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Therefore, as much as we regret it, we must ask $2 donation per copy from the disabled and $4 from the non-disabled.

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PROGRAMS & PROMOTIONS: Ruth Carlton, Marion Greene, Ginny Hamann, Kem Mahan, Mickie Martin, Sandy Medinger, Debbie Pettibone, Dr. H.B.C. Sandiford (page 97), Sue Shirk, Meg Vargo, Janet Williams, Bill Wingate.

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

Aim: To reach, to inform, and to dignify the disabled throughout the world.
REHABILITATION GAZETTE • AVAILABLE BACK ISSUES

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In addition to the SPECIAL FEATURES listed below, the issues contain first person accounts of the experiences of the severely disabled in obtaining higher education or training and employment, reviews of books of special interest, and colorful excerpts from readers around the world sharing their lives and seeking pen friends.

1970. Vol. XIII  64 pages
COMMUNITY CONCERN - service projects for the disabled by government and voluntary agencies.
INDEPENDENT LIVING BY QUADS - creative adaptations, techniques, and attendants.
EQUIPMENT - mouthstick operation of typewriter platen, sitting solutions, cushions, bath lift, hydraulic tailgate and safety clamps for in-wheelchair driving by quads in vans.
HOBBIES - Voicepandence Club, one-armed fishing, chess by mail, bowling.
TRAVEL - Group tours, Mexico, Japan.

1969. Vol. XII  88 pages
QUADRIPLEGIC LIVING - the place of the quad in his community.
RAMPs FOR HOME AND CAR - basic rules and ideas.
FORECAST - Planning conferences. Regional rehabilitation centers. Housing considerations and complexities. Home care services.
EQUIPMENT - transference, wheelchairs and accessories, typing aids, bathroom equipment.
HOBBIES - hunting, photography, writing.
TRAVEL - holidaying and living in Mexico.

1968. Vol. XI  86 pages
TENTH ANNIVERSARY - the biography of the Gazette by the editor's husband.
HOMEMAKING - a comprehensive summary of the problems and solutions of the wheelchair-wearing severely arm-involved, compiled from actual experiences and publications in the areas of cooking, cleaning, and home planning.
HOME-BASED BUSINESSES - experiences and opportunities in selling services by phone and mail.
EQUIPMENT - Quad driving, remote controls, wheelchair accessories and new models, electric wheelchair carrier, surfboard, portable respiratory equipment, mouth-operated phone.
HOUSING - developments in Mexico and England.
MUSIC - rehabilitation through music.

HIGHER EDUCATION - 21-page feature on the experiences of 23 severely disabled students at various colleges; campus facilities.
EMPLOYMENT - 19-page feature on profiles of 35 severely disabled writers, doctors, lawyers, counselors, teachers, etc.
EQUIPMENT - citizens band radio, Egerton Stoke Mandeville bed, Stryker flotation pad, one-handed typing, transportation, chin-controlled wheelchair, Swedish curb-climbing wheelchair, remote controls, frog breathing, portable lungs, mouth-to-mouth rescue breathing.
SEX - Dr. Holbert on sex and the disabled.
HOUSING - summary of U.S.A. developments.
ATTENDANTS - sponsoring an alien.
1966. Vol. IX 100 pages
VOCATIONAL REHABILITATION - new Federal and State legislation. Working experiences of quads in a variety of money-making projects.
WHEELCHAIRS - respiratory chair, self-reclining chair, "Pushup" arms, wheelchair lore, foreign sports models, convertibles, climbers.
EQUIPMENT - remote controlled typewriter for under $50, tongue switch, sight switch.
ARTISTS - Association of Mouth and Foot Painters.
HOUSING, READING LIST FOR QUADS. HOBBIES.

1965. Vol. VIII 100 pages
TRAVELLING QUADS - respiratory equipment by air and trailer, and on Mediterranean cruise.
MEDICAL ENGINEERING - orthotic arm aids, foot-operated aids for reading, eating, and typing, toothborne telegraph transmitter, and electronic multi-controls.
EQUIPMENT - in-wheelchair travelling with special chairs, ramps, hydraulic tailgates and lifts, quad drivers, foot-controlled steering, wheelchair loader, carrier, cover, narrower.
ADOPTION. HOUSING. SOCIAL SECURITY BENEFITS.

1964. Vol. VII 84 pages
QUADS INTERNATIONAL - experiences and photos of severely disabled readers in New Zealand, Australia, India, Canada, England, Scotland, Ireland, Switzerland, and France. Reading list of relevant international periodicals.
EQUIPMENT - foot-typing, clothing, portable fibre glass lung and rocking bed, mouthsticks, painting aids, arm slings, toileting.
HOME STUDY - experiences and ideas.
HOBBIES - chess and postal chess, bowling, photography, contesting.

1963. Vol. VI 52 pages
QUADS AT HOME - family life and fun, adoption, post-paralysis marriage, volunteering.
HOUSING AROUND THE WORLD - comprehensive 18-page summary of housing projects in England, Denmark, Australia, Ireland, Finland, and U.S.A.
EQUIPMENT - rubber and sheepskin cushions, custom-built elevators, Australian fibre glass lung, English self-adjustable mobile chair/bed.
VACATION AND CAMPING DIRECTORY.

1962. Vol. V No.1 52 pages
COMMUNICATIONS - 9-page feature of the experiences of quads as writers in various fields, including suggestions for neophytes.
EQUIPMENT - 9-page summary of special telephones and typewriters with unique adaptations for use with the minimum of movement, three new multi-controllers.
HOBBIES - special section on amateur radio, with a listing of the call letters and photos and stories of 52 disabled "hams" around the world, including special clubs, a section on taping, listing 18 international tape clubs.
DR. HOLBERT on kidney stones.

1962. Vol. V No.2 64 pages
QUADS ON QUADRANGLES - 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.
DR. SANDIFORD on English respirators.
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"Oh, what's the difference how I look? No one's going to see my anyway. And even if they do I'm sure they'll understand."

Are those your words? If so, then you share an attitude common among the severely disabled. Such feelings are understandable, it is true, considering that enough vital requests have to be made of attendants without adding the superfluous. We are all familiar with the helper who gets impatient when asked to comb hair, adjust clothes and apply makeup to our meticulous specifications!

But are these concerns actually superfluous? Are the bother and effort connected with grooming worth it?

It is a fact that the way you look greatly determines the impression you make on others. This is especially true if you are disabled. Your visible physical differentness automatically provokes an inspection of the rest of your appearance. Neatness diminishes handicaps, untidiness accentuates them. To go unkempt is to perpetuate the myth that the disabled are lesser (less attractive, intelligent, personable, worthy, etc.) beings than the able-bodied. You will often be treated in accordance with the misconception.

That is the effect of careless grooming on others. What does it do to you?

It further damages your self-esteem, already shaky from disability. When you don't look like you care about yourself, it's hard to remember that you do. It's possible to forget altogether.

Your whole value system follows this trend of degeneration. If you don't care about your appearance you tend not to care about much else. Why even bother to get out of bed, or earn money,
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Future Change of Address.
or tell the truth, or love anyone?

Careless appearance inhibits your actions, a psychological handicap to add to the physical. When you don't look and feel presentable you are inclined not to initiate or fully enjoy encounters with others. You stay in the house and don't encourage visitors. When asked if it isn't possible to find some sort of job, you will answer that no one will hire you because you're handicapped. But the real reason could be that your appearance isn't good enough to represent a business. Employers know that careless appearance often indicates careless attitudes, something they are not looking for in employees.

Hopefully these reasons will convince you of the importance of good grooming. Next comes the problem of how to get it done.

The first requisite in grooming is cleanliness. Because every little thing has to be done for a severely disabled person, there is a strong temptation not to bother with the whole bathing business. But then we have already decided the case for appearance is impressive enough to bother with, right?

Many who are wheelchaired bathe in a tub or shower once a week and have just the essentials washed in their daily routine. Daily complete bathing as is done in a hospital is unnecessary. Those for whom tubbing or showering is impossible can get the next best thing by having all extremities or protuberances—hands, feet, derriere—put directly into a basin of water. Feels great, and really gets you clean.

Two products that give handicapped people a special assist are the electric toothbrush and dry shampoo. An attendant has only to hold the brush and guide it to the proper places. Your own head and tongue movements can almost do the job alone. The spray shampoo (the best is Revlon's Psssst) will keep your hair oilless and fluffy between shampoos.

So many easy-to-get-into clothes are available for the handicapped that there is hardly any excuse left for not getting dressed every day. Regular clothes can be opened all the way and velcro or zipper closings inserted.

As for decoration, you can practically do it yourself. Simply ask someone to hold the lipstick and eyebrow pencil near your lips and eyes and you maneuver the strokes. Most attendants are grateful for the method; it relieves them of the frustration of trying to make you look the way you want.

Keep a schedule. If you have certain things done each day or on certain days, you will make grooming a habit and not have to give it any further or special thought. Your attendants will like it too, knowing just what is going to be done each day. No one likes disorganization, even the least ambitious helper.

As for attendants you will undoubtedly come into contact with some who will try to persuade you that all the above fol-de-rol is unnecessary. These people are treacherous and easily succumbed to. Just smile and ignore them. Tell them you're vain and it's a permanent fault. Agree with them that it's unnecessary. But make sure you're being groomed all the while you're agreeing. If they quit, remember that the grind of help hunting is better than the self-defeat of not caring how you look.

Good grooming can help you achieve all the other good things in life, be they job, mate or simply self-respect. Those deodorant and hair spray commercials on television aren't all wrong!

Address: Box 267 Grand River, Ohio 44045.
Personal grooming for guys...my first impression was, what a silly topic! It seemed to me that I could sum things up in one paragraph. You get up in the morning, do as much as you can on your own, and then impose on someone else to do the rest. On a slow day spend some extra time trying to find ways of doing things you haven't been able to do before. After that, it is on to whatever you have to do that day.

What else could there be? You get it down to a daily routine and think no more about it. Some-what mystified, I called Gini Laurie, who had asked me to write the article and she graciously sent me Donna McGwinn's article on grooming for women. I was appalled! In part, Donna was writing to people who don't bother getting washed or dressed. In subsequent talks with people I discovered that I am a graduate of what could be called the new school of thought on rehabilitation. When I was hospitalized, I was in a ward with a number of people with spinal cord injuries. The object for each of us was to learn to do as much as possible and then get back into life. A big part of getting back into life is looking like, and consequently feeling like a human.

Those who have not been exposed to this type of rehabilitation are more likely to avoid rejoining society. This means quads and even paras who don't bother to get out of bed. They say they have no reason to get up and get dressed. Then, to them I say, create a reason. Develop a hobby, volunteer your services to some organization, further your education, DO SOMETHING! You will find people who are interested in you as an individual; you will find the motivation to get up and dressed.

As far as the mechanics of getting washed and dressed, they will vary for each individual. I use an electric toothbrush, but had to do some shopping before I found one with a switch I could manipulate. I also use an electric razor and, again, I just looked around until I found the right combination of weight, shape, and type of switch.

To wash, I use cheap wash cloths. They are usually pretty thin and therefore easier to wring out. I know of people who use sponges, and even one who uses an old orange squeezer to wring out his sponge. Personally, I prefer to keep things as simple as possible, but anything that works represents a step forward. I used to have trouble with my soap running all over the sink until I found a suction cup device that works perfectly to hold it in place.

As for clothing, I choose styles that are roomy and comfortable. I wear knee-length socks to help combat the problem I have with swelling. All of my shoes are high ones (the tops come over my ankle bone). These don't cut into my feet the way the lower ones used to. I also have the heels removed, allowing my heel tendons to stretch a bit more and letting me raise the foot-rests a bit... (a help if you are tall and have troubles with footrests scraping the ground on ramps).

I am very careful when it comes to trousers. I look for styles with belt loops, avoiding extremely tapered ones. They are roomier through the seat. Pants are made for standing up, but a V-shapes piece put in the back seam and another piece inserted along a line made by connecting
the openings for the back pockets makes for a more comfortable fit sitting down. I buy pants several inches longer than necessary and use the extra material for the alterations. Of course, this means none of my pants have back pockets, but who needs them?

I round out my attire with a turtleneck, a sweater, or just a sweatshirt. I don't have to worry about buttons, nor do I have to tuck them inside the trousers.

The most important factor in personal grooming is experimentation. If something doesn't work out for you, try it another way. Whatever you do don't quit. If you run out of ideas talk to friends or contact someone with a similar disability. Life is too much fun to allow a dirty face to keep you apart from it.

Address: 2150 Mars Avenue, Lakewood, Ohio 44107.

ED: Knee-length support hose for men are available at most drug and department stores.

GLAMOUR ON WHEELS
by Jan Service

Just because you live in a wheelchair doesn't mean that you can't look pretty and attractive. When I left the hospital on wheels and all decked out in leg braces, I very quickly made up my mind that wearing slacks would be much easier and more practical than struggling with dresses, skirts, and nylon.

I experimented with various types of slacks and found maternity capri style the best. I had a big fling with fancy gay colors, but learned that lovely colors turn crazy colors when wet, or that I always seemed to have the wrong color slacks on for the blouse I wanted to wear. After about a year I decided that sharp black slacks with a bit of a tapered leg were best for all purposes. The maternity type opens flat for easy dressing in bed, and there is no need to worry about pinching with zippers and closings because everything ties or buttons. I used to make my own but now a dressmaker makes them, using an old pair for a pattern. Living in Phoenix with our warm weather, I stick to all cotton because it's cooler and washes well. In the winter I like a light washable wool fabric.

When I think about it, it seems that I play up the top half with bright attractive blouses and sweaters, and play down the lower half with black slacks, socks, black leather brace pads and straps, and shoes. When people look at me they don't seem to notice the lower half and braces.

If you find a smart blouse style, get a friend or dressmaker to copy it in several colors, prints, and different fabrics. Using a portable sewing machine is not very hard to do if you have good use of your arms and hands. I put the foot pedal upon the table to the right and depress it with my right hand, and use the left hand to slowly guide the fabric.

Knit yourself a smashing sweater - or buy a good solid color sweater or short light jacket.
Either can look so well over blouses and can give you a nicely coordinated look. Vests are the rage now and look great over long sleeved blouses. I have knitted several in bright happy colors and love wearing them. I love scarves and wear them in various ways. They seem to add dash and bright color around the face.

Don't be afraid to treat yourself to a bit of glamour - it can take you out of the doldrums and make you feel attractive and feminine. If you don't have the knack of using makeup, consult a good cosmetic saleslady in a department store or beauty shop. She is trained to tell you what to use and how to apply all cosmetics. Experiment with your hair until you find a style that is easy and smart looking. If you cannot do it yourself, a hairdresser can make suggestions.

Another important thing is that every day is a "Look Well" day - believe me, you will have more self信心 and sparkle when you get in the habit of good grooming every day. Even on the days when you have the blues, put on a clean fresh blouse, carefully do your face and hair and you'll be surprised to find that you feel more cheerful and happy, and much less ouchy.

Accessories are fun and very often the greatest spark to your whole appearance. Don't be afraid to wear jewelry and with today's crazy mod styles you can just about do anything with chains, beads, and baubles. Wear a good looking ring and bracelet - and don't forget earrings! Dangling bracelets tend to catch in the wheels, so choose firm or linked ones. Wearing jewelry calls attention to hands, so keep them in good condition and well manicured. If you find that you like to wear nail polish, but that the wheelchair wrecks and chips the polish, try a final coat of "Hard As Nails" - it's a marvelous protection against tears and nicks. I do a great deal of knitting, needlepoint, and creative stitchery, all of which keeps my fingers and hands flexible and strong.

If anyone has suggestions or questions, I shall do my best to answer them. Before I wind this up, I would like to add one more thing. Get involved - whether charity work, church groups, social clubs, or whatever turns you on. It all can be fun and beneficial both to you and your group. Right now Phoenix is in the spotlight for research work in curing paraplegia. Recently formed, Paraplegia Foundation of Arizona is going strong. We need to get in touch with as many spinal injury people as we can, so if you are one or know of someone, send us a note.

ED: Jan has been a paraplegic since an automobile accident in 1952. Her address: Mrs. Dean B. Service, 3620 N. Sixth Avenue, Apartment #104, Phoenix, Arizona 85013.

THE ART OF MAKEUP

by Carol Loftis

Make-up has been a problem and a real learning experience for me. I have a Fuller-brush stand-up mirror which rotates to a magnified side as well. I have learned that if I arrange my implements on a small towel on my lap-board in a vertical position to me, then they do not roll in my lap or on the floor and they are quickly and easily reached.

I apply a prescription cake make-up, Resorcin-al, before anything else is applied. Then, I
put on a colorless powder to take away the shine. This also makes the eye make-up go on smoother and more evenly.

I have a fairly large sized eyebrow brush (3½ inches long). Because of my limited use of my left hand, I find that the scissor-type tweezers are best for eyebrows.

While my eyebrow line is drying, I apply powdery eye-shadow. I find that because I do wear glasses, I can wear my eye-shadow more vivid and I apply it upward and toward the brow-line. I have oily skin so eye-shadow tends to wear off before the day is over. As I am extremely busy all day, one application of make-up is all that I can afford; therefore, I have to wear the kind that lasts. I usually stay in the pastel shades such as powder blue, green, lavender.

I then apply a water-proof mascara (Helena Rubenstein Long-Last). It builds the length of the lashes, separates them, and never! never! runs when your eyes tear up. In fact, I usually use eye-make-up remover because it is so difficult to remove. Even though the long applicator stem separates the lashes, I still brush them to insure that natural look. Sometimes I have to apply two coats to get the desired effect.

I apply a light brown-black eyebrow lines, being very careful to use light, short strokes to give a natural line to the brows.

Last, and most difficult to learn, was the application of eye-liner. I use Avon in a light brown-black (Taupe) color. Moving from the inside/out, I apply the eyeliner in a line parallel to the lash line, twisting the line upward toward the outside. The upward line gives a smiling appearance to the eyes. Next, I make the line swoop up much wider over the pupil of the eye to give a wider, bigger look.

How do I apply all this without glasses? I use the regular side of the mirror as far as I can. By the time I apply the right side of my eyebrows, I have to turn to the magnifying side to finish. I place the mirror in a horizontal position and bend over to it. I end up with my face practically on the mirror surface!

I use a Sunbeam electric manicure machine. It works wonders with poor circulation, damaged nail bed, and hang nails.

Address: 829 Edison Street, Salt Lake City, Utah 84111.

Carol Loftis has been a polio quad since 1951. She writes with her left hand by guiding it with a long stick held in her mouth. For twelve years she worked at selling magazine subscriptions and making telephone surveys and then decided to enter college. She graduated from the University of Utah in 1969 with a 3.2 grade-point average in elementary education. The University of Utah School of Education would not allow her to be certified for teaching in the regular classroom because of lack of mobility and ability to handle emergency situations. Recently, she began teaching at the Primary Children's Hospital. She also teaches two nights a week in adult education and privately tutors ten students.
I was born with cerebral palsy. I am now twenty-six years old. Though I can walk a little bit in the house with Canadian crutches, I depend mostly on my wheelchair to get around. My speech and hands are involved also. My mother used to dress and undress me completely and do other things for me. My mother could do these things for me a lot faster and with a lot less effort than it would take me to do them for myself. Naturally, it was a lot easier for me when she did these things for me, and it was also easier for her rather than to watch me struggle. During that time, I devoted most of my time to school work and to outside reading.

"But about four years ago I began to realize the importance of making an effort to become as independent as possible if I ever wanted to have a life for myself. Through my own initiative and with the help of others, I have learned to do many things for myself which I thought I would never be able to do...:"

ED: We have encapsulated the following items which Miss Goodman described in careful detail in her article. For any disabled readers, we shall be glad to photocopy portions of the original copy.

- To brush teeth: use Broxodent Electric brush which is flat on bottom. Set brush on a box 4 inches tall. Use toothpaste in 5 inch tall push-button can.

- To put on nylon panty hose: use nylon peds under the hose.

- To prevent slipping shoulder straps and twisting slips: use "petti pants" in nylon.

- To button clothes: use a buttonhook - a small wire hoop attached to a wooden handle.

- To tie shoes: (1) use Kno-Bows, small devices which fit on any shoe laces; tighten by pushing down with buttonhook or pencil; (2) have the shoe laces replaced by zippers; put a string through end of zipper for easy pulling.

- To unzip dresses or blouses with back zippers: put a long piece of doubled string through the eyelet of the zipper, weight with a paper clip.

- To put on lipstick: use Coty's "Topless Lipstick" which opens from the top and retracts automatically.

- To use compacts: keep the lid from closing by jamming with a piece of cloth.

- To apply mascara: anchor the applicator top in a cotton-filled bottle; bring face down to the brush.

- To use hairspray: stabilize the can by placing in a heavy coffee mug; bring head down to the spray.

- To open cold cream jars: use a large jar.

- To use hand lotion: put it in a large plastic squeeze bottle.

- To prevent items from slipping around: cover the make-up table with a cloth.
"Cosmetic" as defined in Webster's New World Dictionary means skilled in arranging. Cosmetic effect can be anything from plastic surgery to the type of brace one wears. Since those who are handicapped need all the skill in arranging that they can muster, the cosmetic effect of makeup, hair, fragrance, and clothes should be used to the hilt. And, by the way, this article is not just for the ladies.

Cleanliness always comes first and a good under-arm deodorant second. The choice of soap and deodorant is very individual, however it's wise to choose one of the bacteria killing soaps with hexachlorophene. Under-arm deodorant is also an individual choice but the creams are less irritating and usually more effective. Cleanliness for the hair is important too, especially if your hair is oily, because oiliness can cause skin irritations.

In cleansing the young face soap and water, followed by a light lotion if there is any dryness, are usually sufficient. The mature skin requires more care to avoid dryness which causes wrinkles. Cleansing cream to remove makeup, especially eye makeup, is recommended by the beauty experts. However, if you are older but still prefer soap and water be sure you use a good moisturizing cream on your face and neck both at night and in the morning. A moisturizing lotion for arms and legs can be used by both sexes of any age.

Face makeup is quite an individual thing too. I prefer a liquid or cream makeup for the face because it covers the lines and tends to give a dewy young look to the skin. Also, cream makeup helps protect the complexion from dryness. If your skin is especially dry a clear foundation lotion should be used under makeup. To highlight the cheeks the new blusher cakes or sticks are effective. Use some lipstick to keep your lips moist because cracked peeling lips are unattractive. The men can use the various types of chapsticks or clear stick moisturizers. Remember, though, that the art of makeup is to achieve the natural look and not the "madeup" look.

Clothes are so important and probably the biggest problem for the handicapped. There are a number of companies that make special clothes but I find their prices too high for my budget. Also, their styles are limited. I do my shopping through the mail order catalogs where the prices are reasonable and there are a variety of styles.

Even if you aren't able to get out of bed each day wear a blouse or shirt rather than nightwear during the day. Looking as neat as possible will make you feel good, which has a double-value effect. We should strive to look as sharp as anybody else and we must not forget individuality is still our freedom.
GROOMING DIGEST

Ruth Davis, 7173 West 130th St., Cleveland, Ohio 44130: "VGRS makes clothing adapted to one's disabilities. A fitter came to my home to measure for my pants suits. They were made to fit over my chest-piece, with easy openings and closings of Velcro...Wide range of fabrics...Up-to-date styles." For their new catalog of women's clothes and accessories, write to Vocational~Guidance & Rehabilitation Services, 2239 E. 55th Street, Cleveland, Ohio 44103.

Mrs. J. B. Hamby, 3112 D. St., Washougal, Washington 98671: Viola, who has been disabled by arthrogryposis since birth, uses her teeth and feet to dress, cook, and pursue her myriad hobbies. Over the years, she has evolved many ingenious devices and methods to help her to dress and groom herself. For other Gazette readers, she has labored to prepare descriptive pages covering the following subjects: sanitary pads and tampons; bath ladder and dressing pole; typing stick; house cleaning, toiletting, makeup; face washing; douche and enema; nail clipping; shampoo. We will be happy to photocopy any of them for disabled readers; 25¢ per page to others.

Mrs. Doris Gould, 12629 Glenshire, Downey, Cal. 90242: "Useful as a wheelchair apron is the Magnetic Ring Hostess Apron No. 204 for $3 from the Richards Plastic Co., 228 S. Los Angeles St., Los Angeles, Cal. 90012. The ring on the neck slips on and it covers the lap."

Carol DeVaney, 1113 W. Brown, Fresno, CA 93705 "I use a 'poncho' as a coat. It is very warm. No buttons in front and my arms can still rest on my wheelchair arm rests, yet they are covered and will not slide off."

"I have my skirts made about 3" longer in back. This keeps them down when I am being lifted, and they are warmer. "I am delighted with Sears thigh-top hose. No saggy hose or easy snagging."

"An electric Timex watch - no winding."

"A wig is really great for last minute engagements."

"Beauty shops can turn the hair dryer around for the wheelchaired."

Sandra Lynn Winters, 390 First St., N.E., Linton, Indiana 47441: "I put my soap in a net bag so I can hold it."

Stocking Aid: Sew a garter clip to each end of a 6-foot length of tape. Attach garters to stocking tops. Pull tape. Guide stocking on and off with long-handled shoe horn, a rubber-tipped dowel or yardstick. If panty hose or tights are worn, buy them a size larger.


Long handled sponge mop designed for bathtub cleaning is useful for scrubbing feet and back. Modess makes a clipless sanitary belt holder.
Men's custom tailored clothes. Fitted for sitting, material has been eliminated or added where needed. Slacks (left) conventional tailoring. Slacks (right) cut higher in back and lower in front with angled pockets. The topcoat is cut away in back for comfort and maneuverability. Brochure, samples, and mail order measuring instructions. Leinenweber, Inc., Brunswick Bldg., 69 W. Washington St., Chicago, Illinois 60602.

Incontinent underpants and belts: Nel King Products, Inc., 811 Wyandotte, Kansas City, Missouri 64105, and Cleo Living Aids, 3957 Mayfield Rd., Cleveland, Ohio 44121.

Men's bathrobes, trousers and women's blouses, skirts, and shorts. Solve Garments, Box 125, Bay Port, Minn. 55003.

Men's trousers for leg brace wearers. Concealed, side-seam zippers with two sliders so they may be opened from top or bottom. Better Grade Trousers, Inc., 418 Broome St., New York, N.Y. 10013.


Do It Yourself Again. American Heart Assoc., 44 E. 23rd St., New York, NY 10010. Self-help devices for the stroke patient. FREE.

Lingerie, Fashion-ABLE, Inc. Box 23188, Fort Lauderdale, FL 33307.

Clip-on ties are commercially available. Sew pre-tied ties to a piece of narrow elastic.

Velcro self-fastening tape can be used to close the fronts, cuffs, and collars of men's shirts. Smalley & Bates, Inc. 450 Park Ave. So. New York, NY 10016.

English clothing information. The Clothing Panel of the Disabled Living Foundation has compiled a number of publications on many phases of clothing problems such as fastening shoes, etc. List, including prices, is available from: 346 Kensington High Street, London, W.14.


The Swedish ICTA Information Centre (Fack, S-161 03 Bromma 3) publishes an illustrated, loose-leaf book of aids in English, French, German, and Spanish. Subscription: U.S. $5.

Help Yourselves. Published by Butterworth & Co. in England, Canada, Australia, New Zealand, South Africa & U.S.A. Handbook for hemiplegics. Price: 8s.6d.
The story of my recovery from the acute stage of polio has been told many times by others. I suppose in my case it wasn't until three or four years passed that I finally accepted the fact that I was a respiratory quad. A lucky one in some ways. I was and am able to breathe without assistance throughout the day. I need a chest respirator only for sleep at night.

During those early years, following my stay in the hospital, Ken and I established our home in Fresno. In 1957 he decided to go ahead with his plans to attend law school. We left for San Francisco.

In 1962 Ken was admitted to the bar and that same year we moved to Los Angeles where he had taken an administrative and legal position with a broadcast company.

These were busy years for me. They had their share of excitement and pleasure, but always there was something missing. My doctor had been emphatic in his advice not to consider bearing a child of my own. But in 1963 I discovered I was expecting a baby and I eagerly looked forward to its arrival. I was a little apprehensive but I felt there wouldn't be any major problems.

On August 22, 1963 our daughter Kathleen arrived. A perfect seven pound eight ounce pink bundle of happiness. I was tired but I had come through the delivery with no serious difficulty. It was obvious that the delivery room nurses were a little uneasy about an iron lung in the maternity ward. Some of those same nurses were on duty the morning of January 5, 1965 when our second daughter, Karen, was born.

In 1967 we returned to Fresno to a smog-free and generally more relaxed life as Ken entered private law practice. Although we had decided that our family was complete with our two growing girls, fate took a hand, and on August 7, 1968 Michael Kenneth DeVane was delivered by caesarean section ... and then there were three.

My feeling is that quad motherhood is not much different from the experience of the average mother. It is true that I haven't been able to change my babies, feed them, burp them or directly take care of all those other delightful chores of being a mother. But I have done them all using the arms, hands and legs of others.
One of the devices that makes this possible is my power chair. It was in 1960, three years before Kathy was born, that I first sat down in an electric wheelchair. It's no exaggeration to say that a whole new world opened for me. My chair has a specially designed control for my right hand. Four fingers operate four micro-switches that get me where I want, when I want.

This chair has been a combination cradle, bassinet, rocking horse and hot rod, depending on the age and imagination of the child riding on my lap. All of the children have spent most of the first three months of their lives on my lap being rocked, fed and even diapered. Although I haven't been able to reach my arms down to hold and cuddle them, I'm sure that by being on my lap so much they've had more physical contact with me than most babies do with their mothers. If this is essential to the development of a bond of love between mother and child, as psychologists tell us it is, then I'm sure my children must really feel loved.

Of course, as the children developed and started wiggling about I had to find a way to hold them on the chair. From about the age of three months until they were eighteen months I found that a plain cotton dish towel made an excellent safety belt.

Because my chair arbitrarily limits my view of the world, I have tried to keep most of the baby care activities at my eye level. Bathing was always done in a plastic tub on the kitchen table so I could watch, and, equally important, so the baby could see me. The crib mattress is adjusted to a height that enables me to move my chair next to it and let the baby reach out and touch me.

Naturally I wasn't able to change the babies myself, so I wasn't too concerned about special diapers which don't need safety pins until Ken stormed out of Kathy's room with a bleeding thumb and some well-chosen words. So I ordered snap diapers and I've used them successfully ever since. Although I've had no personal experience with them, I have heard that self-adhesive diapers are excellent.

It's difficult for me to make a long list of handy, helpful hints for quad mothers. For all practical purposes, as I've said, I have no use of my hands and arms. Therefore, I've never developed special "ways" of doing things. My "way" is to use the physical abilities of others, and this points up one of the most difficult problems faced by a quad mother: finding and keeping good household help.

By and large we have been fortunate in finding some very good people. Then, after finding the right person, my job is to let the children know that I am still "mother," even though the housekeeper may be the "doer." It works. The children look to me for supervision, advice, comfort, love and discipline. Neither Ken nor I are stern disciplinarians. But there are times when I'm sure that a firm hand applied to the seat of the pants is the best training technique. Unfortunately I can't do it myself and my experience has been that the housekeeper can't bring herself to administer even mild physical reproval. So this becomes Dad's job.

You might wonder about the reaction of my children to a handicapped mother. This did concern me before Kathy was born. It need not have. Remember that my children have never known me any other way. To them, this is the normal situation. In fact, in some ways, I think having a quad mother has helped their development.
often than not the girls are willing and anxious to help with household chores. More so, I think, than many youngsters their age. Almost from the time they were a year old they have done little personal things for me, like lifting my arm back onto the arm rest after it had fallen, or crossing my feet. These things they do very matter-of-factly without a second thought. The iron lung, an awesome machine, even to some doctors I have known, holds no mystery for them. Our biggest problem is chasing them off of it when they play King of the Mountain, or use it for a fun tunnel.

I said before that my personal feeling is that quad-motherhood is not much different from any other situation. Perhaps this is because of my outlook on life. As I approach my sixteenth year as a quad I know that the most important experiences in life are those of the mind and heart. So long as my mind can think and my heart can feel it doesn't seem so important that my feet can't walk. My horizons are not limited by my physical disability.

There were some very real risks involved in bearing three children, and I must admit that there were moments, particularly before Michael was born, when I was frightened. There were times when I wondered whether it was worth the chances I took. But after a day with the children filled with all of its problems and its pleasures, when I watch Ken tuck our sleepy heads into their beds and I see the love and happiness they find in each other, I know it was worth it. My husband has given me much in our years together and in our children I have returned to him the greatest gift of all, life itself.

Address: 1113 West Brown, Fresno, California 93705.
A PARA MOTHER
by Marion Stillson

The most helpful piece of baby furniture I have is a drive-in bathinette which my husband made for me and my wheelchair. Once I have driven in, the tools I need for nearly all baby care tasks are within arm's reach.

The bathinette consists of a chest fitted with a projecting counter top. The counter is supported at the free end with a couple of doweled legs, leaving a roomy gap for my knees. A plastic covered foam pad cushions the surface of the counter. I lay the baby here to change, dress, feed and bathe him.

Diapers, clothes, and other supplies fill the drawers in the chest. One drawer is fitted with a bathroom towel rail to hang wet bath towels and washcloths on. I have to fill the plastic bathtub in the kitchen, but once it is placed over my knee-hole counter, nothing could be more convenient for bathing a baby. There are two plastic diaper pails on the floor and into these go soiled diapers and clothes. I can use all these things in succession without once moving my wheelchair.

At first, my little boy slept in a wheeled bassinet which I could move around the house with me by pushing it with the footrests of my wheelchair. The small size of the bassinet made it easy for me to get close enough to the baby to pick him up carefully. I would park along side him and lean heavily against an armrest as I lifted. At first it hurt my ribs to prop myself so heavily against the arm of my chair, but it took only a day to get used to it.

Once our baby outgrew the bassinet we had to get a full-size crib for him. The same lifting method works with the crib but sometimes the baby must be pulled from the far side of the crib to get him in the right starting position. It is easy for me to operate the dropsides because they have a foot-trip mechanism in the middle of the rail. I simply tap the release with one hand.

When I was no longer pushing him around in the bassinet, I had to find another means of transporting the baby. Before he was born I had tried balancing plastic infant seats on my lap, but I concluded they were unstable. However, I tried it again and found it was different when the baby was weighting the seat down; he could travel safely, sideways on my lap, with the back of the infant seat resting firmly on one of my armrests. Now I have dispensed even with the infant
seat, because the baby can sit up on his own on my lap, holding on very sensibly to the chair.

On long outside trips we use yet another method of carrying him. This is a back-pack worn by my husband. High on his father's shoulders, the little boy sees everything going on and stays unbelievably cheerful. Furthermore, my husband's hands are free to carry packages or lift me up steps. We began to use the back-pack when the baby was able to hold up his head confidently, at about three months. The manufacturers recommend five months as the minimum age, however.

I have not found it necessary to make any adjustments to the playpen or the feeding table I bought. They merely have to be so placed in the room that I can roll up alongside to lift the baby in and out of them. One day when I was putting my son down in his playpen it occurred to me that the base of the playpen was only four inches off the floor - so surely I could put him down four more inches onto the floor. I could. So far we have not made any useless purchases, though we came near to it when choosing a crib mattress. Luckily, I realized in time that inner-spring mattresses were far too heavy for me to lift and I could not have changed the baby's sheets. Instead I bought a light-weight foam mattress.

We may have avoided useless expenditures but unexpected expenditures have occurred instead. The principal ones have been two major repairs to my wheelchair. During pregnancy I had, of course, gained weight. I suppose this caused undue strain on the frame of my wheelchair. However, these inconveniences are very minor compared to the joys of caring for my own son.

Address: 2035 D. Old Colony Lane, Columbus, Ohio 34209.

A QUAD MOTHER

Barbara Carter, a polio quad, has a son and a daughter now away at college. She thinks the secret to raising a family successfully by remote control is to pick out a wonderful husband first, and then find ways to turn one's handicaps into assets.

"The quad mother must delegate only the physical duties to her housekeeper, and must always do herself all the planning, the decision making, and the discipline. Careful planning includes detailed charts of daily and weekly household chores, complete with timetable (to lessen the impact of frequent changes in employees); a list of basic menus and minutely detailed recipes (even for lettuce salad!); a master shopping list against which the weekly menus are checked; an on-going freezer inventory - lists for everything, kept in loose-leaf notebooks for easy revising. Such careful pre-planning not only lessens the burdens of the active household members, but really pays off in times of emergency, illness, or just plain fatigue.

"Unlike ambulatory mothers, we have plenty of time to read and think, and therefore should grow intellectually right along with our children. Thus, no real generation gap need ever develop if we truly strive to keep informed, to sensitize ourselves to the problems and dreams of our youth, and to always be willing to listen to them."

Address: 10531 White Oak Ave., Granada Hills, California 91344.
ENGLISH MOTHER BY ADOPTION

by Baroness Masham of Ilton

As a paraplegic wife, I have found that adoption societies are often willing to provide children for families where the husband is a paraplegic and the wife able-bodied, but are less enthusiastic when the position in the home is reversed.

As a paraplegic woman with all the facilities available for bringing up children, I was determined to pioneer the cause of wheelchair women having the joy of bringing up children by way of an adoptive family. We adopted two children from two different societies, but there are still other societies who will not accept us. Love, security and the opportunity to develop to the full extent of their ability surely are the essentials of bringing up a family.

It is important to have everything one uses at the correct height. To lift the baby from the cot should be done from a sideways position, in which position there is no risk of the wheelchair tipping forward. Having no abdominal muscles, lifting from a lower position is not easy. Therefore, the cot should be wheelchair height.

Carrying the baby has to be done on the lap, as both hands and arms are used for manipulating the wheelchair. When the baby was too small to hold on, I fixed a canvas band from handle to handle of my chair as a safeguard, to stop the baby rolling off.

I selected a pram of suitable height and had little difficulty in manipulating this from my
chair. The pram had a hand-brake instead of a foot-brake.
On a trolley in the baby's room, I had an electric kettle and the milk bottles and other necessary articles at hand. The bottles and teats I kept in a solution of "Milton." Before making the feeds I washed my hands well and found "PhisoHex" helpful to do this thoroughly. When everything was in position I did not have to touch my chair again until the feeds were made.

When the babies were on solids, I found a "Moulinex" electric liquidizer very helpful and time-saving, because I liquidized the food instead of sieving it. By using "Nappisan," a washing machine and a washing line that I could reach, I found washing no problem.

For bathing and toileting, I fixed a wooden table to the wall and covered this with a thick blanket and plastic sheet and then covered that with a towel. On this I could change nappies, undress and dress the baby, give it a thorough bed-bath, and then rinse it in the baby bath. This was a safeguard against slipping. The bath stood on a stand at a convenient height.

Once the baby could sit up and balance, I used an ordinary bath. After the babies were sitting up they soon began to help by putting their arms out and helping in the lifting process.

I found it helpful to wear a gown tying at the back, which I tucked under my buttocks. This gave a good kneebase and stopped the knees opening and, therefore, there was no risk of the baby falling through.

When the children started to stand, they used my wheelchair to lever themselves up. They climbed up on my knee from an early age and one of the first words they learnt was "knee."

I found lifting out of a playpen difficult until the babies could stand - therefore I did not use one until they were able to help lift.

People have asked me if, because I am in a wheelchair, the children take advantage of this and try to run away. So far this has never happened. As a dog obeys the voice of authority, so does a child.

I feel it is important to explain why a person has to use a wheelchair. Children should have enquiring minds - so often children have said: "Why is that lady in a wheelchair?" My daughter will answer: "My Mummy broke her back." If they want to know more, this should be explained in full. Once children understand a situation, they accept it, and if they feel inclined they offer assistance.

Suddenly at the age of 3½ years my daughter started offering to post letters, to ask shopkeepers to come out and even to ask for help with getting up steps or getting the chair out of the car, when she thought it was necessary.

At the age of 3½ the children go to a play group twice a week. When in the presence of children and dogs in a crowded room, I find they tend to come to me. Perhaps this is because someone sitting in a wheelchair is at their level.

To look after young children successfully, from a wheelchair, I consider it most necessary to live in a one-storey house with no steps, to have everything correctly positioned, to have a garden, a telephone and a car.

ED: This article was published in the October-November 1969 issue of PUSH, the magazine of the Irish Wheelchair Association, and is excerpted with the permission of Baroness Masham. (Photos: The Yorkshire Evening Post and The Press Agency) Address: Dykes Hill House, Masham, Nr. Ripon, Yorkshire, England.
CO'S AS HOME ATTENDANTS
by Ed Roberts
Respiratory polio quad
2223 Ward Street, Berkeley, California 94705

October 18, 1970: While I was living in Cowell Hospital on the University of California campus, I had two conscientious objectors working for me. They were fine, dependable attendants. Cowell Hospital was an approved working place for CO's. When I moved I found that CO's could not work for individuals outside of approved institutions.

I did not want four or five month attendants, I wanted someone who could stay a long while. The CO's obligation is twenty-four months. I went to the Unitarian minister in San Mateo and explained the problems of the severely disabled in obtaining good attendants. He agreed to help and we sent a letter to the California State Selective Service Officer. It did not take long for an affirmative reply from Selective Service.

I then hired the program's first CO attendant in my home and have since added another. One lives in and the other comes in. They are both full-time jobs. The live-in attendant receives room and board plus $100 a month. The other receives a flat $2 an hour, but arrangements are strictly between the CO and the disabled person. Some CO's will work strictly for room and board. Selective Service wants thirty to forty hours a week, but these hours can be flexibly interpreted. For example, many need night care, so all the hours of the night can be considered working hours.

In this program, which covers the whole Bay Area, there are about ten CO's presently working and more are being added. We have not had a bad experience with any of the conscientious objector attendants.

I don't think a program such as this has to be sponsored through a church. However, I believe a church has an easier time being approved by Selective Service. There must be a legitimate organization which will take the responsibility for supervising the program. Unitarians have taken over much of the CO responsibility from the Quakers and I believe many Unitarian churches would be willing to sponsor such a program.

It's an ideal marriage. There are many CO's who cannot find good jobs. Spread the word!
DISABLED STUDENTS' PROGRAM

by John Hessler
C5-6 quad
2532 Durant #2, Berkeley, California 94704

November 23, 1970: In September 1968, the Cowell Residence Program on the university campus at Berkeley was funded by the Federal Government. This funding enabled the already existing program at Cowell to expand to include twelve live-in resident students. Although limited in services, Cowell offered day to day contact among disabled individuals with similar problems; and common needs became defined.

The group organized itself officially in September 1960 as a student organization called the "Rolling Quads." Many members were, of course, severely disabled, but other students, especially those who had worked as attendants became part of the program. This student group, recognizing the many problems that existed for disabled students, decided to do something about them. The following is a brief account of the student efforts to help themselves.

The first effort was to join together in discussion and outline the main problems of disabled students. They were found to be: (1) attendant care services, (2) housing, (3) transportation. At first it was thought that a common residence somewhat like Cowell except run by students would answer most problems. However, research proved early that it would be much too costly and would take several years to set up. Instead it was agreed that we should set up an office that would provide as many services as possible for disabled students. Among these would be: (1) the keeping of an attendant pool so that disabled students could always find some-one to work for them; (2) keeping a housing survey of available and adequate housing.

At the same time, Ed Roberts, a Ph.D. candidate in political science at Cal., was working as a consultant to the Office of Education in Washington, D.C. He gave the Special Services Division of OE advice on what kinds of programs were needed by disabled students. Through Ed's work we began writing a proposal for a government grant.

A course called "Strategies Towards Independence of the Physically Disabled" was set up through the university to help write the proposal. The class served two useful purposes: (1) it allowed students who were interested to work on the proposal; (2) it also gave them units of credit toward graduation....Many working hours were required to have the discussions and do the research toward writing a proposal which would demonstrate that we knew what we wanted to do and were capable of doing it. The course took place from October to December. From it came the rough draft of the proposal.

The finished product was the result of the research and writing of about twenty students, both disabled and non-disabled. Three students plus one faculty advisor did the final writing.

In order for our proposal to have a chance of being funded, we needed to be sanctioned by the university. We received support from Vice Chancellor Robert Johnson, who had been the department head of a rehabilitation center at one time.

We now have a six-room office that is well supplied with desks, typewriters, telephones, and people. And the office is beginning to provide those services which are needed by disabled stu-
dents. We answer inquiries, help students to be accepted into the university, give advice on what type of vehicle or transportation to use around campus. We orient disabled students to the campus and to the community, plus provide help in finding attendants and housing.

The office space also doubles as a meeting place for disabled students and we are happy that many students drop by every day so that our office has really become a sort of center where ideas are exchanged and students have a real say in the running of the office. There is no money in this grant to give to students in financial need. That is why we provide services rather than direct financial aid. We do not give people money, but hope to find money for them or put them on to sources of money such as Aid to the Totally Disabled (Welfare), Department of Vocational Rehabilitation, scholarships, etc.

Now that our office is set up, we hope to start a wheelchair repair shop, an emergency orderly service, and to continue with our housing surveys around the campus and to continue to expand our attendant pool where new and continuing disabled students can come to interview possible attendants and choose their own.

We encourage disabled students to set up their own program since, of course, they know their needs best. We also stress open and constant communication among the students. This is essential to the defining of needs and building of a common body of solutions. Write Special Services in Washington and get the guidelines and have your proposal ready for next year. If you have any questions we will be glad to help in any way before, during and after your writing of the proposal. Also all inquiries concerning our program are invited.

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"Architectural Barriers Law. Perhaps the most important single piece of Federal legislation for the physically disabled in recent years is PL 90-480, which became law less than a year ago. The new law requires that every federally financed building designed, constructed or altered after the effective date of the act, be in compliance with standards which will permit access and use by physically handicapped people. Similar legislation should be enacted by every State and the standards developed should be a part of the building codes applicable to all public structures.

"Attitudinal Barriers. It may be that in some areas at least - transportation, places of public accommodation, and perhaps even employment in businesses and institutions under Federal regulation - there should be a Federal Civil Rights Law, with appropriate sanctions, directed against the discriminations which are daily practiced against the physically handicapped."

"An Overview...Do the disabled and disadvantaged have a right - a legally enforceable right - to demand of society that it assist them to become whole? Is there a 'right' to welfare, to
treatment, to rehabilitation, to vocational training, or to whatever else might help to remove the disadvantage or ameliorate the disability? ... It is, in the author's opinion, quite appropriate to talk... in terms of 'rights.'"

"...We have reached a point in this country - and very nearly passed it - at which we can no longer defer making a genuine effort to solve the problems of the handicapped and continue to survive as a country."

SUPPORT NEEDED FOR LEGISLATION BENEFITING THE DISABLED

by Leonard F. Goldwater
Muscular dystrophy quad
305 W. 28 St., New York, NY 10001

July 7, 1970: The outlines of a comprehensive program for meeting the financial needs of the severely disabled in the United States are beginning to emerge. Institutionalized severely disabled people may yet have a more direct answer to the question they are often confronted with when they attempt to develop plans for independent living. (See "Where will the money come from?" in the 1969 Gazette.)

If and when it is finally implemented, it will bring the United States up to a level achieved years ago by the disabled in many countries in Europe. The vehicle for this will be called "The Family Assistance Act of 1970 (HR16311)."

In substance, it is designed to replace the welfare system by ensuring a guaranteed minimum income to families. But of interest to us is the provision that requires States to guarantee disabled individuals a minimum of $110 per month if they are unable to work. If they are able to work, they will still receive some government support on a sliding scale if their earnings are less than $305 per month.

Although the income guarantee for disabled individuals is less than that now provided voluntarily by several States, nevertheless, coupled with health insurance, the federal program will provide, at long last, a comprehensive national framework on which the severely disabled will ultimately be able to build practical plans for independent living...

ED: The 1970 Family Assistance Act died in the Senate last year. A refinement of the plan was introduced on January 22, 1971. The new bill, H.R.1 Social Security Amendments of 1971, was drafted by Ways and Means Chairman Wilbur D. Mills and backed by the Nixon Administration. It includes: Provisions Relating to Old-age, Survivors, and Disability Insurance; Medicare, Medicaid, and Maternal and Child Health; Family Assistance Plan; and Aid to the Aged, Blind, and Disabled.

It would: guarantee an annual income of $2400, instead of $1600, to an impoverished family of four; remove the aged, the blind, and the disabled from welfare and place them under Social Security; extend the Medicare program to 1.5 million disabled persons too young to qualify for such benefits under present rules.

As of May 1971, eight different health bills have been proposed. We would urge individuals who are disabled and their clubs to inform their Senators and their Representatives of their many needs, including health insurance, home care, etc., so that they "will ultimately be able to build practical plans for independent living."
ARCHITECTURAL BARRIERS

The Gazette has had an increasing number of requests from groups around the country for information about sources of material to be used in working for local legislation to remove architectural barriers. Here are some of the most essential publications with which to start:

- The Goal is: Mobility! Environmental and Transportation Barriers Encountered by the Disabled. Published for the National Citizens Conference on Rehabilitation of the Disabled and Disadvantaged by HEW, Supt. of Documents. 40¢

In Cleveland, Ohio, placard-carrying members of the National Paraplegia Foundation rolled in front of City Hall for passage of legislation to eliminate architectural barriers. (First left) Councilman William Franklin introduced the ordinance in Cleveland's City Council. (Second left) Jeff Friedman organized the NPF campaign.
There is a need to re-examine the whole problem of independent living for the disabled. Too often, the problem of independent living has been synonymous with the problem of housing, when in fact, housing is only one facet of the very complex problem of independent living encompassing the whole gamut of needs in the areas of transportation, recreation, employment, education, and home services such as attendants, adaptations, equipment, health aids, therapy, meals on wheels, visiting nurses, homemakers, etc.

Housing for the disabled must allow a freedom of choice to suit diverse individualities. There must be a choice of urban, rural, or suburban, of one's present residence or de-barriered apartments, houses, hostels, boarding homes, condominiums, youth wings or foster homes.

Voluntary agencies and groups of disabled have made many stabs at varied projects in recent years. They were stalemated because the financial burden of providing sufficient choices and staffing with attendant care was too great. Some form of State/Federal agency must serve as the major source of funds, subsidies, and information. Hopefully, health legislation, such as that now pending, could ease the funding and subsidizing. A nationwide chain of Offices for Independent Living is needed to offer attendant pools and files of available housing, as well as serve as exchange and information centers, all run by the real experts in the field of housing, severely disabled individuals. (See pp. 24-25.)

Most of the Gazette's recent requests for information on housing have been from spinal cord injured groups whose initial hospitalization is being unnecessarily prolonged at astronomical rates because of the lack of hostels, half-way houses or other such "launching pads." If enough of our readers would like a newsletter concerning independent living projects of the severely disabled, including those of the spinal cord injured groups in Massachusetts, Ohio, Missouri, and Texas, as well as those in existence in Mexico, we shall try to find the time. Let us know.

Meanwhile, we ask you to share your thinking and your plans with us so that we may continue to share them with other planners. And, we urge all planning groups to study carefully every one of the following publications:


EDUCATION

COED DORMS
by Kitty Magee

At twelve years, I dropped out of seventh grade at my doctor's recommendation, and, at different times, was taken to Mayo Clinic and the Massachusetts General Hospital. Both clinics confirmed a diagnosis of a rare disease, Friedreich's Ataxia, a degeneration of the nervous system affecting the coordination of movements, balance, speech, eyesight, hearing - everything except the "thinner." Progressive, there's no cure for F. A. because so little is known about it. Therapy is the only thing that can arrest it, and then for only short periods of time. But I am lucky; I was born an incurable optimist, too.

I've learned the importance in living "the now" and to solve the problems when they come. Granted, you needn't overlook making provisions for the future - but "I'll cross that bridge when I come to it." That was my attitude before I even "buzzed" to college - and it's taking me closer to graduation!

My concern in high school wasn't whether I could get along in college, it was just graduating from high school. As of 1963, I was a year behind my then graduating friends (a year's sabbatical for European travel was worth it though!) so I was motivated to take scads of correspondence courses in addition to a Homebound Study Program (I can remember taking up to ten courses at once), enabling me to graduate from Lincoln Southeast High School in June 1965.

When I was a high school junior, I chose Hastings College, Hastings, Nebraska, from a field of 20 California colleges because of the precedent set there by Bob McCown (1967 TJG, pg. 48), a 1963 honors graduate of H.C., now wheeling his way through Stanford University with his eye on a Doctorate in Theoretical Physics. His example was a natural for college-bound ideas.

Hastings is a small college (enrollment now up to 850). There are no provisions for students in wheelchairs as I am the only one. Four strong boys serve as elevators when there are stairs to contend with.

A coed dorm has a definite advantage, not just socially, but my male assistants are involved in driving my VW bus and, most important, repairing the motor, micro-switches, and wiring, etc. for my wheelchair, THE PERIL, which has a habit of going berserk at the most inopportune times.

I also require note-takers. Because I do not write by hand (I can, but it's slow, tedious, and requires deciphering), I use a student's carboned notes, tape record the class lecture, and fill in by electric typewriter (a pecking process) the important material the note-taker left out, since no two people think alike. It's time consuming (I figure that it takes me two hours of outside note-taking for every hour of
class), but it's worth it and brings results (I learn!). Experience and time are good teachers.  

Through four and a half years experience at H.C., I've found that the assistance of a roommate is unnecessary, so as a better method, I've roomed by myself for one and a half years, hiring students to help with various tasks and this has worked out well. The assistance involved was aimed at saving time, which is vital when one is concerned with studies, too. Since practically everything I do requires time, in some cases added time, budgeting the hours and sticking with a schedule has been a boon.  

I can easily say that I'm majoring in extracurricular activities as well as English. Starting with my freshman year, I was a member of the Chess Club, Student Education Association, Cultural Exchange Committee, Literary Club, and a local sorority. I was on the Dean's list and the staff of the yearbook and the literary magazine. And all of this did mix with studies.  

Pursuing a higher education appeals to me, because I enjoy an academic atmosphere, the living conditions, the activities, and, of course, learning in my field. Although I have shown interest in geography, psychology, and English (my major), I feel that a career in journalism would be most beneficial to me.  

With a Masters or just plain study in journalism, my career plans are hazy - perhaps a feature writer or a columnist for a newspaper or working on the staff of a travel magazine; these interest me. But I would first like to try different fields in journalism at a large university. Perhaps I still hear that echo: "I'll cross that bridge when I come to it."

ED: Kitty's home address is 3121 Sheridan Boulevard, Lincoln, Nebraska 68502.

For Jerry McClain, success is made by combining equal parts of hard work, faith, and perseverance. Stricken with muscular dystrophy at the age of five, he attended public schools for only three years. After that he attended the Roberts School for Crippled Children. Seventh and eighth grades he completed at home with the aid of a home teacher who came by for a few hours a week.  

Shortly before the time he was to start high school, a representative of the Indianapolis Superintendent of Schools contacted him to see if he would volunteer to be a guinea pig for an experiment in using an intercom to attend school. He jumped at the opportunity to escape the home-bound teaching.  

Jerry rates the intercom as an excellent method of obtaining an education for those unable to attend school in person. The device itself is simple. The phone company installed a unit in his home, and another at school. The only extra
burden on the teacher is to plug it in.

He responded to this new mode of education by graduating near the top of his class at Manual High School. This success made him eager to attempt college, but inquiries at both of the local Indianapolis colleges brought negative responses. They had not yet heard of the intercom.

High school graduation came and Jerry still had no college to attend. That day, however, a local paper ran a story on his successful use of the intercom, and in the evening a TV cameraman took his picture as he received his diploma. The next morning, the admittance officer of Indiana Central College called him to discuss his becoming the first student in the state of Indiana to attend college by intercom.

He discovered that the state rehabilitation department would pay about two-thirds of his tuition. By contacting a New York organization, he found assistance in paying the telephone bills, which amounted to some $300 per year. In connection with this, Jerry pointed out, "There are many people willing to help when they are contacted and understand the faith one has in one's own abilities." He also received a telephone call from a stranger offering him an interest-free loan for college.

Jerry completed all his coursework at home via the intercom, but took all examinations at college in the Dean's office. His participation in classes served as an inspiration to many of his fellow students. They, in turn, honored him by electing him vice-president of the Senior class. He graduated, magna cum laude, in 1963 with the second highest grade average in the class.

Armed with a degree, he set out to earn a living. He began tutoring and continued to operate a night answering service for an insurance company, a service he had started during his Senior year. He was soon able to pay back the loan, but he still had a yearning to return to school.

Hoping to study law, he contacted the Indiana University Law School, but again encountered administration opposition when he mentioned the intercom. Five years passed and a new Dean took over the school. He was willing to give Jerry a chance to become Indiana's first intercom law student. That is what he is now, and he has just passed the halfway point toward his degree.

He noted happily that he will soon be able to visit the school, "A new law school building is under construction and is to be completed by the fall of 1970...It will be on the ground floor with elevators for the upper floors."

The intercom, of course, has some drawbacks. Jerry finds himself limited in the amount of contact he has with other students and he misses the opportunities to exchange ideas with them. He also finds that his access to library materials is very limited. But, his problems are far from insurmountable and he deals with them as they arise. As he says, "I am compelled to cross bridges only when I get to them."

Jerry has crossed many bridges and in many cases has been the first person to do it. His hard work, his faith in his own ability, and his perseverance are making it easier for those who will want to follow.

Address: 1020 N. Euclid Avenue, Indianapolis, Indiana 46201.

ED: Additional information on education by telephone may be obtained from Mr. J. A. Richards, Educational Director, Executone, Inc., 47-37 Austell Place, Long Island City, New York 11101 and the Spring-Summer 1962 issue of the Gazette on higher education. (Price: $1 to the disabled.)
I was happy to know that I could have an article published in the Gazette. I feel that this way somebody in a similar condition as mine could make use of some of my experiences or ideas. I myself have got courage from others' experiences reading the Gazette.

I was born in California, but I was a baby when they brought me to live in Guadalajara, Mexico. Being the second in a family of five brothers and four sisters, my life was nothing exceptional until I broke my neck diving six years ago when I was 17.

I was taken to a local hospital and they found a lesion of my third and fourth cervical vertebrae. I stayed there for about 17 days and then was taken home. I passed a whole year in a Stryker bed, but it was a wonderful year in which I learned to love people. I had always been indifferent to people because I had been self-sufficient, but now that I needed them, I learned how good and great people are. Everybody, my family and friends, was ready to help me physically and morally. I remember these words from a priest friend which helped me a lot: "Your situation is not desperate, but on the contrary, many of us would like to be as you are, for you and all those like you are specially loved by Christ; that is, you have the opportunity of making a great life of yourselves". On another occasion I told him that I wanted to be a missionary, and he said that my mission in life was already plenty. Another friend came with a Russian language textbook and said that I should study something to keep my mind from getting lazy. Before this I used to see television four or five hours daily and certainly I was too bored. Studying Russian was very interesting and I didn't lose any more time with television. My brother Carlos insisted on exercising my muscles three or four times daily, and I recuperated voluntary movements of the muscles of my neck and shoulders quite soon. Then my father worked many hours constructing a device to write with my head. This was great! Very soon my hobby was to write letters to friends and relatives. Now I was very busy all the day, writing in the morning and
studying Russian in the afternoon. I didn't have time to think of my condition, and I started to appreciate my new life full of challenges.

That first year flew by rapidly and then I felt that it was time to return to school. Also I was dreaming of having a wheelchair to go out doors and school was my best reason to have it soon. A calcification in my left hip keeps my leg in the extended position and I had to have a very special chair made to order. We hurried and had it ready in three months, though it turned out very big like a monster. At first I felt embarrassed to use it, but then with the great pleasure of going into the world again, it was easy to repress my pride and very soon I was feeling at home everywhere they would take me. I enjoyed school very much. Since my brother Carlos (the third) was studying with me, he would take notes and I used my writing device only for exams. He made that last year of high school easy for me, maybe too easy.

Apart from school I also liked to be walked along tree-lined streets. For longer rides we decided to use a bicycle to pull my chair like a trailer, making them more interesting. After all, the great size of my chair was not useless, since it turned out great as a trailer! This same arrangement served us for taking me to the University later on, until we got our VW van.

After we finished high school Carlos went to the U.S.A. to study and I had a new challenge of facing the University alone. I asked my father to make my writing device more manageable, so I would have it ready to take notes or make an exam without having somebody fix the paper for me. Also he made an independent way to handle books. It is just a special forked, long aluminum stick that I hold with my molars. An eraser tip is very important, for without it, it is almost impossible to turn pages. I use a pencil, for it is easy to replace when the eraser has worn out, and it fits onto the forked stick.

For writing, I use a similar device, but shorter. It has a pen fixed on it and also an eraser for managing a notebook. The tip of the pen is good for managing a slide-rule at my reach. This writing device had to be shorter in order to have good control for writing, and for managing the slide-rule also, but at the same time I use strong magnifying lenses in order not to tire my eyes so close to the paper. I use tri-focal glasses; the lower part for writing, the middle part for reading a book on my book holder, and the upper part for seeing the blackboard.

For making mechanical drawings I had always a brother or sister who would help me, but I found it frustrating not to be able to make them by myself, so I decided to think up a machine with which to do it alone. I designed one and my youngest brother has been my hands to build it. Right now we are working on many refinements. I have made trials and I see that I will make the drawings in no more time than an average draftsman! All I use is my long stick and the machine. It would be very difficult to give an idea of how it works, but if you are interested in this or some other of my devices, with pleasure I will help if you write me.

With these devices it was not difficult to study at the University. I am in my eighth semester now, and I feel sure that in about one year more I will graduate as a mechanical engineer. Then I plan to teach at the same Autonomous University of Guadalajara where I study.

Address: Escorza 442, Guadalajara, Jalisco, Mexico.
EMPLOYMENT

ENTREPRENEUR

by Tom Loehr

Benjamin S. Gerson was 43 when he contracted polio. "Rather late in life to contract the disease," according to Mr. Gerson. But disease seldom shows respect for age. In some respects his age proved to be a positive factor. He had already obtained an outstanding education, including a law degree from Harvard, and had compiled considerable experience in business.

At the time polio struck, he owned a small manufacturing firm. He negotiated the sale of that firm, but maintained an active interest in business during his illness and convalescence. After three years filled with iron lungs, rocking beds, and various forms of rehabilitation, he decided it was time to re-enter the business world.

In 1956, he began ETC, a maker of electric terminals and connectors. He ran the business with the help of aids like ball bearing armrests (I don't know whether more readers would recognize "armrests" or "feeders") and specially designed telephone equipment. He credited the Ohio Bell Company with considerable patience and ingenuity in helping with the phone setup.

The beginnings of ETC were modest; he had only a small plant and a few employees. Ability and a tremendous amount of hard work combined to turn it into a company with three plants and over 250 employees. 1968 brought an offer from ITT to take over his firm. Mr. Gerson accepted, but still remains as active as ever in his position as Chairman of the Board.

In going back into business, Mr. Gerson stuck with his basic philosophy for successfully combating a handicap. He feels that the first step a person must take is to carefully select an area which he enjoys and in which he has a reasonable potential. Once the selection is made it demands undivided concentration, because in business an important ingredient for success is being better than the next guy. Business, like much in life, is competitive. To collect the rewards one must be willing to work.

Address: 18560 Parkland Drive, Shaker Heights, Ohio 44122 (Photo: The Plain Dealer)
W. L. Abell, Jr., better known as "Roy", is an imaginative young man in Columbus, Georgia, who has imagined himself into very real, tangible efforts. Down with polio while a fifth year art student at Auburn University, he's now a polio quad. But not ever really "down" for in his early involvement, he had a pen taped to a finger, and was able to produce evocative, original drawings.

Now 53 years old, he's delved into all sorts of creative enterprises from designing bridge tallies to water well drilling equipment. Finally he hit the jackpot. With associate Charles Byram, he developed a chain of restaurants known as Snuffy's Shantys which glamorized the lowly hotdog to such an extent that they got bought out — at a very handsome profit — by the Kenflo Corporation, a large chain of Kentucky Fried Chicken Restaurants.

Prior to this venture, Roy headed an advertising firm in Columbus, for which job he was named the Handicapped Georgian of the Year. Now that he has departed from the "dawg" business, he has set his sights higher and is starting a new restaurant chain concentrating on steak and beer, a natural that will probably also get bought out once it gets going. What a mind for food this young man has. Also, what a promoter. If you are interested, he might sell you a franchise.

Recently married to an attractive divorcee, Roy acquired four built-in children. They are now engaged in building a show-place home fronting on a lake in Columbus, and it should be a beautiful mansion. They have a Dodge Executive Van with a high roof, and he and the new Mrs. Abell and all the kids can commute anywhere in excellent comfort. (Photo: The Ledger-Enquirer)

Address: P.O. Box 5341, Columbus, Ga. 31906.
"Just a brief biographical sketch: I shall be 35 years old in October and have had cerebral palsy since birth. I graduated from college in 1959 (Richmond Professional Institute) and received a Master's degree in Christian Education from the Presbyterian School of Christian Education in 1962. For about five years I taught a Sunday School in an Episcopal Church.

"I am now the Program Coordinator for the Adult Development Center, located in a large Episcopal Church in downtown Richmond. Although the church provides space, light and heat, we like to think of it as a community project. My main duties relate to creating outside programs for our participants, and personal relations. I like my work very much, as it combines the endeavors of Program Coordinator with that of writing, and it adds up to a lot of satisfaction."

Louis Michaux, 500 Henri Road, Richmond, Virginia 23226.

ED: After our Book Review section had been sent to the printer we received the following notice from the publishers of a book by Louis Michaux: THE PHYSICALLY HANDICAPPED AND THE COMMUNITY - Some Challenging Breakthroughs. "In this challenging text, the author - himself handicapped since birth - interprets some basic attitudes and feelings of the physically disabled. His starting point is with frustration and despair as he attempts to create for the reader a feeling of what it means to be handicapped.

"From this initial point, Mr. Michaux continues with ways in which disabled people can live meaningfully with their handicaps in terms of attitudes, the right to struggle, adaptive equipment, and development of meaningful relationships. The ultimate destination of exciting, new, and positive possibilities for the handicapped and the community is discussed in terms of better educational, vocational, recreational, housing, and transportation opportunities. These are the major breakthroughs, and the author maintains that they can be accomplished in different ways as the disabled articulate their needs and work with the community at large with a positive philosophy of action."

"The Physically Handicapped and The Community": This vital discussion covers the final two chapters, and is predicated on the preceding chapters which cover such topics as attitudes, perseverance, human relationships, an evolving theological understanding of pain, and how churches can more effectively minister to the handicapped. The text includes an appendix dealing with adaptive equipment, education, housing, and legislation."

Order from: Outlook Book Service, 512 E. Main St., Richmond, Virginia 23219. Price: $6.75.
David Stanton, back with his family firm of the Stanton-Long Insurance Agency after an absence of almost seven years, works with his father and his brother. On Labor Day in 1964, Dave Stanton broke his neck diving into a home swimming pool. He was treated at Ohio State University Hospital until May 1965 when he went home. He went back to work in the office of his family's insurance firm in February 1970.

He credits the hospital's occupational therapy with returning him to the world of work. "I go back once a year for re-evaluation and to learn about new research and equipment, but I go down to visit every month or so."

A ramp was built to the porch of the old mansion where the agency is located and the doors were widened. Special telephone and recording equipment was installed. A World War II medic functions as attendant and chauffeur for his van which is fitted with a hydraulic lift.

"I am very lucky to be at home. My wife and I have a lovely family of three children. I could not begin to put on paper my experiences since my accident. Most have been happy and rewarding, only a few low ebbs as everyone has. My days are busy as I also do some work at home and try to organize my pet projects and be a doer rather than a talker."

"I have a bug in me to push for better research, crusade constantly to eliminate architectural barriers and believe strongly in local health care facilities, as well as promoting others such as Creative Living, Inc.

Dave holds a degree in business administration from Miami University and is a veteran of the Korean War. He serves on the medical technology advisory committee of the of the North Central Ohio Technical Institute. He was awarded the first life time membership in the Mansfield Jaycees for past activities and was named the Outstanding Jaycee of the Year in Mansfield in 1963. He is a member of the Elks Club, Exchange Club, and is past president of the Mansfield Area Insurance Board.

The President's Committee on Employment of the Handicapped presented him with a "Citation For Meritorious Service" in 1971.

Address: P.O. Box 397, Mansfield, Ohio 44901.
stages of a form of arthritis which attacks the joints of hips and spine and eventually causes ankylosis of all of them.

At this stage I was still reasonably mobile, protected by a spinal brace and expending a great proportion of my energy in coping with the intense pain of raw bone ends rubbing together in inflamed joints.

I knew that these joints would soon fuse, leaving me with rigid spine and hips, but in relative comfort.

These conditions made me take a careful look at the profession for which I had prepared, in the hope that I could find a way to pursue it successfully.

By the time I had completed a few simple assignments, I had proven to myself that my immobility would be a very great handicap in a design career and it would be overcome only by the kindness of others in bringing me information that would be readily available to a man working in the office.

An experienced engineer could continue to be successful working at home, but fresh out of college I could not see my way to a satisfactory independence.

During the next few years the disease prevented any effort along that line and I finally emerged with a straight but rigid spine and both hips frozen in a standing position. We had tried surgical correction of the hips and now there was nothing to do but get on with living under these conditions.

Did you ever consider the place of the chair in this civilization of ours? A man who cannot fold to fit one and who cannot climb stairs finds his activities confined to a very small area. In my case it was the first floor and the front porch of a three-story house.

From the age of ten I had studied and enjoyed playing clarinet and saxophone, so the first idea that came to me was to teach others what I knew. I studied with another teacher for a while with the emphasis on how and what to teach. I found a tutor to refresh me in harmony and I soon found some established teachers who were happy to send me a few pupils.

One teacher urged me to learn to maintain and repair instruments and I found that with some good books and my mechanical background I could do most of the work that came to me.

There were a few jobs beyond my equipment, but the repair of musical instruments is an excellent field for any handicapped person who has good use of his hands.

The equipment is relatively inexpensive and easily portable. I did a great deal of good work on the kitchen table when the room was not otherwise in use.

The need for this work is overwhelming. Just look around you and see how many school children
play instruments. They all need regular maintenance even if no one drops them or bends the keys in other ways. Teachers are glad to recommend a good repair man. Good workmanship is always in demand. Music stores send such work out if they find a good shop and there are short courses available to teach you the techniques.

The slow pace at which I was able to build up these two facets of the music business fit in well with my slow gain in strength and endurance. After about two years it was obvious that my strength would never let me work the long hours necessary to make a very good living in this way. Another man might have developed the business into a store or hired help to increase his production on instrument repairs, but this direction was not for me.

By this time I had proven to myself that self-employment has great advantages for the person who doesn't conform to the established pattern physically. If you are self employed you can work a little, work a lot, or work at odd hours, just as long as the customer gets a good service when he needs it.

In casting about for another endeavor to add to the music, I found myself being prodded toward the insurance business by a blind friend who had been successful in life insurance.

Together we decided that the general insurance business was more fitted to my of life than was life insurance.

I contacted some companies and found them less than eager to appoint an agent who would have to learn the business and who would not be able to go out and ring door bells. More inquiry led me to a man who was an agent and had a complete knowledge of the business.

He saw the possibilities of my situation and agreed to train me and get me a state license as a "solicitor" who would work through his agency and under his instruction.

I studied for the state license exams at home, asking him questions when necessary and finally got a state examiner to give me the exam in my home.

Our arrangement was that his office would make up the policies and I would operate under my own name with letterheads and bill heads bearing my name rather than his. The part of the commissions that would be kept by him was a fair return to him for the time he spent helping me to get started and for extending the facilities of his office to me.

At home I had an old typewriter, a one drawer filing cabinet, and $40 worth of stationery and bill forms. I also had a list of several hundred names who would at least know who I was.

I started a campaign of regular mailings to this list. The first letter was an announcement and after that I dealt with various kinds of insurance.

If you have read this far you can see that my family was very patient with me as my projects took up more and more space. My family consisted of my mother and father and their encouragement and help meant much to me.

This business was another slow starter, something like $600 the first year and I spent many hours spreading the news that I was in business.

Gradually the business came to me and by meticulous care in each transaction I convinced people that I was serious and able to do a good job for them. My friends were glad to be able to give me a boost by recommending me to others.

Now I have my own agency.

Selling is all done by phone and mail and
claim service is rendered by the companies, or in certain less complicated claims, I write the checks in my office.

By working at home and doing all of my own office work I have been able to operate successfully on a lower volume of business than some agents, but a few years ago a new complication in the form of rheumatoid arthritis came to me. Since then I have learned of the wonders of a good dictating machine and the pleasure of having someone else do part of my typing and filing.

I use a "stand up" desk, forty-five inches high and eight feet long with filing space under it and shelves over it. This helps a lot, but I am still looking for ways to reduce the time I spend on sore feet.

By the way, I have my ups and downs. Especially on the mechanical stair-climber on which I stand to be carried to the second floor. That doubles my living area.

This year is my twenty-fourth in the insurance business and I still teach in order to vary my work and keep from going stale.

The repair business has been dropped for lack of time and strength.

Service businesses offer good opportunities for people who must work at home.

The current preoccupation with bigness and computers in business leaves a great opportunity for personal service enterprises on a smaller scale.

If more information on any of my experiences can be useful to you, I will be glad to hear from you. No two people build a business the same way, but it does help to know how the other fellow did it. 

Photo: Harry Newell

Address: 1182 Warren Road, Lakewood, Ohio 44107.

PRIVATE EMPLOYMENT AGENCY
by Ronald Ballard

General Employment Bureau is a private employment agency operating quite successfully in a very competitive field. Dorothy Harris and I have shared ownership of the business since 1964. We are both quadriplegic. She contracted polio when she was 14 and is confined to a wheelchair; she has very partial use of her left hand and arm. She was recently married and had a home specifically designed to meet her physical needs. She has done all the jobs within the agency at one time or another. She is currently receptionist and bookkeeper.

I was injured in a car wreck in 1952 and received no return. I have a full-time assistant who does my writing, telephone dialing, and other general office duties.

We both work every day - all day. We compete along with everyone else asking no special favors. In fact, 99% of the employer-clients are unaware that there are any physical limitations at General Employment Bureau.

The agency has continued to grow each year and now has seven on its payroll. Anne Harris, a counselor, has been with the agency for four
years and has been quite successful. She is a quadriplegic also.
Operating a private employment agency offers an outstanding business opportunity for the disabled. It does require someone who can do sales work, for this is basically what the job is. We call companies to obtain job listings which we then advertise in the want ad section of the newspaper to obtain applicants to match the job order. These applicants come into the office, fill out an application, and sign a contract stating their willingness to pay an employment fee if a job is obtained for them. Then, they are interviewed, matched to the job opening, have an appointment arranged for them, and are sent out to the company for another interview. If the counselor is successful in getting the applicant hired, then a fee is earned for the service rendered.

In addition to the employment agency, I own two used furniture stores with another "unemployable" handicapped person and we are now buying, remodeling, refinancing, and selling real estate. The only problem is that the business opportunities are too numerous for my capital.

We believe that the best opportunity that exists for employment of the handicapped is in businesses offering a service. These businesses can be established for a very nominal amount of cash and offer the handicapped owners earnings limited only by their talents, abilities, and hard work.

Address: 607 West First Street, Fort Worth, Texas 76102.

ED: The next issue of the Gazette will have details of the dynamic Ronald's organization of Crusaders Chapel, a church building specifically designed and constructed for the handicapped.
NEW FIELDS OPENED IN COMPUTER CAREERS
by Sylvia Porter

Today, an estimated one million Americans are employed in the computer business. Of these, 175,000 are programmers, vs. only 100,000 in 1966. Some 150,000 are systems analysts, vs. about 60,000 in 1966. Others are computer operators, technicians, computer designers and engineers, key punch operators, etc. In addition, hundreds of thousands of secretaries, other office workers, personnel people, advertisers, salesmen, etc. owe their jobs to computers.

The brightest job opportunities are for programmers who tell the computers, in computerese, what they are supposed to do; for systems analysts who analyze and organize complex problems so that they can be solved with the help of computers; and for computer operators who actually run the computers. The totals in each of these occupations are expected to double by 1975. However, there also will be enormous numbers of job openings in other computer specialties ranging from assembling computer components to selling computers.

Starting salaries for computer programming trainees now are around $9,000, and if you have a degree in computer sciences, around $11,000. If you move up the occupational ladder - say, from programmer to systems analyst to systems designer - you can expect to be earning $20,000 or so within five years. And if you move into a higher position, such as your company's Director of Data Processing, you can expect to earn $35-40,000 or even more.

Experienced computer salesmen start at around $12,000 a year and work up fairly rapidly to the $25,000 a year range.

In addition to lofty salaries, there are the fringe benefits of stock options, the security of being able to take your skill anywhere in the country and to almost any major industry, plus the possibility of starting your own company.

How do you get the right kind of training for a good computer job?

Get a college degree, with a major in math or science or maybe even an advanced degree in math or engineering. Then go to a major computer manufacturer with a training program - and a job waiting at the other end. Or take college courses in computer science, often offered in the adult education program.

Don't sign up for courses at an independent commercial computer school not associated with a university or computer company without first investigating it thoroughly. In the blunt words of one major New York employment agency: "Some are worthless and sometimes even fraudulent. The graduates of these schools are impossible to place."

A few independent schools, though, do offer sound computer training programs. Find out if the school has been accredited by a state regulatory agency, if it actually has computers for students to use (some don't), if it offers job placement services and what the experience of recent graduates has been in finding jobs. Only after you get satisfactory answers should you make any commitment. Copyright, Field Enterprises, Inc. Courtesy Publishers-Hall Syndicate.
COMPUTER PROGRAMMER
by Joe Laurie

Butch Fair is not a county fair. No, it's the nickname of Lowell D. Fair, Jr. "Butch," as his family and friends refer to him, has been a quadriplegic since an accident when he was 15. After hospitalization and rehabilitation, he completed high school; with his motorized golf cart he canvassed the neighborhood selling various household products. His hobbies included "Ham" radio (K4SCZ), electronics, and an interest in tracking missiles at nearby Cape Kennedy with wheelchair-mounted binoculars.

After completing adult education classes in electronics, commercial art, and English, he felt he hadn't found his niche in just being a door-to-door peddler. Through an article in the Gazette, he became interested in programming. A friend took him to visit Cape Kennedy College and he attended classes for a few weeks before contacting the Florida Division of Vocational Rehabilitation.

Then, nearly 15 years after his accident, rehabilitation really began. DVR's tests showed he had an aptitude for computer work. The college offered him a tuition-paid scholarship. With new-found zest and enthusiasm, he tackled the two-year course, earning a straight "A" average. After graduation, he reported for work as a computer programmer in the Systems Analysis Branch of the Data Systems Division at the Central Instrumentation Facility.

He arranged for a VW bus and, after having the seats removed, DVR provided him with a portable ramp. His co-workers took up a collection and DVR added to it to purchase a wheelchair with a Power-Aid. With his loyal driver friend, Frank Childers, Butch is at work by 7:30 each morning.

Butch's next project will be sharing a home and attendants with others. He is anxious to live independently as do other young employed persons.
There may be an occasional traffic jam when a number of wheelchairs attempts to traverse the hallways at one time, or a desk which has to be heightened to accommodate its user, but these are about the only problems which make Turn-Key Computer Applications unique in the field of young companies. Far more important than the minor difficulties are the positive aspects which exemplify Turn-Key: an energetic, enthusiastic staff of over 40 programmers, systems analysts and operations personnel, a future potential of tremendous proportions, and James R. Ziegler, a president with the experience and ability to guide the company to that future.

While Director of Advanced Programming with National Cash Register Corp., during courses he taught as Professor Mathematics at UCLA, and while lecturing across the country on the various aspects of computer science, Ziegler saw the number of qualified individuals who, because of physical limitations, were denied employment. And so, with his decision to organize a company specializing in computer programming services, came a determination to employ the talents of anyone with the ability to learn programming and the desire to work. It took one year to finalize plans for the new company and during this time Ziegler trained a group of handicapped people. When Turn-Key opened April 1, 1968, three of its first six employees were from this class.
Turn-Key's name and reputation as a company producing quality work grew during the first year and a half, and many new contracts were generated from every direction in the country. Top men in the field have been attracted as employees. Their experience qualified them to be hired, but people straight from programming schools, who have no actual experience, are also considered. In addition, two more training courses have been necessitated. The majority of those trained have been handicapped. Their names have been recommended by the Crippled Children's Society of Los Angeles, Los Angeles Orthopedic Hospital Rehabilitation Department, the Long Beach Handicapped Persons Pilot Project, and the Department of Vocational Rehabilitation. Vocational Rehabilitation also provided tuition for the last class.

A three-way training program sponsored by the Bank of America, IBM, and the Los Angeles Urban League recently enabled black students to learn programming, and six were subsequently hired by Turn-Key.

One of Ziegler's motivations in employing handicapped people arose from his contention that computer programming requires mental skill and agility rather than physical. This is indeed the case. However, in addition to the difficulties involved in mastering the techniques of programming, each trainee has had to overcome individual problems related to the physical aspects of being employed.

Learning to drive and load and unload a wheelchair has enabled some to work regularly, while others are able to employ drivers. Transportation within the building has been accomplished through the acquisition of power-driven wheelchairs by two employees.

Being able to type the programs has proven to be the answer for those who find it difficult to write, while the installation of a mirror at wheelchair eye-level in the women's restroom has been almost as invaluable to the women employees.

The future for Turn-Key and all its employees looks bright. After a recent business trip to the Far East, Ziegler reports a growing need for programming services in countries such as Thailand, Indonesia, and Japan, and Turn-Key will be active there. The California Federal Savings Building now also houses an NCR-Century computer acquired by Turn-Key in September.

A new stock option program will allow employees to share in the past and future growth of the organization, and, in a short time, Turn-Key will go public, selling shares to all who wish to participate in its future.

When Turn-Key was just starting, Ziegler was asked why he had sought out, trained, and hired disabled persons. He replied that he felt it would prove to be a two-way street. He would be providing an opportunity to people who may otherwise remain unemployed, meanwhile gaining a higher degree of stability and dependability from these workers than from other trainees.

Certainly, everyone has benefited from the experience. Their joining the ranks of the employed has enabled the handicapped men and women to purchase homes and cars, get married, have ample health and life insurance, and to become taxpayers!!

An extraordinary co-operative spirit exists at Turn-Key. Assists are given and taken happily, as everyone works toward similar ambitions and goals.

Address: Turn-Key Computer Applications, Suite 320, 608 Silver Spur Road, Rolling Hills Estates, California 90274.
SIMPLE ADAPTATIONS ON MODERN VOCATIONAL TOOLS BRING NEW WORK OPPORTUNITIES FOR THE HOMEBOUND

By Kalisankar Mallik and Thomas R. Shworles

Rehabilitation Research & Training Center
George Washington University
Submitted to the Rehabilitation Gazette, April 1971

"Microfilming documents of all sizes, colors, and thicknesses." "Microfilm editing." "Microthin jacket filling." These are new words and new ideas in the field of vocational rehabilitation. They are so new that the authors need one more year to know how well their hopes for success will be met. But so far things look good for a group of persons well known to readers of the Rehabilitation Gazette - the homebound and the severely disabled. These are the people who are now being well paid for performing these new jobs and who are the special concern of a research and demonstration project at the George Washington University in the nation's capital.

In a small lab within the Rehabilitation Research and Training Center are three or four tables piled with new kinds of work equipment being used by organizations concerned with the collection, storage, and retrieval of information (otherwise known as the business information systems world). The list of equipments sounds very technical: ASR-33 teletypewriters, cartridge printer-readers, off-line paper tape add-punch machines, table-top jacket readers, rotary hand-feed microfilm cameras, etc. But it is not the technicological description of these modern work tools which is impressive. The real importance is that they give the homebound severely disabled person a new chance to be truly productive, realistically competitive, and an earner of substantial wages. From the lab has come a small group of severely handicapped persons trained and equipped with these tools, and working as computer programmers, various kinds of microfilm operators, data input operators, and bookkeepers using off-line equipment.

There are many ingredients which go into the "dreaming up" and "carrying off" of these new
vocational goals for the homebound person. One consideration involves the modification of new work tools so that the functionally limited worker can operate at a competitive level. And this is the main purpose of this article - to illustrate the liberating effect of simple adaptations on modern vocational tools. It is a requirement in this project that all modifications must be low cost (how many ingenious adaptations for one disabled individual have never been tried a second time for another similarly disabled person because the cost factor was out of reach?) and easily duplicated (the chances for setting up other people in like work situations are greatly enhanced if it does not take a high priced engineer or M.A. degree O.T. to do the adapting). Anyway, it seems to be better psychology to "keep it simple," for experience shows that many severely disabled persons seem quick in avoiding the "over-gadgetizing" syndrome characteristic of various rehabilitation environments. Pictures in this article illustrate the types of simple adaptations which have freed four homebound young adults from barriers to vocational productivity.

Probably very familiar to the faithful readers of Rehabilitation Gazette are the life situations of these four research workers. Two of them (Research Workers B & C in table and pics) have muscular dystrophy with all the typical limitations, i.e., unable to lift themselves, wheelchair bound, no usable ranges of upper extremity motion, 100% dependent regarding dressing, etc. Both the 30-year old mother (with a daughter of 8 years) and a 22-year old single male were able to arrive at only impractical vocational goals with their rehabilitation counselors, i.e., infeasible sewing tasks for the first and nonlucrative telephone sales for the latter.

Today they are microfilm editors, reviewing 100ft rolls of 16mm. film for such errors as overlapping of documents, folded edges, over-under exposure, and other errors occurring in the microfilming or processing of film procedures. Companies contracting this service find it invaluable, because they must know that their documents were properly microfilmed before they destroy them.

Training at home and at the lab totals only 15 hours, and equipment set-up costs are below $400 each. Each is receiving a beginning salary of $2.50 per hour.

The adaptations which make these successful job performances possible are simple: replacing two knobs with a larger knob and a lever to make easier gripping of the microfilm viewer's scan buttons; attaching longer levers on top of shorter ones to provide leverage for tape recorder play; exchanging weak springs for heavy springs in foot pedal of tape recorder; and designing editing error sheets requiring only check marks (discarded were the longer report forms which involved tedious energy and time consuming writing). These adaptations allowed the editors to attract employers by reducing their editing time per roll by more than 100%!

The situation of the arthritic mother with a secondary asthmatic condition is a story too long for this brief article. It had been impossible for her to earn a significant income while raising her five children. She could only work fifteen hours a week and she could not assure an employer that she would be able to withstand the pain of travel on any given day. Her first jobs were on a small portable microfilm camera (Work-
<table>
<thead>
<tr>
<th>Characteristic of Homebound Worker</th>
<th>Job Operation</th>
<th>Job Tools</th>
<th>Adaptations &amp; Effects</th>
<th>Average Potential Working Hrs./Week</th>
<th>Average Earned Income/Hr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>RESEARCH WORKER A.</td>
<td>Microfilming</td>
<td>Portable Rotary Camera, RP-1, 20X, 16mm. Recordak</td>
<td>Table built for RP-1 with: -Appropriate working height -Adjustable angle on receiving bin -Vertically adjustable platform</td>
<td>Continuous working time before fatigue (avg.) 35 min.</td>
<td>$6.30 $4.75</td>
</tr>
<tr>
<td>38 y.o., F., Married, 5 children, Rheumatoid Arthritis &amp; Asthma</td>
<td></td>
<td></td>
<td></td>
<td>Continuous working before fatigue (avg.) 105 min.</td>
<td></td>
</tr>
<tr>
<td>RESEARCH WORKER B.</td>
<td>Microfilm</td>
<td>Dietzgen Table-Top Viewer 20X</td>
<td>Small knobs replaced by larger knob &amp; lever -Levers attached to recording and playback modes -Footswitch polarities reversed to minimize continuous use of foot -Weaker springs inserted in place of original springs in foot switch</td>
<td>Editing time for a 16mm., 100' 1 hr. roll at 20X (avg.) 2 hr. (avg.)</td>
<td>$2.50** $2.50**</td>
</tr>
<tr>
<td>22 y.o., M., Single, Wheelchair bound</td>
<td>Editing</td>
<td>Sony 110 Cassette Tape Recorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscular Dystrophy,</td>
<td></td>
<td></td>
<td>Error coded editing sheet designed to replace standard notation technique</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
RESEARCH WORKER C. Microfilm Editing
30 y.o., F., Married, one child, Quadriplegic, Muscular Dystrophy, Wheelchair bound

Same as above microfilm editor
In addition has wooden base with lever to depress switch on foot pedal
As above. Pedal had to be on footboard of wh. chr. (foot unable to reach floor) not allowing free movement from work area

As above, 20 $ 2.50** $ 2.50**

RESEARCH WORKER D. Micro-Thin Jacket Filling
26 y.o., F., Married, one child Quadriplegic, Spinal cord injury, Wheelchair bound

Jacket Reader Filler, 16mm. FRP-1600, Recordak
Funnel type guide attached to microfilm threading slot which has minute dimensions
Worker required as assistance for each new roll loaded on to equipment
Worker 20 $ 5.78 $ 4.78

* Net Income = Gross Income - (Equipment Overhead + Cost of Supplies)

** Since this equipment has already been provided at a one time purchase by the State Department of Vocational Rehabilitation, workers presently do not have equipment overhead. Also, these two jobs do not entail consumable supplies.
er A) and now she has progressed at home to a large automatic camera presently microfilming 1,524 documents per hour. Previously she could work a maximum of 35 minutes per "setting," then experiencing pain and fatigue. A wooden table measured to her working heights and reaches enabled her to increase her work period to 105 minutes with no pain and only minor fatigue because important job movements were minimized.

In the early stages of adjustment to spinal cord injury (Worker D), a 26-year old homebound quadriplegic mother finds herself busy "filling" micro-thin jackets for a contract employer physician at $4.78/hour net. She places 3" x 5" transparent jackets onto a small sized platform connected to her table-top equipment (a bit larger than an electric typewriter). By turning an easily grasped knob, and pushing a light springed button (it can't be missed for it is larger than a silver dollar) as many frames as desired from a roll of film are pushed into rows (at the clip of 105 rows/hour) on the jackets and then snipped. An easy-to-make funnel guide was attached to the equipment so that the homebound worker could thread the film independent of outside help and thus work without the burden and possible expense of a helper.

If this research project achieves its greatest dreams at the end of one more year, it will be able to give to rehabilitation counselors, sheltered workshops, and other rehabilitation centers some formulae as how to set up some homebound workers, quickly and economically, in new areas of vocational activity. It is now being demonstrated and suggested that these new jobs will win for the workers an hourly rate of monetary return equivalent to the dignity of their hourly efforts.

Address: Thomas R. Shworles, Assistant Professor of Medicine, The George Washington University, Room 364, 2150 Pennsylvania Avenue, N.W., Washington, D.C. 20037. Phone: 202-331-6847.

BIBLIOGRAPHY


ED: We are very excited about this project and urge our readers and their counselors to investigate the great potential of the microfilming field not only for individuals but also for groups of quads in colleges or cooperatives.  

This article is directed to the vets eligible for benefits under the GI Bill (Public Law 89-358) and who are not fully aware of their eligibility.

Any vets who have served on active duty continuously for a period of at least 181 days, any part of which was after 31 Jan. 1955, and who were discharged or released under conditions other than dishonorable and those released under 181 days but service-connected are eligible.

Some of the benefits are as follows:

Educational Assistance. Each eligible person is entitled to educational assistance for one month or part of a month for each month served on active duty on or after 1 Feb. 1955. Maximum entitlement is 36 months.

Schooling. Vets may pursue a course at a college, vocational, business, high school or correspondence school and, under certain circumstances, a college course in a foreign country.
Courses must be approved.

Applications are available at VA offices and American Embassies in foreign countries. Vets must submit a copy of their separation document (DD-214) with the application to a VA Regional Office. Foreign countries apply to the Veterans Benefits Office, 2033 M Street, N.W., Washington, D.C. 20421.

Loan Guaranty. Eligible vets may obtain loans made by private lenders for home and farm and certain loans are made directly by the VA.

Persons will be eligible for a minimum of 10 years from the date of separation. In addition, they will be eligible for one year for each 90 days they served on active duty for a maximum of 20 years.

Anyone released due to service-connected disability is eligible for 20 years.

Loans may be for the purchase of homes; to make alterations, repairs or improvements in homes already occupied; to purchase farms or farm supplies or equipment; to obtain farm working capital; or to refinance delinquent indebtedness on property to be used or occupied by the vet as a home or for farming purposes. Direct loans are for purchases of homes and farmhouses only.

There's no maximum on guaranteed loans. Direct loans may not exceed $20,000. All VA loans bear the 5 3/4% interest rate. Home loans can be made for a maximum of 30 years, farm real estate loans for 40, non-real estate loans for 10 years.

The VA doesn't require a down-payment on direct loans but private lenders may require various amounts.

Civil Service Preference. Vets who served more than 180 consecutive days after 31 Jan. 1955 are entitled to the provisions of the Veterans Preference Act in Federal Employment.

VA Medical Care in VA hospitals is now authorized for the service-connected disabled vet on a bed-available and inability to pay basis. Vets with service-connected disabilities are entitled to hospital care for any disability and for outpatient treatment for their service-connected disability under prior laws.

Job Counselling and Employment Placement is under the supervision of the U.S. Department of Labor and is administered through the local veterans' Employment Representative in local state employment service offices.

Employment counselling and testing are provided when needed and priority for referral to appropriate training programs and job openings is afforded to eligible vets with first consideration given to the disabled vet.

Compensation for Disability. Compensation is granted to vets who are disabled by injury or disease incurred in or aggravated by active service in the line of duty and who are released from active duty under conditions other than dishonorable. Payments are based on the degree of disability.

Diseases not detected before release from active duty are presumed to be due to service if they become manifest to a degree of 10% after release from active duty as follows: chronic diseases within one year; tropical diseases and resultant disorders because of therapy administered for the disease or as a preventative - one year; active tuberculosis - three years; multiple sclerosis - seven years; Hansen's disease (leprosy) - three years.

Automobiles and Conveyance. Vets retired for disability due to the loss of or to the permanent loss of the use of one or both feet or one
or both hands, or permanent impairment of vision of both eyes to the degree specified in the statute, incurred in active military service during WWII, or in active service rendered on or after 27 June 1950 and prior to February 1955, and eligibility under the act of 1966 explained earlier, and for which they would be entitled to disability compensation from the VA except for receipt of retired pay, are eligible to apply to the VA for an automobile or other conveyance or for financial purchasing of an automobile or other conveyance. The VA may not pay an amount in excess of $1600 on the purchase price. Generally, applications must be made within five years after separation from active service. However, (1) if the qualifying service-connected disability occurs after separation, applications may be made within three years of the disability occurrence; or (2) in any event, application may be made within a period of one year from the date the VA determines a vet is entitled to compensation.

Special Housing for Paraplegics. Seriously disabled vets who cannot get about without the aid of wheelchairs, braces, crutches; canes, or the like, may be entitled to a grant from the VA for a "wheelchair" home especially adapted to their needs. The vet must be entitled to compensation for permanent and total service-connected disability for the loss of the use of both legs due to specified conditions. Eligible vets will receive a Federal grant through application to the VA for not more than 50% of the cost of their homes to a maximum of $18,000 as of Sept. 1970. This grant may be used to pay part of the costs of building or buying such homes, or to remodel existing dwellings for their requirements. The grant may also be used to pay off the indebtedness of such homes already acquired by eligible vets.

Aids for the Blind. The VA provides special aids for vets who are blinded and are entitled to compensation for service-connected disabilities. Aids include approved electronic and mechanical equipment as well as seeing eye or guide dogs. The VA also pays the expense for training the vet to use the dog and for the cost of the dog's medical attention.

Vietnam Bonus. Veterans of the Vietnam War may receive $25 per month for every month served on active duty in Vietnam to a maximum of $750. A flat sum of $1000 is paid to families of vets killed in action.

You may be eligible for some or all of these benefits. Don't delay. See your contact representative now!

ED: We are grateful to Joe Hilliard for wading through the lengthy benefit details and giving us this brief and helpful summary. If you would like additional facts, send for the 112-page paperback, Benefits for U.S. Veterans, by Col. Ray Cromley. $1 from Newspaper Enterprise Association, Inc. 230 Park Ave., New York, NY 10017.

We would urge all veterans to join their local chapter of the Paralyzed Veterans of America. For information, write to the PVA office, 3636 Sixteenth St., N.W., Washington, D.C. 20010.

The excellent monthly publication, Paraplegia News, reports current veterans legislation, the activities of PVA and NPF (National Paraplegia Foundation), sports, equipment, and news items concerning paras, quads, and wheelchair living. Price: $3.00 per year. 935 Coastline Drive, Seal Beach, California 90740.
EQUIPMENT

POSSUM
English electronic control systems
by C. D. Hyde

Possum equipment is a wide range of electronic aids which enable very severely physically disabled people to exercise efficient and effortless control over domestic, commercial and industrial equipment. The control systems were originally designed for traumatic tetraplegics (quadriplegics) and respiratory polios, but recently they have been developed and extended to all forms of severe disability, such as, cerebral palsy, multiple sclerosis and rheumatoid arthritis. The systems are operated by mouth (pneumatic switch - independent of respiratory breathing) or, where there is some residual physical ability, e.g., a flicker in a finger, by a suitably chosen and placed microswitch or set of microswitches.

The systems may be broadly divided into three categories: environmental controls, keyboard operated apparatus, and all types of communication equipment. The type of control system depends upon the purpose for which it is to be used, the equipment to be controlled, and the intellect...
and aptitude of the disabled person.

The control that is most widely used is the Possum Selector Unit Type I (PSUL). This unit, which is issued freely to patients in Britain under the National Health Service Scheme, enables a disabled person to exercise remote on/off control over up to eleven electrical devices, such as: Bell and Buzzed alarm system (for emergency and non-emergency calling), an External Bell (for calling outside assistance by neighbours), Light, Heat, T.V., Radio, an intercom to the front door to communicate with visitors, an electric door lock and a specially adapted loudspeaking telephone giving full self-dialling facilities.

To operate the unit and select any desired function simply requires continuous depression of a microswitch or, alternatively, continuous suction on a pneumatic tube. This will cause a white light to start travelling round an indicator labelled with the controlled devices and, at the same time, an audible clicking will be heard from the control unit. When the desired function has been reached by the white light, releasing the suction or pressure on the microswitch will cause the device concerned to be switched on or off. At the present time there are over 100 of these units in use.

A range of systems offering control over an electric typewriter has been developed, each with an increasing speed capability, the faster systems providing in excess of 45 words per minute - a commercially accepted speed. The simplest control and the one most commonly used by spastics with speech communication difficulties uses 2 inputs (pressure and suction switches or 2 microswitches) and gives a speed of up to 15 words per minute. Selection of the required letter or typewriter function is made by operating switches in sequence over fixed time intervals. The faster control systems use a more complicated coding system and 2, 4, or 8 inputs.

The control systems can be used with any form of keyboard operated apparatus, such as, calculating machines, telex machines and machine tools. They can also be integrated into modular systems for education or employment and a typical working system would comprise: an emergency calling system, self-dialling telephone, dictation machine, typewriter and intercom, with possibly control over office lighting and heating.

The cost of the equipment ranges from $1,000 to $2,500 depending upon the requirement. It is produced at our Unit in Aylesbury and standard items are available immediately. Special controls can be designed if needed, to match as the input the precise residual functions of the disabled person, and as the output any suitable electro-mechanical equipment.

Research is continuing into new devices, the latest of which, the Possum Word Store, will type out words or phrases in addition to the normal typewriter functions. The storage capacity is variable from 256 to 8,000 words and phrases. The first production models will have been issued by the time this is printed and the cost will be approximately $5,000.

For information about our equipment, write to the P.O.S.M. Research Project, 63 Mandeville Road, Aylesbury, Buckinghamshire, U.K.

POSSUM USERS ASSOCIATION is a national charity set up by and for Possum users. Membership includes a bi-monthly newsletter, Possabitity. For information, write to the Hon. Secretary, C. D. Hyde, 25 World's End Lane, Weston Turville, Aylesbury, Buckinghamshire, U.K.
RE-REHABILITATION ADVENTURE AFTER 18 YEARS
by Doris J. Coutant

Chin switch operates hand splint to grip with two fingers and thumb.

When my eighteen-year-old Warm Springs Over-head-sling type "feeders" were damaged my main thought was where to get repairs, and it was almost by accident that my search led to a bright new contact with the Bureau of Vocational Rehabilitation. Their very busy but delightful counselor soon produced some fairy-god-mother-like results. Six weeks after my request for help she had arranged for an evaluation at Hillside Hospital in Warren, Ohio. There the excellent rehabilitation staff suggested several exciting new ideas: Bearing Forearm Orthotics (BFO's, more up to date feeders), an externally powered hand splint to allow a thumb and two finger grip for a paralyzed hand, a Paratrol to give remote on-off control of four electrical appliances, and of course a short stay in the hospital for fitting and training.

All this, financed by BVR (our tax dollars at work), was more than I had dreamed, but three months later when the mechanical components were ready I began a seven week adventure at Hillside. The reason for the extended stay was to be the filming of a comparative study on video tape which was to provide a training and promotional film of the old and new equipment.

Mouthstick helps extend control near limits of reach.

Box on back of wheelchair powers hand splint by the cable at my elbow.
A book could be written about the hospital experience, the genius of the staff, and the fifty or so other patients there. Most of us who are severely disabled suffer from some degree of isolation, and the therapeutic value of sharing a few dozen other rehab struggles is immense. For one thing you discover that you really wouldn't trade your particular set of problems. For another thing, the time since I had become a polio quad in 1951 had given me an advantage which I began to recognize as I saw others in various stages and degrees of adjustment to their disabilities. By now most of my resentment, or discouragement, or fear, or bitterness, or uncertainty, or self-pity had been worn out, leaving a solid acceptance and motivation to learn to draw again.

Of course it was hard work. Changing to the BFOs, even from a similar feeder, was fairly difficult and control was slow in coming. The hand splint held the most promise for new functional ability. It was powered by a small rechargeable motor hung on the back of the wheelchair and connected by a flexible cable to the splint which opens and closes the hand with a grip of about two pounds pressure. It was decided that the bar control switch could best be operated by my chin, and after puzzling about some sort of harness to hold it in place we simply fastened it to my bra straps with garters. At first the speed of my motor made it hard to be precise or gentle in gripping things (a blister or two resulted). However, the maker (Prentke-Romich Co., 2550 Kemper, Cleveland, Ohio) installed a slower one which allowed better control.

Tools were adapted for eating (a swivel spork with a moulded semi-soft plastic handle), brushing my own teeth (a disposable cylinder of styrofoam as handle for an ordinary tooth brush), and typing (a wooden dowel with a moulded plastic grip), while such things as a pen or paint brush could be gripped directly. A lazy-susan of plywood with 2" of styrofoam on top was mounted on the side of the wheelchair to swing into easy reach with art materials. Any object, from a pencil to a water jar, pressed firmly into the foam made its own perfectly fitted holder. Even drinking was simplified by using 18" plastic drinking tubes which did away with the need for a glass holder.

With the help of the local Olympia dealer a typewriter was adapted to give almost complete independence at typing, even to managing some carbon copies lined up by a special plastic tray. My local phone company originally had put together my phone set up and that too was revised by the O.T. staff so that it better fitted the greater range of the BFOs.

Except for using tooth brush and paint brush all these activities were things I had done before in some degree, but now it was possible to do them better and more independently. There is still a long way to go in mastering my new gadgets and exploring all their possibilities, but thanks to the great people of BVR and Hillside I'm having a ball doing watercolors and drawings. So far most of them fall far short of what I hope to do, but a second prize in the Kenny Disabled Artists Show was encouraging, and there are prospects of others being reproduced as greeting cards by American Artists, Inc., a corporation organized by a disabled artist mentioned in an earlier issue of our Gazette.

Address: 49415 Calcutta Smiths Ferry Road, East Liverpool, Ohio 43920.
ELECTRIC THREE-WHEELER

NEW B.C. COMPANY
Amundsen Medical Supply Ltd., 1090 Homer St., Vancouver 3, British Columbia, Canada. Supplies wheelchairs and accessories, equipment for paras & quads.

GOOSENECK PHONE HOLDER
Sparr Telephone Arm, R.D. #1, Box 241, Stroudsburg, Pennsylvania 18360. (See photo of Donna on page 4.) Attaches to bed or desk. Connections may be opened or closed with a mouthstick. $12.50

CONTOURED CRUTCH HANDLE
Humanics, Inc., Box 1145, Wilmington, Delaware 19899. The "Multi-Fit" handle fits all standard wooden types.

MOBILE FLUSHING TOILET
Monogram Industries, Inc. 6357 Arizona Circle, Los Angeles, California 90045. Price: about $400.

NEW E&J POWER CHAIR
Everest & Jennings, 1803 Pontius Ave., Los Angeles, California 90025. Solid state control system with a single directional and speed control switch. $850. Send for complete catalog and list of helpful booklets.

GERMAN ADJUSTABLE TABLE
Landesverband der Eltern körpergeschädigter Kinder, Nordrhein-Westfalen e.V., 5 Köln-Deutzer Freiheit 68. Combination magnetic board and book holder. Height, position, and angle adjustable for foot or mouthstick use. Price: 443 DM ($120)

SHOWER CHAIR
Edco Surgical Supply Co., Inc., 43 W. 61st. St., New York, New York 10023. Also may be used over a toilet. Send for catalog containing comode chairs, bathtub seat, overbed tables, raised toilet seat, grab bars, shower spray.

BRIEFS


ELECTRIC WHEELCHAIR CARRIER and PORTABLE RAMP attaches to rear of standard car. $198. Porta-ramp was designed by a quad engineer. MPS, 2932 National Ave., San Diego, Calif. 92113.

INDEPENDENT IN-WHEELCHAIR DRIVING. Mr. Milton Hatfield, president, American Battery Car Inc., R.R. #2, Box 126, Bristol, Indiana 46507, wrote, "We are devoting most of our efforts to developing vehicles to increase freedom and mobility...A disabled person can transport himself throughout his home, then enter his van and drive to and from his place of employment by himself - all without leaving his Reddygo wheelchair...We have also developed a rugged electric wheelchair priced at $450 (lower right photo)."
WHEELCHAIR DESK
Nelson Enterprises, 699 Blackthorne Avenue, El Cajon, California 92020. Swing-away design. Plastic, with metal support. $24.95

ENGLISH FEET-DRIVEN CAR
Peter Nelson Spencer, former RAF pilot, now drives an automatic Mini with his feet. A metal disc with shoe attached replaces steering wheel; lights, indicators, and ignition are foot-operated. Address: 94 Claremount Rd., Wallasey, Cheshire.

LIFTS & INSTRUCTIONS
Ted Hoyer & Co., Inc. 2222 Minnesota St., Oshkosh, Wisconsin 54901. Send for the catalog of their versatile line of lifts and the quite comprehensive manual.

READING RACK
Cleveland Orthopedic Co., 3957 Mayfield Rd., Cleveland, Ohio 44121. "Book Butler" holds book at any angle. #C-424. $15.55

REMOVABLE ASHTRAY AND BEVERAGE HOLDER
Drive-Master Corporation, 61 North Mountain Ave., Montclair, New Jersey 07042. Both clip to chair. Tray: $1.90 Beverage holder: $2.40

HOMEMADE READING RACK
B. J. Clackworthy, 28929 E. Worcester Rd., Sun City, California 92381. Remove legs from a breakfast tray. Bend wire coat hanger to hold books. Affix to a tubular frame which is attached to bed frame. To make swivel: insert wood dowels at places indicated on photo.

PORTABLE ROCKING BED
Available if someone will make arrangements to get it. Mrs. Richard L. Ashley, 15 W. Belvedere Ave., Baltimore, Maryland 21210.

PNEUMOBELT PATCHES
Tom Meath, Jr., 34 Deep Spring Lane, Stamford, CT 06907: "When a pneumobelt bladder has a blow-out, patch it with tire patches. The best I have found are from the Tyler Co., 4855 Rosecrans Ave., Hawthorne, California 90250. I patch bladders a half-dozen times."

VOYAGER CHAIR

SELF-POSITIONING WHEELCHAIR illustrated in the '69 Gazette. Now redesigned and manufactured by Humanics, Inc. Box 1145, Wilmington, Delaware 19899. Manual or electric, chair or chaise, $1,500-$2,400.


INDOOR/OUTDOOR STEVEN MOTOR CHAIR, an old friend to many for 22 years. Price: $750, less batteries. Utterly simple to operate. 1702 Rosedale Drive, Kansas City, KS 66103.

ANYTHING LEFT-HANDED, INC. Box 4669, San Jose, Calif. 95128. An entertaining and practical catalog of items made for the left hander. Included: scissors, irons, diaper pins, a knitting book, corkscrews, peelers, sifters, speedball pens, sports equipment (baseball gloves, golf clubs, reels), power tools, playing cards.

AIR FLUIDIZED BED speeds the healing of or prevents decubiti. By pumping warm air up through a 12" layer of ceramic spheres (about 100 billion of them), the bed leaves the patient literally afloat in a sea of moving beads. Cost: between $5,600 and $8,300. Variable leasing plans: under 5 year plan, $4.25 or $6.20 per day. For brochure and reprints, write to: Carl Chatfield, Milton Roy Co., 711 W. Devon Ave., Park Ridge, Illinois 60068.

CUT-RATE WATER BED. UP reported that a Bridgeport, Conn., hospital developed a $15 air mattress, like those used by campers. Filled with water, it helps prevent and heal bedsores.

QUAD USES AMPUTEE HOOK: "My hook is attached to a mold of my wrist and hand and worn on the palm of my right hand. I open and close the hook with my left shoulder...I use it for shaving with safety razor, brushing teeth, and combing hair...I paint with my mouth because I like the results better and the hook gets heavy after a while." Jimmy Rodolfo, 60 Eastern Ave., Woburn, Mass. 01801.

PRESSURE-EZE PADS OF POLYURETHANE FOAM for bed, chair, heel, elbow, knee, and footboard. Foam Fabricators of California, 225 W. 146th St., Gardena, CA 90247.
WHEELCHAIR HIGH TOILET, LAVATORY, AND MODERNIZED SITZ BATH commercially available. The toilet, 4" higher than normal, has a slotted bedpan holder rim. Tank or flush valve operation. American Standard, 40 W. 40th St., New York, NY 10018.

"COMBO" - MALE OR FEMALE URINAL. Flexible squeeze neck. Anatomically contoured. Postpaid in a carrying box, $3. Incidentally, the company is working on a special seated or wheelchair model for those unable to change their position. Readers might help with their ideas! Write: D. E. Collins, president, Jones-Zylon, Inc., Box 158, West Lafayette, Ohio 43845.


EZ-UP TOILET SEATS AND LOUNGE CHAIRS. Power lifting and lowering. The EZ-UP Co., 1500 Westlake N., Seattle, Washington 98109.

BEDPAN PAD. "We cut one from a suction cup bathmat. It is secure and comfortable." Dorcas Clark, California.

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HYDRO-GENIE directs a gentle flow of warm water to vital areas for complete external cleansing. "I finally found the ideal solution for a quad made by an ex-plumber who has retired down here. He sells it for $79 on a 10-day free trial basis, with a one year guarantee. Write to me, I'll pass the letters along." Lawrence Schneider, 450 E. Boca Raton Rd., Boca Raton, FL 33432.


OT'S NEW EQUIPMENT COMPANY specializes in gadgets which give independence to those with paralyzed or flail hands. Free catalog illustrates gadgets for inserting rectal suppositories and for replacing manual stimulation, a syringe for irrigating a urinary prosthesis, and a bowling aid. New ideas welcomed! Gilbert L. Fink, OTR, THERAFIN, 513 North Street, Crete, Illinois 60417.

"MEDICBATH" - SEAT TUB. About $600. 36" long, 28" wide, 34" high. A. Kenneth Nelson, Route 1, Sherburn, Minn. 56171.

AIRBORNE SHOWER OVER A TUB. Use a lift with a commode cutout and a shampoo hose.
MULTIPHASIC SWITCH. Designed as a foot-switch to speed up assembly line manufacture, it should have potential for the disabled to control their environment by finger, elbow, or mouthstick. 4-way unit, $113.50. 7-way unit, $129.50. Vicon Industries, Inc., 13 Stepar Place, Huntington Station, NY 11746. Let us know if you try it.

PLASTIC TRANSFER BOARD made of white cylonac. $15. 27½" x 8 3/8". 2 lbs. G. E. Miller, Inc., 484 South Broadway, Yonkers, NY 10701.

SELF-HELP AIDS CATALOG VALUABLE TO THERAPISTS AND PATIENTS. The latest in aids for eating, writing, dressing, grooming, cooking, wheelchair trays, amputees, and splinting. (Formerly B/OK). Fred Sammons, Inc., Box 32 Brookfield IL 60513 or Box 5173, Inglewood, California 90303.

HOMEMADE TRICYCLE EXERCISER FOR M.S. "I had a motorized bicycle converted to an adult tricycle, with a platform between the two rear wheels. By placing me and the wheelchair on the platform I can mount the bicycle seat with a minimum of help. The coaster gear is welded fast, making the pedals revolve with every revolution of the wheels. Since my feet are strapped to the wheels I find my legs are pushing harder and harder to aid the small motor." Mrs. Selma Z. Sack, 2057 Jose Maria Rodriguez, Col. Jardines Alcaldia, Guadalupe, Jal. Mexico.
QUAD'S ELECTRIC TURN-TABLE DESK was shown in the '70 Gazette. A presentation sketch is now available from Mr. A. G. Garris, Div. of Vocational Rehab., 1494 S. Robertson Blvd., Los Angeles, Calif. 90035, who wrote, "I think many persons who cannot reach could use effectively such a desk. Most any good craftsman can build one like it."

WHEELCHAIR TRAY FOR CPs DESIGNED BY OT provides arm support, improves posture. Narrowing permits wheel manipulation. Printed in Jan/Feb '70 Am. J. of O.T. For details, write Mrs. Patricia Buehler, O.T.R., 501 N. Mansfield Ave., Los Angeles, California 90036.


CHILD'S WALKING AID, the "Pedi-Quad" looks like a lovely giraffe but functions as a lightweight quad or tripod cane. Height adjustment from 18" to 28". Humanics of Delaware, Inc., 920 Marshall Rd., New Castle, Delaware 19720.

SLITHERY SHEETS. "If your helpers have trouble shoving you over in bed, try changing to nylon or satin sheets. You'll be surprised at how much easier you can be moved." Ruth Davis, Cleveland, Ohio

REMOTE CONTROL UNIT FOR QUADS. Chin-operated. Controls phone, radio, stereo, etc. $300-$400 depending on individual needs. Charles E. Corgey, Rt. 1, Box 231J, Beaumont, Texas 78706.

HEAD CONTROL. "I now have a switch that I am able to operate with my head. I can control my rocking bed and TV." Henry Fehr, 1234 Ave.G. North, Saskatoon, Saskatchewan, Canada.

TRIPLEGIC DRIVES WITH AID OF HYDRAULIC RAMP AND LIFT, ELEVATING WHEELCHAIR, AND SHOULDER HOLSTER. For details, write: Raphael Rozin, M.D., Hadassah Medical Organization, Mayer de Rothschild Hadassah University Hospital, Jerusalem, Israel, P.O.B. 499. Dr. Rozin's article was printed in the February 1971 issue of Archives of Physical Medicine and Rehabilitation.

ARTISTIC AND FUNCTIONAL TABLEWARE AND CUTLERY. The pastel blue tableware (2 plates and a beaker) is light and break-resistant. The stainless steel cutlery with black handles includes right and left-handed spoons and a knife with a slicing-rocking action. They were created by a New Zealand industrial designer, Russell Manoy. In England: Melaware Ltd., Commerce Road, Brentford, Middx. 43/ for the set of 6. In U. S.: Everest & Jennings, Inc., 1803 Pontius Ave., Los Angeles, CA 90025. $15 for the 6. Also individually priced. Handy and handsome for CPs, arthritics and all with holding problems.
"I no longer use my MITCHELL MOTOR CHAIR. I would like to sell or exchange it for something." Violet George, Montgomery, Pennsylvania 17752.

MEALTIME MANUAL FOR THE AGED AND HANDICAPPED. Compiled by the Institute of Rehabilitation Medicine, NYU Medical Center. 242 pages. 1970. $2 (paperback). Simon & Schuster, Inc., 630 Fifth Ave., New York, NY 10020. We are delighted with this book and hope all our cooking readers will get a copy!

A HELPING HAND COOK BOOK. Published by The Easter Seal Guild, 2401 E. Henry, Tampa, Florida 33610. 55 pages. 1970. $2.25


METHOD OF LIFTING WHEEL-CHAIR INTO TWO-DOOR SEDAN BY PARAPLEGIC PATIENT. Ingenious use of a supporting strap and a plywood board.

TECHNIQUES FOR WRITING WITH PARALYZED HAND. Four methods of holding a pencil (toothbrush, razor, comb, etc.) by using fingers alone or with a rubber band.

AN ASSISTIVE DEVICE FOR SMOKING. Combination of a utensil holder with Velcro fastener and a fork with spread tines and rivet guards.

AN IMPROVED HAND ROLL. Simple, inexpensive roll made of elastic bandage and adhesive tape.

Dr. Marvin J. Goldberg, Physiatrist-in-Chief, Department of Rehabilitation Medicine, The Brooklyn-Cumberland Medical Center, 121 Dekalb Ave., Brooklyn, N.Y. 11201, sent us the reprints describing the above assistive devices and techniques he has evolved. Send for them!

HANDLE YOUR WHEELCHAIR BATTERY WITH CARE!

BEWARE of charging it in a closet or your bedroom; or lighting a cigarette near the top; or over charging it; or short circuiting it; or charging it at too high a rate!

AUTO SEAT EXTENSION aids both ambulatory and wheelchaired. Free brochure: Handi-Ramp, Inc., 904 Countryside Highway, Mundelein, IL 60060.


OVEN MINI WINCH. Small hand-operated hoist to ease the job of lifting a folded wheelchair into a car. Easily attached to rain gutter; easily detached. Mrs. Susanne Owen wrote, "I, a paraplegic, find it very useful, in fact it allows me complete freedom to go and come as I wish." Price: $55 post-paid. Steven Owen, 412 Woodward Blvd., Pasadena, California 91107.
THE NIGHT WE STOPPED THE TROLLEY
by Earl Schenck Miers
1969. Four Winds Press, New York. $3.95

Remember that delightful autobiography a couple of years ago, The Trouble Bush, about a man with cerebral palsy and his personal and professional successes? The same author now shares his Huckleberry Finn childhood with us. Don't expect any emphasis on his handicaps because this reminiscence is simply that of a man on his youth, not that of a handicapped man on his handicapped youth. It is clear that as a boy Miers did not dwell on his limitations, a positive attitude that no doubt had much to do with his later attainments. From the number of his shenanigans probably some people wished he had been a little more limited!

Miers was born in Brooklyn in 1910 but spent most of his childhood in New Jersey. He is able to catch the flavor of that time and that place to share with us who never knew it and remind those who did. Lamplighters, ice houses, horses, carts and peddlers, the depression and World War I, we go back in time to know them all as children along with our guide.

One thing about this trip, you won't get bored. No little shy quiet boy was Miers. He was exuberantly active in schemes such as the one that titles the book. Halloween was the reason for this particular one, fueled by a young middle-class grudge against the rich.

The town trolley ran through three blocks of the wealthy neighborhood where Miers and his friends had often been chased from stickball games. In revenge they concocted a grand scheme to interrupt the trolley and disrupt these unfriendly people. By stretching clothesline between the 42 sets of parallel telephone poles that lined this span the pranksters merrily bounced the trolley power pole at each one to create sparks, an abruptly halted car and havoc. It was definitely a night to remember.

For all its childish mischievousness here and there are pensive traces of mature observation. In a very small chapter called The Woods Miers touchingly describes how he outgrew a favorite boyhood refuge. Reading it you can't help but recall the similar death of a place in your own childhood.

Miers relatives are presented straight from the heart and it is impossible not to feel affection for them. The family split between his father and brother-in-law over, of all things, a suet pudding and how the depression healed it, on a doomed aster farm, with love and hope, is beautifully human. So is Earl Schenck Miers, in boyhood and out.
I. Christy Brown, "by the little toe of his left foot he can communicate word and song on his typewriter."


Splash!

Every now and then a special book hits the sea of literature. All the critics write about it, everybody reads and discusses it, and a movie about it is planned. The book becomes a force, alive and powerful.

This is what happened last year when Christy Brown's book was published. The rumble of excitement was strong even before the book was on the stands. Advance word had proclaimed the beauty of the work as well as the uniqueness of the author and his method of writing. The expectation was high, and in this case satisfied.

Brown has cerebral palsy and cannot walk, talk or use his arms. But by the little toe of his left foot he can communicate word and song on his typewriter. Yes, song is the right word, for his is the lyricism of the best Irish writers and one wonders again whether there is a magic on that isle that periodically spawns poets.

Down All The Days is not the classic recounting of the life of a severely disabled person. It is autobiographical, to be sure, but essentially an earthy novel about the growing up, loving, fighting and dying in a big family. No wooden characters these; their anger is scorching, their lust hot and their tenderness ineffable. It is gutsy good reading about people you will feel long after the book is closed.

A critic on a large metropolitan newspaper complained because the work didn't sound as though it was written by a 'cripple.' He compared the style to that of Joyce and D. H. Lawrence and objected to the similarity of view and expression. It is probable that he thought the handicapped writer a different species than the able-bodied. Yet Brown is a man and writer equal to the best, whether critics acknowledge the fact or not.

A sample of his prose is my proof. "Smoke rose into his eyes, the smell of her rose into his nostrils and along his brain like burning leaves, heather blazing under summer, the green glassy fire of grass glaring into him, a flame of fabulous unknown summers sweeping the bone-dry, heart-dry tinderwood of his dreaming undergrowth, setting alight the far places of his solitary awareness, beacons winking, wavering, beckoning, drawn out of a long unremembrance, pulled from dragon-depths up through the primal dark to tremble perilous on a surge of muted menace and a slow sensuous stab of primal pain."

Enough said. You can see why the book is causing laudatory ripples through minds around the world.
IF YOUR CHILD IS HANDICAPPED
by William C. Kvaraceus and E. Nelson Hayes
1969. Porter Sargent. Boston. $7.95

This is a collection of personal experiences by parents with handicapped children. Physical, mental and emotional disabilities are covered in an exceptionally human and readable manner. Forty-six parents reveal just how an afflicted child affected their lives, outlook and other family members. Some are staggeringly personal, many unbelievably challenging and most conclusive in hope and greater human understanding. It is the kind of book wondering, fearful, discouraged parents new to the experience of disability will find helpful and encouraging. What better counsel can there be then that of persons with kindred misfortunes?

The compilation from articles published in popular and specialized magazines is by the editor of two directories for exceptional children whose interest was derived from a daughter born with a cleft palate, and a teacher in special education. One of the aims of this effort is to help parents understand their own reactions to an afflicted child and how best to channel or work around them to the child's benefit rather than detriment. For instance, it is demonstrated how the natural feeling of guilt that accompanies the birth of a handicapped child can smother him with compensatory indulgence and confuse him with periodic resentment unless it is recognized and resolved. As each parent shares his true feelings they blend into a reminder that human samenesses can usually overwhelm any deviations.

For this reviewer the most touching stories were about a schizophrenic young man and a brain injured girl. Caring and grief are almost unbearably real in the one, when a first born child's mind slowly begins to split and spill its sanity. How his parents accept his fate, agonize over a decision to allow a lobotomy, fight to have him transferred from a hospital for the criminally insane to another mental institution, and organize a visitors' guild to entertain the patients is an incredible story, draining but awesome in its hopeful, hammering devotion. In the other a third child born with damaged brain cells into a life of invalid infancy innocently breaks the bond between her parents as one clings to and the other rejects her. It is the only one of the stories in the collection that nears total tragedy.

Advice on what to hope for, which agencies can help, what attitudes to develop and pertinent books to read are also included. What adjustment and rehabilitation clues cannot be absorbed through the autobiographical accounts can be found in the organizations and journals in the closing informational listing.

VOCATIONAL REHABILITATION OF THE DISABLED
Edited by David Malikin and Herbert Rusalem
1969. New York University Press and University of London Press Ltd. $7.95

Attention professionals in the field of rehabilitation and disabled persons curious about what's happening there: in these pages you can join a seminar designed for the student bodies of four University Rehabilitation Counselor Training programs. The lectures are by rehabilitation educators, psychologists and government officials. It is technically written and not meant for light
summer reading, but some provocative thoughts twinkle from the most abstruse sentences in reward for your concentration. You will learn what theories are being currently propounded in and the history of this relatively new profession.

There is an intriguing chapter on the various methods of counseling and psychotherapy. Not only do theories and methods differ, but there are schools within schools. If you are in the field you will be interested in and maybe enlightened by the comparisons, and if you are disabled you may well be surprised at the intricacy of the counselor-client relationship and realize anew or for the first time that counselors too are human beings with their own quirks and hang-ups.

Most of this book's writers assume that life encompasses far more experiences than can be blocked by any one disability. The work of rehabilitation counselors is to help the disabled and others, such as employers, manifest this belief to universal prevalence. One way is by dispelling the myth of tragedy. A dictionary definition of tragedy is "a fatal outcome of a hopeless struggle or at least subjection to extreme and protracted suffering, especially of a mental sort." Most handicapped people would hardly consider their lives as of extreme and protracted suffering, yet it is an acceptance concept difficult to convey to the able-bodied who direct the major portion of society's machinations.

Especially in employers should such misconceptions be eliminated. The dignity and independence cultivated by meaningful work is often the first step to complete personal adjustment to a disability. Daniel Sinick, Director of Rehabilitation Counselor Education and Professor of Education at George Washington University, lists an effective set of replies to employers' objections to hiring the handicapped. They are brief and to the point.

Example: "Employer: Productivity is lower. Response: Productivity of impaired workers has consistently been shown to be equal to or higher than that of unimpaired workers.

Employer: Preemployment medical examination rules out disabled applicants. Response: Medical examinations are often unnecessarily restrictive, setting up arbitrary hurdles comparable to excessive educational requirements."

And so on. To be armed with such practical ammunition is a good way to ease open more employment doors to the disabled.

Here are the prevailing ideas in vocational rehabilitation. For all those interested, and many reading this magazine should be, it is pertinent, educational reading.

NO MAN IS AN ISLAND
by Eileen Waugh and Peter Spencer
1970. Triton Books, London. 28s. £3

If any man is to be isolated, none would seem more inclined to the state than he who is severely disabled. Lack of movement makes participation in an able-bodied world very difficult and it is far easier to remove yourself from the mainland of human activity. You have an obvious excuse that everyone will understand.

Most disabled people, however, prefer the flow of life to the isolation of an island. This is the biography of such a man. It is simply told with many of the small, everyday details that re-
veal the warmth and realness of the personalities.

Peter Nelson Spencer was a pilot in England's Royal Air Force during World War II when he received the near-fatal injuries that severed his right arm and permanently paralyzed his left. Twenty years old and with all his physical needs dependent on others for fulfillment, Peter could see little hope for much happiness or accomplishment in his future. Nonetheless he chose to turn his back on the comfortable course of sedentary invalidism and head back into life's mainstream.

His first step was finding employment. He could still use his voice and so he entered a school of speech. With the skill learned there he was soon able to give elocution lessons from his home.

Then romance, something Peter had almost resigned himself to having to live without, brought him fully back to life. All the magic of love at first sight with a beautiful lady of the theater, complete with marriage, is told here.

Enriched by the joy of his marriage Peter reaches out to even more areas of involvement. He receives a scholarship from and becomes a member of the Association of Mouth and Foot Painting Artists. The additional income from his artistic talent assures the Spencers of enough financial support for a family. Peter's next role is to be that of father.

With his personal and creative life at a zenith of fulfillment, Peter steps willingly into politics and public service. He is now in his third term as Ward Councillor.

Certainly not an island is Peter Spencer. You might say he is more like a river, flowing in and around many relationships and human experiences, touching and drawing in those who would be islands.

THE ENGULFING SURROUND
by Norman K. Lonie
1970. Dorrance and Company, Philadelphia. $8

Norman Lonie is a quadriplegic who happens to be a member of Mensa, an organization of intellectuals whose minimum IQ is about 150. His collection of poems will live up to any expectations you might have of someone with such high intelligence without being too esoteric. Cerebral gut is their content and their length is just right to quickly play upon universal strains of innate life knowledge.

Because Lonie uses a long string of lines of few words to sketch his perceptions lack of space prohibits presenting one to illustrate style and soul. Don't let the first poem in the book frighten you. After reading it twelve times and still having its meaning elude me I was almost too deflated to continue. But plunge on I did, to the enrichment of having some of Lonie's poems touch and excite me.

Viewing life as it is reflected from the prisms of this man's mind is quite an experience. His work isn't exactly literary meringue that melts in your mind, but then, how much substance has meringue? This poet asks a little effort from the reader and my conclusion is it's worth it.

Bob Johnston and Clayton May almost had their career as racing thoroughbred owners cut short before they had had a chance to prove themselves.

A year and a half ago, these two respiratory polios (who call the University Hospital home) pooled their resources, put their money where their dreams were, and bought a horse - a real, genuine, pari-mutuel kind of animal that can eat oats faster than he can run, sometimes, but who can outrun the pack on occasion and provide a thrill that makes it all more than worthwhile.

Dainty Battante finished in the money often enough until the snows came to guarantee her keep during the winter and the owners arranged to have her quartered just outside the city. Her first two starts in the spring were unimpressive, but hardly discouraging. A routine veterinary report was much more alarming: the filly was pregnant! Her racing days were over.

Things looked pretty black at this point. Fortunately, the boys were able to sell the mare and managed to recover most of their investment. Once again, they purchased a filly and this time too, their racing luck was in and they came up with a live one.

New Omen started eleven times for its new owners and was in the money on seven occasions, which is a fair enough performance. More to the point, however, is the fact that its last four starts were winning ones! Respo Stable (for that is its name) had made it big. The next time it ran three claims were entered for it and the stable lost its breadwinner.

So now Bob and Clayton are looking for a new standard-bearer. One thing for sure, nothing that has happened so far has diminished their enthusiasm for racing or their ambition to see their own colors flash across the finish line. 

by Pierre Gariepy, Executive Director, Canadian Paraplegic Association, 10996 - 124th Street, Edmonton, Alberta, Canada. (Reprinted from Communiqué, October 1969.)
PHONE PATCHING

by Ron Perry
C4-5 quad

Long distance telephone calls within the United States and to other parts of the world can become quite expensive especially for the "gabber." Through the use of civic-minded amateur radio operators, however, a call to virtually any point on the globe can be made usually toll-free via phone-patching.

Recently, I, a radio amateur (WA2CGA), made contact with Mitch Kohn (K8OAR). He, on my request, called Gini Laurie (area 216, 247-6755) and connected his phone through his transmitter using a phone-patch device. With this accomplished, Gini and I were able to carry on enjoyable and "free" conversation though we were 800 miles apart.

For those who know nothing about amateur radio or phone-patching but who may wish to contact a friend or relative in another state or country, here is a way it might be done.

First, find an amateur radio operator. He can be located quite easily by the presence of a large antenna tower, over-grown looking TV antenna, etc., on his property. If this doesn't work, ask around at local electronic supply or radio/TV stores, fire houses, or the neighborhood post office. Once you have tracked down a ham operator with the proper facilities, you're in, for the rest is easy.

Next, visit or phone the ham operator and ask him if he can make a "patch" for you. If he cannot, he will probably know someone who can. And that's all there is to it.

Phone-patching is just one of the services rendered to the public through the courtesy of amateur radio operators. Meeting new people and being introduced to the world of amateur radio is an experience in itself. And who knows, you may make a new friend and even take up a new hobby.

Here is a list of HANDICAPPED HAM NETS which meet on the air:


Address: R.D. No.1, Glen Avenue, Fishkill, New York 12524.

ED: The '62 Gazette on "Communications," listed the names and addresses of handicapped hams. We would like to update this in the 1972 issue and include DXing. So, please help with the list!!!
I have motored with my family through both Eastern and Western Canada and the U.S.A. and flown to South America, Europe, and Africa.

I have never, since contracting polio in 1954, ventured on any long trip away from Edmonton without bringing along, purely as a precautionary measure, a bagger. I did not need a Bennett respirator, which I use tracheally at night, until January 1969, when I suffered from respiratory failure. My travels occurred prior to this.

My sister and her husband invited me, on two occasions, to spend the summer with them. I spent three and a half months in Venezuela, S.A. and three months in Tripoli, Libya. I flew to Mata, Venezuela, with Sylvia and her three children, one an infant at the time. On the way I learned that if your arms and shoulders are weak, as mine are, you should not carry anything that is not absolutely necessary for the flight. I tried to help my sister by carrying a flight-bag, but somehow fell to my knees on the stairs while boarding the plane. I felt so silly because I just couldn't stand up again without help! From then on, if the stewardesses didn't offer to help, we just asked. I loved every minute of my vacation - we crossed the swift murky Orinoco River on a barge, visited and shopped in such exciting places as Ciudad Bolivar, Puerta la Cruz, Cumana, El Tigre, and Caracas.

On the return flight, I was by myself. The only real problems I encountered were those which resulted from various airline personnel failing to carry out their duties. I had my flights arranged by a travel bureau (a must) who requested assistance for me. I found a great deal of improvement in the efficiency and facilities offered by the airlines within the space of three years. Due to the expansive nature of interna-
tional airports today, passengers very often have to be bussed from one airline terminal to another. Some large cities had miniature jeeps in which mothers with children, or older people, or handicapped individuals like myself who suffer from dyspnea were whisked through the corridors.

When I flew to Tripoli I asked for "maximum assistance" from the airlines and found, save for one occasion, the ground stewards or stewardesses very helpful and considerate. On my return flight I stopped over several days visiting with friends and seeing the sights of Malta, Rome, Paris (my heart belongs to Paris), and London. As I arrived at the air terminals I was greeted with "Oh, Miss Bedard, we've been waiting for you!" I was seldom in a queue as the stewards cheerfully directed me past the line-ups and through the custom gates to have me board the plane before anyone else. Communication offered few problems as I found French spoken almost everywhere, even by Arab clerks in Tripoli.

Presently I am teaching (my first year) elementary grades at TEMPO, a private school in the city. I have not seriously contemplated any further travelling to date but, if and when I do, I shall contact the city hospitals wherever I go, and try to arrange to use their equipment.

My advice to handicapped individuals who wish to travel is this: Do so! Ask for "maximum assistance" from the airlines. If you encounter "human problems," don't be afraid to speak up to have them corrected. When you do, you'll invariably find, as I did, that if the airlines personnel or customs officials fail to help you, there'll be a fellow-passenger who will! Bon Voyage! to all those who will travel.

Address: 47 Quesnell Crescent, Edmonton 51, Alberta, Canada.

TRAVEL NOTES
by Blanche and Lenny Goldwater

Of their 1969 Roman holiday, Lenny Goldwater wrote, "Our meeting with the Pope was accidental. Blanche and I were actually looking for a way to get to the Sistine Chapel without climbing steps. We were told (erroneously) that there was a special elevator used only by the Pope. In our attempt to get to the Pope for the special elevator, we wound up with an audience....It was an extraordinarily impressive ceremony."

On the following pages, the globe-trotting Goldwaters share their visits to two innovative rehabilitation centers in Yugoslavia. Their 1970 tour also included Austria, Czechoslovakia, and Hungary. Their address: Mr. and Mrs. Leonard F. Goldwater, 305 W. 28th St., New York, NY 10001.
The Goldwaters report that institutional care has been almost eliminated in Yugoslavia by home adaptations, visiting therapists and special apartments and shared attendants.

Yugoslavia is a nation busily catching up with today. The country is mainly agricultural and much of the land is rough, rocky, mountain terrain where little grows, so it is easy to understand why progress is slow and many groups of people still live as their ancestors did hundreds of years ago. Fields are plowed by man and oxen working together and crops are harvested by the back breaking labor of women. The major form of transportation in these agricultural areas is a home-made wooden cart drawn by horses or mules. Each hut has its own outhouse and water well.

Observing such scenes from a speeding car was like looking into a time machine. Yet but 50 kilometers ahead was a bustling modern city with all its traffic jams, smart shops and what have you. (Also observed from a speeding car was the unlikely vision of a donkey-drawn cart pulling up to a gas pump and the jolting sight of petrol being pumped into the donkey's rear end. We later learned that the petrol was going into a small portable tank under the donkey, who was then going to transport it back to feed a community owned tractor.)

This is the Yugoslavia of today. And today, amid two centuries of time living concurrently, we discovered an active imaginative program for the disabled.

The driving force behind the program was Dr. Miraslav Zotovic, an orthopedic surgeon who came into prominence as a result of his work after World War II when there was much work to be done. It occurred to him that something more than just surgery was required to mend his patients. As he began to read what little he could get hold of about physical medicine, he realized how much
more he wanted to know.

In 1949 Dr. Zotovic was discovered by Dr. Henry Kessler, who was then on a mission from UNESCO. About this time UNESCO had offered help to underdeveloped war-ravaged nations to rebuild and rehabilitate and Yugoslavia under Marshall Tito had the vision to be one of the first to request such help in the area of rehabilitation of their war wounded, both military and civilian. UNESCO sent Dr. Kessler to study the situation and to suggest ways in which the country might harness its resources to utilize modern rehabilitation techniques. Since Yugoslavia had first been invaded by German and Italian armies, then liberated by the Russian army and in between had seen extensive guerrilla fighting, it is understandable that Dr. Kessler found problems galore.

For a start, he convinced the government that a physical rehabilitation center was sorely needed, and, with UNESCO's financial assistance, helped to establish the first one in the capital city of Belgrade. It was while Dr. Kessler was looking for a man to run this institute, that he discovered Dr. Zotovic who impressed him as having the qualities needed in a director of a rehabilitation institution. He had imagination, ingenuity, drive, persistence and ambition and had the proper instincts as to what was right for each individual patient, even without the "book knowledge".

In 1950, Dr. Zotovic was sent to the U.S. to learn the latest methods and procedures at the Kessler Institute in New Jersey. He came back armed with the very latest techniques, and applications with which he has adapted and improvised ever since to fit Yugoslavia's very special needs.

The rehabilitation center in Belgrade was the first of 12 rehabilitation centers throughout the country that Dr. Zotovic was to help establish. As the Yugoslavian government recognized the value of the work done there, they were incorporated into Yugoslavia's national health program. Today, 95 per cent of the people who need rehabilitation are covered by national health insurance. The others who are not covered by health insurance pay for their own medical needs or are assisted by local governments if they cannot afford it.

As to the centers themselves - we visited two - they are outstanding in the context of a developing nation. It is the ingenuity and originality in the adaptation of the facilities to the country's needs which is so great. The physical facilities in the U.S. are, of course, superior but there are some things we could take heed of. While all centers treat all disabilities, many of the centers are specialized. These are for the special problem patients that the general centers feel need greater attention. The Center for Prosthesis in Belgrade which we visited is for artificial limbs and braces. There is a special center for Muscular Dystrophy patients in a country estate near Sarajevo. Still another for the Cerebral Palsied and so on.

These centers service both in-patients from all over the country and local out-patients. The average in-patient remains in the Center only about 3 to 6 months. During that time he is trained in activities of daily living, occupational therapy, and vocational retraining. While a patient is at the center, his home is adapted to his needs, if necessary. For the severely disabled, when immediate family or relatives are unable to manage, foster homes are secured. The Belgrade Center has a program where they send
busloads of physiotherapists out each day to patients' homes who cannot get to the center. We were told that permanent institutional care is almost unknown in Yugoslavia.

A beautiful result of successful rehabilitation was the problem of the farm worker who became paraplegic as a result of a fall from a tractor. During his convalescence at a rehabilitation center in the city he became homesick for the farm and his community but at the same time he worried about going back to a life of idleness and being a burden to his family. The counselors at the center recognized his dilemma.

While he was at the center, his home was remodeled to fit his needs. Indoor plumbing was installed in the house. Doorways were widened to accommodate his wheelchair. Larger windows were installed to let in the light and sun and air, should the patient not be able to go out. These structural changes in the house were a revelation to the whole community! Large windows! Wooden floors! They had learned of a new and better way to live! Because they, the community, had been involved in helping remodel the patient's house, they now knew how they could improve their own houses.

Back at the institute, the disabled farmer was taught how to read. (Before WWII, Yugoslavia had 85 per cent illiteracy, they now have 90 per cent literacy.) He was transported to a course given at the University on the latest agricultural techniques. He began to learn all sorts of tricks and new methods of production resulting in larger yields per acre. In short, he became an expert, a consultant on better farming methods. When the time came to go home, he did so as a man of knowledge who lived in one of the better homes in town. He was looked up to for help by his neighbors and was paid for it. He was able to support his family like a man and possibly better than before his accident.

While this is a lovely story - it is not unique. We were told of other success stories illustrating the results of other rehabilitation centers. Such is the spirit of the Yugoslavs.

Dr. Miroslav Zotovic died last year, but his work is being carried on by his son Dr. Bosko Zotovic who was kind enough to spend a good part of a busy day with us and give us much of this information. Dr. Bosko Zotovic is now the Director of the Center for Prosthesis. He also keeps tabs on the other centers in the country and also seems to have a line on most of what is going on around the world in this field. Dr. B. Zotovic, like his father, got much of his specialized training in rehabilitation here in the United States, in this instance, at Dr. Howard Rusk's Institute for Rehabilitation Medicine, at New York University Medical Center.

It would be interesting to check back with Dr. Zotovic in a few years to find out how some of the projects now in planning are working out. At the moment, several special apartments for the disabled are being built among the new suburbs of Belgrade. Plans are also afoot to set up several groups of apartments in such a way that one or two attendants could be shared by the severely disabled living independently each in his own apartment in the group.

All through our visit there was evoked the feeling of pride in accomplishment, bursting energy to get on with much more yet to do, and confidence that all will be completed successfully. It was a good feeling to be around and it made our enjoyable visit that much more enjoyable.
IF YOU USE A RESPIRATOR AND WANT TO TRAVEL OVERSEAS get in touch with the Gazette's editor at least a year ahead to find out how others have coped by using the proper transformer, plug adaptors, etc. and to get the names of readers who use respiratory equipment in the various countries.

GUIDE TO U.S. MOTELS WITH WHEELCHAIR UNITS. 25c. Paralyzed Veterans of America, 3636 Sixteenth St., NW Washington, D.C. 20010.

QUAD OPENS TRAVEL AGENCY FOR DISABLED. Judd Jacobson (above), a quad since a diving accident 27 years ago, has opened a travel agency specializing in travel for the disabled anywhere in the U.S. or overseas.

Judd is an announcer and advertising salesman with Radio KDHL. His wife, Barbara, manages the agency. She was formerly employed by Trans World Airlines in London, San Francisco, and Honolulu. She and Judd met on the beach in Hawaii, when Judd was escorting a tour of 60 people to Hawaii for Station KDHL.

With their combined experiences in travel, the Jacobsons have much to offer those who have "itchy wheels." They guarantee acceptance and transfer by airlines - even if one is travelling solo. They also arrange for accommodations in accessible hotels and recommend step-free restaurants, and plan private sightseeing trips. There is no extra charge for their services. Call or write: Travel Headquarters, 148 W. Bridge St., Owatonna, Minn. 55060. Phone: 507-451-5005.

THREE OTHER TRAVEL AGENCIES SPECIALIZE IN TOURS FOR DISABLED. Send for their free brochures and details of their 1971 tours to New York, Philadelphia, Washington, D.C., Miami, Africa, Scandinavia, Hawaii, Italy, France, Germany, Switzerland, and the British Isles.

Two are run by well-travelled ladies who do group tours:

Handy-Cap Horizons, 3250 E. Loretta Drive, Indianapolis, Indiana 47227. The director is Mrs. Dorothy Axsom who was a state director of both muscular dystrophy and cerebral palsy.


The third, run by Mr. Murray Fein, does both group and individual travel. He works closely with the Canadian Paraplegic Association. Write: Rambling Tours, Inc., 242 Beaconsfield Blvd., Beaconsfield, Quebec, Canada.

INTERNATIONAL RESCUE SERVICE for those who are in accidents or become seriously ill. Trans-Care Ltd., 61A King's Rd., Chelsea, London S.W.3. Phone: 01-686 0102.

MEXICAN HOME FOR QUADS RUN BY A QUAD, Ken Ginsterblum, La Morada, Cubilite 147, Colonia Chapalita, Guadalajara, Jal., Mexico. Ken has revitalized this residence for men which is within rolling distance of the amenities of life. $200 a month for total care.

AND there are four other homes in and near Guadalajara that have been covered in past Gazettes.
D.F. AND ACAPULCO
by Lex Frieden

In August 1969, I left with four of my friends from Alva, Oklahoma, and drove to Laredo where we crossed the border into Mexico. On the two-day drive to the border, I rode on a mattress in the back of the station wagon because my sitting time was limited to two four-hour periods a day.

After a few hours on the five-hour flight from Nuevo Laredo to Mexico City, I lay across two seats by piling pillows in the bottom of the seats so I would fit across the arm rests. We soon found that the leg bag needed draining due to the excessive intake of fluids brought on by the heat. This was easily done by using a Carta Blanca (beer) bottle to carry it to the commode.

In Mexico City we stayed at the Majestic Hotel located across from the President's Palace and the National Cathedral of Mexico. During our three days there, we saw such things as Jai alai games, Carlotta's Castle, and the Market of Thieves. I particularly enjoyed dining in the Mexican restaurants and visiting with the hospitable people. We also spent many delightful hours in the Mexican nightclubs.

From Mexico City we flew by jet to spend three days in Acapulco with its fabulous beaches, huge waves, and extravagant hotels. We stayed in the Acapulco Hilton, which was really a treat. Every day at Acapulco seemed like a holiday as we sampled the beaches and the night life.

It seemed illogical and unreasonable to try to carry enough Suby's necessary for two weeks, so we had to improvise a way of purifying water to use in the production of vinegar water. The method of purification we arrived at consisted of carrying the heater portion of a popcorn popper and a small coffee can in which to boil water.

In Acapulco we found that a poolside lounge chair padded with pillows serves as a good resting place. I spent an afternoon lying on the beach under a grass hut with only a blanket and sand beneath me. Another way of resting, when sitting became a factor, was by leaning my chair completely back and resting the push handles on a lounge chair or divan, and putting a pillow or cushion underneath my head to prop it up.

Whenever my chair would not fit through doorways, we removed the push rails and replaced the screws with thumb bolts. This two-minute procedure decreased the chair width by two inches.

Before I left for Mexico, I wasn't entirely convinced that it was the thing to do, considering my condition. However, since I've returned and thought it over, I feel that this is not only one of my most pleasant memories but also an encouraging insight into my future.

ED: Lex, a C4-5 quad since 1968, is a Junior in psychology at the U. of Tulsa. Address: 6138 E. 53rd St., Tulsa, Oklahoma 74135. Ham radio call: WB5AFW. The full account of his Mexican trip was published in TIRR's The Rachiogram.

A chair can also be narrowed by keeping it partially collapsed with a garrison belt around the back or a coat hanger over the handles.
There stands aground near downtown Guadalajara, Mexico, a pleasure ship that has never set sail on any sea. Yet each day wheelchaired persons are rolled up its ramp to board the ship at meal-times or to attend a festive activity in the evening.

This ship, in truth, is a large replica of an ocean liner, situated on eight acres of spacious and nicely landscaped property of a newly-opened resort for handicapped and retired individuals. The Casa de Vida Nueva, or "House of New Life," was once a navy club, and so the reason for the ship-shaped clubhouse. It has a kitchen, serving bar, large dining and dancing hall, and a stage. Flanking the ship is a 100-foot swimming pool, with a bridge-crossed moat facing the front grounds. Here residents can swim for therapy or fun. On the front grounds is also a band stand for outdoor entertainment and fiestas. Managed by young, energetic people of American and Mexican descent, the project has the facilities and space for growth.

In the rear of the property, arranged in a half-circle around a park-like garden of flowers, trees and shrubbery, are the Mexican-styled cottages, with adjoining carports. Each is a separate unit of stucco, with a furnished living room, bath, and one or multiple bedrooms, depending on the amount of privacy one desires. These small casas - or houses - can have their interiors arranged to personal taste and convenience. They also provide accommodations for married couples. The price of $200 includes rent, laundry and maid services, and American-styled meals, which are both tasty and nourishing. Fresh fruits and vegetables are served at almost every noon meal, these being purchased in abundance year around from one of the world's largest farm produce markets. There is little fear of becoming ill from the drinking water, since the Casa de Vida Nueva has its own underground spring of fresh water that is drinkable straight from the tap. If a full-time private attendant is necessary, one trained in caring for paraplegics or quadriple-
Some aides at the Casa de Vida Nueva speak English, and Spanish lessons have been started for interested residents. A medical doctor from a nearby clean, efficient hospital can be quickly summoned should an emergency arise. A visiting physical therapist can be hired several times a week.

My own desire to visit Mexico occurred several years ago. For me, it held the lure of a warm climate of negligible humidity that might ease the discomfort of being confined to a wheelchair with severe cerebral palsy and the onset of arthritis. The cold winters of my hometown, Buffalo, New York, added to this and snowy days made going outdoors difficult. I planned to spend the winter of 1968 in Mexico on savings earned from teaching a weekly painting class for handicapped adults for ten years at the Cerebral Palsy Association of Western New York. I had begun the classes after my own formal art training and painting exhibits. The program, unique because of its work with the severely disabled, was written up in such journals as the May 1969 School Arts, the April 1962 Rehabilitation Literature, and the January 1964 Bulletin of Art Therapy. Much satisfaction was derived from instructing these classes. But at the age of 35 I felt the need to concentrate more on my own painting and my newly developing interest in writing.

Before my first trip to Mexico, I had also received an advance payment on my book for children, No More Dragons, which was published last year by Lothrop, Lee & Shepard Company of New York. Other works now in progress include a novel, a picture book about Mexico, and a children's book about a handicapped child.

When I finally decided to make the trip, there was some difficulty with the airlines about letting me travel alone because of the severity of my disability. After much negotiation, a representative from one of the major airlines agreed to accompany me as far as Houston, where I was placed aboard a Mexican flight to Guadalajara.

As an artist, Mexico held the promise of what I imagined to be an exotic land of color and contrast. I was not disappointed. In a sub-tropical climate, one can see the ancient and the modern manners of living existing in close harmony.

If you decide to "go Mexico," don't expect to find all the so-called comforts of a hospital or nursing home. You will have to tolerate such inconveniences as the electricity going off for a spell all over town, the telephone being temporarily disconnected, and the mail deliveries being slow. If you are in the frame of mind to accept these as trivial annoyances, and instead to fasten your attention on the sunny, warm climate, the freedom of movement and action, and the charm and beauty of a foreign land, then you will LOVE Mexico. And in the process, you might learn something about other people and new places.

In my opinion, Mexico may well become a mecca for handicapped persons where they can live in comfort and with dignity, enjoying the sunshine and relatively inexpensive living. And the Casa de Vida Nueva has the potential for being a leading example for other homes for the handicapped that are sure to spring up in Guadalajara.

For inquiries regarding accommodations write: Casa de Vida Nueva, Dr. R. Michel #725, Guadalajara, Jalisco, Mexico. For information regarding publications mentioned in this article write to the author at his home address, 62 South Ryan, Buffalo, New York 14210.
EUROPEAN ADVENTURE

A wheelchair odyssey related and photographed by Marjorie Bishop, who was one of the able-bodied crew on this tour for former patients at the Rehabilitation Institute of Chicago, 401 East Ohio Street, Chicago, Illinois 60611.

A group of 56 tourists left Chicago's O'Hare Airport, July 4, 1969, on TWA's regularly scheduled flight #690 for London. It takes more than a VIP, a hold-up, a protest demonstration or the sight of massed wheelchairs to stop traffic or to turn heads at O'Hare. Many heads did turn, however, at the onslaught of this European tour group who bubbled with contagious enthusiasm. Half of the group, who ranged in ages from 16 to 50, were traveling in wheelchairs and were formerly patients at the Rehabilitation Institute of Chicago. Many were quads, some were paras or hemis and a few were single, double and even quadrilateral amputees. Trudy Benedict, from Chicago, was limited by blindness in addition to paraplegia. The back-up crew were able-bodied relatives, friends, and staff. This was the climax to many months of planning meetings, French lessons, etc. Each paid his own tab. Many are employed or are students.

Arthur Rubin, Director of Therapeutic Recreation at the Institute, organized this trip to England, Holland, and France for recent graduates of RTC. He wanted them to discover one could have a ball in a wheelchair. Art hoped the tour would inspire future independent travel.

Action began with the arrival of the mobile TV news unit that became more mobile when they commandeered one of our wheelchairs. Boarding the plane by Chicago's jetway was simple. London's Heathrow Airport has no jetways but the customs officials came on the plane and the London ambulance crew worked with our fellows to transfer those in chairs via the mobile cargo elevator into TWA buses for the Kensington Close Hotel. London gave us much chilly rain but warm friendliness. Only the Thames boat trip had to be cancelled. Wheelchairs took off in all directions to shop, to pubs, night clubs, shows and to museums - by taxis, rented cars or by free-wheeling. Art had written to Prince Philip, who saw to it we had two Variety Club lift buses for group ventures and a chance to watch the Changing of the Guard from inside the palace grounds. Grace Johnson, who works for a Kenosha, Wisconsin, newspaper, had been to London before her double amputations. She can't wear legs. Her infectious humor kept London rocking with laughter. She hailed a cab from the top of a museum's steps. The driver, impressed but startled as she slid down the stairs on her transfer board, helped her into the cab and remarked, "You must be a whiz on the banisters." As the bus loaded to leave London, Laura Cantrell and Don Dallessio announced their good news. They had rolled into a London jewelry store where Don bought Laura a diamond. As the tour continued, headlines and their pictures appeared in several languages. De Telegraaf and the Maarse & Kroon bus company, our hosts in rainy Holland, delivered us at the Amsterdam Motel under huge umbrellas. We visited Het Dorp in Arnhem, described by Dr. Rusk in TjG 1967. This is a planned community for persons with extreme physical limitations.
In the midst of flower gardens, shops and conveniences, they can live with maximum independence. They work, study, and go where they wish.

At Orly Field no ramps or lifts greeted us - just people power. The waiting bus wore a banner, "UNION NATIONALE DES POLIOS DE FRANCE - WELCOME TO OUR AMERICAN FRIENDS." The reception committee included M. Coudoux of CATEC (Club d’Accueil Touristique & d’Echanges Culturels), M. Chebeaux, Director of the Polio Union’s Sheltered Workshop, TV cameramen and reporters. There were excited exchanges of scrambled French and English until Art came to the rescue with his fluent French.

Paris and our French friends had endless surprises in store for us - a champagne reception at the hotel, a boat trip on the Seine, dinner in the Eiffel Tower, a tour of the Louvre, a Bastille Day celebration, a visit to the Grand Trianon with a garden party at Versailles, a luncheon with young French graduates of rehab centers at a chateau in Fleury en Biere, a punch and cookie party with Dr. Maury and his young patients at Fontainebleau’s Motor Reeducation Center and boxes at the Folies-Bergère. On the final morning we wheeled into the American Embassy with our new French friends for a farewell reception. Eunice Shriver, Maurice Chevalier, a folk singer and the embassy staff seemed determined to have us miss our plane. As we finally settled into our seats for the trip home, Art decided his mission was a success as he began a trip for 1970. Many said they intend to return to Europe on their own. Lillian Rawallot of Glen Ellyn, Illinois, remarked, "I think we all learned that it's possible for us to travel. We do have to make adaptations, but not everywhere we go is going to be set up for us just because we're different'.
"I am in receipt of your periodical and thank you very much for your kindness. I am very fond of it and therefore I am interested in further copies.

"I should like to inform you in short about our institution. It is a State Spa. Since 1935 it is specialized in the treatment of conditions of acute poliomyelitis. Up to now chronic patients are coming every year to cure themselves.

"At present there are more patients suffering from progressive muscular dystrophy. The enclosed prospectus and photographs will inform you in detail.

"We should be glad to contribute from time to time to your periodical with some treatises about the manner of curing our patients and the achieved results."

MUDr Zdeněk Nesvadba, Chief of the Children's Medical Institution in Janské Lázně, Czechoslovakia.
Pohled ne část lázní
Partial view of the Spa
Teilansicht des Heilbades
Vue partielle des bains

Kulturní a společenské zařízení - velký sál v Kolonádě
Cultural and society appointments - Kolonada
Kultur- und Gesellschaftsraum - grosser Saal der Kolonnade
Centre de réunion - la grande salle dans la colonnade

Celkový pohled
General view
Gesamtansicht
Vue generale
"My friends call me a real down-to-earth person because I am built so close to the ground, but I prefer to think this applies for reasons other than my abbreviated stature. I am a mere, but mighty, 38 inches in height.

For over 20 years I have been employed at the Minnesota Society for Crippled Children and Adults, Inc. During this period I have learned a great deal about the world; about the people and most important, the attitude that must be cultivated to live among our fellowmen. I learned to adjust myself and to recognize the contribution I could make, and at the same time I have had to realize my own limitations. I am now able to work only part-time. Doctors say I have Morquio-syndrome—a type of dwarfism which will develop into paralysis.

"I have been blessed with a devoted mother and I enjoy people and cultivating friendships is something that I have always treasured. Maybe that is why I joined and became appreciative of the organization, Little People of America, Inc. That was almost 5 years ago and at first I was very apprehensive about the whole situation. However, I soon discovered that I had a 'big place' and an important role that had to be fulfilled, that I would be able to make an important contribution to society and all mankind. I was a link in a chain. It all began with a medically oriented research project on dwarfism—the causes and possible remedies for it. This was a beginning for me. My world opened, friendships expanded and my confidence in human nature strengthened."

Gingy Walsh, 304 Macalester Street, St. Paul, Minnesota 55105.

ED: LITTLE PEOPLE OF AMERICA is an association of members, classified as dwarfs, whose adult height ranges from 3' to 4'10". Among the members are engineers, businessmen, teachers, therapists, lawyers, etc.

Its purpose is to provide fellowship, interchange of ideas, solutions to the unique problems of little people (clothes, life insurance, housing, and jobs), and moral support. This is accomplished through a national convention, district meetings, local meetings, and national and district newsletters. Special activities and services are provided for children.

Write: Little People of America, Inc., National Headquarters, Box 126, Owatonna, Minnesota 55060.

LITTLE PEOPLE AROUND THE WORLD have joined together to form similar organizations: Franc McHugh, 634 Darling St., Roselle, New South Wales, Australia; Miss Annabella MacClain, 146 Uxbridge Rd, Harch End, Middlesex, England; Miss Susan Gross, Nuerfanos 705, Santiago, Chile; Miss Joyce Dahu, Novi Trg. 43A, Camnik, Slovenja, Yugoslavia; Lorraine Batenburg, Delflandtlein 48, Amsterdam, Holland; Mr. & Mrs. Al Porter, 6020 Bathurst #814, Willowdale, Ontario, Canada.

For further information and members in other countries, write to LPA's foreign correspondent, Miss Frieda Groeneveld, 507 E. 131st St., Space 9, Tacoma, Washington 98455.

HUMAN GROWTH, INC. is another society interested in research and the spread of knowledge, especially among parents of dwarfed children. Write: Mrs. Dorothy Miller, 1900 McElderry St., Baltimore, Maryland 21205.

"I would like to contact two or three parents of physically handicapped children. I would like to have them as my pen friends so that I may share my views and sorrows. I have eight children and the seventh is a boy. He was born in August 1960 but he is stunted. I took him to a number of doctors and they say it is a case of dwarfism. He is normal in other respects. He is full of enthusiasm and he is good in studies and he is top in his class...My son's name is Felix...I am a
teacher and 55 years old. I am interested in literature, philately, travel, music, and international understanding.

"Thank you for sending the Gazette and telling me of the Little People of America. It is a consolation that there are many successful business and professional people among the dwarfs. I wish some teacher, a lawyer, an engineer would sponsor his case. I would like a person interested in him and sympathetic so Felix could be a sort of protege. I shall be very happy to be in contact with such a person...I am enclosing a photo of my family taken a few years ago."

M. Stanislaus, Suruvil Road, Kayts, Ceylon.

"I am suffering for 5 years from respiratory paralysis due to an unknown virus. I am half of the day in the artificial lung...I am 38 years old and I was a student of physics with special interest on Nuclear reactors (I finished the 3rd year). In this country there are not many similar patients. I would like to correspond with others who have paralysis of the respiratory muscles and with students of nuclear physics."

K. Santikos, Anapnefstikon Section, Sotiria Hospital, Nesoigion Str., Athens, Greece.

"A group of parents formed the Osteogenesis Imperfecta Foundation, Inc. We publish a bulletin, Breakthrough. Our president, Mr. C.C. McNeely, Jr., 1231 May Court, Burlington, NC 27215, will answer any questions...Our son is 9 years old."

Mrs. Roy C. Burdette, 28 Maple Drive, Hogansville, Georgia 30230.
"Since my story in the Gazette 1969, p.41, I've got many friends. And above all my long dream has realized. Here is the story:

"Mr. John T. Alberstadt of Erie, Pennsylvania, a syringomyelia patient for many years like me, started a fund raising campaign to get me the wheelchair. He sent scores of letters to his relatives, friends, and acquaintances and he appealed on TV. There were 41 contributions including 2 anonymous enough for the wheelchair and $20 left over. The American Korean Foundation shipped it to Korea without charge, thanks to Dr. Howard A. Rusk.

"At the longest last I received it on Dec. 10. The wheelchair is just grand and wonderful beyond description. It moves so smoothly and easily. So comfortable to sit on. I'll have no more decubitus ulcers on the thick sponge cushions. I cannot thank him, you and all contributors enough. Please convey my great gratitude and joy to all of your readers. Now I'll be able to take care of more patients more actively and efficiently on it."

Hong Du Choe, M.D., National Rehabilitation Center, Tong Nae, Pusan, Korea 601-02.

"I have received much satisfaction and pleasure from my part in Dr. Choe's wheelchair....I am inspired and awestruck by his letters and the fact that his English is self-taught.

"I hope to contact others with syringomyelia and form an organization....If I could contact another veteran who has proved service connection, the precedent would enhance my case."

John T. Alberstadt, 2915 Chestnut Street, Erie, Pennsylvania 16508.
"Our five-year old daughter, Mary Catherine, is disabled by Arthogryposis Multiplex Congenita. We would like to correspond with parents or children whose difficulties are similar. It has been estimated that there are 500 people a year born with Arthogryposis. Where are they?"

Mr. & Mrs. John D. Horgan, 2210 Utah Street, Carson City, Nevada 89701.

"I am a boy of 12, about 4'8", and I have rheumatoid arthritis. I am in the 7th grade in an orthopedic school. I collect coins and pens. In sports, I like football and basketball. I would like to correspond with another boy my age who is also handicapped."

Brian Stigler, 1104 Catherine Street, Waukesha, Wisconsin 53186.

"Please put my name in so I could have pen pals. I am in a wheelchair, 31 years old. I enjoy reading, writing, music, and movies. Perhaps some readers would share their experiences with correspondence schools offering creative writing."

Miss Faye Elam, 339 Hatcher, San Antonio, Texas 78223.

"My hobbies are reading, studying, collecting postcards, writing lyrics for songs, and writing to other handicapped people...I am wheelchair by polio....I was born in 1946."

Miss Pansy Guerrero, P.O. Box 52, Vado, New Mexico 88072.

"I've been a paraplegic since 1950. I got hurt in a car accident when a tire blew out. I was 29 years old then. I am married and have three children. They are married and I have two grandsons. My wife sells cosmetics part-time. I do travel sales work selling advertising for a specialty company. I drive around 15,000 miles a year. I am the county Veterans Service Officer. Also I do leather craft as a hobby, making around $2,200 worth of leather goods (mostly billfolds and belts) a year. And I go fishing a few times in the summer. One time I went antelope hunting and I got one from the car. My motto for a paraplegic is to keep busy, eat good, drink lots of liquid (beer is good for you), and exercise. As I travel in the summer I exercise by getting in and out of the car maybe 7 to 8 times a day...I would like to get letters from other disabled persons, both male and female. I would be happy to help by answering any questions that I can."

Ray Calster, 310-2nd Avenue North West, Beulah, North Dakota 58523.

"I would like a pen pal from Denmark, preferably near 40, who is interested in chess, art, writing, history, genealogy, travelling or almost anything. Male or female, it doesn't matter, but I would like someone who can get around some. I was 38 on 11-24-70, have polio (quad), and I work in bed at home.

"Also I wonder if the readers of the Gazette would save and send me stamps - trading stamps or postage - so I can buy a station wagon for me and my cot. This would let me go places instead of these four walls."

Sue Smith, Box 375, Williamson, W.Va. 25661.
"I would like to get other young Cerebral Palsy people to form a new association, national and international....I am 42 years old. My hobbies are checkers, chess, Chinese checkers, and dominoes. My special interests are reading and writing....I would like to hear from any Jewish people who are disabled and can write me a fine Jewish letter."

Lionel Lewis, 10008 North 13th Terrace, Hollywood, Florida 33020.

"Pen Pal Club was started for our Cerebral Palsy youth and adults...They can share hobbies and interests, and at the same time learn a little something about another part of the country. "At the present time, we have a list of 175 names, ages and addresses in our files. Our Pen Pals represent 17 states...7 in Australia. "If you would like to add to this list, please send me names, ages and addresses..."
Mrs. Charles Stockstrom, Women's Committee Chairman, UCP of Missouri, 45 Notre Dame Drive, St. Louis, Missouri 63141.

"Please write about me in the Gazette in hope some one may care and give me some home work to do or some financial help....I am Irish-Indian and Dutch and I am 33 years old....I have a crook in my spine; I can walk and get about but I can not hold out at any substantial work....If any one young or old need a pen-friend, they are welcome to write to me."
Earl W. Sullivan, 1213 Short Holmes Street, Greenville, Mississippi 38701.

"I am an handicap girl, I was crippled by an accident injuring my spine, I move around by the use of a wheel chair. I live with my little 8 year old daughter, and an helper...I should tell you I am a dressmaker. I will be coming to the States in an early date to do dressmaking, I would like to make pen friends before I come, so that when I come I can feel at home, at least meeting some one like myself. "I am 29 years old, I am an Indian girl not really full Indian, my mother is half Scotch and negro, my father is full Indian. "My hobbies are writing and movies." Iola Dean, 52 Doherty Drive, Elletson Flats, Kgn 7, Jamaica W.I.

"I am a C5/6 quad, after a motor accident...Of all the ideas for quad driving which I have seen in the Gazette, I favour the concept of a van with hydraulic tailgate. However, from this distance, I have no idea of which of the vans described is the best. Could you give me your opinion on this, and also tell me how to obtain detailed drawings suitable for an engineering shop? " ED: If readers will send us their ideas, we'll airmail them to: B. D. Murdoch, 66-15th St., Orange Grove, Johannesburg, South Africa.

"My hobbies are stamp collecting and reading. I would like to have pen friends...I was born in 1957 and am disabled by amyotonia congenita...I wish we had a bed and chair lift."
"I was born during a snow blizzard in 1930 here on the Oklahoma plains...In 1943 my body was wracked by Rheumatic Fever...I am now in a wheelchair and on crutches...My mother and a brother and I live on a ranch. We raise cattle, alfalfa, corn, wheat, cotton, broomcorn, maize and pecans.

"I have many hobbies: coin collecting, tinting photos, art work, genealogy, writing, reading...

"I have been working as a tax (income) accountant and bookkeeper for several years...I would like to hear from other Gazette readers who are accountants and I would like to organize an accounting society for accountants who are physically handicapped. It would be fun."

Wanda Adams, Route One, Maysville OK 73057.

"Excuse me if I ask you a difficult favour. I would like having an epistolary correspondence with a paraplegic woman in U.S.A. or in an English speaking country. I'm a tetraplegic man, 25 years old."

Damiano M. Lisciandra, Via Scuiti 103, 90166 Palermo, Italy.

"I would like handicapped pen-friends to write to. I am 28 years old, have brown eyes, medium brown hair, fair complexion, about 5'2" tall. My disability was diagnosed as muscular dystrophy about 1951. I stopped walking in 1961 and stopped standing 1966, so I am using my wheelchair totally now. I am completely active here at home. I do most anything I want, but slower."

Butty Jean Toth, 111 Third Avenue, Roebling, New Jersey 08534.

"Thanks a million for Gazette. It is again a very fine example how to make a journal full of interests, ideas, pastimes and put that all into the rather limited number of pages.

"My diagnosis is a new one. Earlier it was a muscular dystrophy but in past October when I was in the Central University Hospital of Turku doctors there modified the name for my disease. I think Morbus is its English (Swedish???) and Wohltart its German name. It is a very rare motor nerve disease which is causing weakening of muscles. I am first discovery in Finland...

"I am a free member of The Voicepomence Club and am looking for someone who can speak Finnish on tape.

"The Amateur Radio hobby have been a little background in this fall. I have worked 5-6 members of R.A.I.C.B. in England, but we haven't managed to get a constant regular sked time. I am eagerly looking for an active radio friend."

Erkki Riihimaa, Pentimaki, Jalasjarvi, Finland.

"I've 'met' a lot of interesting people from being in the '69 Gazette. It's really fun to get letters from people you don't know. I've even had phone calls.

"For the past months I have been living in a nursing home. It's not too bad but I'm the only young person, so I hope to find something better in the not too distant future.

"I am taking a liberal arts course with an intercom set-up like I had in high school. It keeps me in the swing of studying."

Dottie SantaPaul, 182 Essex Avenue, Gloucester, Massachusetts 01930.
"I am a 23 year old Italian paraplegic and am looking for some U.S.A. paraplegic friends, males or females, who would like to have correspondence with me. I shall be very happy to give my future friends hospitality in Italy, too. I live in a four-roomed flat on the ground floor with my parents and the youngest of my brothers. The town I live in, Caserta, is very nice. It is about 16 miles from Naples.

"My interests are electronics, maps, journals and books, chess, and languages (Italian, French, English, German, and Spanish)."

Pasquale Vardaro, Via Tazzoli, Parco Adriano-Febb.To Marisa c/2, 81100 Caserta, Italy.

One of our new readers, a paraplegic in Singapore who uses calipers and crutches, indicated on her census that she would like tools for picking up papers from the floor. Perhaps a Gazette reader could help her out. She is a beauty specialist and hair stylist as well as a caterer for a restaurant and guest house and enjoys cooking European, Chinese, and Indonesian food.

Mrs. Maria Chua, 26, Jalan Jintan, Singapore 9.

"I enjoy writing letters and would be most pleased to hear from any one. As I am trying to learn Italian I would love to write to some one from Italy (or France), who can write in English.

...I have personal joy of the Lord Jesus Christ in my life...I have been disabled since 1939 by muscular dystrophy."

Mrs. Florence Hynd, 44, Shieldhill Road, Carluke, Lanarkshire, Scotland.
"I would like to correspond with another handicapped person, especially another young housewife. Subjects I'm most interested in are sociology, psychology and the humorous side of life. I am disabled by rheumatoid arthritis with total joint involvement and vasculitis. I care for my baby all day, using a wheelchair parttime."

Linda E. McCrary, 13408 Burton St., Panorama City, California 91402.

"I should like someone to send me some photos or pictures of anywhere in the world for I like anything to do with travel... I live with my Mother and she is crippled with arthritis and I am in a wheelchair because of Friedreich's Ataxia... My hobbies are repairing radios, photography, and showing films."


"I am a quadriplegic (C5 & C6) and I have found life to be very simple if you do only the things you can do, and never think you can not do anything. This thinking has helped me do many things that most everyone said that I could not do. I have never had any rehabilitation training and everything I have learned, concerning my condition, has been self taught... I would like to correspond with anyone who is interested in the Bible and wishes to discuss the truthfulness of the prophets then and now."

Richard Simmons, Box 83, Calhoun City, Mississippi 38916.

"I was 4½ years old when I met Polio in 1951... I have a wheelchair - braces and crutches. I am a sales representative and telephone solicitor. I enjoy reading, writing, singing, knitting, boat riding, people, and music. I am trying to learn Spanish... I would like to hear from as many people as I can."

Miss Reeper N. Brown, 835 W. Eastwood Avenue, Chicago, Illinois 60640.

"I have a teen-age daughter, Lorraine, who is 18 years old, paralyzed since birth from the waist down. She has no ways of communicating with the outside world, beside T.V. What she enjoys the most is receiving mail."

Mrs. J. Sutton, 540 Pine St., Rumford ME 04276.

"I was introduced to the Rehabilitation Gazette as a 'Must' for disabled and ablebodied alike. I am 23 years of age and my hobbies are: Reading, Art, Sports and I collect glass, china and copper wares.... I live with a friend who has Polio too and work as a setographer.... I am a S.D. Adventist.... I would like Pen Pals."

Miss Ouida Yvonne White, c/o Mona Rehab. Centre, Kingston 7, Jamaica W.I.

"Our Disabled Persons Association would like to receive publications and correspond with other disabled people all around the world."

Miss B. E. Mackay, 31 Carinna Rd., Lindisfarne, Tasmania 7015, Australia.
GAZETTE IN SPANISH? We hope so - some day, some how. Meanwhile, we have a delightful new reader in Spain who has volunteered to do the translating: Mrs. A. Simonetta (Calle Doctor Castello 41, Madrid IX). She is French, a grandmother, has lived in Spain for over 40 years. She has offered to write to Gazette readers and to assist any who want to visit Spain.

NEW YORK CENTER FOR FOREIGN VISITORS is one of many innovative programs in the new headquarters building of United Cerebral Palsy of New York City, Inc., at 339 East 44th St., NYC 10017. Phone: 661-0900. The center also includes a library of CP literature, demonstration equipment, and education and recreation programs.

EARPHONES AVAILABLE FOR TALKING BOOKS. Contact the library or agency from whom you obtained your record player.

FREE NINDS INFORMATIVE PAMPHLETS on: Cataract and Glaucoma, CP, Dizziness, Epilepsy, Headache, Hearing Loss, MS, MD, Parkinson's, Spina Bifida, Spinal Cord Injury, etc. Write: National Institute of Neurological Diseases and Stroke, Bldg. 36, Room 4D-04, Bethesda, Maryland 20014.

ED: NINDS keeps us supplied with copies of the informative booklet, Spinal Cord Injury. We send them to new para and quad readers. Anyone else want one?

IF YOU TRAVEL BY AIR and you have ideas for improving services to the disabled, send for NYU's questionnaire and help their research to produce constructive steps. Write: Mrs. Janet Doremus, R.N., Instructor, In-Service Education, Institute of Rehabilitation Medicine, NYU Medical Center, 400 East 34th St., New York, NY 10016

ENGLISH INFORMATION SERVICE FOR THE DISABLED and AIDS CENTRE are now in operation at 346 Kensington High St., London, W.14. They are an outgrowth of the very creative Disabled Living Foundation, under the chairmanship of Lady Hamilton. The services are available to those professionally concerned as well as the disabled and their families.

Successful Die Able Persons International is a free fact-filled publication of experiences. Write: People-to-People Program, 1146 - 16th St., N.W., Washington, D.C. 20036. Att: FIT. Brigham.

REHABILITATION LITERATURE REPRINTS are an invaluable collection of some of the best writing in the field. Send for their free list. If you are not a subscriber, send 75¢ for a sample copy. 2023 W. Ogden Ave., Chicago, Illinois 60612.

REVIEW COURSE FOR S.A.T. NOW ON TAPE. The author of Lovejoy's College Guide has prepared a comprehensive college board review course of six one-hour cassette lectures, integrated with special workbooks. $72 with cassette player, $57 without. Write: National Protape Institute, 663 Fifth Avenue, New York, NY 10022.

HOME STUDY IN NEW YORK STATE CAN EARN COLLEGE DEGREE. The Carnegie Corp. and the Ford Foundation have given New York State $1.8 million to create the largest off-campus college in the U.S. One program will allow the student to pursue a course of study of his own choosing by correspondence, TV, faculty direction and some on-campus seminars. The other will allow adults to obtain a degree by passing state college examinations. Tuition will be the same as that paid by on-campus students.

SOCIAL SECURITY BENEFITS ARE A MAJOR SOURCE FOR AID TO STUDENTS. The average yearly stipend is about $1,000. If you are unmarried, a full-time student, and a child of a deceased, disabled or retired worker check at once with your Social Security Office.

EXCEPTIONAL CHILD EDUCATION ABSTRACTS, a unique research and library reference source, covers the field of education of the gifted and the handicapped. Our Gazette is among the journals being indexed and abstracted therein. Write: CEC, Jefferson Plaza Suite 900, 1411 S. Jefferson Davis Hwy., Arlington, VA 22202.

INFORMATION CENTER FOR CHILDREN WITH LEARNING DIFFICULTIES. HEW's Bureau of Education for the Handicapped will send the name and address of the nearest public/residential school or clinic. Send a brief summary of the child's disabilities to: Closer Look, Box 1492, Washington, D.C. 20013.

TALKING BOOK CATALOG. A free 184 page list of 1968-69 books that are available. Contact Library of Congress.


OPEN UNIVERSITY IN ENGLAND began off-campus program in 1970. In addition to correspondence, TV, and radio there are short-term summer or week-end courses and a regionally-organized tutorial and counselling system. At the moment students outside the U.K. are not eligible. The Pros- tatus is exciting reading: Write: The Open University, Admissions, Box 48, Bletchley, Buckinghamshire.
MICKIE McGRAW, Gazette artist, president of Rehabilitation Gazette, Inc., and director of the Art Studio at Highland View Hospital, was awarded the Handicapped Professional Woman of the Year Award in April 1971 by Pilot Club International, District X.

(Above) Mickie, wheel-chaired by respiratory polio, was photographed in September 1970 in Brussels, Belgium, when she was a delegate to the International Congress for the Communication of Culture through Architecture, Arts, and Mass Media.

NATIONAL REHABILITATION ASSOCIATION presented its 1970 President's Award to the editor, Gini Laurie, for her volunteer work of creating and editing the Gazette. President Howard H. Hanson presented it "for outstanding achievement of a non-technical nature in behalf of handicapped people on a nation-wide and international basis."

PRESIDENT NIXON congratulates Richard and Robert Santin, Fullerton, Nebraska, after they received the President's Trophy as Handicapped Americans of the Year. With them is Harold Russell, chairman of The President's Committee on Employment of the Handicapped. Disabled by muscular dystrophy, the Santin twins run a two-way communications installation and service business. They received the award in the Rose Garden of the White House on Thursday, April 15, 1971.

THE CHRISTOPHERS, whose TV programs tell of people who strive to change the world for the better, asked the Gazette editor to appear on their program. In May 1970, at the NBC studio in New York, Father Armstrong interviewed Gini, and the program, in color, is now being distributed to 2,000 TV stations.

We have had a tremendous response from those who have seen the film or read about it in New Notes #184 (a free publication from The Christophers, 12 E. 48 St., New York, NY 10017). Their credo is: "It is better to light one candle, than to curse the darkness."
We had the help of librarian, Judy Raymond, last summer. She found that, in addition to our files on equipment, employment, housing, travel, home care, architectural barriers, homemaking, education, etc., we have more than 500 books on the subject of disability and 200 periodicals from all over the world. From this twenty-year accumulation of material and the wealth of subjective experiences in readers' letters we find answers to questions and data for articles. The Gazette is now sent to readers in 73 countries. They may send International Reply Postal Coupons.

The Gazette is crowding us out of this house. We'll have much more room in St. Louis. We've lived here in the "snow belt" in Chagrin Falls for over 20 years; but now that Joe has retired, we would rather live in a warmer climate and be near our families. The Gazette is crowding us out of this house. We'll have much more room in St. Louis for the cats, books, and Gazette "treasures." We hope that many of you will visit us there, use our files and library and get in on the action of putting out future issues. Our house is just around the corner from the Holiday Inn Midtown. Our address: 4502 Maryland Avenue, St. Louis, Missouri 63108. We'll send you a notice when we move - probably by fall.