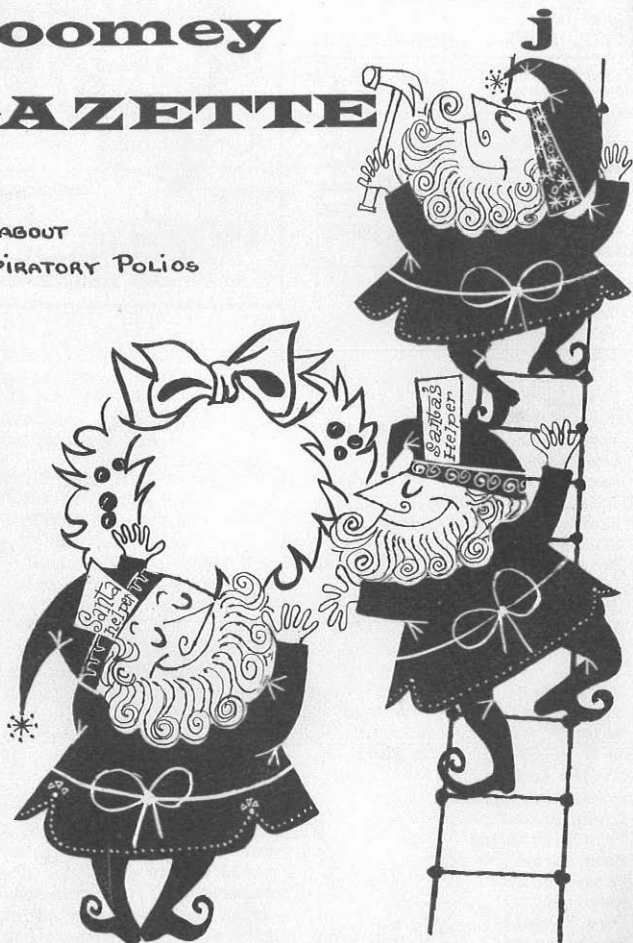


Toomey GAZETTE

BY
FOR
AND ABOUT
RESPIRATORY POLIOS



A LEISURELY QUARTERLY • VOL. II • No 3-4 • FALL-WINTER 1959

cover by Faith Bunting

FREE to Respiratory Polios

Toomey J Gazette

Vol. II, No. 3-4 Fall-Winter 1959

Editorial Office: T.J.G., Box 149
Chagrin Falls, Ohio, U.S.A.

The TOOMEY J GAZETTE is published quarterly by respiratory polios and their friends under the program of the Iron Lung Polio Assistance, Incorporated.

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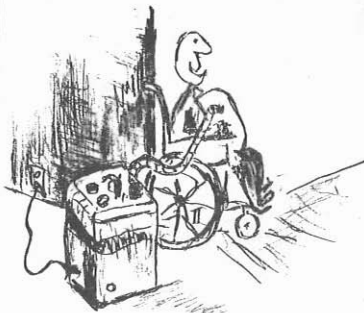
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Our writers are the readers. We are completely dependent on the material sent by "respos."

CHAGRIN FALLS VOLUNTEER STAFF

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Betsy Kintner
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Martha Scott
Connie Winslow




WE'VE GOT THE AIR;
NOW LET'S PREPARE
FOR ADEQUATE HOME CARE

The Editors think this fine cartoon speaks for us better than a thousand words. It was mouthstick-drawn by Emmanuel Leplin, San Mateo California, and was printed in "THE SPOKESMAN."

Unquestionably, our financial problems are going to fall more and more upon our own shoulders.

The "iron lung story" that has been told about each of us was a heart-wringer and a purse-opener. Now that we cease to be a sensation in this way, there is quiet un-newsworthy work for us to do.

Individually, and as a group, we must work for the goal towards which we all strive - the goal of giving and being, instead of taking.


OUR AIM: to reach and advance respiratory polios all over the world and to share the problems, experiences, thoughts and adventures that would be of value to know about each other.

This issue is dedicated to the memory of Omar Norton



National Foundation "Explains" New Policy to Gazette

OFFICIAL NF POLICY STATEMENTS ON POLIO

New policy made public and effective May 11, 1959

Priority Patients include anyone with respiratory weakness or severe paralysis of arms, trunk or neck combined with leg.

Eligibility for Aid:

Priority patients if physician certifies further disability can be reduced or prevented or patient made more independent.

Permissible Chapter Expenditures: (1) Hospitalization: 30 days per year for care or surgery of residual paralysis. (2) Special Duty Nursing: for critically ill up to 14 days. (3) Outpatient Services: if accredited hospital recommends it. (4) Home Attendant Service or Nursing Home Care: available up to \$200 per month for a maximum of 2 years after date of disease onset. (SEE DR. CLARK'S STATEMENT ON THIS). (5) Respiratory Equipment Loans will be continued.

Prohibited Chapter Expenditures: (1) Payment to free care hospital. (2) Replacement and repair of worn braces and appliances.

SEE COMPLETE OFFICIAL TEXT REPRODUCED ON PAGE 4

(An Editorial)

We are sure there is not one among us who is not overwhelmingly grateful to the American people for their gifts to the National Foundation.

Nearly everyone of us has been helped financially in a staggering way by the March of Dimes. On the other hand, it must be understood that there is not one of us who would not prefer to be independent of help, financial or physical.

As a group, we are young, ambitious and educated. But under the circumstances, there is often no alternative but to ask for help. We aim at the day when we can support ourselves and those needed to attend us. Individually, we are working constantly on this problem.

To bridge reality and the aim, many of us find that we must plead for time and ask the help of our fellow Americans.

We are not pleading for unending help from the NF

We are pleading for TIME To make a transition

NATIONAL HEADQUARTERS ANSWERS QUESTIONS IN NEW YORK INTERVIEW

By Sue Williams

"Is the Foundation deserting us?" This question asked by our readers sent this TJG Editor to the NF Headquarters to interview Dr. William S. Clark, Medical Care Director, on how the new policy would affect us.

The interview started with NF's new theme song from Dr. Clark, "We have no money." Upon further discussion, he seemed very aware of our problems and assured the editor that there would be no sudden and unexplained desertion of the respo patient.

Dr. Clark explained that the new policy meant that respos receiving financial help from the NF for home attendant service WILL eventually have to arrange for other assistance - such as welfare, fraternal, religious or veteran organizations.

BUT Chapters should not withdraw support for an essential home attendant until some other source of support is set up.

The greatest difficulties that will arise," stated Dr. Clark, "will be the natural wide variety of interpretation by over 3,000 county Chapters."

SEE OFFICIAL NF QUESTIONS AND ANSWERS ON PAGE 5

NF New Patient Aid Policy

(Actual Reproduction of Official Text)

THE NATIONAL FOUNDATION DEFINES PATIENT AID POLICIES (as of May 11, 1959)

Though The National Foundation has not changed its concept on serving the patient with a disability, it has been necessary for the organization to make certain policy changes to utilize available resources where they can be of most service to all persons covered under its expanded program.

The policy changes emphasize patient care in the early phases of disease. The objective is recovery with minimum disability and maximum independence.

The new patient aid policies for the three types of disability, poliomyelitis, congenital malformations and rheumatoid arthritis are described in the following outlines:

POLIOMYELITIS

Eligibility For Chapter Patient Aid

1. All patients with a confirmed diagnosis of paralytic polio are eligible for a period up to two years following the date of disease onset.
2. Priority patients are eligible beyond two years of disease onset provided the patient's physician certifies that further treatment will significantly reduce disability, prevent further disability, or make the patient more independent.

Priority Patients

- A. All patients with paralytic polio who are under 19 years of age.
- B. All other patients (regardless of age) with quadriplegia, respiratory paralysis or significant respiratory weakness, bilateral upper extremity paralysis, severe trunk or neck paralysis, paraplegia with marked abdominal and trunk paralysis or weakness.

Permissible Chapter Expenditures

1. Hospitalization but not to extend insurance coverage:
 - A. Up to 30 days in an accredited hospital for care of paralytic polio, during the acute stage of illness. Unused days may be used within a 12 month period to complete initial treatment.
 - B. Up to 30 days in any 12 month period (in addition to above 30 days) for the management of residual paralysis (including surgical procedures) provided disability can be reduced or prevented, and facilities are adequate for this purpose. Adequacy of treatment facilities to be determined by chapter medical advisory committees with criteria provided by the Department of Medical Care.
 - C. Up to 120 days in any 12 month period for priority patients in special treatment centers designated by chapter medical advisory committee on recommendations of the Department of Medical Care, provided the disability can be reduced or prevented and the patient made more independent.
2. Special Duty Nursing. When necessary, available for critically ill patients for a period not exceeding 14 days.
3. Outpatient Services of Accredited Hospitals. Payment in accordance with institutional policy and under conditions outlined in "Eligibility Section."
4. Home Attendant Service or Nursing Home Care. When necessary, available up to but no more than \$200 per month for a maximum of two years after date of disease onset. (See statement on next page)
5. Physical Therapy. May be allowed through community agencies when prescribed by a physician for supervision of a home care program and under conditions outlined in "Eligibility Section."
6. Braces, Appliances and Non-respiratory Equipment. Covered when prescribed by a physician. Replacement of braces which have been outgrown will be considered as a new prescription.

Respiratory Equipment Loan. The National Foundation Headquarters will continue to loan respiratory equipment.

Prohibited Chapter Expenditures

1. Medical and surgical fees.
2. Payment to a hospital in which the patient is entitled to free care.
3. Replacement and repair of damaged and worn braces, appliances and non-respiratory equipment.
4. Expenditures for paralytic polio patients beyond two years after onset of disease except for priority patients.
5. Payments for non-paralytic polio patients.
6. Payments for patients not having a confirmed diagnosis of poliomyelitis.
7. Grants to individuals, agencies or institutions, for personnel, equipment or services.



Consult your Chapter and show them this official statement from National Foundation Headquarters. If there is any dire difficulty between you and your Chapter in understanding each other, Dr. William S. Clark, Medical Care Director, The National Foundation, 800 Second Avenue, New York, 17, N Y. has asked that you write directly to him.

THE STATEMENT ON ATTENDANT SERVICE OFFICIALLY CLARIFIED

(Issued by NF Headquarters in New York)

One of the most pressing questions for Respos brought up by the new Patient Aid Program is the discontinuation of financial aid for Home Attendant Service. Below are the official published NF Questions and Answers which further clarify the attitude to be assumed by Chapter leaders.

Q. Are Chapters to discontinue underwriting attendant service for patients at the end of 2 years even though no other agency is able to pick up the expense?

A. Chapters should not withdraw support precipitously for an essential home attendant when there is no other source of support.

Q. When a patient has been receiving follow-up care by a Respiratory and Rehabilitation Center, who should notify the patient of the curtailment of home attendant service?

A. The Chapter. If there is medical recommendation for attendant service which cannot be given or paid for by the family, assistance in locating another source may be obtained from the Center social worker or the National Foundation Regional Medical Social Work Consultant. When another resource for payment of a home attendant is available, it should be used by the family as quickly as possible but without undue anxiety to the patient. When resources are not readily available, the assistance of the Regional Medical Social Work Consultant should be requested. Payment for attendant service considered medically essential should not be discontinued without arrangements for other assistance.

RECOMMENDED ACTION FOR RESPOS:

- (1) Check with your local County NF Chapter.
- (2) Contact your Center social worker or Regional Medical Social Worker through your Chapter.
- (3) Use these official statements as a guide to your discussions.
- (4) In case of difficulty in Chapter-Patient understanding, write to Dr. Clark (see opposite page).
- (5) Report to TJG your problems and progress.

Let's work together as a creative and "positive pressure" group.

We can speak through TJG and share our problems and solutions.

Your individual solution may be the answer for others.

Study these official texts. Know your rights as a priority patient.

Work with your County Chapter, local community and social workers.

Try every possibility to achieve "independence".

You are not alone. We can act together through TJG.

HOW OUR FRIENDS AND COMMUNITIES CAN HELP US: (1) Patronize our business ventures. (2) Guide us in finding local agencies to assist us. (3) Let the National Foundation know that you want your contributions given to POLIOS until other sources of support have been found for us.

HARRIS A. THOMPSON DONATES \$1,400 RESPIRATOR TO T.J.G. FOR CONTEST

RESPO FAMILY HAS NIGHT OF HORRORS

Denver, Sept. 30 - A freak Colorado snowstorm started a 12-hour tension-packed series of crises for a family keeping the old respirator going.

John Leonard was first transferred to portable batteries by his daughter. As the power in the batteries began to dwindle, his wife started the standby generator. When dawn arrived, John and his wife, parents of nine children, smelled smoke. When she found the fumes pouring from the generator, she called the police to rush an emergency unit to their home.

In the meantime, she tried to recharge an emergency battery. The battery exploded. Then her dress was caught in the fan when she checked the oil.

The police generator arrived just as the sun was peeking through the skies and the power restored.

The Editors of your GAZETTE were thrilled and surprised recently to receive a long distance call from Thompson Engineering Products Co. in Boulder, Colo. Mr. Harris A. Thompson stated that the GAZETTE had been a help to him and that he would like to donate a portable respirator, battery and positive pressure attachment.

"I would like to help out with the fine spirit among respos that is growing through TJG," said Mr. Thompson. "We are confident that through your work you will find a suitable way that it may be used so it will do the most good and increase the value of your magazine to the patients who receive it and contribute ideas."

THREE MEN STEAL

\$50,000 WORTH

SALK VACCINE

Montreal, Sept. 1 - Gunmen who wore nylon stocking masks broke into a laboratory and overpowered the watchman at 3 am. They stole 75,000 shots of the Salk vaccine which would be worthless if not properly refrigerated.

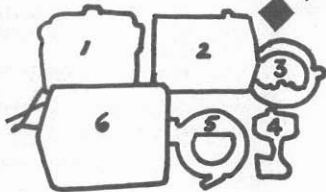
Montreal was in the midst of a polio epidemic. At the time, the total of cases for the year was 554, with 30 deaths.



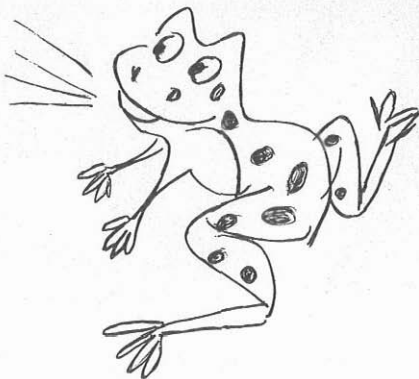
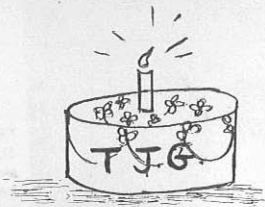
Portable respirator easily carried by 85 pound nurse.

WHO WILL WIN THIS THOMPSON PORTABLE RESPIRATOR EQUIPMENT?

(1) Automobile Battery Carrying Case. (2) Lightweight Portable Battery, 12 volt, 25 ampere hours with built-in charger, brown Samsonite case. (3) Cord and 12 foot utility cable. (4) Hand Bellows. (5) Positive Pressure Hose Assembly with filter, exhalation valve, check valve, plastic hose and mouthpiece. (6) Thompson Portable Respirator. Fixed gentle breathing pattern, complete with hand resuscitator, built-in 12 volt battery charger, automatic switch-over to battery.



SEE BULLETIN BOARD - Page 20 - FOR CONTEST RULES



One of TJG's 10 Siamese cat mascots and Alex the Postman welcome your mail to Box 149

**HAPPY
BIRTHDAY!**

THE STORY OF TJG AND HOW IT GREW!

How do you imagine the offices of TJG? Do you see us working in the hubble of Box 149? Or, do you see us with a large, well-paid staff in fine offices? Some of you write to us as if we had a big complex organization: "Gentlemen", or "Dear Sir" or "Attention: Department X". Some of you write to us in your first letter as warm personal friends.

This is our first anniversary. One year ago this Fall was the first printing of "Tommeyville Jr Gazette". It was just a step beyond the previous mimeographed copies put out by us when we were in the Respiratory Center and similar to those put out by almost all the other Centers. In brief, our growth story follows:

APRIL, 1958: Present Editors (3 horizontal respos - living many miles apart - and 2 vertical volunteers) rather casually inherited TJG. First mimeographed copy. Used old mailing list of 125 friends and patients of Toomey Pavilion (Respiratory Center).

JUNE, 1958: Investigated the possibility of a picture for the cover of our mimeographed sheets. We didn't even know how this could be done and felt



"Every letter that comes is read and re-read...."

"Our writers are our readers."

HORIZONTAL AND VERTICAL EDITORS, SUE AND GINI, PLAN LAYOUT.



HORIZONTAL EDITORS, SALLY AND IDA, AT THEIR TYPEWRITERS.

wildly extravagant spending \$9 for the printing of 250 covers. (We had doubled the circulation, which was a little hard on the mimeographing machine).
..... So, we went into print

FALL, 1958: The first printing of TJG! We printed 850 with the help of a few wonderful donations. (We thought it was practically professional). We printed our first foreign letters and our first letters from people in other Centers. Bless our early correspondents! The "Alumni News" was shrinking in its dominance in favor of articles of more universal interest. We even got extravagant and put four or five pictures inside the GAZETTE! Each picture cost \$1.50 more for printing, and it was with great discussions that the decision was made. The GAZETTE was catching on, but it began to be obvious that to continue with the printing and the growing mailing list, we would have to get more money - somehow.

WINTER, 1958: Circulation 1,300! We started with no funds in the till, a great many ambitious plans, a swelling list of subscribers and a lot of faith. (It was hard work, but we had learned a lot, our readers loved us and we felt we had produced our masterpiece). But we were in a state of exhaustion. We literally finished up in the hospital. When one of the Editors had to return to the lung with near-pneumonia, one of the volunteers tagged along with a drawing board, typewriter and the almost-GAZETTE, secretly borrowed an empty bed to eliminate commuting, and worked on together until TJG was ready for the lithographer.



THE VERTICAL VOLUNTEER OFFICE STAFF of the little town of Chagrin Falls: (standing) Martha, Connie; (seated) Frieda, Betsy. "They fell in love with their work."



"WE WERE PATIENTLY TAUGHT the language of the trade by our lithographer (Bob) and our printer."

..... The tail was wagging the dog.

We needed some help. The job was bigger than the five of us. We gathered together our "horizontal" respo family of regional correspondents, department editors and writers. We shanghaied our friends in the little town of Chagrin Falls and made them permanent "vertical" volunteer typists, correspondents, printers devils, filers, proof readers, artists and addressers. They all fell in love with the GAZETTE and the stories it told. TJG became a real community project.

Our office was in a suitcase which was carried from house to house to hospital, according to where the work was going on. We slid by with the financing of one more issue - 12 contributors had believed in us.

SPRING, 1959: Now we had 2,000 copies. We were beginning to use the language of the trade, patiently taught to us by our lithographer and printer. We learned how to "shoot the diagonal", "bleed in the gutters", and "lay out a dummy". (With every new issue we put out, we laughed at how innocent we were just one issue ago.)

(Best of all were and are our letters from respos all over the world. Every letter that comes is read and reread. Every person is referred to as someone we know well. Their names are brought up in daily conversations: "Here's Olli in Finland who has the same involvement as John." "I bet Marie would like to write to this new person in Canada." "Remember what Donald did to solve this problem. Maybe this would help Al too." All the "workers" have their favorites among you.)



WHEN THE CIRCULATION JUMPED past the 250 mark, the mimeograph machine gave way to offset printing. (Upper right, Gale, our printer.)

"WE NEEDED MORE HELP." 20 friends volunteered to work as Printer's Devils. (Upper left) Larry stapling, Miriam folding. (Lower right) Lee, Louise and Rhoda gathering.

2,000 COPIES BY THE THIRD PRINTED ISSUE.
"The tail was wagging the dog."



SUMMER, 1959: "Polio Radar" has magic results. Our readers sent in so many names of their respo friends that we had 3,000 printed. We mustered still more good friends to help. They assigned themselves to work one hour a week or many days a week. A room in Sue Williams' home was turned into a GAZETTE office with files, catalogs on everything, three typewriters (usually a few volunteer typists and filers dodging the rocking bed), all the rehabilitation literature - books, periodicals and pamphlets - we can get our hands on, cutters, drawingboard, T square, paste pots and a confused bulletin board of "Don't Forgets."

We give visiting business men nightmares. "How are you financing this thing?" they ask. "From gifts in the mail - usually small, a dollar or so, occasionally larger, twenty-five or fifty dollars - from wonderful people who just believe in the value of the GAZETTE." This seems unbelievable to people of high finance. "Do you have enough for the next issue?" they ask. "No," we answer, "but that doesn't bother us. We got the last issue paid for and we have great faith that the future will take care of itself." So far, we've managed without subscriptions, ads, grants, foundations or organization - just the readers.

By the time this issue is in circulation, TOOMEY J GAZETTE will be incorporated as a non-profit organization. We have named our non-profit organization "Iron Lung Polio Assistance, Inc." The incorporated organization will cover TJQ and other projects of interest to respos. (Note: The words "Iron Lung" Polio were used rather than "Respiratory" Polio as the easiest possible way of identifying ourselves to the general public.)

SUMMER 3,000 AND FALL 4,000. We have three staffs - office, printing and addressing. Every magazine is hand addressed by friends of all ages. (See cuts)

OUR FINANCES ARE A BUSINESS MAN'S NIGHTMARE. We operate on 50% faith and 50% small contributions. "So far, we've managed without subscriptions, ads, grants, foundations or organization - just the readers."



BIG POPPA JOE, OUR COURIER

SOME OF OUR PLANS:

GUEST EDITORS:

Post-polio groups in other parts of the country could take charge of an occasional issue. Bay Counties Post Polios are working on our next issue. (See TJG, Summer '59, "Meet a People," page 31, for a picture of their editor, Charles Lyser.)

ART SHOW:

Respo artists all over the world have agreed to send their art. A group of professional artists, headed by Martha Scott, are making arrangements for "galleries," volunteer framers, purchasers and promoters. The paintings will be arriving in Chagrin Falls for the Spring showing and future tours.

GO-OPERATIVE BUSINESS CATALOG:

We are planning a catalog to be widely distributed that would act as a clearing house for any items respos are selling. For example: greeting cards made and sold by Irene, maple products sold by Vern, fruit sold by Tommy, birthday board sold by Tom. It would have pictures, prices, descriptions, etc.

SURVEYS AND PAMPHLETS:

We would like to make surveys and pamphlets on all things of interest to respos and their families.

LOBBY:

Our main plan is to keep in touch with each other, so that we could work together as a group on problems that will confront us.

EQUIPMENT •

"In perhaps no other field of medical endeavor is mechanical assistance of such keystone importance as it is in rehabilitation of the physically handicapped. One lever, even one gadget, one device, may be worth one thousand dollars, ten thousand treatments or one hundred thousand words."

—HOWARD A. RUSK

Wheel Chairs

WHEEL CHAIR PRESCRIPTION

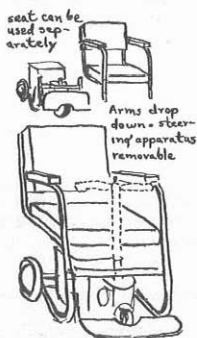
Source: Fowles, Beth H. Chief, Department of Physical Therapy, Highland View Hospital, Cleveland, Ohio. Evaluation and selection of wheel chairs. *Phys. Therapy Rev. Aug., 1959. 39:8:525-529.*

Wheel chairs for respos should be made to order. Before such an investment a WC prescription should be filled by a physical therapist who understands your needs and those of respos in general. There are some evaluations to be considered:

- 1) measurements of the seated patient.
- 2) the possibility of a junior size chair. An average woman can use this size and it goes through narrower doors.
- 3) a fully reclining chair is invaluable.
- 4) anti-tipping levers prevent tipping backwards when reclined.
- 5) 20" rear wheels instead of the standard 24" If a respo is unable to propel himself, the large wheels are unnecessary and the small wheels allow for a body roll to reclining chair if desired.
- 6) a 3 to-6-inch foam rubber cushion to relieve pressure.
- 7) padded armrests that extend 6 or more inches beyond the back of the chair for support when reclining.

NEW CONCEPT IN CHAIR DESIGN:

The newest commercially made battery wheel chair is the Mono-Drive Power Chair - just out. Made by Everest & Jennings.



Center steering, small wheels and compact mechanism give a "new look." Complete chair: \$395. Motor attachment for regular chair: \$295. (Prices include battery chargers, but not batteries).



AUTOMOBILE-BORNE WHEELCHAIR

Bertil Akerblom

Enskede, Sweden

Mr. Akerblom, constructor of technical contrivances, sent us these pictures of himself and his wife demonstrating his interesting chair.

"The hind wheels have a mechanism to regulate distance between the wheels. The seat may be lowered or raised by a lifting jack (same as one for a car). The arms are detachable, with moveable arm rests to give reach at drawing and dinner table.

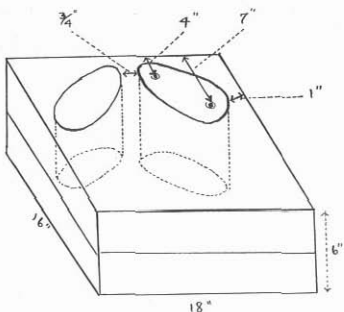
"My wife drives and our 10 year old daughter has plenty of space in the rear. We have journeyed to Denmark and Finland."



GAS POWERED WHEELCHAIR

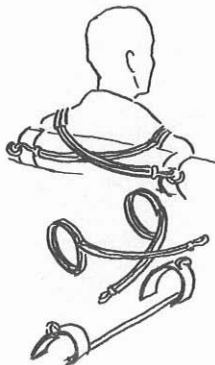
Henry M. Lydamore, Westport, N.Y.

"My father and I put together this chair for outdoors - powered by Briggs and Stratton motor, has automatic clutch and brake. I operate throttle from my left knee. The steering is operated by a single bar back to my right hand."



WHEELCHAIR CUSHION - Ischial cut-out. Vincent Masciarelli, Adaptive Equipment, Highland View Hospital, Cleveland, Ohio

6" height made by laminating layers of foam rubber with all-purpose cement. Vince and many patients have used this cut-out and found prolonged comfort added by its use.



KENDALL RIDING SUPPORT

Jerry E. Stein
1212 West Shorb St.
Alhambra, California

Jerry is so enthusiastic about this device he has become a distributor for it. To quote him; "The Kendall Riding Support holds gently but firmly as I ride along. It fits on any car and can easily be moved from car to car. It can also be used on a wheelchair.

FOOT DRIVE CONTROLS

Cameron Enns, 13637 S. Madsen Ave.,
Kingsbury, California

Only foot steering control ever approved by Motor Vehicle Department - California. The physical requirements for the device; a) "At least 90% normal use of legs; b) Ability to raise one leg at a time from floor board; c) Fair muscle strength in lower back and sides for stability; and d) Normal reflex action and eye-to-foot coordination. Jerry and his friend, Dave Kope, "have made 49 installations, practically all of them were for post polio victims with respiratory involvement."



TROMPETER - "Tuch Lamp"

Edward J. Klanit

New York

Just a touch by "a mouthstick, shoulder, arm or stiff fingers" will light or turn off the lamp.

The cost of the lamp is \$10.00

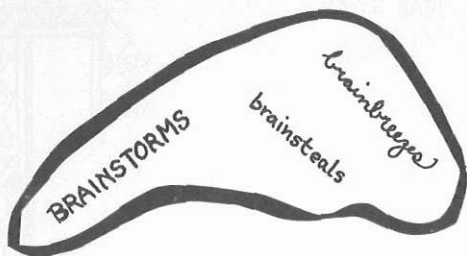
The device (minus shade and base) costs \$2.50.

It is made by: Jo Wallis Co., Inc.

421 West 28 St.

New York 1, N. Y.

Ed said "I have two table lamps so rigged and the most delightful feature is no extra wires."



ROCKING COBBLER APRON



4 Ideas by
Lorraine Lieberman
Vineland, N.J.

Homemade Arm Skate
made of wood block,
sponge rubber,
bearing casters

Page Turner and Push Puller
dowel or pencil and copper wire



BUTT BOARD
under chair cushion
for longer sit-ups

* * * * *

SHEAR PIN FOR ROCKING BED

(not illustrated.)

Idea created by Blair K. Jones, Silver Spring, Maryland

Purpose: Pin would shear as soon as bed hits object. Output shaft of gear box would continue to turn but would no longer turn the crank which makes the bed go up and down.

Method: Instead of using keys and set screws to connect the crank to the output shaft of the rocking bed gear box, a shear pin could be used. Taping a small hammer, drift (tool for driving pins out of shaft) and spare shear pins near the gear box would make quick replacement of sheared shear pins easy.

(Friction drive or shock absorber in connecting rod may be used instead of shear pin).

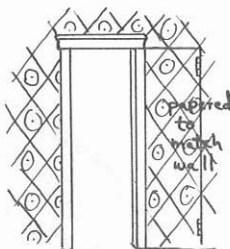
Brainstorms, continued

HEAD STICK

Ruby Heine
Omaha, Neb.



buckled leather strap
stick taped and padded



SWINGING WALL

to move large equipment

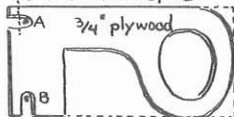
John M. Jordan
Newcastle, Ind.



\$ 3.95 31" Betty Weisensel

WOODEN SCISSOR TONGS Rochester, N.Y.
Fascole, 229 Fourth Ave.,
New York 3, N.Y.

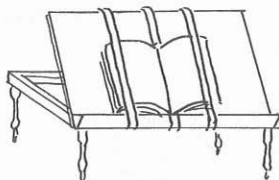
TC ← Removable Spike



A and B represent 2 upright
posts of wheelchair. Measure
between posts.

BRIDGE TO TOILET SEAT

Lorne Elliot
Manitoba, Canada



RUBBER BAND BOOK HOLDER

Anne Compton, Charlotte, N.C.

* * * * *

GRACEFUL LIVING WITH THE BEDPAN

(not illustrated, naturally)

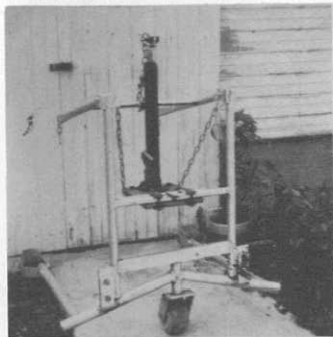
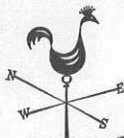
Idea sent by Elizabeth Anderson, Morris Plains, N.J.

For bed pan odor my husband bought an extra tube for a tank type vacuum cleaner and connected one hose on each end. The intake hose is put under my blanket and the exhaust hose out the window. Speed of vacuum motor can be cut by a current reducer, i.e. powerstat.

Where to keep a bedpan in a small bathroom? We place the bedpan on its side in a wire magazine rack (\$1.00) and put it underneath the wash basin.

By VINCE LA MIELLE
BAD AXE, MICHIGAN

THE HOME AND I



"A lift of my own design."



"I use large steering wheels on my indoor lift."



"My outdoor elevator is certainly essier than a ramp."

Since I have been home (polio '48), I've designed and have made several pieces of equipment to help me become more independent. I had difficulty with my breathing for a year, but now it is OK except when the humidity is high or real warm. My legs are completely out, my trunk and arms are weak.

I now see many improvements in my equipment design which I would like to make as soon as I get enough money. One of these that I use is a lift of my own design to get into and out of a regular car. (See picture 1) I use a Simmons Counter balance bed so I can sit up and lay down when I wish. I also use large steering wheels on the indoor lift that carry me from the bed to the wheel chair.

My outdoor elevator is also "homemade", but now I would like to sell it and remake the backyard. This elevator has been out in the weather for seven years and deteriorated very little. It certainly is easier than a ramp in getting to the car or yard. It raises and lowers at one inch per second and is powered by a 1/6 horsepower motor. Here we used a heavy gauge steel for the platform; however, plywood might be better but would not stand the weather as well.

I also have a little auto-elevator-run-about. It transports person, chair, all and elevates $3\frac{1}{2}$ feet for curb and porch landings. I intended to use this car in my insurance and advertising work before my recent surgery. I now sell match cover advertising.

I had two sisters come down with polio three weeks before I did and two other sisters, one a R.N. I also have a brother who is a Missionary in India. My Dad helped get the things together and I would be glad to help anyone with the knowledge I gained from experimentation.



DON
THE BEACHCOMBER

Don Heston
232 E. South St.
Bryan, Ohio

We polios wouldn't survive if it were not for all the wonderful people in the world. It's getting acquainted that is hard for respos, but very important. It never hurts to know lots and lots of people. Joining organizations is one way to do this. I resolve today to join all the organizations in my town and do my part to help them in whatever way I can. Recently, this all became very obvious to me when I found myself in real need of help. The people in the organization in my town really came through while I was in the hospital. They painted my house, then got together and made it possible for me to come home and live in my own home with my family.

Under normal circumstances there are very few things you can do absolutely by yourself in circumstances such as we find ourselves. Having friends is a matter of survival.



LAUGH WITH THE REAL
DANNY WILLIAMS

Danny Williams
803 Indiana Avenue
New Castle, Indiana

A robot from outer space wandered into an earthy cafe and spied a lit-up pinball machine. "Hey, Babe," the robot said admiringly. "What's a classy dame like you doing in a place like this?"

Personnel manager to a prospective employee: "Let's see now, Jones, you say you were at your last place, why did you leave?" Replied the prospective employee, "I was paroled."

A sports car owners description of the standard automobile; a four eyed, horned, pink and purple ethyl eater!

FOUND: Bird or 'hat, which flew or blew into Brown's Service Station. It's sort of round with green and red feathers or quills on it. If you've lost a bird or a hat, or even if you haven't, drive by and see it - it's worth the trip.

FOOTNOTE:

Keep smiling - it makes people wonder what you've been up to!

FEATURE



KATHY'S FUNNY BONE

Kathy Harrigan
1849 Beersford Road
Cleveland 12, Ohio

What would you have if you had a cow and two ducks?

WILK AND QUACKERS

Why should a sailor know all about what goes on in the moon?

BECAUSE HE HAS BEEN TO SEA

A theater usher guided the lady patron down the darkened aisle and asked, "How far down do you wish to sit, Madam?" "Why all the way," she said. "I've been shopping and I'm kind of tired."

What is worse than a giraffe with a sore throat?

A CENTIPEDE WITH SORE FEET

Mrs. Kangaroo: "I certainly hope that it does not rain this afternoon. I just hate it when the children have to play inside."

What is it that a miser spends and a spendthrift saves?

NOTHING

Why did the jelly roll?

IT SAW THE APPLE TURN OVER

COLUMNISTS

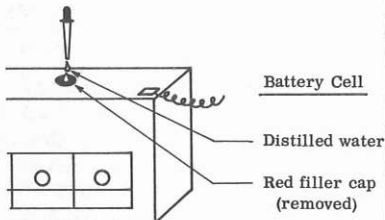


OUR EQUIPMENT MAN ANSWERS QUESTIONS

Ira E. Holland, 1422
Manor Court, Merrick
New York

Dear Ira: EVEN THO I'M SURE MY MONHAGHAN BATTERIES ARE CHARGED, THE COLORED BALLS DON'T ALWAYS RISE TO THE LEVEL LINE.

In the case of the Monhaghan batteries, it is necessary to tilt the case towards you to see if the colored balls rise above the level line. Another important part of battery maintenance is to make sure there is enough fluid in each of the cells. You can add a few drops of ordinary distilled water. This is done by unscrewing the small red caps at the tops of the cells.



Please send me your equipment questions.

You writers are invited to join us as a regular or irregular columnist. Choose your subject and send them to us.



PARENTING ON THE RECLINE

Ida Brinkman
224 East 326th St.
Willowick, Ohio

The Middle Child. Do you have a middle child that your heart aches for at times? He's too young for some things and too old for others. The older child has grown up enough to be entitled to privileges and the baby of the family naturally receives a certain amount of babying. And so guess who is left? Right you are, the middle child. This sometimes requires a bit of strategy on the parents' part. One day, out of desperation over the inevitable question of "What can I do now, Mom?", we, middle child Dean and yours truly, tackled a chemistry experiment together. Figured it would be nice to know just what caused the house to blow up (ha!). We chose an especially easy one, one that I could at least pronounce the words in; well, at least part of the words. Just prayed the experiment would turn out as it should. We managed to turn a liquid solution to blood - how many times we polios wish we could perform this magic when the Doc enters the room with his memorable needle.



FASHIONS: COMFORT VERSUS CLASS

Lorraine Lieberman
230 Elmer Street
Vineland, New Jersey

SLEEPWARE for those who must wear a chest piece at night and prefer comfort to beauty; I recommend a garment called T-Pi's. They are very comfortable, give good protection to the skin, and are easy to put on if slit up the back. T-Pi's are comfy knee-length tee shirts. They are available at many mail order houses such as:

Brecks of Boston
100 Breck Building
Boston 10, Mass.

Catal. no. XR700 T-Pi's pajamas 225
Specify -small-medium-large-X-large

Maternity blouses and slacks are very practical for wear under a chest piece, as the blouses are longer and fuller than most regular ones, and the slacks are adjustable so they may be worn either over or under the chest piece. There are some very attractive maternity sets nowadays.

BE SURE TO SEND ME YOUR FASHION SECRETS.

I am only one,
But I am one.
I cannot do every
But I can do some
What I can do,
I ought to do.
And what I ought
By the grace of G
HILL do.

Sally Russe
Kentuck

Eye Bank - Have you considered donating your cornea for post-death transplant to restore sight to blind? "What a thrill to be the means whereby someone else could overcome a disability."
Anita R. Good, Washington, D.C.



WRITE TO: EYE-BANK FOR SIGHT RESTORATION INC.
210 EAST 64th ST., NEW YORK 21, N. Y.

WE IMPORT SWEDISH HOUSEKEEPERS

ONE AD IN THE STOCKHOLM NEWS-PAPERS BRINGS MANY APPLICANTS. AFTER TWO OR SO FOLLOW-UP LETTERS, WE CHOOSE THE ONE WE WANT THROUGH A TRAVEL AGENCY; PASSAGE BY SCANDINAVIAN AIR SERVICE IS ARRANGED. WE PAY THE FARE AND ARE REIMBURSED OUT OF THEIR SALARY, (\$100.00 A MONTH, PLUS ROOM AND BOARD). THEY AGREE TO STAY A YEAR. I WILL BE HAPPY TO GIVE MORE INFORMATION TO ANYONE INTERESTED IN THIS METHOD OF OBTAINING HOUSE-KEEPER ATTENDANTS.

VIRGENE JACK
439 WEST K ST., BRAWLEY, CALIF.

"TAKE-A-BREATH" CONTEST!

WIN THIS
BEAUTIFUL
\$1400.00

Thompson
PORTABLE
RESPIRATOR

SEND ENTRIES
BEFORE FEB.
1st, 1960

All you need to do
to enter is to write
a letter of any length
telling us...

"WHAT I WOULD DO
IF I HAD A
PORTABLE RESPIRATOR"
Judges will be three
doctors who are respos.



See Page 6 for full description.

ATTENTION WRITERS! REAL TV SCRIPTS!

AVAILABLE FOR YOUR STUDY. ALWARD, OF TRANS-VIDEO PRODUCTIONS HAS SENT US SEVERAL BOUND SCRIPTS FROM THE "GLENCANNON" TV SERIES TO GIVE ANY OF YOU ASPIRING WRITERS WHO WOULD LIKE TO OWN ONE. WRITE TO BOX 149, CHAGRIN FALLS, OHIO.

IN BOARD

ADDRESS
ALL MAIL,
ART WORK,
CONTEST
ENTRIES
ETC.....

To:
T. J. G.
Box 149
CHAGIN FALLS,
OHIO, U.S.A.



WHAT WAS THE CLUE FOR YOU?

How did you learn to frog breathe?
Was it peanut butter on the roof of your mouth?
Was it pretend a tickle in back of your throat?

Write and tell us how the idea was communicated to you and we will send you a beautiful Oriental frog painting (by Martha Sott) to give to your frog breathing teacher or to keep.

"Even bein' Gawd ain't a bed of roses."

—THE GREEN PASTURES

IDEA!
I keep averages for bowling leagues. I charge \$1.00 per bowler per year. For example, for a league of ten teams with four players per team, I would charge \$40.00 per bowling year (26 weeks). Talk to a member of a bowling league or a bowling alley.

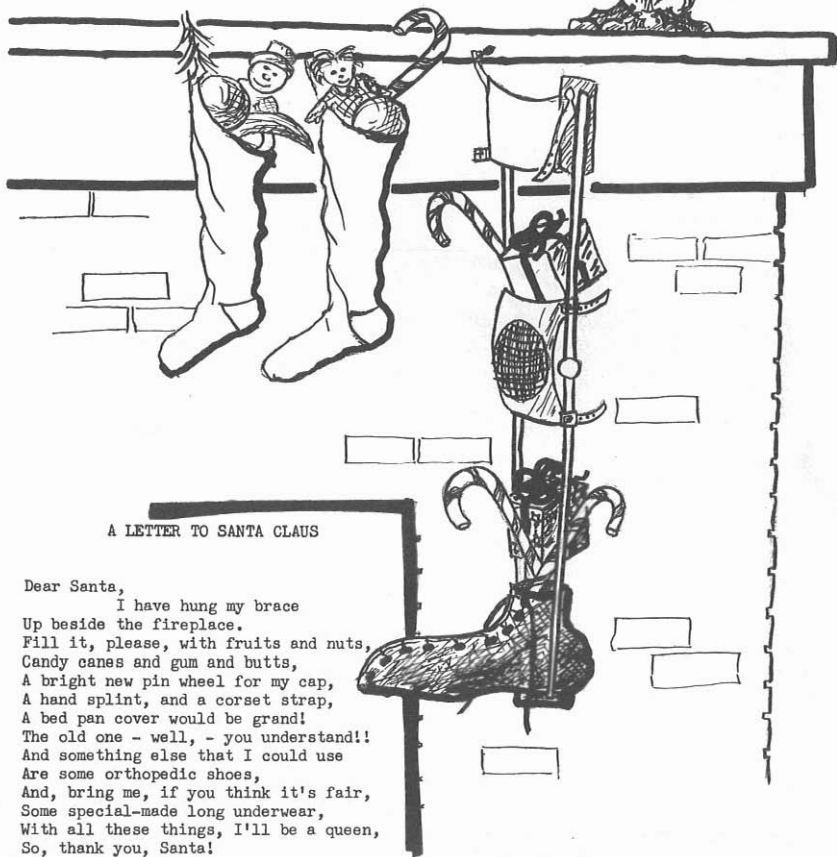
JOHN LAMBOUR
ALTOONA, PA.

ART SHOW - Many respo artists have entered the Art Show... and it's still open! Don't forget to write us about your craft - textiles, modeling, or whatever. Send paintings to the Gazette, framed or unframed. For long distance, roll the painting in a mailing tube. Send as many as you like, before March 1st. Please indicate if for sale.

①
MEMO TO READERS
T.J.G.'S PLANNED
FEATURE, "PROFESSIONS"
HAS BEEN POSTPONED
'TIL A FUTURE ISSUE.

Such good material is still coming in that we didn't want to miss any. Also, we suddenly decided to celebrate by telling the story of T.J.G.
SEE PAGE 7!

THE MAIL BOX



A LETTER TO SANTA CLAUS

Dear Santa,
I have hung my brace
Up beside the fireplace.
Fill it, please, with fruits and nuts,
Candy canes and gum and butts,
A bright new pin wheel for my cap,
A hand splint, and a corset strap,
A bed pan cover would be grand!
The old one - well, - you understand!!
And something else that I could use
Are some orthopedic shoes,
And, bring me, if you think it's fair,
Some special-made long underwear,
With all these things, I'll be a queen,
So, thank you, Santa!

Love,

Eileen

Poem and drawing
by
Eileen Martin
Kentucky



LETTERS FROM HERE AND THERE:

..I am 24 years old and have polio for 5 years. I am still in the Rehab.Hosp with nearly complete respiratory paralysis. Can you do something for me? I greet you from the bottom of my heart.
ELIO FRUET, CRI MALCESINE, VERONA, ITALY

..Would you please thank Dr. Eiben for personally forwarding me data regarding the motor I was interested in: this also caused a mild revolution in this center! This is the only Center for Respiratory Rehabilitation in South America: we are 12 grownup polios and about 15 children...

MONICA LE MONNIER, B.A., ARGENTINA

..The Spring issue is invaluable to all interested in adapted equipment for the handicapped and...occupational therapy for quadriplegic patients....
ALFRED EBEL, M.D. CHIEF, PHY MED & REHAB SERVICE, VET. ADMIN. HOSP., BRONX, N.Y.

..We shall want to include your publication in our annual conference exhibit at the Statler-Hilton in Boston.... Hats off to the editors and writers.
RUTH A. ECKHART, EDITOR, JOURNAL OF REHABILITATION

..We would like to reprint materials from TJG...

MARY ELLEN MACDONALD, SECY, NAPH

..We are most interested in giving people in your circumstance a much greater scope of independence by designing and producing self-help devices... May we render assistance to your magazine and your people?... Our interest along these lines is very personal...

E. F. HAGMAN, PRES., HAGMAN ENTERPRISES CALIFORNIA

..perhaps our work is worthwhile, just as long as it helps just one person in life...

JOSEPHINE C. MOORE, OTR, EASTERN MICHIGAN COLLEGE, YPSILANTI, MICHIGAN

..I found TJG so worthwhile...

VIRGINIA W. HAMMOND, EDITOR, NAPH NEWS WASHINGTON, D.C.

LETTERS FROM OUR CANADIAN FRIENDS:

..a morale builder...

ALEX C. SOLOMON, NATL EXEC. SECY, THE CANADIAN FOUNDATION FOR POLIOMYELITIS & REHABILITATION, MONTREAL, QUEBEC

..We will pass along the GAZETTE to our patients here and perhaps they can come up with some interesting news for it..
BETTY McMURRAY, EXEC. SECY., CANADIAN FOUNDATION FOR POLIO & REHAB., TORONTO

..We have some remarkable, inspiring, well-balanced friends right here in the Polio Ward of Edmonton's University Hospital...

JOHN P.V.H. VAN SOEREN, EXEC.DIR. COORDINATING COUNCIL FOR CRIPPLED CHILDREN, EDMONTON, ALBERTA

..undoubtedly fills the need for those isolated to make contact through the mail with others similarly disabled...
A.T. JOUSSE, M.D., MED. DIR. LYNDBURST LODGE HOSPITAL, TORONTO, ONTARIO

..I would like to write a few lines in appreciation of TJG of which I am a faithful reader. It was in the first issue I received concerning electric typewriters that I first thought of the possibility of using one myself. Now I find that I have fun and can use it with ease. I would not be without it. I used to just read and watch TV, but now I can include typing which pleases me very much.

ROY WILKS, HALIFAX, NOVA SCOTIA

..I am a polio of 1951. I spent five years in a Toronto hospital. Our Rehabilitation Foundation is a boon to us handicapped. It was through them I received a copy of your journal.
MRS. MURIEL WALTER, OWEN SOUND, ONT.

..Just recently our Rehab. Foundation sent me an electric page turner, now I don't have to rely on someone else to read to me. I am on a rocking bed by day and use a Monaghan resp. at night. Thank you for the GAZETTE. I have obtained some useful ideas from it...
ANNIE PAYNE, KINGSTON ISOLATION HOSP.

..I called on STAN and Alice NEWITT in Vancouver, B.C. and was very impressed with their warmth, affection and the relaxed atmosphere...

BETTY BOWELL, CLEVELAND, OHIO

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THE MAIL
Box

..I received a copy of TJG through our Toronto Rehabilitation Center. I want you to know how pleased I am to know there is such a publication. I feel I am going to be able to apply the unique inventions of other respos...
MRS. JEAN POULTER, WILLOWDALE, ONT.

..am now back to work at a desk in the office - with special thanks to our Ontario March of Dimes. Still sleeping in a Huxley and have to be lifted...
BILL P. GEYDE, TORONTO

..It was in October '52 when I got polio. In 1954 at Easter I was lucky to be the first respiratory patient allowed to go for a car ride. What a glorious day! Allowing respos to go home was a new venture in Canada. By June '55 I was on my way! It is surprising so many are in the same predicament!
DOREEN WILSON, MANITOBA

..courageous and cheerful...
MRS. WILLIAM HAWKS, PETERBORO, ONT.

..well printed and edited.... lots of useful information...
LEWIS LINGLEY, VANCOUVER, B.C.

LETTERS FROM UNITED STATES RESPOS:

..Making use of the unlimited resources within myself has caused my life to be an extremely happy one...I am 30 years old, Navy veteran...There has been no opportunity for me to make any trips away from the hospital, but I am very fortunate inasmuch as I am on the 14th floor and have an unobscured view of New York's lower bay...
H. MARSHALL LOFTUS, BROOKLYN, N.Y.

..I am the mother.... and it has been a long hard fight. ANNIE BETH is 18 yrs old and has been in the iron lung for 11 years...so beautiful and so helpless Your TJG let's me know that I am not alone in the heartache...
MRS. ANNIE KIEL, HOUSTON, TEXAS

..After 8 years my list of new ways to do things was in need of a tonic...
DIANE WILKINS, DENVER, COLORADO

..My mother has just returned from her trip to Germany. The doctor in a Polio Clinic there was very interested in the copy of TJG that my mother had....so I am enclosing his address. I am at the Long Beach Veterans Hospital now...
RALPH DOSCH, LONG BEACH, CALIFORNIA

..I am at home with my wife and my two sons...I use a rocking bed all day and the tank at night...
GEORGE E. GATES JR., GRANTS PASS, ORE.

..I was interested in the chaise-lift. My husband has been on a rocking bed for 8 years and this is a good way for me to get him from bed by myself...
MRS. W. E. McCULLOUGH, ALBANY, GEORGIA

..thrilled to read about many patients I had been in hospitals with...
WANDA BROWN, HOUSTON, TEXAS

..I want to thank the person who put my name on your mailing list...
IRENE DUNLAP, LONG BEACH, CALIFORNIA

..I wondered if the Art Show was only for those who cannot use their hands..
BARBARA HENDRICKS, MADISON, KENTUCKY
(ED: Anyone who paints with any kind of handicap is welcome to the Show).

..Jim Tuttle's Boldest Journey prompts mine: In my hurry to answer the telephone I neglected to snap up the chair back. I, phone in hand, leaned back to enjoy a long chat. My caller missed no note of my long drawn-out scream as I fell on my hard head...
BARBARA WESTCOTT, ANDOVER, MASS.

..Since I type and do TV work for my living, a device which gives positive pressure breathing aid while typing with a mouth-stick would be of help to me. (See Bud Dabney, TJG Summer '59).
BETTYE ERICKSON, DALLAS, TEXAS

..I can be without respiratory aid now except for colds. My VC is about 1200 cc's, for which I thank God every day. While in bed, I can move my head, and, of course, argue real good too. I was helped a great deal at the Buffalo Center and now I am in the electric wheel-chair with ball-bearing tip feeders and can type, shave and do my work in telephone sales...
FRANK PETERSON, ROUSEVILLE, PA.



..My husband and I are both respos. We met in Sister Kenny Hosp. in Michigan, in April of '56. Then Jim and I were married and purchased our home. Jim uses a rocking bed at night, and I use the tank at night...

KAY AND HAMES RAY, ST. PETERSBURG, FLA

..May I be put on the mailing list of TJG? I am not a polio. I am a traumatic cord injury quad.

LARRY ABBOTT, ALMERIA, NEBRASKA

(ED: Quad means paralyzed in all four limbs. Quads have many problems in common with respos.)

..For all of my fellow victims: - the brain is the power station, the limbs way stations.....Keep your mind clear and active; there is a plan for all of us in the world.

LES JAY, PACOIMA, CALIFORNIA

..I contracted polio in Hawaii in '55 at the birth of my 3rd daughter, Aliko, who also immediately became ill with polio....We were later flown to Omaha. Aliko is almost completely recovered..

PATTIE KNUPP, NEWTON, KANSAS

..We are building a new one-floor home and I will, at last, have my own room with doors opening out on to a patio..

CHARLENE DURHAM, LINCOLN, NEBRASKA

..I am writing for the first time in months, since I now have a pneumobelt and I find it easier to use a mouthstick with my electric typewriter. I have been working on two projects and hope to pass the ideas long to TJG.

FREDERICK CANN, BATON ROUGE, LA.

..I love to rock all night (on bed)... and roll all day (in wheelchair)... My favorite pastime is being Sports Editor of local hospital newspaper "Rehab Gab." I would enjoy hearing from any young girl respo anywhere..(I am 25)..

ROBERT A. LAYMAN, SCHNECTADY, N.Y.

..Jerry passed away 3 years ago, but we would like to help out with TJG and hear from 'respos' we knew in Buffalo.

MR. AND MRS. TREAT, HOLCOMB, N.Y.

..Since my husband's arrival home from Omaha, TJG is the most reading he has done all at once...

MRS. ELMER C. JONES, DENVER, COLORADO

..I am a Junior at the Rice Institute here in Houston. I attend classes armed to the hilt with double-layer lap-board and swivel-tip feeders attached to my wheelchair.....I do my share of "lounge-scrumping" (gossiping in the student center). In the summer I teach conversational Spanish... and plan to tutor other courses...

LISPETH HILD, HOUSTON, TEXAS

..I am now ready to be released from the hospital. There are several devices featured in TJG I would like to purchase before leaving...

A. C. MATTHEWS JR., SAVANNAH, GEORGIA

..I for one am very grateful for TJG..

GRETCHEN LEES, INDIANAPOLIS, INDIANA

..MICKIE CARUSO is just a wonderful dear girl! She is 19 years old....She paints with her tongue!...

DONNA MAGENDANZ, R.N., UTICA, N.Y.

..I read Jane Needham's book... and I thought it was wonderful! My husband, and our four sons are indeed my "personal angels."

JEANETTE STAFFORD, FALLS CHURCH, VA.

..I read it from cover to cover, not knowing where it came from...

SALLY VAN DER KAR, BINGHAMTON, N.Y.

..Joe is 12 years old. Goes to school via telephone...does his work with his toes - types, draws, writes, paints..

MRS. S. E. ROWE, DALLAS, TEXAS

..After being in an iron lung 6 years, went to a Resp. Center to shed my tin can....Now I use the chest piece continuously, can't seem to let it out of my sight..tried the rocking bed - made me seasick...frog-breathing - dizzy...

BETTY L. CONRAD, WINSTON-SALEM, N.C.

.....
: If you want to write to some one :
: whose letter appears in "THE MAIL :
: BOX", drop us a card, and we'll :
: send you their complete address. :
:.....

PEOPLE

GERMANY

FINLAND

CANADA

FINLAND



HEINZ TACKMAN

Hamburg, Altona, Altonaer, Krankenhaus. Station 11., Haus 2, Western Germany.

Polio '58 - 33 years old; married two children. THIS IS MY FIRST WRITING ATTEMPT - I hope you can read all this! I am trying to learn to write English. I am paralyzed in both arms and legs and I lay in bed. I didn't try to walk yet. For the night I wear a chest respirator. Before polio I worked as a technician in a machine shop. With friendly greetings to all polio friends.



HELVI HEININEN

Kulkutausairaala - Turku, Finland

Polio '57, Age 19, four brothers - three sisters and parents at home. "I AM AT EPIDEMIC HOSPITAL IN TURKU, FINLAND. At this hospital we are three respiratory polio patients. Everyone has a room of their own. In summer time I am out doors almost every day in my wheel-chair with a small Aga Respirator. I have studied English for one year. We all need respirators all the time - but frog breath now and then. I am going the 30 miles home by ambulance. A nurse from the hospital is joining me home. Altho I like it at the hospital, I always look forward to the weeks at home."



ELAINE ALLISON

11419 76th Ave.-Edmonton, Alberta, Canada

Polio '53 "(22 days after I said I do!) Age now 28...Gee whiz!. My first vertical picture since '53 - I was sure I would collapse. Picture taken on 6th Wedding Anniversary. Pre-polio: practical nurse. Parts of me 'here 'n there' work well enough that in my own office I am quite independent, but I find my shoulders are lazy. My office is where I work on our Canadian magazine, "Try Weakly."



YRJO RIEKKO

Kr. heng. halv. pot. hoitokeskus,
Unionink. 38. A. Helsinki, Finland

"I am getting great pleasure from stamps and letters I have been receiving from friends of the Gazette." Yrjo is 14 years old - stays in a hospital, but his home is "a country side of middle Finland". Uses a respirator most of the time, feet and legs are all right, but he cannot use his hands. Scouting and stamp collecting are his main interests.

COLORADO

CALIFORNIA

Ohio

NEW YORK

People

NEW YORK

Massachusetts



HAROLD HENRY

Veterans Administration Hospital
Albany, New York

Polio '51, has an 8 year old daughter, Peggy. Harold spent six years in City Hospital at Schenectady before going to the Mary MacArthur "Respo" Unit in Wellesley, Mass. Last January he came to the Albany Veterans Hospital. Before polio Harold was an accountant for General Electric Co. Spends most of his time in the

tank, uses chest shell for about 4 hours each day - can Frog Breathe" for about 30 minutes. Reading and TV are his daily hobbies and he has a "date" to play bridge once a week. Hopes that soon he will be able to use an electric typewriter with remote control.

GARY JACOBSEN

Route #2, Box 11, Harlan, Iowa

Polio '54. 15 years old. "Yes, I am lucky to know how to type with my toes. I type 19 words in 5 minutes with my electric typewriter. I can also write and color holding the pencil between my toes with a rubber band. I can frog breath 7 hours a day, can walk if my mother holds my head. I also use the rocking bed and chestpiece."



NEW YORK

North
Carolina

COLORADO

California

IOWA

JERRY D. HUBLEY

30 South Newman - Arcadia, California

Polio '54, age 20. "Stricken last day of my Sophomore year, held 4-40 track record in high school. After being hospitalized for many months, I am now with my parents and my sister. I use a Huxley Respirator only for sleeping. My hobby is making chennile poodles which I sell.



ANNE COMPTON

2746 Picardy Place, Charlotte, N. Carolina

Polio '49 at age 7, now 17 years old. After spending many years in different hospitals she was flown by the Air Force to Vanderbilt "Respo" Center, which was "an exciting experience". Now, 10 years later (after polio) Anne is home to stay! She uses a chest shell at night and sits up six or seven hours daily. Anne's hobbies are: reading and writing letters with a pencil in her mouth, and collecting TV star's pictures. She hopes she will have the opportunity to continue her education.



TOMMY SEXTON

1723 Evansdale Avenue - Toledo, Ohio

Polio '44, completely paralyzed, married and has a 5 year old son. "I wear a portable shell each night and am up in my wheel-chair every day! For nine years I have been selling magazine subscriptions and novelties, I also have an insurance license. Belong to a national organization called 'Indoor Sports Club'."



HENRY M. LYDAMORE

North Main Street - Westport, New York

Polio '56, married. Daughter, three, and will soon be "Daddy" again! Spent one year at Buffalo "Respo" Center. Is free from his rocking bed and shell a few hours each day, which he spends in his electric wheel-chair, operated by his (braced) right arm. Henry designed a gas powered, outdoor wheel-chair! He operated the throttle with his left knee, and the steering with his (braced) right arm.



BURTON HERBSMAN (dentist)

4318 Bakman Ave. - N. Hollywood, Calif.

Polio '56, age 36 - one daughter. "I'm a neck and frog breathing quad!" Enjoys the theater, jazz and Cuban records - story writing and fishing. "Note 2 inch fish I am holding in my powerful right arm!" Burton is equipped with new artificial muscles and states, quote:"I'm so mechanized, I make the Westinghouse Robot Man look antiquated! I have car, will travel, 25 miles. Eager to make new friends particularly in L.A. area. Hope someone can use the idea of my wheel-chair fishing table."



MARY ELLEN DAVIS

468 Williams St. - Denver 18, Colorado

Polio '52. Married, has two daughters, Debbie and Sally. Sally was born in the iron lung. Mary Ellen sleeps in the "iron barrel", but is out in her wheel-chair during the active part of the day. Loves going on excursions, to plays and eating in restaurants. Mary Ellen wishes "Respos" had an easier way of commuting with each other. Thinks there should be a BIG POLIO CONVENTION.





LEO J. MCGAFFIGAN
17 Fidelis Way, Brighton 35, Mass.

Polio '55 (Boston epidemic) age 33. Pre-polio: member of bank auditing staff. "Last Christmas Eve I was rushed to hospital with bronchial infection and received a tracheotomy as my Christmas present! Married and have two sons, V.C. of 450. I rock at night and use Multiflung the majority of the remaining time that I am sitting in my chair".



BETTY WEISENSEL
37 Leonard Rd. - Rochester 16, New York

Stricken '52, has a daughter and a son. Walks, and can do various things with her right arm, uses aid 14-15 hours a day. Betty is active in sorority, Cub Scouts, school affairs and "loves to go out!" She sells magazine subscriptions, does T.V. monitoring and has done some market research by telephone, however, homemaking is her main interest.



TRUDY CISNEROS
757 West 22nd St. - Lakewood, Colorado

Polio '56, 25 years old - has a son four years old. "Being home is so nice, I use my rocking bed and positive pressure during the day and I sleep in my chest shell at night. When I sit in my wheel-chair I type, paint and play games with my mouth stick which is attached to positive pressure. I love 'Rock 'n Roll' and Elvis Presley is my favorite!"



RESPOS IN SWEDEN

Our thanks to a good friend in Sweden, Dr. Janne Pejme, who sent us the names of the respos in his country. They are all on our mailing list and we have had many warm and interesting letters from Swedish respos.



Left-Handed Craftsman: "My name is Åke Humöhr, 29 years old from Smöland in Sweden. I got polio in 1953 and was admitted to the Linköping Hospital. I was totally paralyzed and was operated on and used an Engstrom respirator. And now my breathing is so good that I use a 'Rocking Badd' at night. I am still paralyzed in my legs. My left arm is good enough so that now I can work a little and I tie rugs, weave shawls and also do some basket weaving. I am still in the hospital after 6 years." (See picture at left)

Businessman-Motorist: "I think it is a splendid idea to try to reach the respiratory polios all over the world with the aims stated in the ingress of your Winter issue....I was born October 12, 1917 in Stockholm, and had a fine position in the Johnson group of companies when I was struck by polio in 1953. Unfortunately, I am still in the respirator, which is an AGA....I enjoy the ownership of my own car, and as my respirator is easily transportable, I spend a great deal of time in the car....I am now in the importing business, chiefly silver, and plan to expand my business to get on a more profitable level." Helge Björkhammar,

Blackebergs sjukhus, Avd. A rum 6, Bromma 1.

Exchange Respo: Svea Hammarkvist, Sturvaägen 25, Jakobsberg, wrote: "I think it a very good idea to start this magazine and I am enjoying the good spirit in it. I am so glad over the thousand things we can tell each other.

"This is the new hospital (right), Stockholm Läns Infektionssjukhus, where we live. We are now five patients in respirators and three others who need a respirator or rocking bed only at night. Most of us had polio in 1953.



"We have one great pleasure, and that is our autobus. With it we can go to our homes, visit museums, theatres and take holidays. It has containers for pressure air and a sucker. On the left you see some of us on an excursion: Gustav Lundin, Ingrid Faijerson, Karin Mattson, and Svea Hammarkvist.



esting to meet other polios, to see another hospital. I stayed there a month and went back by aeroplane. Last summer we visited Helsinki by boat and car. A Finnish girl came to us in exchange. I had thought of an exchange of this kind and it happened."

"My first own travel I made with my husband and our little girl by an ordinary Volkswagen. We went about 700 km to Copenhagen. We made the journey in two days and spent the night in Jonkoping Hospital. In Copenhagen I lived in Blegdam Hospital and drove with my family to different parts of Denmark. It was a very wonderful experience to come out after a long period of isolation. I am still wholly paralyzed, but can move the head a little and the back is really good. I learned to use a mouthstick at Blegdam. I found it very inter-



SWEDISH RESPIRATORY EQUIPMENT*

Bag Ventilation with Absorber

During the catastrophic epidemic in Denmark in 1952, high tracheotomy and manual positive pressure ventilation in the most acute cases was introduced as an emergency measure. It was found to have great psychological and physiological advantages over the "notorious" iron lung. Bag ventilation is well suited for emergency treatment, and before and during transportation by car or aeroplane to a treatment centre.



The Engstrom Respirator

The Engstrom is a flow-sensitive respirator designed for intratracheal, intermittent positive pressure breathing. It is a very reliable and robust machine. In the newest model expiration is assisted by suction. The price is about \$3,000. Manufacturers: Mivab, Stockholm, Sweden.



Aga Respirator with Non-Return Valve

The Aga is a pressure-sensitive respirator based on the ejector system; the driving force is compressed air or a compressed oxygen mixture. The Aga is thus independent of electric current. It is easy to handle and extremely reliable. Price: about \$400. Manufacturers: Aga Gas Accumulator, Stockholm, Sweden.

* POLIOMYELITIS, (Robt. Debre et al), World Health Organization Monograph Series No. 26, 1955.

His Memoriam

JOHN FAUS KIDDER 1919-1959

John Faus Kidder, 39, died suddenly on July 21, at his home in Ronan, Montana. John was completely disabled by polio eight years ago and was confined to the tank, rocking bed or chest respirator ever since. Despite these restrictions, John lived an interesting and active life. "Attached to a Portable Respirator," he traveled to many scenic spots in western Montana. He conducted a weekly newspaper column in the "Ronan Pio-

neer", entitled "Sittin' and Rockin'".

John was not professionally trained in writing, yet he gained nation-wide recognition in many national magazines for his column and his free-lance writing on many western Montana subjects.

The family suggests memorial contributions to the National Foundation, because of the financial aid and treatment John received over the years of his illness.

* * *

"SITTIN' AND ROCKIN"

(Excerpts from John's weekly column - with permission.)
PHILOSOPHY FROM A ROCKING BED: "In common with many others who have been forced to make big changes in their way of living, I felt that there should appear from it all some great revelation not so easily apparent to those who have not had a similar experience...perhaps there is a bit of revelation after all, in learning how much the human mind can endure without defeat...There is within each of us a deep faith in an eternal plan which will carry us through any crisis if we but let it!"

ON LIVING: "None of us have much to say about the senses with which we are provided, but unless we make the most of those we have, we are missing an important part of life. So peel off that insulation and learn to feel again."

ON FAITH: "...Some say they have no faith, yet no man can live without it...it is as fundamental to living as the air we breath...Life is a complex business, and none of us can completely comprehend the full effect of events upon ourselves or others. If we understood there would be no need for faith...Some two thousand years ago a Man said: 'Nevertheless not my will, but Thine, be done.' Though we must always fall short of such faith, we can strive to approach it. And though the blind may not see nor the lame walk, still they can overcome their afflictions if the spirit rises above them."

ON DEATH: "Death can best be expressed in the final words of an Indian Chief named Crowfoot: 'A little while and I will be gone from among you, whither I cannot tell. From nowhere we came, into nowhere we go. What is life? It is a flash of a firefly in the night. It is a breath of a buffalo in the winter time. It is as the little shadow that runs across the grass and losses itself in the sunset'. ..."The whole tempo of life is faster and so is the tempo of dying."



EDITED BY IDA BRINKMAN

CAPT. *VERN COLBURN***

VERN and MARION will be officially rolling out the red carpet for the new home soon. DON HESTON looking forward to home sweet home again, after being in Crile Hospital..... AL HOLLOWAY visited Becky Krieger at Toomey..... SUE WILLIAMS & FAMILY enjoyed their favorite annual trip. Sue dined with Dr. Coyne at National Foundation in N.Y.

CAPT. *RUTH DAVIS***

RUTH stretched one fair Sunday into a weeks worth of galavanting. Rounds began with 9AM Sunday School, on to Clarks Restaurant, forward to cemetery, next umpteen relatives were visited. Whew!!! ANDY PANIC has been very ill. We all wish you good health and soon, Andy..... MARY LOU HOMTIZ spent a week with girlfriend in Crooksville, O. Mary attended the street dances this summer and relaxed on the beach..... RUDY SOKACH tells us his spare time is taken-up by repairing his ham radio set....

CAPT. *MICKIE McGRAW***

MICKIE pouring over the books for the final windup. Latin, English, Math and Government are on the programme. Mickie is also selling Xmas Cards (Nice ones too!!!)..... MIKE GOODIEL visited his uncles Fruit Farm. Plans to go to school part of the morning and all afternoon this year. Wonder where Mike keeps his autographed picture of Dodie Stevens????



MIKE AND FRIEND?

CARL TUCKER wishes to thank Friends for the many birthday cards he received. He will be making the scene at "sickville" soon. For those uneducated in "Kookielisms" he will be going to the hospital, His hobbies are reading Spot Car Mag., watching girls, reading Mens Mag., watching girls listening to music and you guessed it, WATCHING GIRLS!!! BOB ABARE keeping the census takers employed, the family numbers eight, nice round no// CAROL KNEEBUSCH may now be addressed as Mrs. Thomas McIntyre, married Sept. 18, honeymooned in Michigan.... DJANE SALAMON is now a senior at Brush High. Among other subjects she is taking psychology/ (Interesting, no?) CORINNE MOCK will be going home after 2 1/2 months stay in hospital. She can go without aid quite a bit now, sits for three hours in wheelchair. Does real well using feeders. Keep up the good work, honey//

CAPT. *SALLY RUSSELL***

SAL busy working for the P.T. A. and T.V. Monitoring. (Big day) went to Louisville's State Fair, had a wonderful time. David in second grade. DAVID YOUNG doing well at home, getting bigger by the minute, spends some time in tank, loves hearing stories, sitting in chair and going out on short visits.....



DAVID YOUNG

GAILORD SCOTT and family enjoy the great outdoors by having breakfast together there// DICK HASENFLU putting in long days working in Post Office and nights repairing watches. BILL SCULLIN had to spend a few weeks in bed with a broken bone in his back. He's doing just fine now, has a

new job working in an Art Studio. He is now a Commercial Art Apprentice..... BILL WOOD and family all looking wonderful. Bill is working six hours every day... RUTH SHEMA now has a job at Metropolitan General Hospital in the nursing office. She likes it so much, gets to see so many old friends. JOHN LAMBOUR has moved to 2504 W. Chestnut, Altoona, Pa. He is no longer with Kresges has gone into bookkeeping business for himself. He and Florence have been doing some canning..... RITA FORD hasn't been feeling too good, but manages to still smile. Had a picnic in her backyard for nine nuns, good time was had by all..... HARVEY FOX warns owners of Hoyer Lifts not to use brake fluid in them. Lifts can be repaired here in Cleveland at the Hydraulic Jack Co. at 38th and Payne.....

CAPT. *DONNA MCGWINN***

DONNA, Mickie, and Susan celebrated birthdays together... ERIC FREDERICH heartily enjoys his job of waiting on the customers for the Lumber & Builders Supply Co. The Frederichs can be justly proud of the picturesque home built by theirselves.



Frederichs' House

PATTY LOGAR would love to hear from her friends, she is living at this new address. Jackmann, East Windsor Rd., Windsor, Massachusetts..... JANET RUEHLING attended her sister's dance review in Kent State's second floor auditorium, three University guards gladly carried Jan up the two flights of stairs like a great white hunter atop a lofty elephant. Sincerely hope Jans kidney problems have vanished.....

CAPT. *DOT NICHOLSON***

DOT AND DEAN journeyed up to view all the fascinating spectacles possible at the St. Lawrence Seaway..... JOHNNY BERRY is doing very nicely after his spinal fu-

sion, he no longer wears a body cast. His folks are busy painting their place... DAVID STEPHENS new address is 20550 Lake Shore, Euclid, O. ROBERT WALKER AND DOROTHY received their order from the stork for a baby girl, congratulations////..... SUSAN ARMRECHT was very enthused over the George Shearing Concert she attended. I hear tell this Chick has Vip namely Vince Patti as her personal music appreciation instructor. How about that/.. RUTH MECKLER is now a licensed realtor working from her home, she likes it very much. Happy Holidays, Ruth DON KOLIAR would appreciate hearing from others selling stocks and insurance from their home also the problems they have encountered. Don says his family had a grand time at his sisters wedding reception... .. ELAINE DUNNE looking forward to a visit with her parents..

LIZ ARNOLD mastering Spanish, and giving cooking lessons... GRACE POLINSKY welcome to our happy chapter.....

CAPT. *MARY JO SANDS**

MARY JO has been working hard helping Jack with the Democratic Political Campaign in Parma..... HELEN JAMES thrilled to be home, is progressing beautifully, can walk with the aid of crutches. Helens' address is 16 Lockwood Av., Bronxville 8, New York..... JACK SHADLEY doing time at Toomey, bet he'll be back on the job of guarding brewerys again soon/ha..... BOB NOVAK waiting for Republic Steel and Wire strike to terminate. Coaching basketball and working hard on an all year around sports program for Newburgh, Heights... BOB CHRISTOPHER completed medical training and has started his internship. Dr. Christopher intends to be a specialist after interning..



THE RAY YODATHS

RAY YODATH is real hep over drag racing and has won six trophies with his 59 Pontiac Station Wagon..... JOHN BACON going on fishing trips, playing chess and keeping up a wonderful social whirl..... WILLIAM HOLTZER has been working on a method of mounting color transparencies... LENORE CLEEK along with 73 Folks from Akron Goodwill came to a camp at Lakeside. JULIE LUDWIG and her family attend the drive-in-church. Julie has been back to Toomey and has been ill, we wish her a speedy recovery. MARGARET MORRIS is due many thanks for visiting our California polios for us.....

CAPT. *JEAN LANG**

JEAN has not been feeling up to par heres to better days. LARRY "Fritz" PHILLIPS is now living at 766 Plaza Hermosa, Novato, California... MARILYN MARTINKA taking up sewing in school, sister Barb is in training at Metropolitan General Hospital. Plan to be moving real soon..... ADELE MOCKBEE and CHUCK drove to Georgia where they were joined by their sons who arrived via airplane/..

CAPT. *IDA BRINKMAN**

Yours truly and daughter Bonnie have joined the Blue Bird Ranks. While the male Brinkys are very involved with bowling.....

CAPT. *EILEEN KOELLEKER**

EILEEN will be taking over for Becky, whom we intend to keep good tabs on, happy to have Eileen on board..... BECKY KRIBGER spent some time recently at Toomey, has been mastering her new feeders... SALLY CARLTON visited Rita Ford, took loads of pictures good time had by all..... DONNIE BUTTERBAUGH gaining more self-reliance each day. BIAINE HART enjoying his Christmas Card Business... LOUIS "BUD" DABNEY writes the insurance business is not booming due to steel strike; Bud will still give out with the ole college try. Sends a hello to his many friends made while at Toomey.



MISS KESSLER & RON SCHNEIDER

RON SCHNEIDER the good looking, former editor of "The Gulpers Gazette" from Buffalo invited everyone at Toomey to live it up with him

on his "21" birthday. The famous "Miss Matilda Kessler" handled the catering end of Rons' party, so you know it was a howling success....

CAPT. *LOUISE GODEC**

LOUISE looking forward to graduating from Dyke in Feb.

AIAN SCHONAUER still working diligently on the road back to recovery at Warm Springs. STEWART MILLER working his way through second grade and charming his teacher enroute. KATHY HARRIGAN looks forward to her tutors, keeps very busy reading her full quota of library books.....

We report with sadness the death of Eileen Swayde. Eileen will be best remembered and admired by all for the wonderful faith she possessed.

ATTENTION: *ALL CAPTAINS***
WANTED: Your mailman
FOR: Bringing to you your new alumni list (to replace your old one) for you to write for news to go in our Spring Issue.....
REWARD: Enjoying new and renewing old friendships.....

STAFF & VOLUNTEER NEWS**



DR. ROBERT EIBEN

DR. ROBERT EIBEN you will all be relieved to know is now recovering nicely from a serious heart operation performed at the Mayo Clinic in Rochester Minn. on Sept. 9. The operation entailed the repair of two congenital heart defects. Our good Doctor spared his worry-wart polio patients from anxiety by informing them of his recovery rather than his zero hour. Alas, we cannot scold him about taking the stairs on the double or setting a new track record around the block. And you know what? We couldn't be happier about it. It's so good to know our chief will soon be back with us.....

LETICIA THOMPSON is a most welcome return therapist to the busy Toomey division....

MARTY GREGOR loves working with children, her new address is 114 N. Orange Apt. 5 Monterey Park, California.

BEA SHMOCK returns for visit, charming & energetic as ever.

GINI LAURIE will be bidding us bon voyage for "Europe" in November. We'll be anxious to hear the exciting return accounts. Have a wonderful time, Gini.....

BABS OGILVIE happy to be in her new location.....

ELLEN SCHMIDT visits with family and enjoyed a gay birthday party with them.

DR. GOLD working diligently on holding the fort down during Dr. Eibens' absence.....

DR. BENDER proudly however modestly displaying her very beautiful engagement ring..

IVAN ATTENDS TOOMEYVILLE PICNIC

By Sally Spindlelegs
 or Donna McGwinn

On July 19, Ivan Spindlovsky my Russian cousin, embarked from a long journey via banana boat in N.Y. and boarded the Nat. Spider Webs for Men tor on the Lake. Ivan arrived early at the A. picnic grounds so generously offered by the warmhearted Mad dens. Felt Ivan should meet this typical A. family. John, recently elected Lake County Comm., vastly interesting; Ada, his charming very pretty wife; Jeannie 16, Mary Ann 14, Patrick 12, and Nancy 8 all Irishly attractive. Ivan, being an artist, tried his spinerets out on A. soil to see what effects he could capture. The first Toomeywillian to arrive was Mick McGraw, one of the hostesses, she was hungry as usual. I urged Ivan to give her the fly he had just caught, but he netyetted. I waved a leg at Mick but she was busy talking as usual and didn't see me. Next to arrive was co-hostess Donna McGwinn who immediately sampled the power.



DONNA & MICKIE

In the distance I could see Ida Brinkman and Janet Ruehling approaching with more motors and cords. For safety sake, Ivan and I kept a respectful distance away. Soon more Toomeywillians arrived: Sue Williams, our esteemed editor, Gini Laurie, our equally esteemed publisher, Al Kehoe, Ruth Davis, Lynn Martinka, Stuart Miller, Diane Soloman, Dot Nicholson and assorted families and friends. Croquet, horseshoes badminton, swimming, talking, eating and singing were in full swing. Poor Ivan came

close to disaster trying to elude Marilyn's big feet, he clamored to Mick's chair, only to be swooshed away in a brutal manner. Ivan tumbled Russian boots first, barely recovering his breath, when Albert's chair nearly ran over him. Ivan's return banana boat left that evening, so he departed early taking samples of A. mosquitos and gnats. Webs Away//



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