night school and a correspondence course, has gradually made me aware of what's going on around me. Most of my work now is interpreting specifications and blueprints, contract costing, and selling commercial refrigeration and air conditioning systems. It is very interesting, with great variety, and can be done mostly at an office desk.

Address: 1008-77 Cardero Street, Vancouver 5, British Columbia, Canada. (Photos: Igor Diakonoff) Ω



Donna Graham (*above*), her helper, Mrs. Luda Landysheff, and one of their cat critics. Connie Kowalski (*below*) and Donna McGwinn (*right*).



BACHELOR GIRLS

by Donna McGwinn

Do you ever wonder as a person totally dependent on others for your basic needs what it would be like to be on your own? You could live by your own rules instead of those of someone else. If you wanted to stay up or out all night, have strange friends, drink champagne at midnight or decorate the walls with palm leaves and coconuts, you could. What bliss!

But how can you? How could you manage away from your family?

Well, it can be done. Perhaps the experiences of two other young women and myself will help you decide whether living on your own is possible and desirable for you. It is something that every disabled adult should think about, for there is always the possibility that such a way of living may one day occur by necessity rather than choice.

First you must decide how much help you need. The three people written about here all rely on respiratory equipment and therefore all feel a need for the 24 hour presence of an able-bodied person. Some disabled persons, however, can get along with help only for the essentials.

Next you must determine how much help you can afford. Ah, here's the rub. Most of us have as full time helpers those who need or want a place to live. They are young girls who want to get away from their parents or older women without mates, dependents or their own homes. Because we provide them board and a place to live, a small salary is adequate. Hiring hourly help can be considerably more expensive.

Then, assuming you can afford one, you have

the problem of finding a good helper. The lucrativeness of business and industrial employment puts domestic and nursing help at a scarce premium. You will be competing with inflation salaries on a fixed income. As for live-in helpers, most people have their own homes and families and don't want to leave them. Older women who might need a place to live often can't physically handle the work. Young girls soon move on.

Still interested? If so you just might be the type for whom independent living is most rewarding.

One of the people in this category is Donna Graham. She lives in the Jasper House, 121st St. and Jasper Ave., Edmonton, Alberta, Canada. A victim of polio in 1953 when she was 24, Donna is a quadriplegic almost totally dependent on respiratory aid. Although she uses the chest respirator and rocking bed most of the time she can frog breathe and says, "Two hours wouldn't be a problem without air."

Donna is fortunate in that she has had the same helper living with her since she left the hospital in 1965. They were brought together through mutual friends. As her helper is older and unable to lift Donna, two friends put her into the tub for baths and shampoos. Two friends also lift her onto a stretcher when she goes out which is seldom, maybe twice a month. When she goes she is accompanied by a portable respirator.

Donna's attendant-friend has a day off every week. During this time a high school girl substitutes. When her helper goes out to play bridge two evenings a week, Donna arranges to have friends visit her. If there is shopping or other things to be done she stays alone, checked on via phone every half hour by another respiratory polio friend.

This friend, Connie Kowalski, lives in the same apartment block as Donna in Apartment #102, 9999 - 111th St. They got polio the same year, Connie at the slightly younger age of 15. Also a quad Connie uses a chest respirator, pneumobelt, rocking bed and bagger. She can breathe 15 hours by herself but does not like to be left alone for more than 15 minutes. The rare times this happens she calls on the phone companionship of Donna.

You can see how important security is when you're living alone and how these two reinforce it with each other. Access to a telephone is vital when you are disabled. Fortunately, phone experts can design almost any type you want and can operate.

Connie prefers younger helpers both for the fun of their company and the fact that they are better able to lift her from the chair to the bed. The average length of their stay is from 5 months to 1½ years.

When she is in her wheelchair Connie oil paints, writes and reads. She manages this by having her arm in an overhead sling and a pen or brush taped to the inside of her first finger. A device for this sling is welded onto her bed and she is able to read while rocking.

In living situations where 24 hour attendant care is necessary you run into the problem of a lack of privacy. Conversations with visitors are inhibited by the presence or simply awareness of the nearness of your helper. In a small apartment there are few if any rooms to be alone with friends and the problem is intensified. In Donna's case, when a visitor arrives her helper disappears, an agreement that assures privacy.

In common with Donna and Connie I had polio in 1953 and live on my own as a respiratory polio

quad. Unlike them I reside in a house rather than apartment, which means building and lawn maintenance as added responsibilities. I have learned quite a few things about house care and expense since my father died three years ago. Such as, the reason he had the furnace checked every fall was to lessen the chances of its stopping on the coldest day of the winter. That is what happened to me the first time I decided to eliminate the expense of the annual furnace check-up! If you can handle these extra challenges, houses are much more fun to live in than apartments.

Another expense I choose to absorb is keeping my own car. Because I cannot breathe at all unless someone holds my nose and then not for long, I take double sets of equipment when I go out and have the car alternator adapted to my portable respirators. For this reason not many cars can accommodate me. To keep my own car is to guarantee my mobility. Considering that I don't go out more than 12 times a year it is a rather expensive luxury. This illustrates another beautiful factor of independent living - you can indulge in any folly or extravagance you wish.

Mention of extravagance naturally calls up images of money and you are probably wondering how the three of us manage in that respect.

Donna was a psychiatric nurse before she was disabled which now entitles her to Workmen's Compensation. This plus a monthly stipend from the Mouth and Foot Painters Association are sufficient for her to live on and still pay her helper a small salary.

Connie relies on government assistance to cover her needs. She receives a seasonal supplement from selling Christmas cards she designs and makes herself.

Payment of my bills is provided by Social Security benefits as a disabled child, a little inherited capital and creative writing sales. My aunt owns the home I live in and generously absorbs the taxes and other big house expenditures, such as roof replacement. I pay for the upkeep, minor repairs and furnishings.

As a reliable attendant may make the difference whether you succeed or fail in solo living, be discreet in your choice of one. Newspaper ads are the most popular way of looking for help and many different kinds of people respond, including neurotics, alcoholics, dope addicts and homosexuals. Special adjustments have to be made to people with these problems and you must decide for yourself whether you can make them. Always request references.

Independent living is not for everyone. Many disabled people prefer the warmth and security of living with their family. They would not like the insecurity of wondering how long their helpers would be with them or the difficulty of having to make constant new adjustments demanded by what is often a high help turnover. Further, if you enjoy your family you would probably not be satisfied with the different, more impersonal type of relationship you have with a paid helper. Too it takes a certain fortitude to assure that your own will prevails in the matters of your living. Some people tend to take advantage of the immobile and gradually overwhelm your wishes and objectives with their own.

But if you are a free spirit who needs independence to develop this might be the best way for you to live. The challenge is great but then, so is the fulfillment.

Donna McGwinn's address: Box 267, Grand River, Ohio 44045. *(Photo: Ray Matjasic) R*

EDUCATION



PIONEERING, 1970

by Caryl Margot Halper

Early in September 1955, I was struck by polio and, at the age of eleven, became a respiratory quad. Graduating from iron lung to rocking bed within three months and from rocking bed to no assistance in two years, I began slowly to re-establish my pre-adolescence and make the long return to as normal an existence as possible. While in the hospital I had already begun learning to adapt to life from the vantage point of a wheelchair and I learned the invaluable skill of writing with my left hand (I was right-handed) so that I could resume school as soon as I returned home. Once home, I "attended" both junior and senior high school at home with teachers from the New York City Board of Education's Home Instruction Department.

Encouraged by my parents and teachers and my success in attaining a level of education comparable to that of my friends attending the local high schools, I began to think about going to college and of college as an opportunity I could and therefore must take advantage of. For my parents, with the foresight that became characteristic of them, had begun to impress me with my absolute need to become financially independent of them if I was going to be able to insure my-

self a long and usefully stable life. After all, I could expect to need for an unknown number of years money for attendant care, for physical therapy, for wheelchairs and/or repairs, and for special transportation, not to mention food, shelter, and clothing. I couldn't afford to pass college by and so, in September of 1962, I began as a student at Brooklyn College, attending school for the first time again since September seven years before.

In five years I had earned a B.A. *magna cum laude* in Psychology from Brooklyn College and had successfully competed for and won a Woodrow Wilson Fellowship to attend graduate school for a year. My dream was to move out to the West coast where, as the words of a popular song so aptly express, "the weather suits my clothes." The concept of really going was a little bit scary. But the dream had an excitement I could hardly contain. I felt as if I would be, in some sense, a real pioneer, pioneering a new independence for myself, staking out a member of my family in a new part of the world, making a go of it on my own, really on my own. Yet a million "What if's?" crossed my mind while my parents wanted to know: "Why do you have to go so far? How would you manage in an emergency when you're so far away?"

Stanford University accepted my application for graduate work in Psychology, offered me a place to live and the opportunity to work with a great man whose work had begun to fascinate me at Brooklyn College, Dr. William Dement, a famous researcher on problems of sleep and dreaming. On September 9, 1967, I was aboard my first trans-continental flight headed for Stanford. On September 11th I moved into a cozy, three-room on-campus apartment (where I still live) and I

began my long-term love-affair with California. On September 29th I became one of twenty-five other young men and women to register for classes as first-year graduate students in the Department of Psychology's Ph.D. program.

The preparation leading up to that day was both catastrophic and challenging. Soon after affirming my acceptance early in April 1967, I realized that on Stanford's huge 8,000 + acre campus I would have to have auto transportation to survive. At Brooklyn College New York State DVR had provided me with transportation to school but they obviously could not assist me with it in California. Also, services similar to the bus service in Brooklyn were more expensive in California. The answer was to buy a car. Beside the car, in order to achieve a level of physical independence I was going to need a motorized wheelchair since I was not strong enough to propel a manual one. Furthermore, I would need a full-time live-in attendant-housekeeper to cook and drive and role-play a myriad of faces. I was beginning to see the chunk I had bitten off.

The first problem was money, as it always is. Ingenuity and generosity and thoughtful people genuinely on my side helped solve this problem in short order. The New York State DVR agreed to pay my tuition for the first year at Stanford. The Woodrow Wilson Foundation agreed to give me money in lieu of tuition with which to buy a car. And the Ruth Kirzon Group, a private philanthropic group in New York City, graciously bought me an Everest & Jennings motorized wheelchair. Things were starting to fall into place.

Smooth going was still yet to come, though. We decided to purchase a Chevrolet Greenbrier van which would carry me and the wheelchair "in one piece." (This van is probably the most comfort-

able of all the similar models available. It has 54" head room and is only 15" off the ground. Unfortunately, Chevrolet discontinued it after 1965.) We found a van in good condition in New York, bought it at the end of August, packed it full of necessities (books, linens, pots and pans, typewriter, and television) and arranged for it to be driven to San Francisco by an auto transport firm to arrive in time to meet me when I flew in. Two days after the car left New York, it was wrecked and unsalvageable in Oklahoma. Fortunately, the auto and its contents were insured and I had a friend, a Los Angelino I had met in New York who was to become a very special friend. He liked nothing as much as a good challenge and with his help I had another Greenbrier in San Francisco on September 10th. I was beginning to feel lucky. The attendant-housekeeper problem was solved for the time by an alluring ad in the New York Times. Initial preparations were thus complete.

Within six months I had adjusted to the Stanford suburban way of living, I began to establish myself as a member of the community, I started making new friends, and after a year I established California residency. I did well in school my first year, began a research project under Dr. Dement's supervision, and was formally accepted to continue study for the Ph.D. in Psychology. I had reached a plateau.

The first two years were, however, far from problem free. My first full-time housekeeper became ill and left the following April and the job of finding reliable live-in attendant help was difficult, at times impossible. By summer, I decided to split the job in two - a daytime housekeeper-attendant and a live-in student aide/roommate. This proved a better, more stable and

equitable arrangement but a more costly one. After my first year, money for living expenses and tuition was coming from the National Institutes of Health in the form of a Predoctoral Fellowship plus supplementation from my family. Recently, my family's share of the expenses has been further reduced by my applying for and receiving Aid to the Totally Disabled through the offices of the California State Department of Welfare. Other problems were solved in turn.

Now, in my third year of graduate school, about to complete my written qualifying exams, I stop to look at where I've been and to evaluate where I'm going. At Stanford, I have had rewarding experience teaching an undergraduate course and on the basis of this experience I will aim at a career in college teaching. I also plan to pursue research part-time in Psychology - probably in my present area of interest, visual perception. I hope to remain on the West coast. A climate where heavy coats are not a necessity during half the year and snow rarely occurs to interfere with daily activities is near to ideal for someone in a wheelchair. Lastly, I would like to be married. I have been dating a Stanford student for the past year and marriage is a possibility, and one, I might add, beyond my expectations three years ago. We plan, though, to tread cautiously for a while yet. Questions of children (do we want them? can we care for them?), finances (college teachers are relatively underpaid), and emotional commitments have still to be carefully considered. I enter this new decade a quarter of a century old, ready to make my way single or otherwise, a pioneer in the '70's, aiming at independence.

Address: Hulme House, Apt. 1-B, Escondido Village, Stanford, California 94305. Ω

COLLEGE AFTER DARK

by Tom Loehr



I had just begun to study engineering at Purdue University. In fact, I had been there just three months and was headed home on my first vacation when an automobile accident left me a quadriplegic.

Of course, I was faced with the normal despair about the future, but instead of giving up, I clung to what then seemed a silly hope of returning to school. I asked Purdue if they could grant me incompletes in my subjects and waive the usual time requirement for removing them. The administrators were quite willing to cooperate and agreed to leave the incompletes on the

books until I could finish the courses, or until I decided it would be impossible to do so.

After almost a year of being rehabilitated in several different hospitals, I came home and immediately contacted Purdue about those courses. They allowed me to finish up three of the courses by mail, giving me open-book tests to eliminate any possible stigma of cheating.

Armed with my few credit hours, I attempted to enter Cleveland State University. Due to the crowded conditions, I could not attend the main campus, but could attend one of the Academic Centers. I was disappointed because this meant going to night school and I had a low opinion of night schools. For those of you who hold this opinion that I held, let me point out a few facts and observations.

First, since transportation to and from school is often a major obstacle, I found, during evening hours, many people willing to drive who were occupied during the day. Transportation was also simplified because the academic center was within just a few miles of my home.

Parking spaces, which at Cleveland State exist only on paper for disabled faculty and students, are also easier to obtain in the evening. Very few of the upper echelon administrators, who always have convenient parking spaces, are on campus in the evening. A quick phone call often finds them more than willing to give up their parking space for the evening hours.

Once inside the classroom, I had several surprises. My fears about feeling out of place because I would be somewhat older than the other students were completely unfounded. Some, naturally, were fresh out of high school, others were returning to the classroom after lengthy absences, and many, who were combining work and

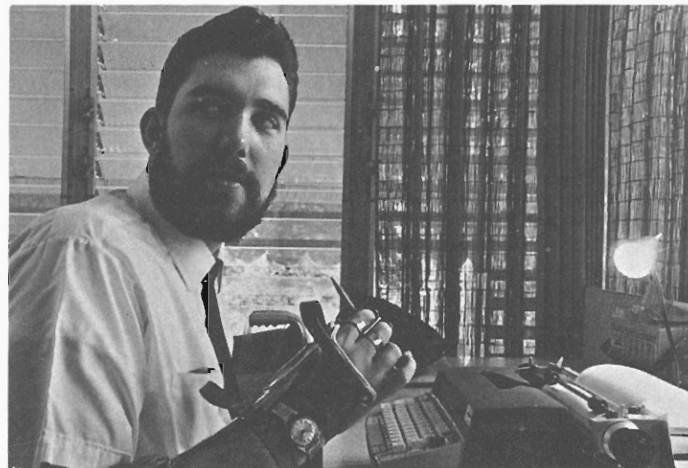
school, had been attending part time for a number of years.

Not only was there a great variance in the ages of the students, but also in their backgrounds and experiences. Personal contacts with the "real world" outside the classroom added immeasurably to class discussions. The instructors also differed from those who would teach in a normal daytime college situation. Most of them held full-time positions in industry and brought a wealth of practical experience into the classroom. I have seen many dull textbooks brought to life by instructors who have had to apply the knowledge the books set forth.

I also discovered several unexpected bonuses to night school. The library facilities are seldom as crowded, giving the librarians more time for personal assistance. Costs such as parking, and sometimes even tuition, are less at night. I find it much easier to avoid my great nemesis, the television. There are few decent shows on during the day while I study and, obviously, I can't watch it at night. The night also suits me perfectly in the summer since I can't tolerate the hot temperatures. This is one advantage, however, that reverses itself during the winter months.

My greatest worry was the feeling I had always had about night school classes. I felt they would be inferior. I am now a senior at Cleveland State and have attended both day and night classes. I honestly believe there is little, if any, difference in the quality. It varies more between individual students than between time periods. A good student achieves according to his own goals, not according to those of a particular instructor or institution.

Address: 2150 Mars, Lakewood, Ohio 44107. Ω



LAW

by Tom Loehr

In the spring of 1965, Larry Crowell received his degree in economics from the Catholic University of America. While waiting to enter Air Force pilot training, he took a job as a lifeguard. A relaxing moment for a swim, a misjudged dive into a wave, and the all too predictable result - quadriplegia.

Viewing life from this totally new perspective, Larry concluded he must try to open a new door to the future. He shelved his ideas of becoming a pilot and set his sights on law school. He entered Cleveland's Case Western Reserve University in the fall of 1966 and graduated three years later. His experiences at CWRU ought to be a great help to those interested in law.

From an architectural standpoint he rated the facilities as poor. Parking was inadequate and he often found it necessary to seek help to and from his car. The building that housed most of the classes was little better. There were steps leading into the building, the corridors were narrow and the classrooms cramped. Of course, there were no modified drinking fountains tele-phones or restroom facilities. Hopefully, new construction on the CWRU campus will alleviate many of these problems.

The library was another problem. Studying law requires a tremendous amount of research, but the aisles between the stacks were so narrow that it was impossible to wheel down them. Any books he needed had to be brought to him. Larry pointed out, however, that the librarians as well as his fellow students were willing to assist him.

He also said that the professors were very helpful. This, he noted, was one of the advantages of choosing a school with high academic standards. The relatively small classes meant that professors had more time for personalized attention.

The professors were also flexible as to the testing situations, but Larry seldom found it necessary to deviate from the normal procedure. With a bit of practice he was able to take his own notes, finding this superior to having another student take notes for him.

He wouldn't want anyone to have illusions about it not being rough. "You've got to really want it," he said. "Although any type of background can be useful, a good command of English is vital. You must be able to communicate clearly and precisely."

Larry has not yet taken the bar examinations.

The exams, a three day ordeal, are held in Columbus, Ohio, the state capital. He missed his first chance to take them because of decubiti he developed during his last semester of school.

Until he has another opportunity to take the exams, he has turned his attentions to a book about his experiences. The book, he explained, will attempt to deal with the mental aspects of coping with a severe disability. Realizing what he has been able to accomplish, he hopes to be able to sift through his own thoughts and decisions and to capture that essence of spirit which allows a person to push on amidst adversities.

He is also volunteering his services as a counselor at his alma mater, St. Edward High School. He not only immensely enjoys working with the students, but also feels that observing them encountering their own problems may help him in formulating his ideas for the book.

When he completes the bar exams, he will have to decide which direction he will choose. Although he is interested in the general area of corporate law, he has made no firm decisions about the future. Larry's problem is no longer whether or not he can open a new door, it is to choose the door he wishes to open.

Address: 16525 Fischer Road, N.W., Cleveland, Ohio 44107. (Photo: Tom Scott, SUNPAPERS) Ω

EDUCATION ETCETERAS

by Judy Raymond

THE INTERNATIONAL CORRESPONDENCE SCHOOL in Scranton, Pennsylvania, offers home study courses in business, industrial, technical, and professional fields. After selecting a subject, the student receives a number of books containing examinations which are to be taken after each book is read. The examinations are mailed back to Scranton to be graded by professional teachers. The examination and final grade are then returned to the student.

Address: International Correspondence School, Scranton, Pennsylvania.

ED: Vincent Sica, a C5-6 quad of 3404 Janeway, Baltimore, Maryland, 21234, furnished the above information based on his own experiences.

THE GODDARD COLLEGE ADULT DEGREE PROGRAM is available for persons at least 26 years old who are interested in completing college, but who do not find it possible to attend full-time classes. Applicants must have been out of full-time college for at least five years. Students attend Goddard College at Plainfield, Vermont, for two week resident sessions every six months to plan their course of study for the next six months. Studies in the humanities, social sciences, education, and the arts lead to a Bachelor of Arts degree. One semester's credit is given for six

month's work with the average student spending two years in the program. Tuition is \$600 per semester plus \$100 for room and board (fees subject to change later in 1970). The campus has no specific facilities for the handicapped, but it would be maneuverable with "people power."

Address: Adult Degree Program, Goddard College, Plainfield, Vermont, 05667.

THE NATIONAL EXTENSION COLLEGE, Cambridge, England, provides postal correspondence courses for persons forced to study at home. Students may start at the beginner level and work up to 'O' level (equivalent to a U.S. high school diploma) and 'A' level (equivalent to U.S. junior college level courses) General Certificate of Education. English language and literature, mathematics, languages, science, economics, geography, history, sociology as well as technical courses are offered. Grants are available to home students, but the student must prove that he or she is unable to use existing educational facilities and also that he or she has a specific goal. Applicants to the University of London from outside the United Kingdom are warned that since tuition is not based on a course of written notes, students are dependent on books recommended in the University of London Reading Notes. Without access to a good library the student may be handicapped. Fees for a degree course are £10 for registration, £40 for the first year, £24 for succeeding years. Oversea fees range from £6 to £42 for an individual course. Details of the syllabus of each subject are available from the External Registrar.

Address: National Extension College, 8 Shaftesbury Rd., Cambridge, England.

THE BARNET OVERSEAS STUDENTS HOUSING ASSOCIATION is at present building 34 flats and 16 houses in London for married students who can come either from overseas or from the United Kingdom. The object is to accomodate those students who have the greatest difficulty in finding rented accomodation in the London area. Two of the flats have been designed specifically for the use of disabled students and their wives, and will be ready for the academic year, October '70. A plan of the flats is available on request. Applications should be made immediately.

Address: Barnet Overseas Student Association, 3 Shakespeare Rd., London N3, England.

International exchanges between disabled students are being promoted by the Groupement des Intellectuels Handicapés Physiques. They will assist with accomodations and facilities in France for schools and summer camps. They would like information about facilities for French handicapped students in other countries.

Address: G.I.H.P., 6 rue du Luxembourg, Les Roitelets, 54-Vandoeuvre, France.

Echanges internationaux entre étudiants handicapés promus par une organisation française. Grâce à ses installations et aux facilites qu'il procure, le Groupement des Intellectuels Handicapés Physiques permet désormais aux étudiants étrangers handicapés physiques de poursuivre leurs études en France ou de venir y passer leurs vacances. A votre tour, pourriez-vous le renseigner sur les possibilités d'accueil des autres pays, pour des étudiants français handicapés physiques? Pour plus de détails, et leur

publication bimestrielle, *G.I.H.P. Information*, écrivez au: G.I.H.P., 6 rue du Luxembourg, Les Roitelets, 54-Vandoeuvre, France.

In need of financial assistance for higher education? Don't neglect to check with the financial aid advisor at the colleges you are interested in about scholarships, loans, and work programs. Don't neglect to check federal loan programs such as National Defense Loans and Educational Opportunity Grants. If you are the child of a deceased or disabled worker or veteran, check social security benefits and the junior GI bill respectively. Watch for President Nixon's proposed revisions in federal assistance programs to college students, which include the chartering of a National Student Loan Association.

THE NEW GUIDE TO STUDY ABROAD by John Garraty, Walter Adams, & Cyril Taylor. Harper: \$7.95.

A handy item for teachers, high school and college students, this book discusses the different national educational systems, all levels of educational facilities available from high school through post graduate studies, work-study programs, ways of holding down costs, estimated payments, and summer employment.

HOW TO SUCCEED IN BUSINESS BEFORE GRADUATING by Dan Goldenson & Peter Sandman. Collier-Macmillan: \$1.95 paperbound.

307 campus money-making ideas that have been successfully tested are contained in this comprehensive handbook.

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EMPLOYMENT



IN-HOSPITAL LIVING AND EMPLOYMENT

"My new position, Patient Services Coordinator at Dodd Hall, is a great opportunity, particularly to work in the rehabilitation setting and to work for University Hospitals, with which I have been associated as a patient for so long. Everyone was so pleased when I assumed the position and has been a great help in orienting me with the policies and procedures of The Ohio State University Hospitals. It is somewhat unique due to the fact I was a patient here at Dodd Hall for over five years, on the inside looking out, so to speak. And how different the perspective is as an employee and a member of the staff, on the outside looking in. It has been very interesting to perceive this and adjust to it but I am being acclimated rapidly in assuming more and more of my responsibilities each day.

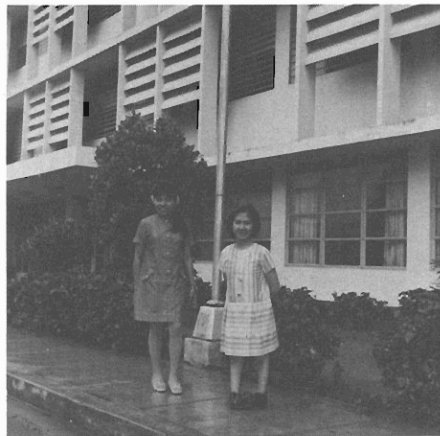
"My main function as Patient Services Coordinator is to take away from the nursing staff those

† *Richard Maxwell, ex-Marine and C4-5 quad, and Mrs. Shirley Gibbs, registered nurse. (Columbus Dispatch photo)*

non-nursing functions, such as housekeeping, dietary, maintenance problems, etc., and to help get more of the nursing staff out on the floor, giving good patient care. I also have responsibilities with the supplies needed on the nursing floor, maintaining a certain level of inventory of these supplies so that the nursing staff need not worry whether or not an item is available. In short, I am somewhat the liaison man or communications representative between the nursing service and the various other departments throughout the building, such as Physical Therapy, Occupational Therapy, Social Services, Maintenance, Housekeeping, and various others. If nursing service is having a problem with one of these departments, they tell me and I check it out and see what the problem is and what can be done to solve it. In essence, the job and the responsibility of the job are pretty much defined in the title, Patient Services Coordinator.

"The Ohio State University Hospitals complex was one of the first to instigate a coordinating program such as we have here and in the other buildings in the complex. It has worked out very well in the two years of its existence. Some of my other duties could possibly, in the future, include relationships with the patients as to their wants and needs and also with their parents and relatives. With my experience, having a disability, working out some of the various problems and overcoming some of the obstacles, I could possibly be of great assistance in this area."

ED: For further details of Dick's post-disability rehabilitation and education, see the 1967 *Gazette*. His address: Dodd Hall, The Ohio State University Hospitals, 410 West 10th Avenue, Columbus, Ohio 43210. Ω



Quezon City, Philippines. "I would like to go to the U.S.A. if I can find an organization in the States to sponsor my trip. I would like to observe and study and perhaps work in a rehab center or hospital so that I can help folks there."

COORDINATOR OF HOSPITAL VOLUNTEER SERVICES

The 1966 *Gazette* told of the career of Elizabeth M. Morgan, R.N., a respiratory polio quad, who lives in the Nurses' Residence of the University of Illinois Medical Center and works as the hospitals's coordinator of volunteer services. Miss Morgan rents a room at the standard rate paid by nurses and eats in the cafeteria. She hires attendants for morning and evening dressing and undressing. The hospital staff provides any needed care during the rest of the day. Ω

HOSPITAL
OCCUPATIONAL
THERAPY
DEPARTMENT
BOOKKEEPER
Miss Leonor U. Valera was born with club feet and hands and is 4' tall. She has a B.A. and a B.S. in Business Administration. She lives in the Nurses' Dorm at the National Orthopedic Hospital,



SMALL TOWN OPPORTUNITIES

by Lucille Wedge

Opportunities for small jobs began coming my way shortly after I moved to the little town of Hill City (population 480) in the heart of the Black Hills of South Dakota in June 1961.

Prior to that time I lived in Spokane, Washington where I belonged to many organizations for handicapped people: The Indoor Sports Club, the Rehabilitation Center and the Handicapped Division of the YWCA. In addition there were many social events for the handicapped sponsored by organizations and individuals.

Those years in Spokane were a continual round of gaiety and fun with very little time for anything else. We attended ceramic classes, took part in dramatic plays, learned how to speak in public, took courses in creative writing, attended singing classes, took swimming lessons and did almost everything our physical limitations would allow. The social aspects of life were stressed, however, not opportunities for work.

I longed to be a writer but couldn't find time to write. "If I only knew of a place where I could learn to write by writing!", I thought.

I was the editor of the little mimeographed pamphlet of our Indoor Sports Club chapter but that didn't train me for writing for publication. I had taken two courses in writing by correspondence, but I needed time to put this learning into practice. So I decided to leave these happy times and go into semi-seclusion while I learned to write.

My widowed sister and her two girls had recently moved to Hill City where she was a school teacher, so I wrote for and got permission to live in her home.

I am a polio victim with limited use of both legs and only partial use of one arm. My right arm and hand are completely paralyzed. I can walk indoors with a crutch but cannot manage steps and usually go in a wheelchair outside. I was raised on a farm in eastern South Dakota and attended school spasmodically (I had polio at the age of 5) until I enrolled in High School at the Crippled Children's School in Fargo, N. Dakota. Upon graduating I worked in church-owned nursing homes for a time, then was married. But my marriage ended abruptly three years later when my husband died of a heart attack.

In Hill City I didn't get out much but my sister attended church activities and other social events and faithfully brought me information on each one. I typed these up and sent them to the nearest daily newspaper, the *Rapid City Journal* thirty miles away.

After two months they hired me as their news correspondent and shortly after that I became a "stringer" reporter for another paper, the *Custer Weekly*. This was what I was looking for: a

chance to learn to write by writing, and get paid for it, too.

Calling daily for news, I became acquainted with the townspeople, and they started offering me small jobs; making signs for the Garden Club Flower Show, doing typing, writing business letters, etc.

Then in March of 1963 the Sheriff and Town Board of Hill City asked me to be the Justice of the Peace. The former Justice was a woman too. At first I didn't know a thing about law. The Sheriff, however, advised me on court procedure and I studied the dockets and law books that came with the position. In May, I was elected to office. 1969 marks my sixth consecutive term as J.P. I also applied for and became a notary public in 1963.

The next year I moved from my sister's home to a hotel on main street and the hotel owner's wife took over my care and room duties. Under these arrangements I buy my food but she does my cooking. I like it much better living in my own place rather than with relatives.

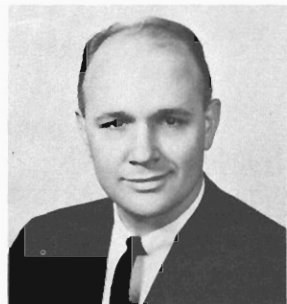
I am a firm believer in education and training, especially for handicapped people, so I put my "preaching" into practice and studied for and became a Real Estate Broker in 1966. I do the paper work on sales while others contact the buyers and sellers.

When I left Spokane I turned my back on active social life, and those conditions have continued to this day. There are no activities for handicapped people in Hill City. In fact, there are no handicapped people except me, but I am busy and happy and contented, and I guess that's all that counts.

Address: P.O. Box 164, Hill City, South Dakota 57745.

PERSONNEL SERVICE

by Lee Whipple



I began as a placement counselor when I was 18. One year later I had polio and did not work for the ten months while I was at the Warm Springs, Ga. Foundation. When I returned to Memphis I went back to work for the same agency and stayed there until 1967. During this time I was Counselor, Vice President and Men's Division Manager. In June

1967 I opened my agency, Lee Whipple Personnel Service (Suite 645, Sterick Building, 8 N. Third St., Memphis, Tennessee 38103).

During the past twenty years in personnel placement work the wheelchair has been no serious problem. People seem to easily remember a person in a wheelchair. I have found this to be advantageous.

The employment agency field in Memphis is highly competitive. I have worked as many as three and four twelve-hour days in a row and work fifty-five to sixty hours every week. We have a branch in East Memphis and have gotten a good foothold in two and a half years.

The most important assets and blessings I have are my wife and four children, good health and a world of wonderful friends I've met at church and in business. In 1965 I graduated from Memphis State University in Marketing and Management by going to night school for three and one half years. I am thirty eight years young.

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HOME WORK: THEME READING

Correcting English themes of high school students can be a pleasant way to earn a few hundred dollars a year, according to Barbara Carter, a polio quad of Granada Hills, California. Since she works as a "reader" on her own time at home, the tortoise-like pace of her writing is unimportant. She pays a student courier a quarter for each set of papers picked up from or delivered to a teacher, and needs to travel to the campus (five blocks away) via her power chair for conferences only about once a month.

The Los Angeles City Schools, Barbara's employer, pays its readers \$2.50 per hour, with a maximum of 250 hours a year, and expects them to correct the spelling, punctuation, and usage in the equivalent of four to five five-paragraph themes per hour's pay. Naturally, a reader must be academically qualified (a B.A., with an English major or minor). A teaching background is not required, but some relevant experience is helpful. Barbara, for example, had edited her college paper.

She occasionally finds unintended humor in student errors. For example:

"Three types of poetry are sonnets, odes, and allergies, as in Gray's 'Allergy in a Country Churchyard'."

"Teenagers want to be teenagers and not adults. They are not ready for adultery until they are well into their teens."

"Anne Frank had a tendency to write in a Jewish accent."

Her previous work involved giving the sales pitch and booking lessons for a small driving school. The number in the Yellow Pages that the prospective student called actually was that of a phone exchange, which then would transfer the call to Barbara's phone. Because the job involved no unasked-for solicitation and the calls only came in during regular business hours, it was ideal for someone confined to home.

The only ingredients needed for success in such an endeavor are a pleasant phone voice, enough muscles to jot down names, addresses, and phone numbers, and a genuine interest in the "product" sold and in helping people.

Unfortunately, Barbara worked herself into the ranks of the unemployed - volume rose in four years to the point where the driving school opened a regular office and hired a full-time secretary.

Barbara has also found that volunteer phoners are sought after by community groups. Her chief service has been to her church. In the past ten years, this "alumna" of Rancho Los Amigos hospital has called almost five thousand visitors to the services, to welcome them and inform them about the various church activities.

Address: 10531 White Oak Avenue, Granada Hills, California 91344.

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SOCIAL SECURITY ADJUDICATOR

by Albert Leathers

I have been disabled by meningoencephalitis since my teens. I work a full day as an adjudicator in the Central Office of the Connecticut Division of Rehabilitation and am studying for a master's degree in Guidance evenings.

As an adjudicator I have to determine whether a person's "alleged disability" is severe enough to prevent him from engaging in substantial gainful activity.

If a person becomes disabled before 65, he and certain members of his family may be eligible for benefits from the Social Security Administra-

tion. To be considered disabled a person must have a severe physical and/or mental condition which prevents him from working and is expected to last for at least 12 months or result in death.

It may be that a person may have a series of moderately disabling conditions, any of which would not be significant enough to be granted benefits on that alone, but because of the combination of impairments he would be determined to be disabled. Even though a person is able to do a little work, if he has a severe medical condition he may still be found to be disabled. There are several different classifications under which a person may be found to be disabled, since the person's age, education, and work experience may be brought to bear on the final determination.

I urge readers to investigate Social Security. Phone or write your nearest Social Security Office for a free copy of the comprehensive little booklet, *Social Security Programs in the United States*.

Address: 35 C-C Grimes Rd., Rocky Hill, Connecticut 06067.

ED: In the 1965 *Gazette* we reported the experiences of two severely disabled readers who earned their benefits after being disabled. "I am now drawing monthly benefits from the credits accrued since coming home from the hospital and working on abstracts for Western Reserve University for 7 years." "If I had known that a handicapped person can earn Social Security credits after disability, I could have been drawing payments for the past year or more, for I have been earning over \$400 as a self-employed writer for the past 5 years."

ARTISTS



Richard Hext has been paralyzed since birth. At seventeen he attended the School of Art in Newton Abbot where he remained for seven years. When he returned home he knew how to paint with a brush held between his teeth. In 1923 he sent his first oil painting to the late Queen Alexandra. Her royal letter is his proudest possession. Another is The Torns Cup, the first prize for carrier-pigeon breeding in England, which he won four years in succession. A member of the Association of Mouth and Foot Painting Artists, he is a self-supporting and successful artist.

Address: 11 Ashburn Close, Ashburton, South Devonshire, England

Glen A. Fowler has been paralyzed since an automobile accident in 1951. A graduate of the Famous Artists School, he is a member of the Association of Mouth and Foot Painting Artists and a talented and acclaimed artist. "In the past year I formed my own company called American Artists, Inc., which will enlist the art talents of all disabled artists and not just those who paint with mouth or feet....I'm attempting to locate as many good disabled artists as I can. I'll pay them \$100 a month and a bonus of any profits."

Address: 8 Sandy Lane, Salisbury, Mass. 01950.

ED: Glen is featured in "The Fire Within," a 23-minute, 16mm color film narrated by Joan Fontaine available free from Governor's Committee on Employment of the Handicapped, c/o your State Capitol.





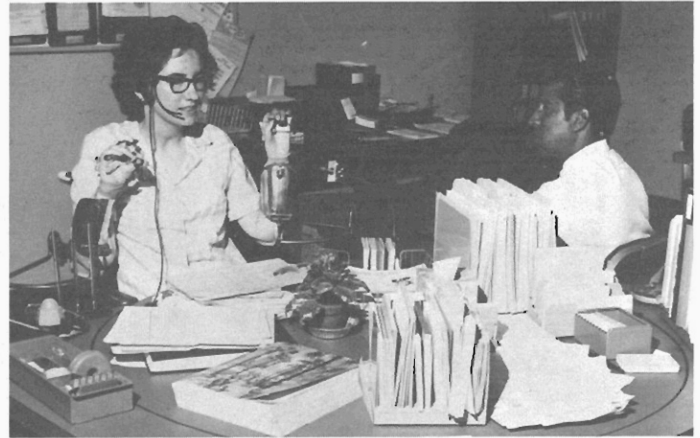
HOSPITAL
TIME AND
PAYROLL
CLERK

by Mary Jane Faull

I'm now wearing a pneumobelt when I sit, as I had a real hard year last year and got too much carbon dioxide in my system. Then, too, the State D.V.R. got me a motorized wheelchair to help me at work. I sure do like my wheelchair and it helps a lot! Also, I'm real used to the pneumobelt and I don't know how I did without it.

I'm working every day, 4 to 5 hours, at Sherman Community Hospital three blocks away from my home where I have been working for six years. I work in the laboratory where I write the daily pay reports and also in the nursing office where I do clerical work keeping nursing service time.

Address: 603 South Throckmorton, Sherman, Texas 75090. Ω



EMPLOYMENT COUNSELOR. Lynne Recagno, polio quad, works in the California State Department of Human Resources Development in Sacramento. Mr. A. G. Garris, a rehabilitation supervisor in the Los Angeles West Branch Office, designed her electric turntable desk top. (Photo: California Department of Rehabilitation) Ω

HOMEBOUND WORKERS' CORPORATION. Mr. Jack Skye, Placement Counselor of Texas Institute for Rehabilitation and Research, guided the formation of a corporation of homebound, semi-homebound, and other handicapped workers to find new ways to develop telephone sales and homebound services. Sales of aerosol products and typing services have been tried. Future plans include the acquisition of a site for wheelchair repairs and the installation of automobile hand controls. Ω

TRAVEL

RAMBLING TOURS, INC.



Bus for in-wheelchair travel



A bit of Irish shamrock



"Finger-licken" lunch

In October 1969, Rambling Tours, Inc., working closely with the Canadian Paraplegic Association, initiated their first wheelchair tour of Ireland, England, and Scotland. The tour group consisted of 21 people: nine paraplegics, three quadriplegics, two with crutches and canes, and their families and friends.

Mr. Murray Fein, director of this new agency which specializes in individual travel and group tours for the handicapped, had made careful plans which made the tour a success. He had previously checked the entire route and facilities for wheelchair accessibility. He arranged for a bus which was equipped with a ramp and had its

seats removed for in-wheelchair travelling. Folding wheelchairs were provided to fit narrow aircraft aisles to allow use of washroom facilities.

Titled, "Wild Irish," a rollicking and enthusiastic report of the tour by one of the quadriplegic members, Mr. Bev Hallam (65 Thorncliffe Park Drive, Toronto 354, Ontario, Canada), was published in the Winter 1969 issue of the *Caliper*. Wrote Mr. Hallam, "Our ace agent Murray Fein is a burly bearded type with an Irish temperament. Occasionally one could see steam blowing out of his ears when some slip-up occurred but the end result was the most well organized gambit that I've ever been on."



The story of Blarney Castle

Rambling Tours is now planning two 1970 tours of Ireland, England, and Scotland, departing from Montreal on March 12 and September 24. The 22-day tours, including food, lodging, tips, theaters, shows, and transportation, will cost \$726 from Montreal. Prices vary somewhat from Toronto, Chicago, Winnipeg, Calgary, Edmonton, Vancouver, Boston, and New York. Easy pay plans can be arranged. Write to: 242 Beaconsfield Blvd., Beaconsfield, Quebec, Canada.

In addition to the scheduled tours, Mr. Fein will also make complete travel arrangements for individuals as he did for Walter Pinsonnault's Mexican trip recounted on the following pages.



Changing of the Guard



Irish coffee at Shannon

OTHER SPECIALIZED TOURS FOR THE DISABLED

Two groups have had years of experience in the planning of tours for those who need special arrangements. They have checked the facilities for wheelchairs and arranged for lifters and pushers from one end of the globe to the other on their past tours. If you have itchy wheels, get on their mailing lists and start dreaming about their future tours. Write to:

HANDY-CAP HORIZONS, 3250 East Loretta Drive, Indianapolis, Indiana 46227.

EVERGREEN TRAVEL SERVICE, INC., 19429 44th W. Highline Shopping Center, Lynwood, Washington, 98036. Ω



A BETTER LIFE IN MEXICO

by Walter C. Pinsonnault

Here I am back in cold, snowy northern New York after spending 32 wonderful days in Mexico City, Guadalajara and Las Vegas. And I went alone! I am in a wheelchair with Friedreich's Ataxia, a nervous disease. Of course, many nice people, some in airports, helped me along, and other nice people helped in arranging the trip, but I am proud that I ventured forth into the unknown. I feel sort of like a pioneer.

I had difficulty at the start, so that I was afraid I wouldn't be able to go. Mohawk Airlines, our small local carrier, refused to take me unless someone went along to assist me. I didn't know what to do or who to turn to. I knew from the *Gazette* that it could be done and had been done, but that knowledge wouldn't get me far.

So I called Gini Laurie, briefly explained my problem, and asked about contacting someone who might help me. She gave me three names and addresses. One contact was in Montreal, and since

it was the closest to me I phoned there first. It turned out well for me. The man's name is Mr. Murray Fein of 242 Beaconsfield Blvd., Beaconsfield, Quebec, a suburb of Montreal. His phone number is 695-6356, area code 514. He runs Rambling Tours, a travel agency for the handicapped. Mr. Fein asked me some questions and then told me not to worry, that he would take care of everything. I still worried, but it was in vain.

Mr. Fein arranged almost everything. I say almost because I wanted to go to a special place in Guadalajara and he let me take care of that. But airlines and connections, hotels in Mexico City and Las Vegas, a guide in Mexico City, all of it. And everything went well, too. Oh, there were a few inconveniences, but nothing serious, and part of the inconvenience was my fault. I mean the language barrier in Mexico. One can get along without Spanish but just a little can make a big difference in your enjoyment. I had a wonderful time anyway and all I had was a Spanish-English dictionary. Using sign language can be fun but it is limited and can be exasperating.

Mexico City is nice to see and is pleasant but I am not tempted to return there. I was really disillusioned when I first saw it. It is a modern city with well over seven million people, most of whom belie the conception about languorous Mexicans by hurrying to their jobs six days a week. The city has smog, produced by large factories and many cars.

I stayed in Guadalajara for 23 days, the longest stopover on my trip. Fortunately, it was also the most enjoyable. I stayed at Kegan's Hacienda Las Fuentes (Calle San Antonio 67, Las Fuentes, Guadalajara, Jal.), a residence for the handicapped. The good food and pleasant and convenient surroundings aren't the major recommend-

ing points about the place, but the atmosphere and the wonderful people there are.

I first got the idea of taking a trip in the summer of '69. I would take a leave-of-absence from my job as clerk in a welfare home. In the course of my thinking I decided it would be more convenient and more enjoyable to go to a place serving handicapped people. As I look back, I feel that I couldn't have been more correct.

But at the time I didn't even know if such a beast existed. So I wrote to a former rehabilitation counselor. She didn't know of any such place, but suggested I get the *Gazette*. Gini Laurie sent me several issues and I read of a number of such places, most of them in Guadalajara. So I wrote many letters, asking about rates, accommodations, etc. Then I had to wait.

Of the places I wrote to, two responded very quickly. Villa del Sol (45 San Antonio, Las Fuentes, Gaudalajara, Jal.) was rather crowded and I would have to stay at a branch facility and get my meals at the main house. But at Hacienda Las Fuentes I would have no such trouble, so I decided to go there.

I wrote before of atmosphere. It is an intangible thing and so may be difficult to convey to others, but I'll try. At Hacienda Las Fuentes the atmosphere is friendly, informal and unrestrictive. You can do what you want and, if you are unable, you can get help.

The people I met down there were unlike any others I have ever come across. They were very friendly, and their handicaps and difficult lives made me feel akin to them. The stories I heard were almost unbelievable, and yet they told them almost nonchalantly. In their company I felt not like an abnormal person but like one of the gang.

Another point which I thought of when I was pondering about Guadalajara and why I enjoyed it so was the independence and lack of supervision that I felt. In some things I need help. But if I can do things myself, even though slowly and clumsily, I would rather than have someone do them for me. There I organized my days and I ran my life and I feel all the better for it.

About ten of the guys staying there had their own cars, so getting around was no big problem. You can hire an aide if you need one, and it is quite inexpensive. A few aides are provided to assist those without personal aides. We went shopping, to drive-in movies, to restaurants and night clubs, sight-seeing and the local PVA Club, where they have Bingo. I met Eileen and Ken Van Albert ('69 *Gazette*).

As for the weather in Mexico, it was about as reported in previous *Gazette*'s, warm in the sun during the day and cool at night.

I flew on five different airlines: Canadian-Pacific, Mexicana, Western Airlines, TWA and BOAC. Just about every airline had a different way of putting me on and off the plane and bringing me to my seat: fork-lift, narrow-aisle chair, carrying me, letting me lean on someone. I never knew until it was done. The airport facilities may determine the way.

I ended my journey tired but happy, until the five below zero air hit me in Montreal. I returned home on December 24. Two days after Christmas we had accumulated over two feet of wind-blown snow. In previous winters, when we had such weather, I would look out the window and say to myself, "There must be a better life." Now I know there is.

Address: 6 Hillcrest Avenue, Plattsburgh, New York 12901. Ω



WHEELING THROUGH JAPAN

by Judith Celler

After a twelve hour flight, my girl friend and I landed in Tokyo Airport. Everything had been arranged beforehand; the

lift to take me off the plane, the car and English speaking chauffeur which were waiting for me on the field, the hotel accommodations, everything but the food and sight-seeing trips. This was necessary because I am completely helpless due to cerebral palsy. I am confined to a wheelchair. When we got to the Okura Hotel we found it to be spacious and the service to be the best. Prices are slightly lower than New York, but the food cost about the same.

My girl friend, Ellen, who has a very mild case of cerebral palsy, and I have an insatiable curiosity. We have to see everything. Unlike most handicapped, we are not satisfied just to look at the outside of buildings. We have to investigate. After all, that's why we were there.

We wanted to see the Keiji Shrine, but since

no one is allowed into a Shinto shrine except for one holiday a year, we decided it wasn't worth the effort just to walk around the outside. We did go to see the Buddha at Kamakura, an hour's drive from Tokyo, because I did not have to go up the steps. I could see from below. We took side trips to Mt. Fuji and Nara, a deer park. There, the deer don't grow bigger than our fawns and they are so tame you can feed them.

Tokyo is a typical metropolitan city with the bustle, the noise, the traffic, and the usual Western dress. We found ten days too long in Tokyo and were glad to move on to Kyoto, the cultural capital of Japan. We wanted to go on the Bullet train, a monorail connecting Tokyo to Osaka (site of Expo 70), but they told us that they couldn't accommodate the wheelchair on the train. We flew to Osaka and from there drove to Kyoto, an hour's ride by car.

Kyoto is as provincial as Tokyo is cosmopolitan. The streets are narrow, the houses are made of chocolate colored wood and sliding panels serve as outside doors and also partition the rooms. The Miyako Hotel is comfortable, but not as luxurious as the Okura. In Kyoto we did not have an English speaking chauffeur. In fact, there and in Tokyo they alternated drivers, each one worked eighteen hours and then had forty eight hours off. Because of the language problem we had a guide, Mimi, a university student.

Our embassy got permission for us to see the palace in Kyoto. This was necessary because it is sacred to the Japanese and they do not want it ruined by crowds. The palace is not one building, but a series of wooden structures surrounding an inner courtyard. The wood is flimsy and catches fire easily. Over centuries there have been innumerable fires after which each struc-

ture was restored to its original form.

When we started the palace tour we had no idea what we were getting into. The day was hot, the sun beating down unmercifully. Going through the gate of the commoners (they have three other gates, one for the noblemen, one for the Empress, and one for the Emperor) we found the entire outer courtyard was gravel. We thought we would have to turn back. But the driver, Mr. Goro, determinedly began to push and he got the wheelchair to move.

All Japanese hotels have a Western and an Oriental part. We were in the Western section, but we decided we wanted to spend an evening in an Oriental room so we hired a room for the evening. Since the Miyako Hotel provided its guests with cotton kimonos we decided to go oriental that evening. We put on the kimonos and trooped to our new Oriental accommodations. Ellen asked a bellhop to come along. We needed him because wheelchairs are not allowed on tatami mats. These straw mats cover the floor and all Japanese rooms are measured by the number of mats in them. The bellhop put me down on the floor. Japanese-style beds are mattresses covered with the usual bedding placed on top of the tatami mats. Getting under the covers, I found the mattresses to be soft and comfortable. In one corner the floor was covered by a white cloth. A vase with five beautifully arranged flowers was set in the middle of the cloth. A scroll hung above the red and white flowers. At one side of the door was a low chest presumably for kimonos. Next to the bed were cushions and a low, black lacquered table. Believe it or not, at one side was a television set. The Japanese sit on the floor and look up at it.

In a few minutes, the waiter brought our din-

ner. It was served in red lacquered bowls. Luckily, in addition to the usual chopsticks we were given knives and forks. The first course consisted of three or four shrimps for each of us. Next came a bowl of vegetables, a few slices of raw fish and bowls of steaming rice.

Before we left our Oriental abode, though, Ellen said I had to see the bathroom. The bellhop came and held me in his arms while I took a quick look around. The sink was tiny, just right for a child. The shower consisted of a square wooden box about three feet high. In front of it was a slightly raised platform made of wooden slats. The person taking the shower stands on it and dries himself off. Excess water drips through the slats and is carried away by a drain below. The toilet looked like a cradle with a hood over half of it.

Five days in Kyoto were not enough. We were just able to hit the high spots. Ellen and I were so sorry to have to leave, but since everything was pre-arranged we could do nothing.

Taking the trip as a whole, I would recommend it for the handicapped provided they are willing to over-come certain problems. Our chauffeurs were most cooperative, but the Japanese people in general do not readily come to the assistance of the disabled. I believe this is because most Japanese handicapped do not get around the way we Americans do.

I will always remember my trip to that fascinating country. To catch a glimpse of a people whose culture and way of life is so different from ours broadened my outlook immeasurably. I hope to go back some day to gain a deeper insight into a very interesting people.

Address: 9 Prospect Park West, Brooklyn, New York 11215.

Ω

EQUIPMENT

UP AND DOWN ESCALATORS IN A WHEELCHAIR

"One exercise which is not in the wheelchair handbook because I did not know about it at the time, is how to go up an escalator in a wheelchair - alone! If you are in a hurry in a building, such as Selfridges, and you are in a wheelchair, and you want to get from the ground floor to the top floor, the quickest way is to go up the escalator. This may surprise you as much as it did me. I was with Professor Nugent in a Chicago store and we came to an escalator, and he said 'Go up that escalator.' I said 'You're kidding, it's not possible.' But I went on that escalator and I never realised until that moment how easy it is to go up and down an escalator in a wheelchair. It is not dangerous, it is not a question of balance, you just go on to the escalator - up forwards, down backwards - and the wheels adjust themselves to the steps as they raise and you hold on to the hand rails - you even hold on with one hand."

ED: Excerpted from the article, "Spastics and Transport," in *Spastics and Society*, April 1966, by O. A. Denly, M.B.E. Mr. Denly is director of Access for the Disabled at 34 Eccleston Square, London, S.W.1.

AN OUTSTANDING NEW REFERENCE BOOK

Aids to Independent Living. Self-help for the handicapped. By Edward Lowman, M.D. and Judith Klinger, OTR, M.A. 608 pp. 8½ x 11, 2222 illustrations. 1969. \$39. McGraw-Hill Book Co., 330 W. 42nd St., New York, N.Y. 10036.

This tremendously exciting encyclopedia of self-help devices is the culmination of nearly two decades of testing, designing, and developing at the Institute of Rehabilitation at New York University. A veritable Bible of rehabilitation, it covers commercially produced equipment, easily learned techniques, and simply constructed adaptations. Though its price will limit its purchase by individuals, it should be in the library of every professional person concerned with promoting functional independence. Incidentally, McGraw-Hill will send a copy on 10-day approval.

MICROSWITCH ROLLS PAPER BACKWARDS IN TYPEWRITER

"Soon after signing on as a local new correspondent for a local daily, I became aware of how helpful it would be if I could do my own copy editing without calling for someone to come roll my paper back for me. I happened to mention my dilemma to an inventive friend, who worked out a way with the use of a microswitch (mounted at one side of the typewriter keyboard, within reach of a mouthstick) and a solenoid. I consider my new 'gadget' to be invaluable; and my friend has agreed to produce them for other disabled typists. We've not yet determined the actual cost factor, but they should be relatively inexpensive."

ED: The promised photographs seem to have been lost in the March Post Office strike so readers will have to write directly to: Peg Layton, P.O. Box 134, Douglas, Wyoming 82633, for details.

OPERATION IN AFRICA FOR SITTING COMFORT

"My solution to the problem of discomfort, when sitting in one position for a long spell, came in the shape of an operation I had in May 1969. Breast prostheses (sacs filled with sugar water) were inserted beneath the skin over both tuberosities of my pelvis which seems to be the major weight-bearing area of the buttocks. These sacs now act as a built-in cushion which permits this weight-bearing area to be increased several times. They have, to date, successfully decreased the amount of discomfort I had hitherto been accustomed to. The operation is a minor one with little subsequent pain, the only drawback for me was having to keep all pressure off the site of the operation for several weeks. After a period of two months all discomfort due to the healing wound and hard scar tissue had gone away. Today I can sit for anything up to twelve hours in my wheelchair in complete comfort, providing I also use a cushion. A realistic evaluation of the degree of success of the technique requires more time I feel, but it seems most promising."

ED: The writer, Peter Collis, has been a polio quad since 1957. He recounted his experiences as a student at the University of Cape Town in the 1966 *Gazette*. His address: Corner Cottage, Union Road, Milnerton, Cape Town, South Africa.

SOUPED-UP WHEELCHAIR

"An electric wheelchair will work on 8 volt batteries without doing anything to the chair. You just have the charger converted so that it will charge 16 volts. This cost me around \$25; plus the batteries, a total of about \$55. I have more speed and power to get around the campus of Wichita State....My chair is the standard E&J...."

Ron Wycoff, 646 N. Edwards, Wichita, KS 67203.

1. INSULATION PAD

½" Foam Rubber
HI-3455-23-06 \$1.97

2. HYDRO-FLOAT FLOTATION PAD

HI-3455-23-05...\$49.50

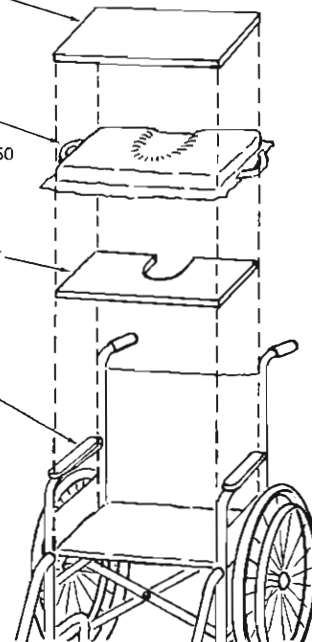
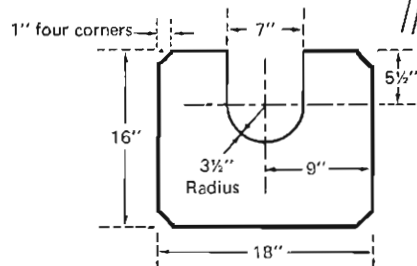
3. RIGID WHEELCHAIR SEAT

¾" Plywood
HI-3455-23-07 \$5.95

4. WHEELCHAIR

HYDRO-FLOAT FLOTATION PAD
Jobst Institute, Toledo,
Ohio 43601. May be custom
ordered for junior, tot
and special size chairs.

CUT-OUT DIAGRAM



SPINAL CORD INJURY HANDBOOK

N. Elane Wilcox, Ph. D., Rancho Los Amigos Hospital, 7601 East Imperial Highway, Downey, California 90242. Send for the 1970 revision of this free guide book. All paras and quads will find it helpful and informative.

TRI-WHEELER CHAIR

Save-A-Step Mfg. Co., 401 S. Franklin, Winamac, Indiana 46996. The company was founded by Ralph W. Braun, who is disabled by muscular dystrophy. 12 volt system and 24 volt system are available. 24" wide. One hand steering. Base price: \$398
CONVERTED JEEP VAN

Same company. Hydraulic tailgate for driving from wheelchair.

SELF-RECLINING CHAIR

Humanics, Inc., Box 1145, Wilmington, Delaware 19899. The Rehab Chair, described in the 1969 *Gazette*, is now available from this company.

MAIL ORDER CATALOG AIDS

Here are some self-help aids hidden in the trivia of gift catalogs. Prices given do not include shipping charges. Send for the catalogs.

Brecks of Boston, 100 Breck Bldg. Boston, Massachusetts 02210.
TRAVEL URINAL. "Portable Potty." \$4.98
AUSTRIAN BACK SCRUBBER.

\$4.98

BATHTUB RAIL. \$4.98

TEMPORARY BIDET. "Mini-Bath." \$6.98

SELF-LATHERING BACK SPONGE. Long handled. \$2.49

BATHTUB SEAT. \$8.98

CARD HOLDER BOARD.

\$2.98

PUSH BUTTON LIGHT

SWITCH. Single, \$2.39

Double, \$4.89

Downs, Dept. 170, 1014 Davis St., Evanston, Illinois 60204.

CAR SEAT WARMER. \$9.98

READING RACK. \$11.98

SWIVEL CAR CUSHION.

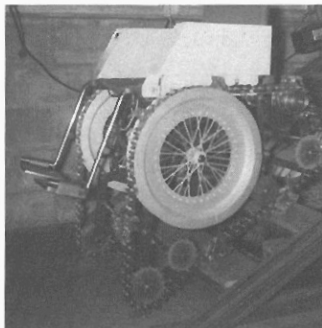
\$4.98

Hammacher Schlemmer, 147 E. 57th St., New York, N.Y. 10022.

ADJUSTABLE BED-CHAIR TABLE. \$50

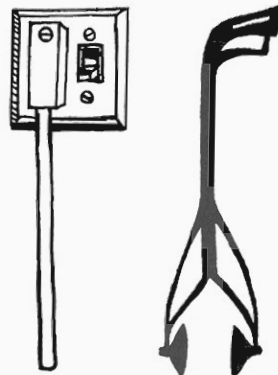
HYDRAULIC WHEELCHAIR LIFT FOR BUS OR VAN

Fred Scott & Sons, 70 Scott St., Elk Grove, Illinois 60007. Lift's motor and pump operate from vehicle battery. Self-locking brake. Load capacity: 550 lbs. Easily installed. Fits all vans. Side or rear loading. Folds inside.



STAIR-CLIMBING CHAIR

Ibex Corp., 2035 Calumet St., Clearwater, Florida 33515. Mr. James Bamberg reports that research continues on the hand-made model shown here. He plans to have polished models ready by summer 1970. Inquiries are invited.



LIGHT SWITCH EXTENSION

A-J Associates, Box 19005, 9135 Katy Freeway, Houston, Texas 77024. Fits over existing toggle switch and plate to lower the on/offing for children and the wheelchair. \$1.50
PICKER-UPPER

Same company. Squeezing the handle of the "Grab-It" operates its clamps.

BATH, BED & CHAIR AIDS

Lumex, Inc. Bay Shore, New York 11706. Free booklets: *Patient Care in the Home* and *Environmental Aids to Patient Safety*.

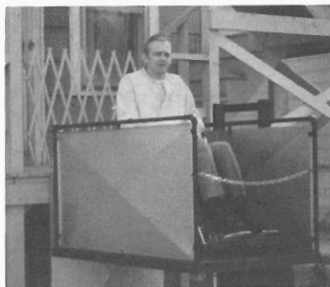
DECUBITI PADS

Made by DeMedco of Portland, Oregon, represented by a polio, Mary Ellen Lillis, 1242 Rutledge St., Cincinnati, Ohio 45205. Pad looks like cloud-soft ice cream cones. 4" thick. Chair pad: \$6.95
Bed pad: \$49.95



ELECTRIC WHEELCHAIR

Gil Mayfield, Compass Industries, 11908 Dorrada Ave., Garden Grove, California 92640. Fiberglass body. Portable. Weight, including battery: 296 lbs. Width: 26-3/4". Finger-tip operation. Price: \$775 plus shipping.

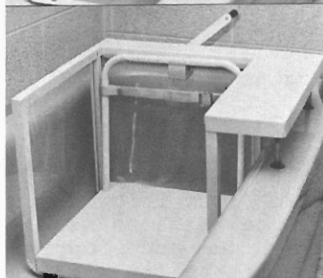
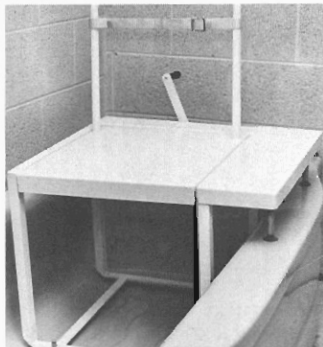


WHEELCHAIR ELEVATOR

R/J Chair Lift Co., 431 Elgin Ave., Forest Park, Illinois 60130. Designed and manufactured by a quad, R. H. Jackson. Hydraulically operated, electrically powered. Raises to 12' height. 3' x 5' platform.

WHEELCHAIR SAFETY CLAMP

to prevent chairs from slipping in buses and vans has been developed by a consulting engineer and an assistive device specialist. For free sketch and details of construction, write: Mr. A. G. Garris, State Dept. of Rehabilitation, LA West Branch Office, 1494 S. Robertson Blvd., Los Angeles, CA 90035.



BATH LIFT

Eaton E-Z Bath, Box 712, Garden City, Kansas 67846. Easy installation. Fits most modern and old style tubs. Easily crank-operated with reduction gears. Weighs 15 lbs. Portable. Dealerships available. \$171.95 plus shipping.

BIO FLOTE PAD

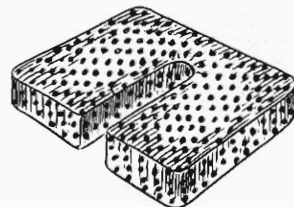
Bio Clinic Co., Box 1505, Saugus, California 91350. Vinyl cover. Water and air filled. Regular size about \$60. Junior size about \$50.

FLOTATION THERAPY PAD

DePuy, Inc., Warsaw, Indiana 46580. Water-filled polyurethane foam pad, wedge-shaped for even weight displacement. \$149.50
Bed unit available.

LIGHTWEIGHT WHEELCHAIRS

Rolls Equipment, Inc., Elyria, Ohio 44035. Catalog of complete line.



VENTILATED SEAT CUSHION

Arnold Products, Knox, Indiana 46534. Molded poly-foam, vinyl cover. 18" wide, 15" long, 2" thick. \$12.95 delivered. Catalog of other items.

BOOKS



by
Donna McGwinn,
respiratory polio quad
Box 267, Grand River, Ohio 44045

STILL LIFE

by Elizabeth Twistington Higgins
1969. A. R. Mowbray & Co Ltd, Oxford. 20s. \$2.75

The title *Still Life* evokes many meanings - a portrait, unmoving life or life continuing to be despite...despite what? a virus that tried to scourge it in this case. Any one of these meanings is true to this quietly unique autobiography, for in it are creative painting, an unmoving human being and a life as strong and forceful still as in motion. This is a story of a ballerina, one whose art was expressed in graceful and controlled movement, and how she responded to the devastation of her dancing ability.

Elizabeth was born in London in 1923. At the age of 14 she saw a Sadlers' Wells production of *Les Sylphides* and that night decided to be a ballet dancer. "Such romantic beauty stirred my soul as never before," she remembers. She trained at Sadlers' Wells, Cone School and the Royal Academy of Dancing. Teaching ballet was to

be her career but before settling down to it she spent six years dancing in the theater.

Then polio struck. It paralyzed her from the neck down and forced her to use mechanical breathing aid from that time on. Elizabeth is a very succinct writer exerting the same magnificent control in this medium as she did in dancing and manages in just a few pages to recall the terrors of the iron lung, her recurrent despair over permanent paralysis, the apprehension and embarrassment of her first outings, and all the other experiences familiar to the newly disabled.

Two years after her first admission to the hospital Elizabeth went home. But as is true in many cases the responsibility and magnitude of her care proved too much for her parents. A few months later she was back in the hospital and for two years rotated between hospitals and family.

In one of these institutions Elizabeth learned to paint by mouth, an ability that "eased my pent-up feelings, helped me overcome that terrible craving to move, releasing me spiritually so that I forgot my paralyzed body and found I was moving, dancing, creating again."

Creation is synonymous with life. To create is to be alive, and by learning again to express her being Elizabeth found new life and a long sought mental adjustment. Of the dancers she paints she writes, "I was surprised that, after years of immobility, I could still 'feel' the movements I was trying to portray. I had not forgotten how to dance. I found myself dancing again in a new medium." This imaginative reality was later to allow her to have the career she had originally planned.

At the Dover Isolation Hospital the artist set-

tled down to her work. She designed and sold Christmas cards, had paintings reproduced on Medici Society greeting cards and Cunard Lines menu cards, exhibited in many one-man shows, and became a member of the Mouth and Foot Painting Artists Limited. Her subsequent fame prompted the television show "This Is Your Life" to honor her on her birthday.

Most readers know that hospital life is organized, restrictive and bustling. A patient must be cheerfully available to all who happen along. Elizabeth objected to such an atmosphere because it did not allow her the time and privacy to work. So she decided to buy her own flat. When after two years she found the right one she was able to leave the hospital every day and work in her own home on her own schedule. At night she went back to the hospital, an arrangement made necessary by the inability to find live-in help. Her cherished independence was worth the wearing daily trek.

Not only did her life expand to her own home but to other lands. She enjoyed two Mediterranean cruises, going to Tangier, Greece, Egypt, Gibraltar and many other places at which she was royally accommodated.

After Elizabeth's father died in 1966 family changes charted her move to Essex. Though she regretfully left her flat it was in this new location that she rejoined the world of ballet. The local ballet company asked her to set a tarantella for eight girls. Here it was, resumption of the teaching career she had started many years earlier.

Still life. All images conjured by the two words apply to this story, but the best one for depth of meaning is the reassurance given to Elizabeth by her father: "Never forget you are

exactly the same as everyone else, except for the fact that you cannot move." Still alive, fully, richly and expressively enough to share in many ways. This book is but one.

CROSSED WIRES

by Bill Howe

1969. *The Spastics Society*. London. 5s.0d. \$1

Every year one book has a special appeal for this reviewer and with wordy enthusiasm I exhort one and all to read it. Yet this book is so simple, and quiet, and profound that its aura will be carried over into the review. The author has a preference for very quiet people. "Some, when they are talking, you would think that they were addressing the whole street by their loud voice." So, though it is the whole street, even world I wish to address, it shall be done in quiet tone.

Think about telling your life story in 39 pages. Could you fit in most of the highlights and meaning? Probably not, unless you lived in a drastically circumscribed world and could communicate only by head motion, unintelligible sounds or misspelled words typed slowly and drudgingly with a pegged shoe.

This is how it is with Bill Howe, cerebral palsied since birth and unable to walk or talk. He began this book on the back of a birthday card on Saturday, October 25, 1958 when he was 34 years old. Get used to such precise recordings of eventful dates for they often fleck the pages, demonstrating a way of thinking probably understood only by the severely disabled. Time is more important to a man who is physically passive and dependent on things happening and people coming to him, usually at certain times,

than is one who physically controls his own life.

Howe finished the first draft of his book in five months. Wanting it to be perfect he then re-wrote it five times! Fortunately the publishers did not edit it for its impact is in its truth of expression. This is how the world is for Bill Howe and the marvel is that he found a way to share his view despite 'crossed wires.'

The predicament of not being able to communicate is described by Howe. "I found that my brain worked with my limbs like the wires were crossed. I mean to say, my right manages to become my left. Take for instance that I want to do something. I have to try not to do the thing which I am trying to do. I have to try many a time before I can manage it." It is with this tenacious effort that he learned to read, paint, write with stencils on a board propped in front of him, and type. All movements are done by the only controllable limb of his body, his left foot, and the peg protruding from his shoe.

Howe had a devoted mother whom he adored and who cared for him until he was 17 when she was no longer able enough for the task. Then he was moved to a hospital where he was to spend the next part of his life. Three of these years he spent in bed with tuberculosis. All his experiences are told with the starkest simplicity that is strangely eloquent and very moving.

Isn't this narrative of his transfer from home to hospital simple - "I realized she was speaking the truth. She really was getting far too old to care for me and I looked at it in good heart." and later, "I could not sleep, I was thinking of my dear mum and home. In the end, I put my head under the sheets and cried and then fell asleep for a while." - but oh so real and touching.

One of the glorious things about this book is its accurate portrayal of the human mind. It flits and dances from subject to subject and thought to thought exactly as does Howe's or anyone else's mind. He is a beautiful stream-of-consciousness writer. No matter that the stream must go through many locks; it nonetheless forms into words that can be read and understood and shared.

Crossed Wires is a masterpiece of conveying life as a severely disabled person. Life is full even though it does not seem to expand as far as that of able-bodied people. This particular life expands farthest in the field of music. A lover of the classics, one of his best paragraphs is in tribute to Schubert. Howe says, "I always wake up with a melody in my head." Maybe that is one of the reasons for his conclusion regarding life as a spastic. "Some people seem to think we are better off dead. These people do not know how wonderful this life really is." Ω

TALKING BOOKS.

If you are turning these pages with a mouthstick or a page turner or relatively useless hands you are eligible for the TALKING BOOKS program. The Library of Congress is ready to loan you a FREE record player and send you FREE recorded books and current magazines. FREE mailing too. All you need to qualify is a brief statement of your disability from a competent authority. Contact your local library or write: Division for the Blind and Physically Handicapped, Library of Congress, Washington, D.C. 20540.



HOBBIES

THE VOICESPONDENCE CLUB

This club is a non-profit, cooperative organization of tape recorder owners in about 40 countries who exchange ideas, conversation, music, and tell of their daily lives. Special membership rate, which includes the Club magazine, is available to the blind and handicapped.

Address: Charles E. Owen, Jr., President, P.O. Box 14492, Long Beach, California 90814.

ED: The Spring-Summer 1962 *Gazette* describes the excitement and adventure of membership for the severely disabled.



HUNTER-FISHERMAN

Albert L. Crouse, C4-5-6 quad, drives a car, boat, truck, and cat-type tractor, and has converted a lawn mower to use for hunting in mountain country. His other hobbies are boating, traveling, photography, collecting antiques and artifacts, amateur radio, and Civil Air Patrol.

Address: 2524 South Everett Place, Kenewick, Washington 99336.



ONE-ARMED FISHING

Handi-Gear is a small, light, aluminum harness which functions as either right or left hand. It weighs only 14 ounces, and is worn with two adjustable straps - one over the shoulders and one around the waist. It can be used for plug casting, bottom fishing, and trolling. Price \$10. Left-hand wind reels extra. The Garcia Corp., 329 Alfred Ave., Teaneck, New Jersey 07666.

CHESS BY MAIL

Tom Cole and forty other members of the PVA (Paralyzed Veterans of America) are participating in tournaments in organized groups of seven. They invite others in the USA and abroad to participate and to contest for the chess champion of the physically handicapped.

Address: 20730 Coral Sea Rd., Cutler Ridge, Perrine, Florida 33157.

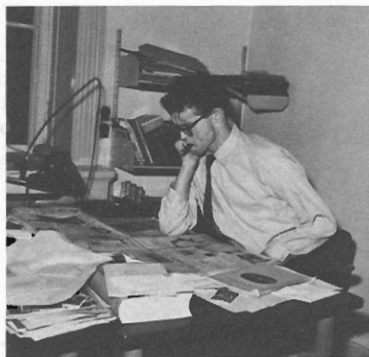
ED: The 1964 *Gazette* includes creative ideas by chess-playing quads, such as a magnetized board and pieces.

BOWLING

The American Wheelchair Bowling Association (AWBA) is an all-male National wheelchair bowling organization with over 250 members in 25 states all of whom are confined to and bowl from a wheelchair.

Anyone wishing to join, write: Stuart C. Kah, Rt. 2, Box 750, Lutz, Florida 33549.

FRIENDS - AROUND - THE - WORLD



Preben Hoybye-Mortensen
Copenhagen K, Denmark



Sister Anna Lawrence
New York, U.S.A.

"Why don't you give instructions in shortwave-listening (DX-ing)? It's an excellent hobby even for the most severely disabled. All you need is a good receiver and antenna - and lots of patience." (ED: Will any readers volunteer to write an article on DX-ing for the 1971 issue?)

Preben Hoybye-Mortensen, 34, Esplanaden, 1263 Copenhagen K, Denmark.

ED: Preben, disabled by athetoid cerebral palsy, is the public relations officer at the Society and Home for Cripples. He is a member of the Danish Shortwave Club International and is involved in many voluntary welfare projects. He speaks and writes English, understands Swedish, Norwegian, German, Esperanto, French, Italian, Spanish and Portuguese.

"My happiest years were spent teaching in the parochial school until I was disabled by osteoporosis....Then after four years as a school librarian this, too, had to be relinquished....

"I had been partially blind for almost a year before my final vows so I could well appreciate what it meant to be in darkness. This inspired me to study Braille and I became a certified Braille transcriber.

"Now I spend my days happily transcribing books into Braille and operating four Braille Groups of blind teenagers and adults.

"I like soft music while I work. I enjoy corresponding with shut-ins, via 3" tape - 2 track, and through Braille, since these do not require postage. I have met a few friends through the *Gazette* and will look forward to meeting more."

Sister Anna Lawrence, CUSA, Maria Regina Infirmary, Room 235, Brentwood, New York 11717.

"I would appreciate it if you would publish my name and address in the *Gazette*. I would enjoy having new pen-pals and I would like to hear from your many readers as I like to write letters and get to know people. I have an extensive correspondence and I would answer all letters received from those who would take the time to write to me.

"Perhaps I should tell you a little about myself. I got polio in 1952 when I was 12 years old and have no use of my arms and legs. I need an iron lung to sleep, but I can breathe on my own for a time during the day.

"I have many interests. I think that I would have many interesting things to discuss with those who would write to me."

Alice M. Pelley, 9462 S.W. 39 Street, Miami, Florida 33165.

"I am disabled because of a cord injury in 1956. I live alone and do the things that have to be done and then back to bed. I like to paint when I am able to sit up long enough. Most time I have nothing to paint with and I would be grateful for some pointers on painting. I mean someone to teach me how to get started."

Kathryn Nelms, 303 Elyton Parkway, Birmingham, Alabama 35204.

Jan Holeva, Mierova 5, BARDEJOV, Czechoslovakia, a C4-5 quad since 1956, has lived in a nursing home for ten years. His radio amateur call is OK3CGY and he would like to contact other handicapped hams.

"We started as the 'World Wide M/S Pen Club' and for 5 years did well. The title was changed to 'The World Wide P.H. Friendly Society'. The "free" enterprise is gone due to spiralling costs and now a small subscription charge is made."

Arthur R. Noakes, 306 The Knares, Lee Chapel South, Basildon, Essex, England.

"My special thanks for publishing my letter in the *Gazette*. Since the letter didn't remain with-out response, everyday life does no longer seem so desolate and gloomy as it was before.

"I learned that there is no efficient cure for muscular dystrophy at present yet. But medical research does not rest. If it should not be our generation that could profit by the knowledge to come, it will surely be a future one."

Heribert Flader, 114 Berlin-Biesdorf, Pflegeheim Grabensprung, East Germany DDR.

"I am still getting new *Gazette* friends and reading material by almost every mail. Last mail brought me letters from Germany, New Zealand, Australia, and both England and the U.S.A. They all seem to be very wonderful people, which is renewing fast our general faith in mankind.

"On July 17, 1969 my son was born. We have named him Gregory Neil, the Neil portion after my husband and also astronaut Neil Armstrong. Naturally our home was very upset at first since, after thirteen years, one has given up the idea of any family."

Mrs. Muriel Willes, "Kingshurst", St. Helena Island, South Atlantic.

"My book, *Atlantic Rendezvous*, will be published March/April 1970. This is my personal story, set in the early period of World War II. It is by no means exclusively naval in content, but encompasses clandestine activities, secret rendezvous and escape."

W. H. Murray, Ballure, The Glen, Ramsey, Isle of Man, British Isles.

ED: Bill is a respiratory polio quad. His book will be reviewed in the next issue. Meanwhile, it is 48 shillings from Nautical Publishing Co., Nautical House, Lymington, Hants., England.

"I am still disabled as ever, and my hobbies and habits haven't changed very much, although I have become a very serious stamp collector. I would like to do some small-time trading with other readers."

Henry Fehr, 1234 Avenue "G" North, Saskatoon, Saskatchewan, Canada.

"I am a 31 year old C5 quad from a diving accident in 1960.

"I paint and am a stipendiary of the Assoc. of Mouth and Foot Painters.

"Among my main interests are conservation, ecology and all aspects of the Natural world or environment. I would be glad to hear from anyone who is actively involved in these areas.

"In my work I am concerned with reflecting the rape or destruction of the Natural world - and those who live in close harmony with it - by the irrepressible forces of 'Progress' and 'Development'.

"Also, I would like to correspond with any Miccosuki or Muskogee Indian of Florida or Oklahoma who might possibly be reached through, if not actually a reader of, your fine magazine."

Michael Thomasian, 732 Main Street, Leominster, Massachusetts 01453.

"Since I was disabled in 1965 with a tumor on the spinal cord, I have not been given any information to help me and I can't afford to buy any of the equipment I need...I have a family of 10 and we are still living together. I sew and care for my youngest children."

Marylene Wilson, 805½ Beech Street, Louisville, Georgia 30434.

"If you publish my letter in your *Gazette* I should be very glad. I will tell you that I have had polio since I was 3 years old. I am 36 years old now.

"I got married ten years ago and last summer I went with my wife to Holland in our car. We went to visit the village for disabled people, Het Dorp, that is in Arnhem. I had read about it in one of your magazines and I can say that it is the most wonderful thing I have ever seen. I send you a photo of two of my friends from Het Dorp, and I am between them.

"I want to tell you that since I receive your magazine I know a lot of very interesting new things for disabled people and I consider the *Gazette* a great help for us."

Jordi Mayol Cerda, Calle Horta 59, Barcelona 16, Spain.

"I have been a C4-5-6 quad since '68. My interests are reading, writing, and politics...I am a member of Mensa. I was a teacher before disability and am now working on a book of poetry...I would like to correspond with disabled writers and people my age (early twenties)."

Norman K. Lonie, c/o Amari, 303 N. Brookfield St., Vineland, New Jersey 08360.

Does any reader have an extra old hydraulic lift for a bath tub? It would be a great help to the wife of a C-6 quad who is 6' 7".

"Do you know how we can go about getting Foley catheter tubes and bags at a reasonable price? Here I have to pay \$4 for the 24-5cc tubes and \$3 for a bag. It takes a new tube every week so you see it runs into money."

Charles Henderson, 2570 Airdale Avenue, Greenville, Mississippi 38701.

"My interests are reading, listening to music, typing letters to friends in Australia and overseas and to prisoners. I do voluntary work in our high school library and am secretary of the local Al-Anon Group.

"I became a C5-6 tetraplegic (quad) while a student...My ambition is to become a social worker. I am completing my education by teaching myself and with tutoring from a correspondence school in Melbourne. I'm 2 years away from being eligible to attend University as I am this year commencing Matriculation."

Anne Smythe, 9 Hancock St., Ouyen, Victoria, 3490 Australia.



W. H. Murray
Ramsey, Isle of Man



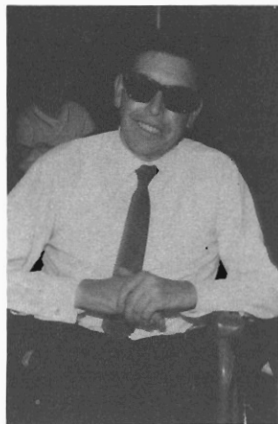
Norman K. Lonie
New Jersey, U.S.A.



Jordi Mayol Cerda
Barcelona, Spain



Anne Smythe
Victoria, Australia



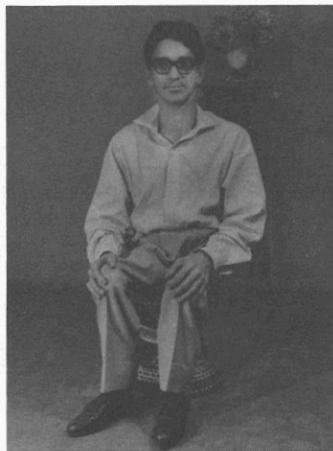
Michael Killilea
Galway, Ireland



Elizabeth Diecke
San Pedro Sula,
Honduras



C. J. Lamos
Florida, U.S.A.



Tamonash Mukherjee
West Bengal, India

"I am in a wheelchair since 1966. I became a member of the Irish Wheelchair Association in the autumn of that year and attend meetings of the Regional Branch in my native Galway.

"I am interested in literature and have written short stories and poetry with moderate success....I was asked to edit a little magazine, first for our branch, then on a national level. I do most of the work on our magazine here at my home but I go to our head office in Dublin for a few days each time prior to getting it published.

"We launched our bi-monthly publication, *Push*, in August 1969. Its aims are: Information, Education, and Entertainment. Our magazine is our forum for debate and expression: the coordinator of our thoughts and ideas. It can also be the link between us and other associations and organisations for the fostering and interchanging of new ideas and the pooling and dissemination of knowledge to the mutual benefit of all."

Michael Killilea, Oatfield, Cappatagle, Balinasloe, Co. Galway, Ireland.

"Had polio at age five in my native Arkansas. Went to school and lived in Chicago for many years. Married in 1950 and operated an editorial-printing service in Melrose Park, Illinois, for 15 years. (Was a freelance writer before that.) Have been living in Florida since November 1967, but still own our home and other property in Illinois.

"Spend a lot of time writing about the handicapped. Just started a little publication for South Florida - *Achievement*."

C. J. Lamos, 925 N.E. 122nd Street, North Miami, Florida 33161.

Another new publication, *The Active Handicapped*, a bi-monthly magazine, was initiated in January 1970 by Roy I. Smith, a paraplegic, as a private commercial venture. \$3 per year in U.S. and Canada. \$4 a year elsewhere. Write: 528 Aurora Ave., Metairie, Louisiana 70005.

"I work Monday to Saturday from 7 am to 3 pm as a laboratorist and study by correspondence. I am disabled by polio, use a cane and short braces...I like to sew, read, and collect coins and stamps. I will like to have correspondents who have the same hobbies to exchange stamps and coins. I know little English and my language is Spanish."

Elizabeth Diecke, Cervecería Hondureña, San Pedro Sula, Honduras, Central America.

"I know Bengali, Hindi, Sanskrit, French, German, and English languages... I like poetry, chess, music, dance, drama, acting, painting, languages.

"I will be highly grateful you send me by post mail old and useless journals valuable or not."

Tamonash Mukherjee, 9 Sorol Boge Colony, P.O. HALTU Dt24 Porgonas, West Bengal, India.

ED: Literature is the passion of Tamonash Mukherjee. A collection of his poems was published in 1957, and he has won several literary awards.

"I would like to exchange interesting recipes and thoughts on music, literature and sports."

Ann Roth, 504 Zorn Lane, Cleveland, Ohio 44143.

"Je suis moi-même polio-respiratoire quadriplégique, sous appareil respiratoire (poumon d'acier, la nuit, ceinture "pneumobelt" branchée sur respirateur "bantam," le jour). J'aimerais savoir s'il ne serait possible de correspondre dans la *Gazette*: j'utilise un "feeder," un fauteuil roulant électrique, des baguettes à bouche "mouthstick" pour taper à la machine, et, tourner les pages d'un livre. Je serais heureuse de correspondre avec des handicapés, ayant les mêmes appareils que moi."

Mademoiselle Josiane Criscuolo, Cliniques Saint-Eloi, Montpellier, France.

Eighteen-year old Margo Flynn, Fever Unit, St. Finbarr's Hospital, Douglas Rd., Cork, Ireland, paints, draws, and crochets and would like pen friends from all over the world. A respiratory polio, she sleeps in an iron lung at the hospital and visits her home periodically. She would like to have a lung at home.

"I like to write poetry and children's stories, play chess, checkers and dominoes. I am interested in observing sports on television. I have been disabled by cerebral palsy since 1930 and use braces and a cane. I would like to hear from other handicapped people.

"I live in the Atcheson Board and Care Home. There are 15 of us aged 18 to 50. The director helps by giving encouragement and opportunities for new experiences and activities."

Harry Bradish, 1153 S. Magnolia Ave., Los Angeles, California 90006.

ODDMENTS AND ENDMENTS

125,000 P's & Q's IN US
"About 125,000 people in the U.S. are paraplegic or quadriplegic, about 10 per cent being veterans. About 15 new cases occur per day." Thus reported *Rehabilitation Literature* in the March 1970 issue as one of the conclusions of the meeting of the National Paraplegia Foundation in Palm Beach in February 1970.

'71 COLLEGE STUDENT FLIGHT TO ROMANIA is being organized by a quad, Stef Florescu. The summer charter flight is planned for those studying sociology, languages, literature, history, music or political science. Address: 1466 Lafayette, Lincoln Park, Michigan 48146

NY TO DC BY TRAIN
The March 1970 *MAP Newsletter* reports excellent, fast transportation for the wheelchair from New York City to Washington, D.C. on the Penn Central's Metroliner. Special club features include single seats on each side of the aisle.

NO MORE USED XMAS CARDS to sister Caedmon. She sends her thanks ! ! !
?Anyone else want them?

OHIO SUMMER COTTAGES FOR THE WHEELCHAIRED are equipped with ramps, grab bars, etc. by a para, Jim Allen, Allen Court, Geneva-on-the-Lake, Ohio 44041.

PLANNING FOR DISABLED PEOPLE IN THE URBAN ENVIRONMENT. This comprehensive report is the result of an 18-month study at Edinburgh University and may be ordered from the Central Council for the Disabled, 34 Eccleston Square, London, S.W.1. 15 shillings (\$2.00)

HOSPITAL RESIDENCE FOR THOSE ON WELFARE ANYWHERE IN THE U.S.
According to Mr. Elmer Johnson, administrator of New Britain Memorial Hospital, New Britain, Connecticut 06015, any disabled person on welfare anywhere in the U.S., who wishes to transfer from his present state to New Britain, is an eligible candidate. The procedure is to write to the Connecticut Commissioner of Welfare, John Harder, in Hartford. Others who wish to apply can be referred thru their physician and many do - from all over the world. The hospital has a "New Horizons" wing and a dynamic program for its severely disabled permanent residents.

CALIFORNIA RESIDENCE WITH SOME ATTENDANT CARE is described in excerpts from a letter from Sandra Mills, "I have two sisters; we are all in wheelchairs because of Friedreich's

Ataxia...I decided to live on my own so I wrote to Mr. Manor, the owner of Motel 66...Mr. Manor replied, "Under the new regulations you would have no difficulty in obtaining a grant from California sufficient to cover your expenses here and leaving you about \$38 a month to cover personal expenses. It would require approximately 3 months for you to receive your grant, however, we are able to finance you until your checks arrive." Write: Mr. Wesley H. Manor, Motel 66, 1400 N. Mt. Vernon Ave., San Bernardino, CA 92405.

SEATTLE PUBLIC HOUSING has 150 units designed for the disabled who do not need attendant care and whose incomes are low enough to be within their limits. There are no city or state residential requirements. Write: Seattle Housing Authority, 834 Yesler Way, Seattle, WA 90104.

Back Issues Available

Write to *Rehabilitation Gazette*,
Box 149, Chagrin Falls, Ohio 44022

\$ 3 per copy from the non-disabled

\$ 1 per copy from the disabled

Vol. XII, 1969. QUADRIPLAGIC LIVING - RAMPS FOR HOME AND CAR. FORECAST.

EDUCATION: Higher education experiences of quads. Education U.S.A. Education abroad.

EMPLOYMENT: Profiles of working quads.

HOME AND COMMUNITY: The Community That Cared. Rehabilitation Never Ends.

FRIENDS: Excerpts from letters of friends-seeking readers in Singapore, England, New Zealand, Wales, South Africa, Korea, Czechoslovakia, Spain, Finland, East Germany, Switzerland.

BOOKS: Reviews by Donna McGwinn of eight books.

TRAVEL: Holidaying and living in Mexico. Briefs.

HOBBIES: Hunting, Fishing, Photography, Writing.

VOLUNTEERING: A quad describes her work with the community organization, FISH.

EQUIPMENT: Transference equipment, wheelchairs, and accessories, typing aids, bathroom equipment, publications. Ramps for home and car.

FORECAST: Summary of planning conferences. Regional rehabilitation centers. Housing considerations and complexities. Home care services.

ODDMENTS AND ENDMENTS: Medical. Potpourri. Benefits. International. Talking Books. 92 pages.

Vol. XI, 1968. TENTH ANNIVERSARY. HOMEMAKING AND HOME-BASED BUSINESSES.

HOMEMAKING: A special 24-page feature of problems and solutions for the wheelchair with severe arm involvement, including aprons, baking, cutting and chopping, cleaning, electrical outlets, filling pans with water, handling hot stuff, lapboards, lifting, mixing, opening cans, peeling, reaching, removing foods from cooking water, scrubbing floors, serving carts, storage, stove and stoveless cooking, washing dishes.

HOME-BASED BUSINESSES: A special 13-page feature of readers' experiences and opportunities. Experiences - stock broker, typing, income tax and bookkeeping services, money-making jobs by phone, general insurance agent, hospital-based group business project, etc. Opportunities - imports-exports, audio and video checkers, advertising specialties salesmen, advertising and film salesmen, sales representatives, 3M Company business services.

EQUIPMENT: A special 14-page feature on quad driving, remote controls, wheelchair accessories, new models, oddments and endments, electric wheelchair carrier, drop-back dolly and wheelchair surfboard, portable lungs and portable rocking beds, bed pans, urinals, mouth-operated phone with lightweight headset.

OTHER ARTICLES: Ten Years in the *Gazette* House the biography of *TjG* by the editor's husband. Rehabilitation through music. Bookshelf. Housing developments in Mexico and England. Friends-Around-The-World - excerpts from letters of friends-seeking readers in Czechoslovakia, St. Helena Island, Singapore, Scotland, Spain, France, Canada, and U.S.A. 88 pages.

Vol. X, 1967. HIGHER EDUCATION AND EMPLOYMENT.

HIGHER EDUCATION: A special 21-page feature on the experiences of 23 severely disabled students at various colleges and their reports of campus facilities for wheelchairs.

EMPLOYMENT: A special 19-page feature on profiles of 35 severely disabled writers, doctors, counselors, teachers, lawyers, etc., the majority of whom earned their degrees post-disability.

EQUIPMENT: Citizens band radio, Egerton Stoke Mandeville bed, Stryker flotation pad, one-hand typing, transportation oddments and endments, chin-controlled wheelchair, Swedish curb-climbing wheelchair, remote controls, frog breathing, portable lungs.

OTHER ARTICLES: Friends-Around-The-World - excerpts from letters of friends-seeking readers in England, Sweden, Kenya, Australia, Finland, Czechoslovakia, U.S.A., Philippines, and Japan. Dr. Holbert on sex and the disabled. Photos and details of specialized world tours. Bookshelf. U.S.A. housing. Mouth-to-mouth rescue breathing. Ventilation reviewed. Sponsoring an alien. Staff snapshots. 88 pages.

Vol. IX, 1966. VOCATIONAL REHABILITATION AND WHEELCHAIRS.

REHABILITATION FEATURES: Federal and state. Transcribing stenotype. Home-based bookkeeping services. Coordinator of hospital volunteer services. Supervisory engineer. Computer programmers. TV monitor supervisor. Re-rehabilitation of a C5-6 quad. Money-making jobs by phone. Telephone answering service. Teaching. Russian translator and tutor. 3M Company home business service.

WHEELCHAIR FEATURES: English respiratory chair, self-reclining, "Pushup" arms, wheelchair lore,

foreign sports models, convertibles, climbers.

EQUIPMENT: Remote controlled typewriter for under \$50, tongue switch, sight switch.

OTHER ARTICLES: Planning for college. Quad on a South African quadrangle. Odyssey of a Bavarian scholar. Association of Mouth and Foot Painting Artists. Portraits of three artists in Canada, New Zealand, and Ohio. U.S.A. housing plans. Taping. Amateur radio. Bookshelf. Periodicals. Connecticut legislation for quads. 100 pages.

Vol. VIII, 1965. TRAVELLING QUADS - MEDICAL ENGINEERING.

TRAVEL FEATURES: Honeymoon trip to the Bahamas. Mediterranean cruise with respiratory equipment. Hawaiian tour. Use of respiratory equipment in flight. Mexican vacations. German visit and a respiratory fiasco. By air to Japan and Hong Kong. Across Canada with a rocking bed in a trailer. Three months in England and Germany - solo - using a rocking bed at night. Pilgrimages and travel tours.

MEDICAL ENGINEERING FEATURES: Polyester functional orthosis, research arm aid, toothborne telegraph transmitter, foot-operated coded typewriter, English reading aid, New Zealand distaff appliance, gated inertially controlled matrixed control system, electronic multi-controls.

EQUIPMENT: In-wheelchair travelers using special chairs, ramps, hydraulic tailgates and lifts; quad drivers, foot-controlled steering; wheelchair loader, carrier, cover, and narrower.

OTHER ARTICLES: Dr. Agerholm on helping the disabled to live to capacity. Adoption of Korean-American war orphans. Slot-racing. Bookshelf. Social Security benefits. Home employment. Housing in the U.S.A. Education. 100 pages.

Vol. VII, 1964. QUADS INTERNATIONAL.

FEATURES: Photos and letters of quads in New Zealand, Australia, India, Canada, England, Scotland, Ireland, Switzerland, France, International magazines.

EQUIPMENT: Foot-typing, fashions, portable fibre glass lung and portable rocking bed, mouthsticks, painting aids, arm slings, toileting.

OTHER ARTICLES: Home study - Institute for University Studies; studying writing. Home businesses - TV monitoring, telephone calls to elderly people, selling Amway products, typing and telephoning with gadgets. Hobbies - chess and postal chess, bowling, photography, contesting. Dr. Holbert on cold prevention. 84 pages.

Vol. VI, 1963. HOUSING AND QUADS AT HOME.

FEATURES: Family life and fun, adoption, post-paralysis marriage, volunteering, swimming, fishing, camping.

EQUIPMENT: Rubber and sheepskin cushions, custom-built elevators, Australian fibre glass lung, English self-adjustable/mobile chair.

OTHER ARTICLES: Vacation directory. Housing projects in the U.S.A. and abroad. 52 pages.

Vol. V, 1962. (Fall) COMMUNICATIONS.

FEATURES: A special 9-page feature of the experiences of quads as writers in various fields; amateur radio, listing of individual hams and clubs; tape clubs.

EQUIPMENT: Telephone adaptations, typewriting aids, electronic multi-controllers.

OTHER ARTICLES: Dr. Holbert on kidney stones. Low V.C. and altitude. Designing and selling greeting cards. 52 pages.

Vol. V, 1962. (Spring) QUADS ON QUADRANGLES.

FEATURE: A special 20-page feature of the experiences of quads acquiring higher education by telephone, correspondence, and attendance.

EQUIPMENT: Reading aids, self-aspirator, bed bathtub, portable tub, shampooing.

OTHER ARTICLES: Home-based magazine service. Dr. Sandiford on English respirators. The Voice-spence Club. 64 pages.

FUTURE ISSUES

We would appreciate your ideas and information for features in coming issues:

PUBLICATIONS AND CLUBS: We would like to publish as complete a list as possible of periodicals and newsletters written by and for the disabled around the world. Please send us a sample copy or the name and address of any such publications. We would also like the names of any clubs for the disabled anywhere in the world.

WRITING: Please send us any information you have on writing - by hand with assistive devices, by holding pen or pencil between the teeth or toes, etc. We are interested in any and all methods.

FROG BREATHING: A plea to "old polios": Please send us a detailed explanation of how you learned to frog breathe so that we can pass the technique on to traumatic quads who may need it.

MOUTHSTICKS: Please send us more of your inventions. We have published many in the past, but would now like to print a complete collection.

THE DISABLED IN ASIA: We have several very interesting articles by quads of various disabilities. We would like to have many more.

YOUR QUESTIONS: What would you like to know more about? Let us know so that we can plan future issues to fit your needs.

NEXT ISSUE ...
VOLUME TWO ... FALL 1970

PRICE • PRIX • PREIS • PRECIO

GROOMING: A 10-page feature of suggestions by quads on personal grooming, including sources of especially designed clothing and a digest of ideas. Why Bother? Masculine Grooming. Glamour on Wheels. The Art of Make-Up. C.P. Ingenuity. Cosmetically Yours.

HIGHER EDUCATION: Coed Dorms. College and Law School by Telephone. A Mexican engineering student quad. Education Etceteras.

EMPLOYMENT: Georgia Businessman. Cleveland entrepreneur. Program Coordinator. Nudist Colony Operator. Australian Public Servant. New Fields Open in Computer Careers.

WHEELCHAIR PARENTS: A 7-page feature of the creative adaptations and experiences of two California quads, a wheelchair Ohio mother, an English paraplegic peeress, a quad father.

TRAVEL: By Air. Roman Highlight. RIC's European Adventure. A new residence in Guadalajara. Around Australia and Across the Atlantic with Portable Respirators. D.F. and Acapulco.

EQUIPMENT: English remote control, Possum. A new portable lung. Reading racks. New wheelchairs. Gooseneck telephone holder. Wheelchair desk.

HOBBIES: Horse Racing. Phone Patching. Hams.

OTHER ARTICLES: Little People of America. A Note To Veterans. Book Reviews.

FRIENDS-AROUND-THE-WORLD: Excerpts from letters of friends-seeking readers in Italy, Singapore, Lebanon, Finland, West Indies, Australia, Isle of Man, and U.S.A.

ODDMENTS AND ENDMENTS.

Personal cheques and cash from any country are negotiable at our bank. Or, readers may send International Postal Response Coupons. Price per copy, including postage: Disabled - 8 coupons; Non-disabled - 21 coupons.

English readers may send their monies to : Dr.H.B.C. Sandiford, Lazy Bench, Tavistock PL19 8JW, Devon. Price per copy including postage: Disabled - 10 shillings; Non-disabled - 26 shillings.

French, German, Swiss, and Belgian readers may send their monies to: Mrs. John T. Hoover, 51 Bd de la Forêt, 1012 Lausanne, Switzerland.

Chèques personnels et dons en espèce de n'importe quel pays, sont négociables à notre banque. Cependant pour faciliter les transactions, nous suggérons les Coupons Postaux Internationaux. Prix par exemplaire, y compris l'affranchissement, 8 coupons pour invalides, 21 coupons pour non-invalides.

Les lecteurs provenant de la France, de la Suisse out de la Belgique peuvent envoyer leur contributions a Madame John T. Hoover, 51 Bd de la Foret, 1012 Lausanne, Suisse.

Persönliche Checks und Bargeld von überall her kann an unsrer Bank negoziert werden. Um alles zu erleichtern, ist es aber ratsam Internationale Post Scheine zu benutzen. Preis derjenigen: Fur Invalide, Porto einbegriffen: 8 Scheine, für Gesunde, 21 Scheine.

Französische, Schweitzer oder Belgische Leser können ihren Beitrag zu: Frau John T. Hoover, 51 Bd de la Foret, 1012 Lausanne, Schweiz, schicken.

Los cheques personales y dinero contante de cualquier país pueden ser negociados en nuestro banco. Sin embargo, es mejor que los lectores envíen Cupones Internacionales Postales. El precio para cada uno incluso el porte de correos: Incapaces - 8 cupones; Todos otros - 21 cupones.



REHABILITATION GAZETTE

Rehabilitation Gazette is now the name of our former *Toomey j Gazette*. We feel the new name more clearly reflects our present aims and the evolving interests of our readers worldwide.

Donation per copy: \$3 from the non-disabled, \$1 from the disabled, plus 14¢ postage outside the U.S.A. Donations are tax deductible. Make checks payable to: Rehabilitation Gazette, Inc., Box 149, Chagrin Falls, Ohio 44022, U.S.A.

Spanish Translation: *Rehabilitation Gazette* es ahora el nombre de nuestro pasado *Toomey j Gazette*. Nosotros sentimos que el nombre nuevo se refleja más claro, nuestros propositos presentes y los intereses de nuestros lectores por todo del mundo.

El precio para cada uno: \$1.00 para incapaces; \$3.00 para todos otros, y 14 cents para porte. Hacen cheques pagaderos a: Rehabilitation Gazette, Inc., Box 149, Chagrin Falls, Ohio 44022, U.S.A.

French Translation: *La Toomey j Gazette* s'appellera dorénavant la *Réhabilitation Gazette*. Ce nouveau titre exprime nos objectifs et les intérêts de nos lecteurs de partout dans le monde avec plus de clarté.

Donation par exemplaire \$3.00 pour non-invalides, \$1.00 pour invalides, ainsi que 14 cents pour affranchissement. Les cueques sont payables a *Réhabilitation Gazette, Inc.*, Box 149, Chagrin Falls, Ohio 44022, U.S.A.

German Translation: Von jetzt an heisst die *Toomey j Gazette: Rehabilitation Gazette*. Dieser neue Name erklart besser den Zweck und die immer sich erneuern Interessen unsrer Leser von überall her.

Stiftung per Exemplar \$3.00 für Gesunde, \$1.00 für Invalide, und 14 cents für Porto. Check muss an *Rehabilitation Gazette, Inc.*, Box 149, Chagrin Falls, Ohio 44022, U.S.A.



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