More than money and a respirator is involved in our new respirator contest. You are scattered in every corner of the world, separated by thousands of miles and languages differences, but drawn together by our common problem. This census enclosed with your TJD will give us the Story of the Respo around the world — in 49 foreign countries and the 50 United States.

With this census we will know about your medical history, home and hospital care, equipment, personal history and other essential information. Gathering these facts into one central office will enable us to work on legislation, etc. in this country to aid respo. Our plight is a unique one. Fifteen years ago not many of us would have lived. In the '50s, new inventions, medical advances and modern medicines gave us a chance to live a longer life span. The Salk vaccine has almost eliminated our respo breed of polio. That leaves thousands of us in this country who are seriously affected by lack of public interest, no established national agency aid and limited future rehabilitation.

This information is for the TJD staff only. Your names are needed only as contest entrants. Be honest! Straight facts are necessary to get a true picture. Maybe some of our equipment isn't really functional or practical. If you don't use all your adapted equipment, have a breathing phobia, or never sit, say so.

We are no longer national news, but we are an island of people, totally dependent on others and each other. Think how much we could accomplish with information on this census form to act as a guide post to what YOU NEED. Together, armed with facts, we can discover what our basic needs are, both now and in the future. Your newspaper articles and pictures also add to our information. Send them! There will probably be no other accumulation of facts about respo as comprehensive as ours. Rally 'round the census, respo! We need each other. This could be our stop gap to isolation.
Paralyzed Artist Show Goes on Tour

The exciting response by 70 respo and quad artists resulted in a large and varied show. 460 paintings and woven works were sent to TJG's First International Paralyzed Artists Exhibit. Entries came from 10 countries and 22 states.

Large crowds attended the opening week at the Township Hall in Chagrin Falls in June, and made purchases totalling $1500. The entire proceeds went directly to the artists.

Exhibit Touring All Summer

The Exhibit was divided and sent to the Art Center Association in Louisville, Ky. and to the Gallery of the Women's Club in Chautauqua, New York, during July. In August and September, paintings from the Exhibit were hung at Abilities, Inc. on Long Island and the Grand Ballroom of the Waldorf Astoria during the Eighth World Congress of the I.S.R.D. The paintings were then shown at the Greenwich Exposition.

A Portion Continues on Tour

A small representative group of paintings has been selected to continue on tour. Plans are in the wind for showings in Indiana, New Hampshire, Arizona and Washington, D.C. (Photographs on Page 31)

Dr. Fern Is New Health Columnist

RESPO NEW DAILY SYNDICATED COLUMNIST

Dr. Burton H. Fern, a fellow respo, is writing an unusual health column, "Inside You and Yours," a King Features Syndicate. The initial release was on September 19.

Along with a real warmth, "Inside You and Yours" has sly touches of humor. Dr. Fern, a pediatrician of Stratford, Conn., combines wisdom and a buoyant wit.

For the last five years he has been "breathing" courtesy of the electric company. The syndicate did not know this when it selected his entries from many offered by medical writers.

Dr. Fern attended Harvard and received his M.D. degree at N.Y.U. College of Medicine. He was with the Air Force in Korea.

You May Have Social Security Cash Coming

YOUNG DISABLED GET SOCIAL SECURITY AID

Wonderful news from Congress! Close to 250,000 disabled young Americans are eligible for greatly expanded benefits under recent social security amendments. Until now a disabled worker and his dependents did not receive monthly disability insurance benefits until he reached age 50.

Change in Law

Now, a severely handicapped worker can collect disability insurance benefits no matter what his age. To qualify for disability insurance, the worker must be unable to engage in any substantial gainful activity. He must also have worked under social security for at least 5 years out of the 10 years before he became disabled.

Do not forfeit your rights because of ignorance or even a slight doubt. You have nothing to lose and perhaps much to gain by getting in touch with your nearest social security office.

You May Qualify

Continued on Page 4, Column 3
Texas Respo Visits TJG Office

Ed Rosenwasser flew to Cleveland for a semantics course at Western Reserve University. He took time off to visit us! If you are in the vicinity, contact us (Chestnut 7-6928). We would all be so pleased if you would drop in to see us.

A Long Push

A paralyzed polio victim in a Guadalcanal village hadn't been away from home in 25 years until the Red Cross recently gave him a wheel chair. Now he is really on the go. The terrain is flat, and with his friends in back of him (pun intended), he is travelling by chair around all the countryside.

Inventors, Please Note

December 1st is deadline for designs to be submitted to the National Inventors Council, Dept. of Commerce, Washington, 25, D.C. for a stair climbing wheel chair. The prize is $5,000 for someone who can solve the problem of designing a wheel chair to ascend steps. Information can be obtained from the Department of Commerce.

Boy in Lung Safe After Fire

"I didn't even know the house was on fire," said Carl Hertman, age 12, of Louisville, Kentucky. Carl was carried out by one of his 9 brothers and sisters.

Dr. Sweet Comes to Cleveland

Dr. A. Y. Sweet, formerly head of the Respiratory Center, Mount Sinai Hospital in New York City, became "chief" of Toomey Pavilion, Respiratory Center, in September.

Monica Gets Her Respirator

Monica Le Monnier of Argentina was ecstatic when she heard that she had won the Thompson Portable Respirator, but the problem of shipping it remained. Phil Harris of Chagrin Falls arranged with Pan-American Airlines to fly the respirator to Monica, and now she and her patients in the respiratory center where she lives, are benefiting from this generous gift.

Paraplegics Hold Olympics in Rome

Twenty-two countries were represented by 300 men and women, paralysed from the waist down, in the 12th Olympics for paraplegics, held this September in Rome.

Dr. Sandiford Captures Chagrin

Dr. H. B. Sandiford, head of a Respiratory Unit in Portsmouth, England, recently made a short visit to Cleveland and Chagrin Falls, and left with a large number of new friends. He took a side trip to Chagrin after a meeting in Canada. He visited the Toomey Pavilion Respiratory Center, University Hospitals, the TJG office, and met many of the poliois in the area at a party Joe and Gini Laurie gave at their home. The party-goers were thrilled with him and the slides of his internationally acclaimed "Caravan" - a pair of trailers in which resplo patients and their families can enjoy a week of holiday at his seaside hospital.

Disabled Get New Social Security Aid

Continued from Page 3, Column 3

A single person can get as much as $120 per month. A family may get as much as $254 per month.

Basic Rules

Check these points carefully if you worked prior to your disability:

- Severely disabled no longer need be 50 years of age to collect social security.
- To apply, you must be "unable to engage in any substantial gainful activity." This does not mean that your business cannot be continued, unless it is more profitable than your previous occupation.
- In the 10 years before onset of disability, you must have worked 5 years under social security. The 5 years need not have been consecutive.
- Submit medical evidence.
- Check the possibility of your eligibility as a disabled adult-child of a deceased worker.
- Canadians! If you have worked in the U. S., and fulfilled the conditions, you are eligible. Write to the Detroit office for further information.

Act Now

Get in touch with your nearest social security office. In smaller towns, contact your local postmaster for the address. Do write immediately, and ask to have a social security representative call at your home to discuss your situation and your eligibility. Each case will be treated carefully and individually.
1st PRIZE

WIN

Thompson

$1400

PORTABLE Respirator

YOU'RE ELIGIBLE if you're a RESPIRATORY POLIO

SIMPLE AS A-B-C

HOW TO ENTER: Fill out CENSUS. That's ALL you do!

A...Fill in enclosed CENSUS. Or send for a copy.
B...Mail to TJG, Box 149, Chagrin Falls, Ohio
C...Your name will then be in for the Drawing!

Entries close February 1, 1961

2nd PRIZE

WIN $25

ALL DISABLED eligible

IF you fill out CENSUS

THE MAIL BOX

** ANOTHER THOMPSON PORTABLE RESPIRATOR FOR TJG READERS

We are shipping you a Thompson Portable respirator, Model AID with fiberglass reinforced plastic battery carrying case and cables, and battery charger, a Thompson Lightweight Portable Battery, Model D18, and a Positive Pressure Attachment for use with this respirator. This equipment is being sent to your organization on a no-charge basis as a charitable contribution.

I am confident that you will find some real worthy manner in which to use this respirator.

HARRIS A THOMPSON, President, Thompson Engineering Products,

2625 Pennsylvania, Boulder, Colorado

(ED: To win, fill out the Census. Photo on "Bulletin Board")

** INCOME TAX EXEMPTIONS? - VOICEPONDANCE

Next year the new Congress will consider new income tax legislation. We must have more revenue. Deductions have been under fire, so we polios and our friends must rally to the fight and write to Congress. After all, blind folks get a double exemption....I would like to correspond in English voice with anyone anywhere who does not wish to commiserate and who has a dictaphone at their disposal.

LOU MORRIS, 2615 Cobb Road, Jackson, Michigan
HELP HELPS

Keep going as long as possible. Your Editorial (Spring 1960) is great for the "executive-type" response. A good idea well founded, but alas, I've met many who do not have the mental capacity. The disease does not leave in its place, brains. Of our group, all the males who were "smart boys" succeeded on their own. The fringe minds are still floundering. This may not hold true for women, but I think it does. I think you slipped into an easy generalization.

ED KLANIT, New York City, New York

(ED: We think that this judgment cannot be made until overwhelming physical difficulties of the totally disabled are surmounted by an attendant, helper or secretary. Think how many of the "smart boys" had something to start with - vertical help, financial backing, special training, a useful muscle or two. Note this as you read the success stories.)

MOUTHSTICKS

I am typing this with a wooden knitting needle and an electric typewriter. It was the pictures in our TJO which really made me put my thoughts into action. If some response could type with mouthsticks, surely I could interest my weakened and weary left arm in the idea.

DOROTHY PALLAS, Wood-Ridge, New Jersey

I was quite stunned by your write up on mouthstick artists. I had never realized it could be so successful. I have avoided attempting any art work since polio started because I knew it would be pitiful next to what I was once able to do. Painting had been my great love before polio and I majored in art in college. Now, I am inspired to at least try. Merle Chisholm has completely won me over.

ANN ADAMS, Jacksonville, Florida

FRIENDS IN INDIA

Had a letter from India, and he sends two more names and addresses who are looking for pen pals. Any takers? Find it lots of fun myself. (Bulletin Board, Spring 1960)

DORIS COUTANT, RD #2, Box 497, E. Liverpool, Ohio

(ED: We have more at TJO too.)

WHAT TO DO

I have cared for my husband and my three boys for 8 years. The only help that we have ever asked or needed from NF is maintaining the equipment, pay for Arnold's hospitalization and someone to care for him if I should get sick or something. Recently, I was notified that my husband is ineligible for this help.

MRS. ARNOLD HALE, Calumet, Michigan

I am a '52 polio. For the present time I will remain at the Kenny Institute where I am well taken care of and have so many friends. I am thankful they have a hospital like this. I would like to be home this summer, but would have to hire a full time attendant which is difficult to find and then the financial situation is more than we can cope with. My mother is a widow and not too well.

CLAIRE JENSEN, Minneapolis, Minnesota

I am married and have two children. My wife works for the creamery in town and is the soul support of the family. I have become an angular shut-in now because of the loss of my attendant. There is nothing worse than having a paralyzed body and an active mind. I would do anything to make a few bucks to help with my care. But if you come from a poor family, can't make any good connections and are unable to get any vertical help to handle your errands, it's just impossible.

AL BEFFA, Newman, California

POINTS TO PONDER

I wonder how many responses would much rather be in a good center than at home skimming out an existence. I mean a good permanent residence center, which would not be hospital regimentation and solitude as is the case when forced to local hospitals.

IRA HOLLAND, Merrick, New York

I see from reading the last few issues of TJO that I am not alone as far as the National Foundation drastically reducing the assistance they were giving me. I think there is one answer to this problem. That is, a Federal Government Support Program for completely handicapped people. Can we organize a committee of doctors, responses and political figures to study this possibility?

BILL WOODWORTH, North Easton, Massachusetts
RESPO REMBRANDTS RESPOND
I wish we could produce an exhibition similar out here, but unfortunately if we did, it would be a one-man show, as I seem to be the only respo artist in Kenya...Sometimes I used to imagine I was the only unfortunate "R" in the world. The TJG has made a difference to me in that way. It is nice to know we are a somewhat common breed.
IAN BOMPAS, Kenya, British East Africa

I had no trouble in changing the cheque at the bank and I was quite proud of it as being the first money I have actually earned in three years.
JOE ("Leather Lungs") CARDY, Essex, England

The idea and the work for and with the Art Show brought all of us new impulses. I will save the money for a TV.
SOLVEIG HAUG, Oslo, Norway

Do tell us in the Gazette how this exhibition was financed. You take nothing in the way of commission from us, but someone must have paid for the mounting and framing and transporting.
ELIZABETH TWISTINGTON HIGGINS, Dover, England
(ED: Volunteers, bless 'em, contributed skills in matting, framing, crating, transporting and hanging. Others contributed money toward the expenses that couldn't be avoided.)

Besides giving me the chance to earn some money, I had the fun of doing the pictures. Who is the mysterious Louisville "Polio Grandmother" whose name was not given in the last issue?
EILEEN MARTIN, Louisville, Kentucky
(ED: That is our good friend, Delcie O'Bryan.)

TJG and the Art Show have certainly put Chagrin Falls on the map! Seems I've heard vaguely somewhere of a sizeable nearby suburb called Cleveland.
EMMANUEL LEPLIN, San Mateo, California

It's exciting to think that it's going to Chautauqua and the other places, as this is my first chance to exhibit anywhere out of the state.
ROBERT REYNOLDS, Charleston, West Virginia

Although some of my efforts are a bit crude, I enjoy painting very much and it has given me a new interest in life.
GEORGE CEDRIC TURNER, Hull, England

IMPORTING SWISS HOUSEKEEPERS
I have just started an Employment Agency with Mrs. Virgene Jack. My job is to place ads in Swiss papers, interview the girls and send a report with photos and recommendations to her. She sends me a report on the employer which I give to the girl.
CHARLES FROMELICHER, Lucerne, Switzerland

I will be happy to correspond with anyone desiring information on obtaining housekeepers from abroad. We have imported three and find it a satisfactory way of keeping live-in help.

MARGARET ANDERSON, Excelsior, Minnesota

YOU TOO FROM RUSSIA
I received an answer to my questions on the Russian "new" drug from Dr. P. Chudnowsky, Ministry of Health, U.S.S.R. I was addressed as "Honorable Mistress" and told that the drugs are "effective only in the early beginning of the disease" and they could be obtained by writing a company in Russia.
MARY ANGEL, Bath, New York

Having seen what you wrote about Karantonin in Volume III, No. 1, of your Gazette, I thought you might be interested in the enclosed statement that I prepared in response to many inquiries that I had received.
ALBERT M. SABIN, M.D., Cincinnati, Ohio
(ED: Copies available from TJG.)
THE MAIL BOX

- ENGLISH AMBASSADOR OF GOOD WILL
  Dr. Sandiford will be visiting you soon. He is a terrific character and I know you will enjoy his visit immensely. His unbounded enthusiasm has made a terrific difference to polios over here, and I am deeply grateful to him.
  HEATHER RUFFELL, Rush Green Hospital, Essex, England
  (ED: We love him too.)

- CQ, CQ, CQ TO ALL HAMS
  At the first opportunity, our Voice of America Amateur Radio Program will include an item in the program about Mr. Lamphier and his catalog of handicapped radio hams.
  GENE KERN, Chief, N.Y. Program Ctr., U.S. Information Agency
  (ED: We're sure some of you have neglected to contact "LAMP" and we hope you do it soon! See Bulletin Board.)

- RESPOTELS - ALUMNI NEWS
  Why couldn't the respiratory centers all over the U.S. accept transient self-help care? (I mean bringing your own help and no meals at the hospital)....Here is another suggestion: it would be a good idea to have a local representative of each respiratory center prepare a local news page to publish in TJG.
  BARBARA CORY, Glencoe, Illinois

- FLASH! WEEKEND MECHANICS!
  In pre-polio days I had a Shop Smith and was at times almost desperate for ideas on what to make. Must be thousands of hobbyists like this with power tools all over the country. I'll bet every one of us could use the services of one of these do-it-yourselfers for some special post-polio gadget.
  CHARLES R. LYSEN, El Cerrito, California

- A MONEY-MAKING IDEA
  A selling project by the C.F. handicapped for other handicapped! Exclusive dealerhips given for the sales of citrus fruits from November 1st to March.
  VILLA ROSE CITRUS, Box 509-G, Sebring, Florida

- A FROG WOULD A-WOOING GO
  Recently a polio-congress of about 30 doctors and nurses took place in our hospital. A referate with moving pictures about frog-breathing did not satisfy because no doctor and no nurse could show us how to do it. Nobody of us respos is able to do the frog-breathing with success. May be the instruction in the TJG (Spring, 1960) will help us to find the right way.
  JURGEN ERBSLEBEN, Hamburg, Germany
  I especially enjoyed your article on frog breathing and the frog illustrations. I got to know Miss Zumwalt personally at Rancho as my GPB instructor. I had worked up to 3 hours at the time but I am afraid that now I have lost most of GPB breathing because the people here at this hospital do not understand it and I feel a little self-conscious. I know I shouldn't feel this way. Do others write to you with the same problem?
  EUNICE ARNOLDI, Santa Barbara, California

When it comes to glossopharyngeal breathing, there is only one thing I know for sure, and that is that it is a whole lot easier to do than it is to pronounce. Having just finished the discussion on GPB in the Spring issue, I would like to add my 4¢ worth (inflation you know, it used be 2¢ worth.)

In order to frog breathe, I have found that it is of great help to be a frog. However, I've never yet met a frog with polio.

I first learned the technic when I was taken to the respiratory center in Houston, Texas, after six nearly deadly months in a smaller hospital. There I met a couple of patients who said they could increase their VC by what they called air swallowing — a term I've always preferred. Watching them do it, I felt this was so much nonsense until once I saw Billy blast out a shout that stopped traffic in the street below. We were on the 10th floor. Figuring there might be something to this after all, I imitated their movements and quickly picked up the knack, being rather fortunate in that respect.

Anyway, whatever you call it and however you learn it, GPB is certainly a valuable asset in a low VC respo's bag of tricks. Especially when you wish to converse with someone miles away.

JIMMY ADEN, Scottsdale, Arizona

Drop us a card for the full address of anyone in "THE MAIL BOX".
Since the printing of T
g's first article on the artificial muscle (Spring 1959) at its inception, the artificial muscle has received a good deal of publicity in national magazines and has been fitted to several respos.

- LIFE magazine printed a story (March 14, 1960) telling of Dr. Joseph Laws McKibben, its inventor, and his paralyzed daughter, Karen, and described its basic principle.

- An article printed in TODAY'S HEALTH (May 1959) and condensed in the READER'S DIGEST described some of the developments being worked on. For example, Houston's Respiratory Center has designed a supersensitive electrical switch.

- At Vanderbilt University School of Medicine in Nashville, Tennessee, engineers and physicians are trying to take it a step further with a switch activated by electrodes attached to a trace muscle. The hope is that a tiny electronic receiving station can be attached to a previously useless muscle. This station would receive messages from the brain, amplify them and send them to the switch which controls the flow of gas to the artificial muscle. This is still in the experimental stage. (At present, to utilize the artificial muscle the respo must have enough muscle power some place (toe, knee, elbow, head, etc.) to activate a micro-switch by actual movement).

- Arthur J. Heather, M.D., Director, Physical Medicine and Rehabilitation, Eugene Du Pont Memorial Hospital, Wilmington, Delaware, working under an Easter Seal Research Foundation Grant, has developed an assistive device which is hydraulically operated by tap water.

Following is a first person account by respo John Yates who uses five artificial muscles activated by his left foot.
MY ARTIFICIAL MUSCLES
by John Yates

The artificial muscle works on the same principle as the Chinese finger trap, a helically woven webbing that contracts as it thickens. When the CO2 gas goes into the muscle, the sides expand and the ends come closer together. The muscle is made up of four parts: the webbing which contracts in length when the middle of it expands, a bladder made of rubber which fits inside the webbing, and the two metal end pieces to hold the bladder and webbing together.

On the side of the chair there is a flask with the gas in it. A plastic tube runs from that to the valves under my left foot. Here there are four valves: two underneath the front of the foot, one to the top right, and one under the heel. (FOOTPEDAL PICTURE). It takes about six ounces of push to operate a valve. The footpedal sits on the pedal of my chair. It has a universal joint under it which enables my foot to move left, right and up and down. With this range, I'm able to hit the four valves. The only muscles of my own by which I work this setup are: a good peroneus longus, weak toe extensors, and weak toe flexors.

From the foot pedal the tubes coming from the valves are wrapped together with larger tubing and go up to the ball-bearing feeder. The feeder is an ordinary feeder with a few adjustments on the trough. It has four muscles on it: two for horizontal movement, one for vertical movement and one for a pinch. One of the horizontal muscles is attached from the side of the chair to a spot just behind the feeder's elbow joint. (ARM PICTURE). The muscle on the right side of the arm is for vertical movement. The fourth muscle on the left is for pinch. With this setup I feed myself, play chess and hope to have a switchboard with micro-switches for telephone, tape recorder, etc.

All the braces and muscles were made at the Rancho Los Amigos Orthotic Department under the supervision of Roy Snelson. Working with the orthotists are a P.T., Jan Paterson, and an O.T., Lois Barber who train patients in the use of their new devices. This program is being sponsored by the National Foundation. (Photographs courtesy of Warren and Barbara Transue).

When I play chess my range of motion is not great enough to cover the entire 14" square board. To move the board so that it would come into my range required a great deal of thought and effort by the Rancho Los Amigos orthotists. They put a muscle under the board that is hooked to one side of the chess board. When the muscle contracts, the board moves to the left 4". The other side is spring loaded to pull it back when the muscle is released. At the top right of the board there is a valve similar to the others which I work by my pinch. This valve is also connected to the CO2 flask.
Right: "My arm uses four artificial muscles - two for horizontal, one for lift and one for pinch."
Below: "There are four valves under my foot - two under the front, one to the top right and one under the heel."
“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, M.D.

**PNEUMOBELT-INFLATABLE SEAT COMBINATION**

by Bob Shaffer

My inflatable seat works in conjunction with an abdominal belt respirator. They are operated simultaneously by my Multilung. (ED Note: Thompson's Bantam abdominal breather can also be used.) This combination has made all the difference in my living. Before, I was unable to sit for more than two hours. Now, I am able to be up continuously about ten hours per day and able to run my contracting business.

The negative pressure is always set at maximum, with the positive pressure set at that pressure which gives the best combined result of respiration and seating comfort. The seat bag alternately inflates and deflates with the respirator, giving a slight movement to my legs and seat which greatly aids my circulation.

**A. Side View:** Air enters the fitting mounted to chair. The hose is easily disconnected at this point. The air goes through a Y or T fitting, one branch leading to the pneumobelt, and the other to the inflatable bag on the seat. To control the air to the belt, a small adjustable chemist-type clamp on rubber tubing is used under the arm rest.

**B. Front View:** I have the same type bag as used for the belt except that the fitting has been vulcanized in the middle. (An inexpensive plastic pillow could also be adapted.)
MY TRAVELLING ASPIRATOR

by Charles Theis

After a lot of thought and correspondence, I obtained a discarded Thompson battery case. These are available since many respos are converting to car battery from the special respiratory batteries because of easy and inexpensive replacements. I mounted an auto windshield washer motor (Trico Electrovac) in the battery cell compartment of the battery case. The small charger maintains its original position.

With the portable equipment of today, there is no excuse for any respo even with a tracheotomy to stay at home. I go away for four to seven days at a time. I've slept on a roll-away cot, chaise lounge and an ambulance stretcher with an iron lung mattress. A bureau or easy chair will make a good footboard. You might lose a little sleep the first night, but you'll never regret it.

ED Note: Mr. Theis has done a very creative job in assembling this neat, attractive portable respirator. We regret that space does not permit us to publish his interesting account of the travelling freedom his aspirator has given him.

PORTABLE ASPIRATOR, ELECTRIC

Custom-made, leatherette, luggage-type case. Base, 8" square. Height, 13". Trico Electrovac motor (serviced by any automobile store). Uses 110 volts or 12-volt D.C. automobile battery. Built-in catheter jar. Full size built-in aspirator jar. No batteries to carry. Total weight, 12 lbs. No extra charge for cables to hook into car cigarette lighter or car battery or both. Can also be plugged into house current without adaptors or attachments. Patient-tested. For details and price, write to: Med Tech, 33021 Barbara Ave. Eastlake, Ohio

PORTABLE ASPIRATOR, FOOT-OPERATED

Lightweight, foot-operated suction pump, which consists of plastic trap jar, plastic tube, Neoprene accordion bellows. It delivers intermittent partial vacuum to 12" Hg. Suction starts with first expansion of bellows by foot power. Price complete, $53.50. The components can be purchased separately so that you can construct your own. For instance, the foot pump bellows assembly is priced at $25. For name of nearest respo distributor, write to TJG.
MY FOOT-OPERATED TAPE RECORDER by Don Koller

I have a Bell & Howell upright recorder which I operate by remote control from my footboard, using solenoids to operate the buttons on the recorder.

Photograph #1 shows the footboard switch box of remote controls. The six black buttons are momentary contact push buttons for the tape recorder. The cable with the plug disconnects the remote control. The control system has a 100 watt isolation transformer to prevent shock hazard. The other switches turn on and off the TV, radio, record player, four lamps and the recorder. There is also a volume control for the radio. Photograph #2 shows the solenoid control mounted on plate fixed to the tape recorder.

Drawings above show the mounting position of the solenoids and the two types of solenoid plungers used. For further details write to me at 336 Halle Drive, Euclid, 32, Ohio.

THE UHER UNIVERSAL TAPE RECORDER by Floyd Burt

I think this little Electronic Wonder is the greatest boon to respiratory polios since the electric blanket. It is light (weight 17 lbs.), compact (HWD - 5½" 12" 10"), and quite portable. It is economical (8 hours on one reel of tape) and operates on any current. It has Steth-o-scope type earphones, enabling you to listen as you record. A fast operated "play back" control permits you to stop, start with a flick of the ankle or what-have-you. It has two volume controls, one for record and one for "play backs" (more about this). It stops itself and has uncomplicated controls which friends can use for you.

The "Goodies" of the machine are these: the "mike" can be used up to 65' from the recorder and has a button with which you can record, stop, rewind and play back, permitting those with a fairly good amount of finger or thumb action to operate by themselves. And, joy of joys, the microphone can be placed wherever it is easiest to operate — on bed beside you, on arm rest of wheelchair, on your lap, etc.

Remember the two volume controls? To wit, the mike is on your lap as you record, so your volume is up rather high, you want to hear the last three lines of the red hot love letter you've been dictating. However, since this is for a certain pair of eyes or ears (in this case), you don't want the whole household to hear your immortal prose, so you have the second play back control down low, so only you can hear.

Now, the best for last: this electronic Genie has an attachment which permits you to record by voice alone. You put it in your lap or anywhere around you and speak into it and it records! You stop speaking, and it stops too! So, the machine is actually operating only while you are speaking. But what's the catch to all this? Well, you may have guessed it already. It costs $300 plus $50 for the voice-operating attachment, but I am convinced that it is certainly worth it, if you can possibly "cut the mustard."

ED Note: Investigate the Wollansak too. Model TL600 costs $299.50. Big buttons (1" sq.), feather touch electronic keyboard; pause bar and stop and start switch on microphone.
JEUX D'ÉCHECS (GAMES OF CHESS) - Use a notched mouthstick and a wire loop on the chessmen. Two respos, with mouthsticks, can play alone, place their men, get them out of the box and put them away again.

JEUX DE DAMES (GAMES OF DRAUGHTS OR CHECKERS) - Fix these in the same way with a leather box handle affixed with celluloid glue. Fasten a point on the mouthstick.

JEUX DE CARTES (GAMES OF CARDS) - Here you need at least one partner who can deal the cards. The patient can arrange his own hand and play his cards with a mouthstick. You use a mouthstick with a point on it like the one for draughts. Put two holes in your card as indicated. Make card-holders out of wood or iron or anything you want. It's a sort of a trough.

Once the cards are put in the card-holder, they can be arranged in a line from front to back with a mouthstick. The player plays his cards by sticking the point of the mouthstick through the holes. The speed of play is almost normal.

M. Bonnet, Hôpital R. Poincaré, Garches, S. et O., France

MAGNETIC
CARD HOLDER (inner spring grip)
Fascole Corp.
257 Park Ave., S., N.Y. 10
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We, The Handicapped, Inc. at 15327 San Juan, Detroit, 38, Mich. has recently published some very useful books, entitled "Tools for Living". Send for their free brochure describing the following manuals and get on their mailing list for future publications. (The Editors have gone through hundreds of pamphlets and booklets on these subjects and we think these are wonderful! They are the most complete collection on each subject. All are big fat books and include pictures, sketches, diagrams and prices)

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Write them on a postcard and send to T.O.G.
A profitable job is as near as your telephone! BOB MITCHELL, a respo of California, is not only earning money by making initial telephone contacts for an insurance agency, but is also selling a book that tells you how to develop telephone salesmanship. ("How To Get More Business By Telephone," by Jack Schwartz)

Bob works for the Harold K. Barlow and Associates, insurance brokers. He is learning and conducting this business by the use of a specially built telephone, made for him by the Pacific Telephone and Telegraph Co. The system includes a head set with a transmitter which is placed over his head or on the pillow and a small button-type hand switch fitting under his left thumb. When the button is activated it connects with an operator who, in turn, dials the number that he wishes to call. On incoming calls, it works in much the same manner; when the bell rings, Bob presses the button which then puts him in contact.

Bob carries on most of his business in the evening from 7 to 9, when the men are usually home. After making his telephone contact, Bob turns on his tape recorder by pressing a switch plate with his right toe and dictates information on his call. Later he turns over the information to the insurance broker.

When he is not working, he is busy reading and studying books on the insurance business. Bob lives with his parents at 6881 Grand Avenue, Buena Park, California.
I firmly believe that insurance is the best occupation for most of our paralyzed male victims!" says DICK ASHLEY, paralytic polio of Baltimore, Maryland. Dick's faith in this belief was so strong that soon after his discharge from Children's Hospital, Baltimore, in 1954, he founded The Richard L. Ashley Insurance Service.

He uses his arms fairly well with the help of braces and gets along with the use of a battery-powered wheelchair. Dick says, "I almost felt like a cripple until I got the powered wheelchair four years ago." The chair is collapsible and can be put in the rear of his car, driven by an assistant, enabling him to do more business outside his home.

Dick modestly admits to teaching another polio, Ronald Gentry, all about insurance. Ronald is now running his own agency.

In 1958, Dick was joined in the insurance business by LOUIS (BUD) DABNEY, also of Baltimore. The nucleus for this association had its beginning when the two men were "call-mates" at Children's Hospital in 1953. Dick, who had worked in insurance as a side line prior to polio, gave Bud a book on insurance and interested him in the subject. Bud was doubtful about it all because he could not use his hands and was dependent upon positive pressure. After treatment at Toomey Pavilion, Rehabilitation Center, Cleveland, Ohio, Bud finally decided to join Dick and now says, "Before I went to Toomey, I did not do very much of anything, but sit in my chair or lay in bed with a chest piece on. Now, some days the time goes by so fast I wonder where all the time has gone!"

Bud, a respo with some use of his legs, conducts all of his business from a specially built desk. It has a switch board with switches for positive pressure typing stick and electric typewriter. The telephone is one with an operator's head piece. The phone is mounted on a board 10" x 13" with a large handle so he can lift it with his foot and move it around to where he wants it. Once the head piece is adjusted, Bud can talk to his customers for any length of time,turning the connection on and off with his foot. He contacts the operator by push button and she gets his number for him. Bud, like Bob Mitchell, makes most of his calls in the evening.

This Ashley-Dabney combo (by wheelchair and telephone) has brought their agency in first in their division throughout the nation for four years in a row! The business address for their company is Richard L. Ashley Insurance Service, 2001 North Broadway, Baltimore, 13, Maryland.
Dick, 39, former Naval officer, lives with his wife, Grace, and six year old son, Rickey, in North Baltimore. Bud, 34 years old, Navy veteran with four battle stars, lives with his wife, Nadine, and eight year old daughter, Debby, in Loch Raven Heights, Baltimore.

Another successful young man who feels that "insurance is a very good thing for a disabled person to get into" and who has proved it, is ROSS EAGAR of Utah. Ross, 28 years old and a reo since 1952 has been an agent for Farmers Insurance Group for the past two years. Even though he feels it will take five years to get his business established and really growing, Ross is more than encouraged with the success he has already had and cannot say enough in favor of this type of work.

When asked for suggestions and opinions for this article, he wrote, "First and foremost, the telephone is my most important tool!" He conducts his business mostly by phone. However, much personal contact is made with clients at his home. He and his wife work as a team. She helps him with the filing and figuring of rates and he types most of the contracts with arm slings and one finger on his right hand.

His company sells life, automobile, fire and almost any type of insurance the customer should need. Ross felt this is an advantage over being with a company that handles just one type of insurance. He finds life insurance is the best as it pays larger commissions and less work to service; the automobile is easier to sell but requires much servicing of policies.

His advice to anyone who is interested in entering this field is to remember that it takes years to get established and that it involves a lot of hard work, but if you stick to it your business gradually grows and he encourages other respos to consider selling insurance for independent income.

Ross lives with his wife, Zelda, and young daughter at 215 North 400 West, Cedar City, Utah.

These four men are just a few of many who have used their own initiative and determination to get ahead. They each have volunteered to give any advice or suggestions they can to others who would like to try the insurance field. Write directly to them or contact your own local insurance agencies for more information on how to get started. If one agency discourages you, try another.
ACCOUNTANT
JERRY STEIN, Alhambra, Calif. Age 22. Polio 1950. graduating from high school in 1956, he then completed a correspondence course in accounting. He hopes to make a career of business bookkeeping and income tax consultation. He feels he is on the road to self support in his chosen field. While his customer list slowly increases he is selling greeting cards, special printing and the new Kendell Riding Support (see "Market Place"). He spends his day in a wheel chair conducting his businesses with the aid of an electric typewriter, adding machine and telephone. "This will be a good home business because the customers expect to come to you."

MAGAZINE SALESMAN
ED ROSENWASSER, Corpus Christi, Texas. Polio 1950. An attendant lives in and gets him to and from his downtown office, where he employs a secretary. He builds his magazine subscription business by newspaper ads, personal contacts, and the expired lists which he receives from the publishers. On the latter, he makes an average of 60 calls a day, following up immediately with promotional mailings. He sells himself to the public, keeping his picture and his name on his customers' minds with his stationery, enclosure return paid envelopes, etc. He keeps the records for his customers and notifies them of forthcoming expirations. He also conducts a trading stamp exchange, charging 30¢ per book. He has two main tools that he uses - a special mouthstick-operated telephone and a highly trained memory. His memory is used for several calls in a row before recording. He also teaches memory courses once a week. "Memory is a method, a learned ability," says Ed. After a full day's work he returns home to his young wife, baby daughter and his hobbies - mathematics, symbolic logic and general semantics.
ENGINEER CONSULTANT

Also in Monrovia, California, and at the same address is FRIEND F. BAKER JR. Age 41, married, he has two children. Veteran of World War II. Pre-polio he was a mechanical engineer in research department of the United Geo-Physics Corporation. Polio in 1950, an alumnus of Rancho. He works as consulting business engineer for various companies; he writes summaries, surveys and technical reports on scientific and engineering subjects; writes service and training manuals for technical products, instruments and mechanical apparatus; and supplies engineering data. He makes all his living expenses and pays for his secretary. His formula for success: pick one thing you like to do and stick with it until you are sure it won't work, then try again...branch out slowly...personal representation is all important.

BARGAIN PHONE SERVICE

FRED J. GILMAN, age 49, contracted polio in 1952. Hospitalized at L.A. General and Rancho Los Amigos. Returning home in 1954, he and his family built a prosperous telephone sales route and door to door delivery of frozen foods. Then, in 1956 his wife died and he returned to Rancho. A year ago he returned to Monrovia and has recently launched a unique Bargain Phone Service. Sponsored by local businessmen, merchants and manufacturers displaying Bargain Phone signs, he offers free telephone bargain information. All information, whether it is a request to buy, sell, swap, giveaway or a question on home maintenance, professional services, etc., is handled by special operators who match request with counter request through a cross index file. All unfulfilled requests are placed in the file and brought to the public's attention by call out operators. A special "Tag-a-Long" listing service for businesses who wish to use the listings and services for direct contact advertising is offered at a low cost. Thus the "Tag-a-Long" advertisers finance the free listing service and their ads reach the receptive potential customer.
SYSTEMS ENGINEER

DON McINTOSH had polio at age 14 in 1944 and is paralyzed from the waist up. Married in 1954, he has two children. He received a M.S. degree from the University of Southern California in 1957. He works for the Hughes Aircraft Co., doing systems engineering; that is, he takes the individual pieces that somebody else designs and puts them all together in an harmonious way. With his hands in his lap, he drives his car with his feet using special gear. He assists in the Physical Aids Development Society—a group of engineers and doctors who are working on the physical problems of the handicapped. Don is active in church work and is a ham radio operator.

TEXTILE RESEARCH

CHARLES PROELICHER, Lucerne, Switzerland.

He is the father of four children, the most recent born in July. He is a U.S. citizen and an army veteran. Charles spent the first part of his rehabilitation in Switzerland. He came to Goldwater Hospital in New York for a year. Then, he returned to Switzerland and his former job—doing technical research in textiles for Viscose Suisse. He works from 9 - 12 at the plant studying technical literature and dictating excerpts into a foot-operated dictaphone. At home in the afternoons he uses the Thompson abdominal respirator and a rocking bed at night. He is the Swiss agent for the Thompson respirators. He and his wife, Liesse, an Italian girl, give English lessons. He is now starting an employment agency for importing domestics (see The Mail Box).
BUD KENNY, vice-president and treasurer of the Kenny Real Estate Co., Cleveland, O., got polio instead of a degree in college. This was over 20 years ago, and today, the Kenny Co. has two offices and a full time staff of 26.

With the aid of two students who drive and assist him, Bud makes daily visits to new listings. His paralysis is almost complete. He uses his head set and a telephone which he can dial. He can use his fingers for printing, but not for script.

With so many years of experience as a polio, Bud has some definite ideas about adjusting to immobility. "First, have a goal that is attainable, so that you won't give up. Have a real knowledge of your product and an enthusiasm for it. In the real estate business, the competition is rugged. You will need persistence and ingenuity. A pitfall in any business is trying to go too fast. Decide what you are going to do, even if you work a year without seeming to get anywhere. Don't change. Keep plugging."

Bud feels that a homebound handicapped person could be useful to an established real estate office by checking lists, studying the market, contacting owners, following up customers. He could become familiar with legal phases of the various states; under study a broker; do research; check statistics; talk with banks on appraisals and make appointments. Bud thinks that it takes at least six months to become familiar enough with an agency to be really useful. The State Board of Real Estate Examiners will arrange for home study and also administer tests at home.

Bud's latest venture is as treasurer of a new home construction company. The most exciting news in the Kenny household centers around the baby that Bud and his wife are expecting.
SECURITIES
SALES MAN

DON KOLLAR, 6'6½" tall, carrot-topped, with a voice of persua-
dation, sells securities for Suburban Securities Co., of Clevel-
land, O. As a substitute for experience, he took the Invest-
ment and Banking Course from the University of Chicago by cor-
respondence. Now, he has his state license and is registered
with the National Association of Securities Dealers.

Don got his first boost from Anton Potokar, head of Suburban
Securities, who became interested in him because one of his
children had had polio. Potokar says, "Don's record tops all
other registered representatives in our organization and he
has been averaging one new client every two days."

Don has become a voracious reader with a homemade reading
board, using a mouth stylus with a hard rubber bit to turn the
pages. He uses an electric typewriter, but finds it not too
successful for making notes. He prefers to tape record his or-
ders and notes. (See his foot-operated recorder on page 14).

He has built his clientele by steady, hard work. Actually,
his homeboundness (he uses full-time aid) is a great advantage
because he is more available to his clients than other securi-
ties salesmen. He does much of his work at night and over the
weekends, when he meets with his clients to discuss financial
objectives and offers investment advice.

"My big job," says Don, "is showing people, not acquainted
with stocks, how they can afford to invest small amounts and
how to take advantage of fluctuations in prices. Lack of con-
fidence is the big problem, that is, lack of confidence on the
buyer's part - when stocks go down."

Vital statistics: Pre-polio, two years at Case Institute of
Technology. Age 27. Polio '53. Office: his home at 336 Halle
Drive, Euclid, 32, Ohio.

CONTINUED
SALESMAN

BOB DAVIS, Walnut Creek, Calif.
Age 23. Polio 1956. Bob's business is selling bowling shirts, balls, shoes and bags. He sells from his home by using a specially rigged telephone. Most of his customers come to his home. He has a mailing list of prospective team sponsors plus repeat business. For the 1959 fall bowling season, he netted $400 and works on a 30% profit. Through Diablo Jr. College, he takes two college courses per term. He has a direct intercom system to the classroom.

S A L E S M A N - SPECIALITY ADVERTISING

TED COOK, Roswell, New Mexico. "I can recommend the selling of speciality advertising to anyone. There will be some respiratory persons who can be very successful with it and some will not be able to sell any at all. The most important thing in being successful is hard work. I have made as much as $120 a day. My weekly income is about $200. "I make calls on all my accounts but it might be possible to make sales on the phone. To begin as a salesman will not require any investment of any kind."

Ted's employer wrote, "We have better than one year's experience with Mr. Cook selling our items. He has been very successful. He gives his helper a commission on his sales to drive his car and push his wheel chair. Our speciality items are imprinted items such as pens, pencils, lighters, etc. These are sold to business firms who give them as 'goodwill' gifts."

Ted is 26 years old, married, the father of two girls and one boy. Polio in 1954. High school education. If you are interested in becoming a salesman, write to Speciality Advertising Co., Mr. H. B. Bins Jr., Wyoming and McGaffey, Roswell, New Mexico.

TUTOR

MARY LOU SPIESS (Mrs. H. H.), Sebastopol, Calif. Mother of one son. Pre-polio — an elementary school teacher. Polio 1955. She sleeps in a lung at night and uses the pneumobelt during the day. At present, she does a thriving business of tutoring both elementary and high school students in languages, algebra, and remedial reading. Her average monthly income is $130. To start this service, she first contacted school principals. It has grown through friends and satisfied parents, so that she now has a waiting list. She has tried advertising in the local paper, but this netted nothing. She is promoting classes of two to four students as well as individual tutoring.

warning: Always investigate: (1) Any company that offers you work as a salesman. There are unscrupulous ones that prey on the unwary handicapped. Call or write to your Better Business Bureau. (2) All home study courses. This is a notorious con game. For a list of the accredited private home study schools, write to: National Home Study Council, 1420 New York Ave., N.W., Washington, D.C.

"GUIDE TO CORRESPONDENCE STUDY"— For an exciting and stimulating list, send 25¢ to the National University Extension Association Building TSCH, Room 112, University of Minnesota, Minneapolis, 14, Minnesota
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