

GAZETTE

Toomey j

a leisurely quarterly • springtime 1961

by for and about RESPIRATORY POLIOS



TRAVEL BY RESPOS

The TOOMEY j GAZETTE is published entirely by respiratory polios and their friends through their program of  
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OUR AIM: To reach, to inform, and to dignify all respiratory polios, and all other severely disabled young adults, throughout the world.

Thank you, TjG readers, for your Census returns. Your response to suggestions for legislation for the severely disabled was overwhelming (see page 10). Clearly, this is our most urgent concern and hope. On the facing page, we proudly report the crusade by a group of California polios to effect remedial state legislation.

Although our present frightening financial problems have arisen because of the precipitous withdrawal by the National Foundation of its support of home care attendants, we are still most appreciative of the astounding care of polios by the former NFIP. No other group of handicapped ever fared so well. We survived - because of the respiratory centers, care, and equipment it then supported. We thrived - because in a dramatic experiment to save hospital costs, it pioneered returning us to our homes with respiratory equipment and attendant care.

Our continuing survival and expected longevity involve financial needs that greatly exceed those which could be borne indefinitely by a voluntary organization. Clearly, the responsibility now lies with a coordination of assistance from County, State and Federal governments.

Without assistance: some of us are exhausting our financial means to retain an attendant; some of us are taking the chance of being left alone, and running the risk of dying due to lack of attention; some of us are vegetating in rest homes.

It is a good investment to keep us at home. We can direct our households, manage our children, and keep our families together - IF we have an attendant to take care of us and cook and wash, etc. We can run successful home businesses and support our families - IF we have an attendant to take care of us and act as secretary and assistant.

We are living in an era of increased awareness of the needs and potentialities of the totally disabled. The concerted campaign by California polios for state legislation points one way we can translate concern and hope into action.





## 6 Furs 'Trapped' For Contest Winners

One of the "squirreliest" contests ever staged reached a happy conclusion with six TjG readers bedecked in ermine, mink, seal, lamb and squirrel capes. The contestants in our Squirrel Cape Contest submitted lists of words made from the word "squirrels."

A story in our local paper inspired generous friends to rally round and they delighted us with six luxurious fur capes and a robe for prizes.

First prize winner, with a lovely Japanese mink cape, was Jo Ann Goodin of Detroit, Michigan. Marilyn Gamble of Mechanicsville, Iowa, received a squirrel cape. Victoria Rodriguez at Goldwater Memorial Hospital in New York is the envy of her friends there in her seal skin cape.

Ann Adams, a mink cape winner from Jacksonville, Florida, hopes for chilly nights. Mickie McGraw of Cleveland won an exciting ermine wrap. Susan Armbrecht of Cleveland Heights parties on her ambulance cot warmed by an esoteric fur sleigh robe. Jean Poulter of Ontario, Canada, is the new owner of a Persian lamb cape and muff.

We wish every entrant could have been a winner, but we ran out of furry friends.

## World Premiere of Leplin's Composition

RESPO WINS COVETED COMMISSION

Respo Emanuel Leplin, composer, poet, artist and ex-conductor, won a coveted commission with the fee running into four figures to compose liturgical music for the Peninsula Temple Beth El of San Mateo, California. The commission was awarded after stiff world-wide competition. His 31 compositions, played by symphony orchestras around the world, convinced the committee that Leplin was their man.

The premiere was held February 5 in his home town of San Mateo.

When polio struck in 1954, Manny was on the threshold of fame as a composer-conductor. He has continued his work with the use of only three fingers.



Emanuel Leplin

## California Polios Campaign For Urgent State Legislation

Severely paralyzed polios of the San Francisco area, through their bimonthly publication, *THE SPOKESMAN*, are campaigning to obtain adequate and fair legislation for all severely disabled - whatever the cause.

Dr. Leon Lewis, former head of Fairmont Hospital's Respiratory and Rehabilitation Center, and Bob Penn, President of the Bay Counties Post-Polio Association, lead the crusade. Charles R. Lyser is the spirited editor of their militant publication.

The Association was shocked into action when the National Foundation suddenly announced that it was drastically curtailing attendant care and withdrawing its support of the Fairmont Respiratory Center.

All severely disabled in California are invited to join by writing to: Sharon Mul-laly, 485 Cascade Rd., San Leandro, Calif. Every member will act as a "Liaison," alerted to write his State representative when remedial legislation is introduced.

Some objectives: (1) A "Breather's Foundation" to establish a treatment center for disabled adults; (2) Modification of the ATD (Aid to the Totally Disabled) to include financial revisions, such as attendant care.



## GAZETTEER

a column of odds & ends of interest to you



REBMAN PHOTO SERVICE



### CLEVELANDER VISITS RESPO IN AFRICA

Ian Bompas, resident of the Infectious Diseases Hospital in Nairobi, British East Africa, and Donald S. Carmichael, executive of the Stouffer Corporation, were brought together by TJG editors this fall when Mr. Carmichael was in Kenya on an animal collecting safari for the Cleveland Zoo. Ian is a student of African wild life and travels extensively in a D.K.W. van to the game parks and to the coast in his iron lung (see page 25). Ian is also an artist and paints vibrant African scenes with a mouthstick. He was photographed displaying some of his Christmas card designs to Mr. Carmichael.



### THE ART SHOW ON TOUR AGAIN

In November the International Paralyzed Artists Exhibit came "home." The paintings were shown during December at many local Art Bazaars and Christmas sales. In January, the Exhibit was freshened and sparked with new display signs of the artists. Some of the works were loaned for display and sale in decorating shops. Others were packed up for a tour of small galleries. In early February, it went to Mary Washington College in Fredericksburg, Virginia. Then, to Stratford College in Danville, Virginia. Next, to the Georgetown Art Fair in Georgetown, Washington, D.C. where it was jointly sponsored by the Committee for the Handicapped, People-to-People Program, and the Fine Arts Committee.



### PARALYZED VETERANS GET A LIFT

Under Public Law 86-211, which became effective July 1, 1960, certain paraplegic veterans and most quadriplegics, may apply to the VA for a patient lifter, if they are receiving a pension from the VA for their non-service connected disabilities.



### THANK YOU, JOSE MELIS!

Jose Melis, talented pianist on the Jack Paar Show, visited Goldwater Respiratory Center, New York City, before Christmas and later told the Paar fans on the Late Show about his visit. As a result, the patients at Goldwater received 5000 Christmas cards and presents. Victoria Rodriguez and her friends are attempting to thank all the people who sent cards and gifts.



### THOMPSON PURCHASES HUXLEY COMPANY

Thompson Respiration Products, Inc. of Boulder, Colorado announced the purchase of the respiratory manufacturing and sales facilities of the Technicon-Huxley Company of Chauncey, New York, and has moved these facilities to their plant in Boulder. Thompson will continue to manufacture the complete line of Huxley Respirators, including the Hospital and Portable Respirator, the Multi-Lung, the Pneumobelt and the Farr Aspirator. They will also supply complete parts and service for all Huxley equipment. Thompson will continue their own line of respirators: the Portable for use with the chest shell or cuirass, the Bentam for positive pressure or Pneumobelt, and the Zephyr blower. The address of Thompson Respiration Products is Boulder Industrial Park, Boulder, Colorado. Mr. Harris A. Thompson, the President, invites any of us to call Collect with any respiratory problem. The telephone number is HI 3-3350 in Boulder.



### CONTEST FOR PALANQUINED POETS

If you are confined to a wheelchair or bed with a permanent disability, you are eligible for PN's Second Annual Poetry Contest. Poem must not exceed 16 lines. It must be written on one side of paper only. Your name and address must appear on the back of your entry, with the date and type of your disability. First prize is a \$50 savings bond; Second, a \$25 bond; and Third a \$10 bond. Contest closes April 30, 1961. Send your entries to: PARAPLEGIA NEWS, 240 Lee Ave., Stroudsburg, Pennsylvania.



MILWAUKEE JOURNAL PHOTO

## how to WIN Contests!

by Dale Engler  
Veterans Hospital  
Wood, Wisconsin

This picture of a \$400 remote control TV being presented to me was taken two months after starting to study a course in contesting. I've been winning consistently ever since.

I'm not selling contest courses, as some of you may be thinking. But when I tell you that I've won this TV set, four Hi

Fi phonos, three clock radios, one \$400 ham radio receiver, a sail boat, different amounts of cash and a 60 horsepower outboard motor retailing at \$950 (one of the 10 first prizes in a contest drawing 250,000 entries), I think you'll agree I do know what I'm yaking about.

You start by saving those labels and box tops you've been throwing away. (Your neighbors might help you). Read a book or two on contests, then get yourself a 25¢ pocket dictionary, word finder and rhyming dictionary and start writing.

I didn't win anything the first four months. Then my roommate and I took a contest course by mail. This tells you, twice a month, all the current contests, who is judging each and the type of entries each judging agency favors. This is known as judging slant and is the most important thing to know. It also gives past winning entries for you to study. It cost us \$30 and it was the best \$15 each of us ever spent. Contest Magazine (50¢) is also a big help.

I've just an 8th grade education, so I am not brilliant, but I do work hard. The big thing is perserverance. Don't stop entering even though you get in a no-winning slump for six months or more. One gal I know of went 11 months without winning a single prize and then won a new car.

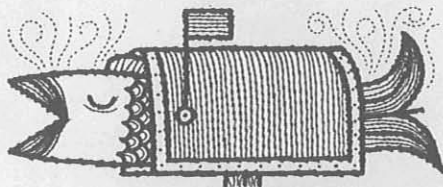
Even if you take one hour a day, each day for contesting and keep it up, I think you're bound to win. I average one entry a day. Some of my biggest prizes came from entries I planned while in the iron lung where I spend 18 hours a day.

I got polio in 1951, but consider myself quite fortunate because I can use one hand enough to write if my arm is in a sling.

For the hams among you, my call is K 9 G H T, rig is a Viking Ranger, Hallcrafters SX101, and G4ZU Tri-band beam, 65 feet up - all paid for from contesting.●●●



## THE MAIL BOX



### •• A GOOD FRIEND

Since I now have to live in a specialty hospital in Italy with many polio patients, it is always a very great joy to us here when the nice TjG arrives. Then, we all try our very best to translate the English - almost with complete success. It is very commendable what has been done with all those technical gadgets, and most of all the unwavering persistence of the polio patients who adapt them for their use. I am very pleased that I receive a letter from a nice polio girl in Indianapolis. Now we exchange letters and tell each other our troubles, and what is newsworthy and interesting in our countries. It is a great pleasure to see how much an important country like the United States of America does to help and ease the suffering of the needy polio patients. So please take my most profound thanks for the TjG from one across the sea.

FASOLT ALOIS, Goldrain 74, Val Venosta Prov. Bolzano,  
Italy - Sudtiroil

(ED: Above was translated from German)

### •• WANTED A VOLUNTEER DOCTOR

I am going to make myself a suction machine soon...Only I don't know how much suction to apply....I think it would be very nice to have an article in the Gazette by a doctor.... Sort of a question and answer type of article where we... could write in for advice on matters like the above.

ROBERT BREITEN JR., Box 33, Dunlay, Texas

### •• GREETINGS TO OUR 50 NEW FRIENDS IN CANADA

When Mr. Mowatt of the Canadian Paraplegic Assoc. gave us a copy of TjG recently, I was rather shocked to realize that we, in this Pavilion of 50 respiratory polios, have had little or no contact with other similar institutions. It is obvious, after reading your magazine, that we could benefit greatly in learning what other people, like ourselves, are doing for occupation, entertainment, remuneration, etc. as well as new mechanical devices and other progressive ideas. Perhaps, we may even have a few suggestions that others may be interested in knowing about. Many of us have been here for 7 or 8 years and we'll probably be here for many more.. We are anxious to have the names of other groups with similar activities in the many other institutions.

BOB GORDON, Pearson Polio Pavilion, 700 West 57th Ave.,  
Vancouver, 14, B.C., Canada

### •• "HAMS" IN THE U.K.

I am now Secretary of the Radio Amateur Invalid & Bedfast Club. This Club is 100% membership of all types of disabled persons. I have made note of Joel Carpenter (See Bulletin Board) and his transmitting gear, and will put the address in our publication, the "Radial"...Cheers for now and please pass on my regards to Lamp....and ask him when do I hear from him again K -- ?

BILL HARRIS JR (G3DPH), 4 Glanville Place, Kesgrave,  
Ipswich, England

## ●● LEFT ALONE!!

I had a full day live-in attendant-housekeeper until October, 1959, when NFIP changed their policy. The County wanted to put my children in foster homes, and us to sell our home, and me to live in a rest home or something like that. We all refused. I have one good arm, so I decided I could stay on my rocking bed alone with a telephone. My rocking bed and my Cof-flator are plugged into an outlet, which is also connected to an auto-generator. My 12 year old daughter comes home at lunch time and gives me the bed-pan and my lunch. At 4, when my 14 year old son gets home, they get me up and I supervise them in the cooking of dinner. My husband cares for me in the mornings and evenings, and my 3 children (7 year old son, too) do all the cooking and the housework.

NAME WITHHELD

My husband has what is considered a good job in our town, but we cannot afford to pay even part-time help. Our kids care for me after school. My 74 year old mother-in-law is not able to care for me. She does our laundry and gets our evening meal.

NAME WITHHELD

## ●● ANOTHER QUEEN IN ENGLAND

I get such enjoyment reading all about my "fellow clan." I've been in the "clan" for 4 years. Your Gazette makes me feel like a Queen on a throne!

JEAN HEATHCOTE, 3 Broomfield Lane, Lymington, Hants, Eng.

## ●● A SATISFIED CARAVAN "CUSTOMER"

I have resided here for nearly 15 months, and I have just had my first taste of freedom: a most enjoyable and exciting week's holiday, spent with my wife and two sons, Peter and Paul, in the I.P.F. Caravan. (See pages 20-21)

FREDERICK DAVIS, Priorsdean Hosp., Portsmouth, England

## ●● TRADE STAMPS WITH A POLIO IN INDIA

I was studying in physical education college, in Madras, before polio paralyzed my legs hip down. Now I am 28 years old. I wish to collect stamps of games and sports, medical, health and charity issues, and a general collection and I would like to hear from other stamp collectors.

T.N.N. NAMBISAN, Post. Alattiyur, (Via) B.P. Angadi, Kerala State, India

(ED: See Bulletin Board re International Stamp Coupons)

## ●● EDITOR IN INDIA HAS STAMPS

I thought of sending stamps from India and other countries for your respo collectors. If they will let me know what they want, whether advanced and more rare ones, or if they would also like the ordinary ones, I can make up packets...and I shall see if I can find young persons here who would like to be "pen friends."

KAMALA V. NIMBKAR, OTR, Editor, The Journal of Rehabilitation in Asia, The Amerind, 15th Road, Khar, Bombay 52

## ●● CAR ADAPTATIONS

Our car is a 1958 Rambler station wagon that has the seat on the right removed, allowing an ambulance cot to ride with the foot end against the dash..We took an old ambulance cot and placed a cylinder off an hydraulic bumper jack under it in such a manner that it flexes the knees first, and then lifts the head end shoulders.

ARNOLD HALE, San Jose, Arizona

The motor car (a Ford) had the passenger seat taken out and a mattress is spread in its place. This enables my wife to sit on the floor of the car, with her legs outstretched, while the rear seat serves as the support of her back.

MR. MARKIEWICZ, 38 Lansdowne Crescent, London W 11, Eng.

THE MAIL BOX

●● GOOD NEWS FOR APRIL 15

This year we wrote to the State Office of Internal Revenue and found that, in addition to deduction of doctor bills and bills for medicine, we can also deduct that portion of our monthly electric bill that is used for the operation of my equipment. We also can deduct the cost of my special bus and generator because that is being used primarily to transport me to and from the hospital, and other short trips we couldn't otherwise make.

HELEN DAHLHEIM, Minneapolis, Minnesota

●● HAPPY BIRTHDAY, JURGEN!

You ask me if I know Heinz Tackman...Yes, for over one year I was in the same room with him...Since I unfortunately had to take a cold, I had to return again to the Respiratory Center in Altona..... Now, I landed again in the same room and all this on my 21st birthday. It was honestly no happy surprise. Meanwhile, I am again well and prepared for all fun (jokes).

JURGEN ERBSLEBEN, Altoner Krankenhaus, Hamburg-Altona, Allee 164, Western Germany

●● RESPO STORE FEATURES MOUTHSTICK ARTISTS

One of the ideas we received from your magazine was handling greeting cards in our store which were designed by the mouthstick artists. We answered two ads. We made a poster, using your "cover girl," to illustrate how a mouthstick artist sets up for the job, and also used the page illustrating the different types of mouthsticks. It has caused a great deal of comment and we have sold hundreds of cards.

BOB ROSE, 109 N. Water St., Silverton, Oregon

●● A BOOSTER IN CANADA

Thank you very much for your excellent encouragement re-

gularly provided to so many respiratory patients, and those who are in regular contact with them. I know, from my own observation in the University Hospitals here in Edmonton, that all polio victims enjoy reading it.

JOHN P.v.H. VAN SOEREN, Exec. Dir. Rehab. Serv. Alberta Council for Crippled Children and Adults, Edmonton, Can.

●● WELCOME TO OUR NEW FRENCH AMBASSADOR

It is with pleasure that I present to you, on behalf of all my French polio-respiratory comrades and especially those at this hospital, my best wishes for 1961.

JACQUES FOURNIER, L II R, Hopital R. Poincare, Garches, S & O, France

●● A PRIVATE CLUB?

This almost "private club" atmosphere, mentioned by Ann Adams a few months ago, that we readers bathe in seems to be the logical outcome of living with polio. But, for once, exclusiveness is paying off with our little clearing house of good will - TjG.

PAUL HIBBARD, 6 Oakland Lane, Inman, South Carolina  
(ED: Paul is our new French correspondent and translator)

●● OO LA LA

Please...DON'T...send me any names to write to. I'm now starting on my M.A. and shall be too busy. Several months ago, I had my name inserted in the French polio magazine, "L'Archipel," and before I knew what had happened, more than a dozen Frenchmen and one French girl had written to me.

ANN J. BURNES, 104 Hackensack St., Wood-Ridge, New Jersey

●● EDITORIAL GOOF

In the article about my aspirator (Indian Summer, 1960), you edited the fact that its small built-in charger would recharge the battery while the aspirator is in use.

CHARLES THEIS, Salisbury, Maryland



## ●● COLLEGE ON WHEELS

I find that there are very few colleges which are actually set up for wheelchair accommodations. The University of Illinois is the only college which has a concentrated program with ramps to all buildings, plus elevators.

CECILE HUSH, Greenville, Ohio

(ED: We'd like to hear from Readers about more colleges)

## ●● WOULD-BE FROG BREATHER IN ARGENTINA

I am 14 years old. I have a high school education. Polio in 1955. I live with my family. I use respiration at night and the rocking bed during the day. When I sit in my wheel chair, I paint, play games and make poems. I hope to get my lawyer degree. I wish to learn frog breathing.

MARTINIANA ANTONINI, Cabello 3791, 2 Piso, D.I.

Buenos Aires, Republica Argentina

## ●● MORE ABOUT FROG BREATHING

I instruct senior student nurses in the nursing care of poliomyelitis patients, so find your magazine very helpful in explaining glossopharyngeal breathing to them.

MRS. K. A. DIETRICH, Vancouver Gen. Hosp., B.C., Canada

I am able to frog-breathe, but find it impracticable due to unpreventable leakage from my tracheotomy. Do you know of any one similar who has managed to get over this problem of leakage. I use positive pressure in the trach.

JOHN A GUDGEON, 26 East Green, Blackwater, Camberley, Surrey, England

I had tried to learn to frog breathe. I'd even seen movies showing how to master it. One night last August every one had gone to a rodeo, and I took the TjG (Spring, 1960), with the determination I was going to learn. I followed the article step by step several times and finally I had it.

LOUISE GOFF, Box 1517, S.S.S., Springfield, Missouri

## ●● HORIZONTAL CLAIMS TO FAME

To say that any of us has any claim to fame in the horizontal world, necessitates a bit of imagination..I think it is remarkable that my family is intact, all at home, under the same roof, working together.

CARL ALMQUIST, Bergen, New York

I contracted polio the day we were married, so we made the adjustments to marriage and polio at the same time.

LUGENE BAXTER, Columbus, Ohio

I was Honorary Telephone "Queen for a Day" in July, 1958, and I received 3 dozen picture frames, plus many letters. Last year we had 1066 visitors, which may not entitle us to any claim to fame, but left us very few dull moments.

MYRA JOHNSTON, Los Angeles, California

## ●● HORIZONTAL OR VERTICAL TJG?

The new format is rather not to my liking and I have been trying to figure out its reason. Maybe it lies open better for reading sticks (this it does) but for trying to turn by hand, it doesn't work well.

JUANITA PUSATERI, Three Rivers, California

Easy to read with mouthstick.

LAMAR KISHLAR JR., Webster Groves, Missouri

Difficult to turn the pages with a mouthstick.

LOU MORRIS, Jackson, Michigan

Your latest issue was the most attractive editorial layout I have seen in quite some time.

GEORGE C. BECKMANN JR., Administrator of Medical Operations, Warm Springs, Georgia

THE MAIL BOX

●● THE LEGISLATION MAIL BOX

TjG readers are making many suggestions for legislation, both State and Federal, to achieve our Maximum Peoplepower and to solve our critical problems. The following excerpts represent the hundreds of letters we are receiving:

● Because I was a quadriplegic veteran, the VA paid \$10,000 towards building me a home. This was 11 years ago. Since then, I have been earning my living and paying taxes. If I had stayed in a hospital at \$20 a day, it would have cost the VA \$81,000 - JMP

● There is nothing in the Federal Housing Act to lend a hand to the totally disabled - HVS

● The totally disabled are entitled to the same exemption as the blind, which is \$1200 per person, and the same break on postal regulations and travel - VC

● The totally disabled would further their education, and become self-supporting with scholarships and State and Federal aid - MMcG

● I feel that direct financial aid is not what is needed or wanted. I would much prefer to earn money - RW

● The government should grant an increased deduction for salary of help. If we are to compete with ablebodied people, it is necessary to hire help - EMcC

● Household help for totally disabled women (especially for those with small children) should be deductible - NJP

● We can't afford to buy or maintain respiratory equipment. Some agency should take over where the National Foundation leaves off - ES

● We need help on respiratory equipment, similar to the "Talking Book" Machines for the blind, which the government gives on an indefinite loan basis and maintains - EH

● In the back of my mind is always the fear that something will happen to my wife, on whom I depend for my care - EM

● It is increasingly harder for our parents to care for us as they grow older - JS

● NF's sudden withdrawal of support for paying home care was catastrophic for some of us. We need emergency State or Federal aid to help us through this crisis - SS

●● KNOW YOUR GOVERNMENT AGENCIES

The disabled person owes it to himself, if not to those around him, to fully acquaint himself with the government agencies, the rehab centers with their highly trained specialists and the organizations and publications which help so much. Then, he should also be continually seeking out less apparent sources, especially contact with others for interchange of ideas and information.

LARRY ABBOTT, Almeria, Nebraska

(ED: Send your name and address to: Supt. of Documents, Govt. Printing Office, Washington 25, D.C. for FREE Bi-weekly, "Selected U.S. Government Publications".

Check with your local Public Welfare Office for details about the Aid to Disabled Adults (if over 18) which may be available to you in your State.

Every State has Vocational Rehabilitation for the disabled. Check with your local Division of Vocational Rehabilitation for counseling, training and job finding.)

## 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, M.D.

### A HOME RAMP

A ramp should be designed from the points of view both of appearance and safety. For an outdoor ramp: plan a gentle slope for easy maneuverability with crutch or wheelchair - not less than 7 feet in length for each foot rise is a good working rule. Thus, if the door is  $2\frac{1}{2}$  feet from the ground, the ramp should be  $2\frac{1}{2}$  times 7, or  $17\frac{1}{2}$  feet in length.

That would be the minimum. Actually, it will be much easier to negotiate if 10 feet of length is allowed for every foot of height. This gentler slope makes ascending less strenuous and provides greater safety in descending.

For best surface traction, floor boards should be laid crosswise and toe cleats placed along the center. As a further insurance against slips, sprinkle the ramp with clean fine sand while it is freshly painted or, before laying the cleats, cover it with black sand-surfaced roofing paper.

The cuts at right appeared in POPULAR MECHANICS, February, 1961, and illustrate an unobtrusive and workable ramp.

PORTABLE RAMPS: See TjG, Spring 1960, Supplement, Page 5.



PLYWOOD PLATFORM IS LOWERED into position by rope to connect head of ramp with porch floor. Platform is stored on porch when ramp is not being used

HINGED "DRAWBRIDGE" across side entrance is swung back onto ramp when latter is not being used so that door can be opened without interference





#### ROLLING EASEL - FOOT SUSPENDER

by Pieter Moleveld

Portrait painting was my profession before polio in 1956. Since my 3 years in the hospital and one year at home, I have designed devices to paint again with what is left in my legs. My easel moves with rubber wheels on wooden racks. My sling for the foot is made of an old iron bedstead, springs, cords, and wooden blocks. I am sorry my wife and I cannot speak or write English, but we like to correspond. (Netscherstraat, 81, The Hague, Holland).



#### HYDRAULIC LIFT EASEL

by Patty Knupp

Use a stretched, mounted canvas. Screw two hooks into the upper board. Wrap rubberbands around the crossbar of the lift and insert the hooks. A canvas board can be held by clothespins and watercolor paper attached to an old mounted canvas.

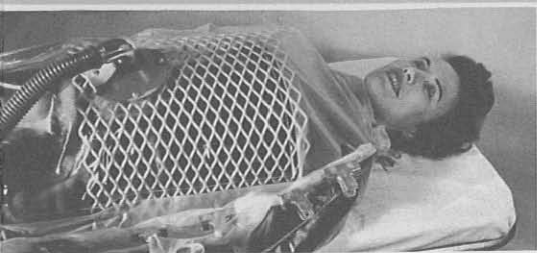
My nurse-side rigs up my slings, tapes the brush to my left fingers (B.P. was right-handed), hangs canvas from the lift, and moves it occasionally to extend my range. I stroke with little swings of my arm. (2010 Ida Lane, Newton, Kansas).



#### VW MICRO-BUS ADAPTATIONS

by Robert Reynolds

Ramp made of 2 steel channels 1" x 2" x 3' long. Steel pins welded onto ends fit into holes drilled in doorway. Slots cut in floor anchor chair and lower it. Middle seat removed. Back seat turned along side. (720½A Indiana Ave., Charleston, W.Va.)



EMERSON WRAP-AROUND  
CHEST RESPIRATOR

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

Emerson's Wrap-Around Chest respirator was introduced in 1957. It consists of two pieces: a chicken wire type of metal, dipped in plastic, and bent in a half circle; and a light transparent plastic bag. The shell is placed over the patient from armpit to hips and the bag drawn over the shell right down over the feet. The arms are put into the sleeves of the bag and it is sealed at four points: one tie around the bottom, one around each wrist, and one around the neck. The hose is plugged in as would be done on a chest shell.

In October, 1960, Emerson presented a new bag, designed for adults, which is cut along one side. This enables it to be put on more easily as it may be slid under one side, and, where the two ends meet on the opposite side, clamped airtight, with clips that are supplied. For adults, both

types are available; for children, only the over-head type is available, unless otherwise specified.

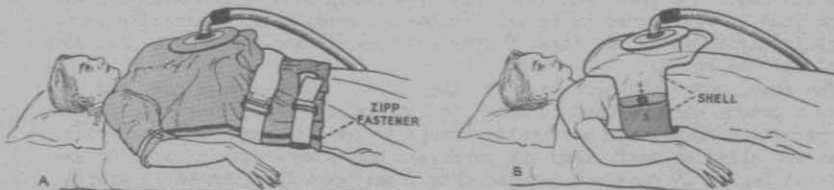
Only the more powerful respirators will effectively operate the bag. However, since some types of respirators cannot provide effective ventilation for the cage, I would suggest you contact your respirator center or J. H. Emerson Co. (22 Cottage Park Ave., Cambridge, Mass.) and arrange for a trial before making a purchase. The latest prices are as follows:

Pump - Model CRV - \$300. Wrap - Adult or Child, clip close or regular - \$35. Shell - 3 sizes - \$15.

One will find that breathing is much the same as in a tank and in no way resembles the constricted and somewhat shallow ventilation of most chest shells, as suction is exerted over a larger area of the body surface, and there is no pressure on the ribs, abdomen and upper chest.

The bag respirator is excellent for those who may be traveling and have some concern as to "what would happen if I became ill and needed a tank," or for those who are at home, and find it would be an impossibility to have a tremendous tank around "just in case." A great freedom of positioning is possible (including ventilation in a face-down position). The bag will serve as well in any or all of these instances, and when not in use, may be folded up and put in a drawer. It operates on negative pressure and may be put into operation in a matter of minutes. ●●●

ED NOTE: The Tunncliffe breathing-jacket is a similar English variation. (A) The jacket in use. (B) The plastic shell which holds it clear of trunk. For further information, write to:  
Electronic & X-Ray Applications Ltd.  
13-17 Pennant Mews, Kensington,  
London, W.8., England







## *Physically Handicapped Cloistered Nuns*

by Brigid Boardman  
Lane End  
99 G. Boneham Road  
Warminster, Wiltshire  
England

AMEN...ALLELUIA...

An English February day of snow and yet of snow-drops, and the close, candle-heavy atmosphere of a Paris Church-crypt - the connection? One of the most outstanding women of our time, and her story is one essentially of our time too.

It was Holy Week in 1930, and a young Franco-Polish woman knelt with three companions in the Church crypt before the Abbé Gaucheron. He was receiving their religious vows and they were all starting out on an adventure which is as exciting now as then.

What other age before ours, could have accepted a Congregation of nuns who are all physically handicapped and often complete invalids? It was Suzanne Wrotnowska's conviction that women whose health would have prevented their entering any of the established religious orders, should form their own Congregation. Their aim was to be twofold: they would offer their weakness and suffering to God just as the healthy offer their strength and vitality. And they would work to help others who are weak and suffering, thus turning apparent uselessness to abundant fruitfulness.

Suzanne left home with 8/ in her pocket. As Mère Marie des Douleurs, she continued the same tradition. But the response to her conviction was such that it was proved to be well founded: when, after apparently insuperable difficulties, the first Priory was opened, enquiries came from all parts of the world.

The young women who came to join the first three companions, did not find a pseudo nursing home in which to compare their ailments: no Sister is permitted to mention her health except to the Prioress and the Doctor. Some are blind or deaf, many are paralyzed and others have no arms or amputated legs. It does not matter: often, the most handicapped is spiritually the strongest, and physically, each can contribute something to the communal life that is the basis of their rule of life.



*Blind Postulant Chanting Office from Braille*

In France and England, there are dispensaries for the poor, a guest house, poultry farm, a printing press, and catechism classes are held for children and days of prayer and quiet for their parents. In America, there is a research centre for tracing the early symptoms of cancer. (See cuts, left).

So we cover the years between 1930 and 1950, when Rome approved the Congregation and it became formally recognized. And so onwards, always remembering that Mère Marie is herself crippled and an invalid, until we come to that February day two years ago when she stayed with my family while establishing a Priory in England.

Her visit sparkled with her wit and humour, as she told us about her war-time experiences during the occupation - exciting enough to merit a book in themselves.

Now there are ten nuns at St. John's Priory, and from the first, the local people showed real generosity and enthusiasm, supporting them all through the first chill weeks in a strange country. This is always the way - denominations do not matter, and everyone recognizes the courage and spirit of the "sick nuns."

There is a lay association called the "Friends of the Sick" which anyone interested can join. They do much to make practical problems easier for the Sisters, but in the Priors the nuns are self-supporting and they do all the work themselves.

Prayer is the strongest support of all, and the Union of the Sick is a spiritual association: and a storehouse to which anyone who is handicapped can contribute - and, I need not add, draw upon too. The bond between the Sisters and their fellow-sufferers in "the World" is one which has demonstrated their vocation very clearly.

Space does not allow for all the other details one wants to add. But anyone can write to the Prioress at REGINA MUNDI PRIORY, DEVON, PENNSYLVANIA and I am sure that everyone would find encouragement and help - delightfully mingled with sound sense and good humour - in reading Mère Marie's book, "Joy Out of Sorrow." It can be obtained from the Priory.

When Mère Marie landed in New York in 1954, she had 5 dollars in her pocket. The following year, Regina Mundi was opened, given and furnished by a mysterious band of those benefactors who people her story and the story of her Congregation - the "Sisters of Jesus Crucified."

Their motto is the two words at the head of this description - "Amen" (so be it)... "Alleluia" (the praise of God). ●●●



LEARNING screening technique



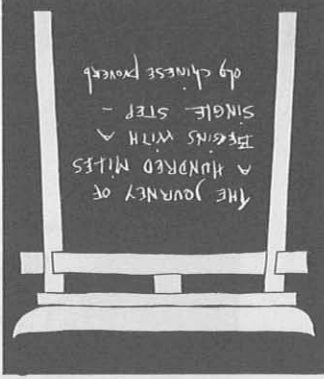
Regina Mundi Priory

**BULLETIN BOARD**

Has anyone  
tried  
an  
electric  
toothbrush



THE JOURNEY OF  
A HUNDRED MILES  
BEGINS WITH  
A SINGLE STEP -  
BY CHINESE PROVERB



**INSURANCE PROBLEMS?**

RESPO ATTORNEY, J. TANAY WILLCOX JR.  
WILL ASSIST IN SECURING INSURANCE AND/OR ANNUITIES  
WRITE TO HIM: % FINKBINDER CO. - SUITE 1300  
1405 LOCUST ST  
PHILADELPHIA, 2, PENNSYLVANIA

TANAY HAS ALSO OFFERED TO HELP YOU  
INTERPRET YOUR OWN STATE'S NEW  
LEGISLATION FOR THE DISABLED

ALL  
the books  
published by  
We, The Handicapped  
listed on the  
Bulletin Board  
Indian Summer  
1960  
are  
out of print

16

**COUPON RESPONSE INTERNATIONAL**

This coupon is exchangeable in any country  
of the Universal Postal Union for a postage  
stamp or postage stamps representing the  
amount of postage for an ordinary single-rate  
letter destined for a foreign country.

International Reply Coupon

Postage can be a prohibitive expense...  
a deterrent to correspondence in India...  
especially for our friends in India...  
So, send them [International] Response  
Coupons... They cost 1% at U.S. Post  
Offices... They can be exchanged for  
the local stamps of any country...

**Christmas Card Artists: SEND US YOUR SAMPLES! SOON!**

CALL OR WRITE THE PUBLIC RELATIONS DEPARTMENT OF YOUR  
LOCAL UTILITY COMPANY NOW!  
They will give you special  
instructions and a special  
number and extension to call.  
(IN CLEVELAND - CALL THE  
TROUBLE DEPT - FR 1-3535  
EXTENSION 5A1)

**ARE YOU PREPARED FOR POWER FAILURE?**

**TJG CHESS = BY = MAIL TOURNAMENT**

SEND YOUR NAME AND ADDRESS TO:  
DON EGGER, R.R. 2, LIBERTY, S.C.

ASSIGNING PARTNERS AND COLOR  
FIRST PRIZE: \$10.00  
SECOND PRIZE: \$5.00



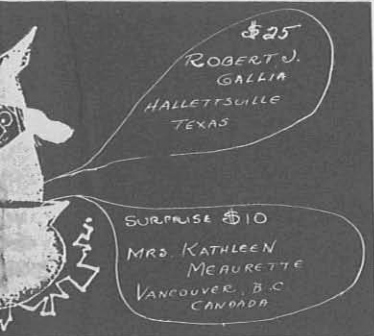
DEADLINE FOR  
ENTRIES: MAY 15

Fill out CENSUS

Have you moved?  
keep your address up-to-date

**Winners!**

THOMPSON  
PORTABLE  
RESPIRATOR -  
DR. RONALD H. DONOFF  
INDIANAPOLIS  
INDIANA



\$25



ROBERT J. GALLIA  
HALLETTSVILLE  
TEXAS

SURPRISE \$10

MRS. KATHLEEN  
MEASURETTE  
VANCOUVER, B.C.  
CANADA

How would you plan the  
PERFECT RESPO REST HOME?

- WRITE US YOUR IDEAS •
- NO DREAMS TOO FANTASTIC •
- STRETCH YOUR IMAGINATION •


**GRAPHOLOGY -**  
(STUDY OF HANDWRITING)  
.....  
NOW USED BY SCHOOLS AND  
INDUSTRIAL PSYCHOLOGISTS -  
.....  
A POSSIBLE BUSINESS FOR RESPOS?  
▲ ▲ ▲ ▲  
WILL SOME OF YOU HELP US BY  
INVESTIGATING THE POSSIBILITIES,  
TRAINING, REMUNERATION, ETC.?

send in your **CENSUS**

SEND IN YOUR CENSUS!  
CUT YOURSELF IN FOR A PIECE OF  
THE PIE!  
WE HAVE MORE DOUGH  
(\$\$) IN THE POT!  
NEXT DRAWING: JULY 4TH  
EVERYONE WHO HAS FILLED IN  
A CENSUS HAS A CHANCE!

you haven't heard?

CQ CQ CQ HANDICAPPED HAMS

TJG has a Ham next door:

Joel C. Carpenter  
24 Walnut Street  
Chagrin Falls, Ohio

Call: W8RYR  
Home Station  
Rcvr. Collins 75A4  
Xmtr. HT32-HT33A- SSB, AM, CW  
Can Phone Patch  
1000 Watts input. Ant.  
3 Element Triband Beam

**SEND TODAY!**

Send him: • Name, address and call letters • Type of equipment used, and whether CW, AM or SSB • Bands and frequencies which can be worked • Time available for working ham radio, that is - what days and what times of the day can be used.

Please be a bit extravagant =  
write to us on only one side of  
the paper = We paste all your  
letters, cards, clippings in notebooks

ARTISTS! CRAFTSMEN!  
send samples  
CRAFTS by HANDICAPPED  
SOLD ON CONSIGNMENT  
JEAN RYAN, ROUTE 2  
DUNDEE, ILLINOIS

LOST YOUR CENSUS?  
Drop us a card  
We'll send you another

★ DID YOU NOTICE OUR NEW STREAMLINED NAME?  
IRON LUNG POLIOS, INC.  
(TELL ALL YOUR RICH FRIENDS THAT WE  
ARE NON-PROFIT, TAX-DEDUCTIBLE!)

# TRAVEL

BY

RESPOS

STATION WAGON

CARAVAN

TRAILER

SCHOOL BUS

FLYING

CAMPING

TRAIN

HOUSEBOAT

TRAVEL NOTES

## TRAILER STATION WAGON

by Mrs. Cecil Ray  
162 Mink Drive  
San Antonio 1  
Texas

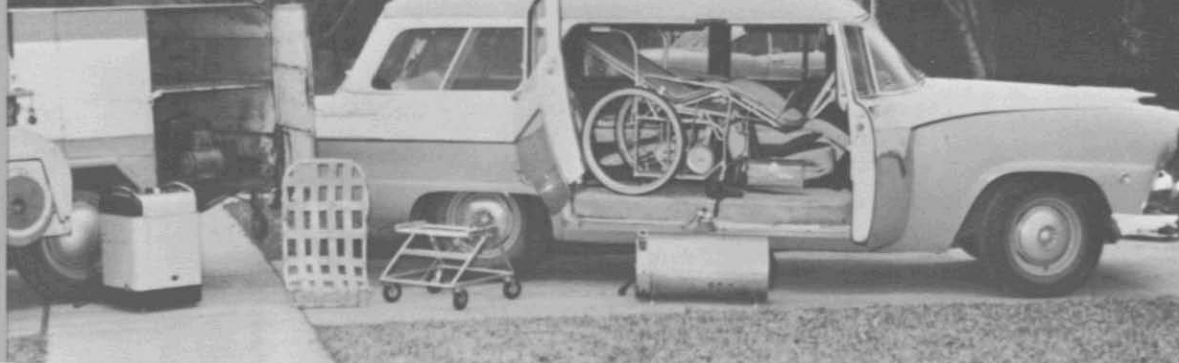


Travel is a family affair with us, thanks to the special respiratory equipment which my husband has devised. Cecil is a superintendent of Baptist missions and a mechanical wizard for our daughter, Susan. Susan is 13 years old and has had polio since she was 4. Her brother, Lenny, is 11. Together, in our station wagon and trailer, we have all had some wonderful adventures.

In the spring of 1955, a group of Lubbock business men and friends gave us a new Ford station wagon. Cecil cut out the center post, and attached it to the rear door, which he rehinged. He removed half the middle seat section and all of the front seat, replacing it with a single seat. He installed a platform, for smooth riding surface, with straps to anchor the chair or the tank base.

Then he built a trailer of sheet metal to match the car. It has doors on both sides for greater convenience. It includes compartments for each piece of our travelling respiratory equipment.





The large photograph above shows all our travel equipment. Left to right: the rear of the trailer carries the "Tiny" (upper) and "Rambler" tanks; middle section carries Huxley respirator and clothes closet; front section carries large wheel base of Multi-purpose rocking chair-bed (TjG, Spring, 1960), gasoline A.C. generator, bath chair, suitcases. Large wheel base of the Multi-purpose is shown inside the car, with the small base end and the home-made D.C. respirator unit on the ground beside. We also have an extra 12 volt battery and a D.C. aspirator.

The Tiny tank is too small for sleeping overnight. But it makes possible one-day trips when we can leave the trailer behind. It rides on the small base (see little cut above). It is designed so that the collar is "put on" not "through." Both Tiny and Rambler operate on the Huxley for A.C. or the car unit for D.C.

Susan's breathing schedule goes right on during hour after hour of driving. (She uses aid 23 hours a day). While travelling, she alternates using the chest shell and the Tiny tank, both on the D.C. unit.

One day we went up Pike's Peak. Another day, we drove around Pike's Peak to the little town of Cripple Creek. We

set the bed section of the chair on a small observation train (called the "Dead Horse Special") and took a thirty minute tour inside the gold mine.

At Chattanooga, Tennessee, we explored Ruby Falls Cave. Because it is a fairly level tunnel, back into the heart of the mountain, we felt we could take Susan in. At one place, the trail became too narrow for the large wheel base of her chair, so we parked it, and carried her the rest of the way in her bed section. In the mountains of New Mexico, we carried her up a Ranger Fire Lookout (altitude: 12,000 feet).

Some of the other places we have taken her were: the Southern Baptist Convention in Miami, Florida; San Angelo, Texas; the Great Smoky Mountains National Park; Colorado Springs; Glorieta, New Mexico; Yellowstone National Park; Mesa Verde National Park; the Arches National Monument; Salt Lake City and the Grand Tetons.

Since my husband has built almost everything we have, he can repair any of it at a filling station or garage. He even carries a welding rod along in case some of the aluminum equipment breaks, so he can borrow a torch and do the job himself. If any TjG readers are interested in building anything similar, we will supply complete details, plans, etc.



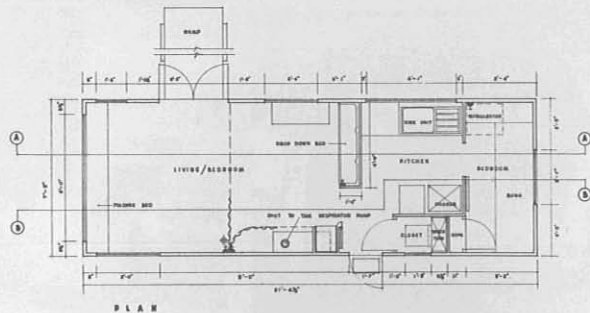
C A R A V A N

COVER:

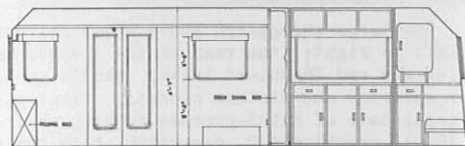
Bishop Robin and  
Dr. Sandiford  
welcome  
Heather Ruffell,  
with her father,  
Brigadier Blundell,  
to the Caravan

by Tom Rowley, National Vice-Chairman  
Infantile Paralysis Fellowship  
London, W.C.1, England

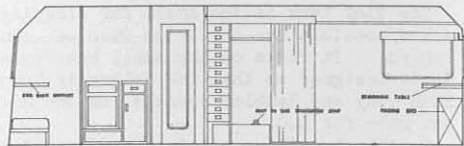
How would you like to spend a holiday by the sea in two beautiful caravans (trailers) especially available for you and your family? This is not a dream. The caravans are now a reality for English respos. One is large and roomy for you and your equipment and your attendant. It is fully equipped to handle any respiratory equipment that you would need. There is a TV, ramp, telephone and a well-equipped kitchen, as well as plenty of room for guests. Adjoining, is a second, smaller caravan in which your family can sleep.



PLAN



SECTION A-A



SECTION B-B

I.P.F. 'LANTERN' CARAVAN

The caravans became a reality through the zealous leadership of the Infantile Paralysis Fellowship. Dr. H. B. Sandiford, of the nearby Portsmouth Infectious Diseases Hospital had the original idea. He planned the construction and apparatus and worked closely with the Fellowship in making the scheme possible.

The caravans' permanent address is the lovely setting of the Langstone Harbour, the Portsdown Hills and the River Solent. They are "moored" there because of the special power lines and because of their nearness to the Portsmouth Hospital should any respiratory emergency arise.

From the outside, the larger one is simply a roomy, attractive caravan but inside, it has a number of unique and interesting features which make it, in fact, the only caravan of its kind in the world. Entering the wide front door by ramp, the first impression is of unusual spaciousness, for from the left of the door up to the kitchen partition is room for a full size bed which folds up into the partition. On the right of the door, across the end of the caravan, is a divan-bed for a second occupant. On the far wall from the kitchen opening, is a long roomy curtained off wardrobe. Most important, it contains a pumping machine capable of supplying air to any type of breathing machine. Yet, so spacious is this room that it can take a full size iron lung. At the other end, with a separate entrance, is a well-fitted, compact kitchen, behind which is a bedroom with two-tiered single beds.

The official opening of the Lantern Caravans took place on May 14, 1960 and it was attended by a large crowd of interested spectators. The proceedings were opened by Dr. Eric Johnson, National Chairman of the I.P.F., Right Reverend B. P. Robin, Assistant Bishop of Portsmouth, Dr. MacLachlan and Dr. Sandiford of the Portsmouth Hospital.

The caravans were used every week last year from the opening until late in the Fall by different respos and their families. They sunned and relaxed, and watched their children play by the sea, and enjoyed the lovely harbour. Now, they are signing up for another respo holiday this year.



(left to right)—Staff Nurse Tull, Mrs. Heather Ruffell, Bishop Robin and Dr. Sandiford.

Heather Ruffell (see cut above) was the first official visitor and the honored guest at the opening ceremonies. By a remarkable coincidence, it was also Heather's birthday. The Portsmouth Branch of the I.P.F. presented her with a most delightful birthday cake, in the shape of an exact replica of the caravan, even to the T.V. aerial.

- Condensed from I.P.F. BULLETIN, June, 1960

ED Note: The I.P.F. has graciously extended an invitation to any respiratory from the United States or Canada who may be in Europe to spend a week. Address your inquiry about open dates to: Dr. H. B. Sandiford, 3 Boundary Way, Gosham, Portsmouth, England.

## TRAILER

by Vera Larson  
775 Leonard St. N.E.  
Grand Rapids 5, Michigan

We were never able to spend a vacation away from home until two years ago. Then we bought a small house trailer and my husband, Harry, built a plywood respirator in it.

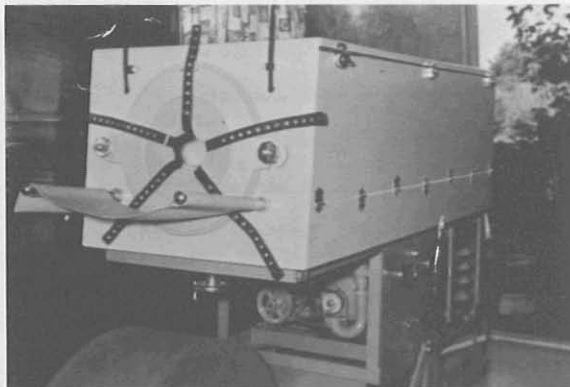
The "tank" part is made of plywood and a cover on the tank lifts up rather than having the section slide out. He got an old American iron lung that a hospital wanted to dispose of and the motor and drive assembly came from that. A Drinker bellows furnishes the air pressure. (See cut right). We take along our generator in case of power failure.

We have used the trailer two summers now, and I cannot begin to tell you the enjoyment it has given us. Most of our trips are weekends spent with my sister and her family on Lake Michigan, about 50 miles away. They live right on the Lake, so my boys (Tom, 13, and Dick, 12) can enjoy the water.

There is only room in the trailer for Harry and me to sleep. So, Mother and the boys sleep in the house wherever we are visiting. Once each summer, we have spent a week with my brother and his family, 400 miles away, at their cabin in the woods, near Lake Superior. (See cut right).

The first night we spent in the woods, I was just falling asleep when I felt something bumping the outside of the trailer. Our dog started to whimper (he always sleeps with us in the trailer) so we knew something was out there. We could hear a gnawing sound underneath us. Harry stamped on the floor and our "monster" ran away. We found out later it had been a porcupine chewing on the wooden parts of the trailer. After that night nothing bothered us.

During the day, I travel up front in our 1960 Rambler, using the reclining seat. I have a chest respirator that can be plugged into the cigarette lighter of the car if needed.



## ●● COLLEGE ON WHEELS

I find that there are very few colleges which are actually set up for wheelchair accommodations. The University of Illinois is the only college which has a concentrated program with ramps to all buildings, plus elevators.

CECILE HUSH, Greenville, Ohio

(ED: We'd like to hear from Readers about more colleges)

## ●● WOULD-BE FROG BREATHER IN ARGENTINA

I am 14 years old. I have a high school education. Polio in 1955. I live with my family. I use respiration at night and the rocking bed during the day. When I sit in my wheel chair, I paint, play games and make poems. I hope to get my lawyer degree. I wish to learn frog breathing.

MARTINIANA ANTONINI, Cabello 3791, 2 Piso, D.I.

Buenos Aires, Republica Argentina

## ●● MORE ABOUT FROG BREATHING

I instruct senior student nurses in the nursing care of poliomyelitis patients, so find your magazine very helpful in explaining glossopharyngeal breathing to them.

MRS. K. A. DIETRICH, Vancouver Gen. Hosp., B.C., Canada

I am able to frog-breathe, but find it impracticable due to unpreventable leakage from my tracheotomy. Do you know of any one similar who has managed to get over this problem of leakage. I use positive pressure in the trach.

JOHN A GUDGEON, 26 East Green, Blackwater, Camberley, Surrey, England

I had tried to learn to frog breathe. I'd even seen movies showing how to master it. One night last August every one had gone to a rodeo, and I took the TjG (Spring, 1960), with the determination I was going to learn. I followed the article step by step several times and finally I had it.

LOUISE GOFF, Box 1517, S.S.S., Springfield, Missouri

## ●● HORIZONTAL CLAIMS TO FAME

To say that any of us has any claim to fame in the horizontal world, necessitates a bit of imagination..I think it is remarkable that my family is intact, all at home, under the same roof, working together.

CARL ALMQUIST, Bergen, New York

I contracted polio the day we were married,so we made the adjustments to marriage and polio at the same time.

LUGENE BAXTER, Columbus, Ohio

I was Honorary Telephone "Queen for a Day" in July, 1958, and I received 3 dozen picture frames, plus many letters. Last year we had 1066 visitors, which may not entitle us to any claim to fame, but left us very few dull moments.

MYRA JOHNSTON, Los Angeles, California

## ●● HORIZONTAL OR VERTICAL TJG?

The new format is rather not to my liking and I have been trying to figure out its reason. Maybe it lies open better for reading sticks (this it does) but for trying to turn by hand, it doesn't work well.

JUANITA PUSATERI, Three Rivers, California

Easy to read with mouthstick.

LAMAR KISHLAR JR., Webster Groves, Missouri

Difficult to turn the pages with a mouthstick.

LOU MORRIS, Jackson, Michigan

Your latest issue was the most attractive editorial layout I have seen in quite some time.

GEORGE C. BECKMANN JR., Administrator of Medical Operations, Warm Springs, Georgia

CONTINUED



THE MAIL BOX

•• THE LEGISLATION MAIL BOX

TjG readers are making many suggestions for legislation, both State and Federal, to achieve our Maximum Peoplepower and to solve our critical problems. The following excerpts represent the hundreds of letters we are receiving:

• Because I was a quadriplegic veteran, the VA paid \$10,000 towards building me a home. This was 11 years ago. Since then, I have been earning my living and paying taxes. If I had stayed in a hospital at \$20 a day, it would have cost the VA \$81,000 - JMP

• There is nothing in the Federal Housing Act to lend a hand to the totally disabled - HVS

• The totally disabled are entitled to the same exemption as the blind, which is \$1200 per person, and the same break on postal regulations and travel - VC

• The totally disabled would further their education, and become self-supporting with scholarships and State and Federal aid - MMcG

• I feel that direct financial aid is not what is needed or wanted. I would much prefer to earn money - RW

• The government should grant an increased deduction for salary of help. If we are to compete with ablebodied people, it is necessary to hire help - EMcC

• Household help for totally disabled women (especially for those with small children) should be deductible - NJP

• We can't afford to buy or maintain respiratory equipment. Some agency should take over where the National Foundation leaves off - ES

• We need help on respiratory equipment, similar to the "Talking Book" Machines for the blind, which the government gives on an indefinite loan basis and maintains - EH

• In the back of my mind is always the fear that something will happen to my wife, on whom I depend for my care - BM

• It is increasingly harder for our parents to care for us as they grow older - JS

• NF's sudden withdrawal of support for paying home care was catastrophic for some of us. We need emergency State or Federal aid to help us through this crisis - SS

•• KNOW YOUR GOVERNMENT AGENCIES

The disabled person owes it to himself, if not to those around him, to fully acquaint himself with the government agencies, the rehab centers with their highly trained specialists and the organizations and publications which help so much. Then, he should also be continually seeking out less apparent sources, especially contact with others for interchange of ideas and information.

LARRY ABBOTT, Almeria, Nebraska

(ED: Send your name and address to: Supt. of Documents, Govt. Printing Office, Washington 25, D.C. for FREE Bi-weekly, "Selected U.S. Government Publications".

Check with your local Public Welfare Office for details about the Aid to Disabled Adults (if over 18) which may be available to you in your State.

Every State has Vocational Rehabilitation for the disabled. Check with your local Division of Vocational Rehabilitation for counseling, training and job finding.)

T R A I N

NAIROBI TO MOMBASA:  
300 miles east  
5000 feet down

by Ian Bompas, Box 205,  
Infectious Diseases Hosp., Nairobi,  
Kenya Colony, British East Africa

Illustrations mouthsticked by  
Margaret Anderson, 432 Lafayette  
Excelsior, Minnesota

Last summer I went from Nairobi to Mombasa by train and spent a three month holiday there. The local railway kindly fitted me up with my own carriage and a generating plant for my tank.

I had quite a trip. Our railways are pretty old fashioned. After 13½ hours of bumping and shaking through the high cool English-type countryside, the dry open Athi Plains teeming with game, and the thick thorn shrub of Tsavo, we reached the humid hot coastal belt.

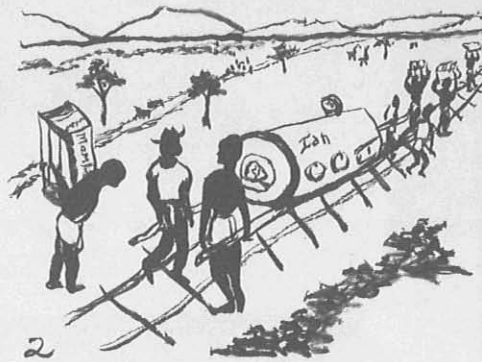
This was the real tropics, palm trees and everything. Mombasa, Kenya's chief sea port, was a fascinating mixture of the new and the old. It was quite a sight to see ocean liners pass old Arab dhows.

I was the only polio patient there and had a five room bungalow. It was rather lonely after Nairobi, but it had its compensations - a chance to paint new scenes, the warm sea (which I went into daily), and a couple of lovely nurses.

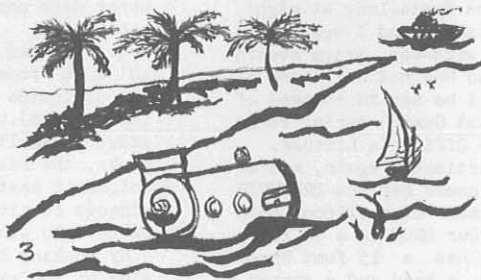
What more could a man want?



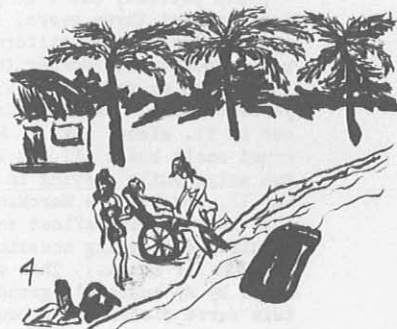
1  
AFRICAN SAFARI — IN MY OWN CARRIAGE



2  
— ON OLD FASHIONED RAILWAYS



3  
— TO A TROPICAL SEA PORT



4  
— WITH LOVELY NURSES



SEAGOING  
HOUSEBOAT

by Laurie Barneson  
152 N. Hudson  
Los Angeles 4,  
California

Rock and roll" is not a likely term to associate with a polio patient, but I do just that during our vacations. For the past three years, I have spent the summer months at Cataline Island, California, aboard our boat on which I use a rocking bed during the day and Porta-lung at night.

Prior to my polio in 1953, my husband and I spent many years sailing. We took frequent week-end trips aboard our 45 ft. sloop, LANI. My husband has not only been around small boats all his life, but he was in command of two ships while serving in the Coast Guard during World War II, and holds a Merchant Marine Officer's License.

In 1957, living afloat seemed practicable again, and we acquired a seagoing houseboat. We named her the DRUMMUIR or DRUM for short. This was the name of a clipper ship owned by my husband's grandfather. Our DRUM is a 52 foot, twin screw diesel motor boat. She has a 15 foot beam. Below aft, are two staterooms with a head and a shower, and a double stateroom for guests with a bathtub. Forward

below is the galley with a stove, large refrigerator and freezer. Forward of that are two small staterooms and lavatory which our Down-Easter one-man crew and our son use. Between the living quarters is the engine room. The upper deck consists of a pilot house forward, and a large cabin aft.

We extended the main cabin by four feet to give us a 10' x 16' room. This enabled us to build a 7' settee on the port side of the cabin, and use it as a bunk for "H" (my husband). Opposite the settee, on the after starboard side, we built in a cabinet. The top we use for serving meals, the rest gives us storage place and a place for an automatic heater. We put in a sliding glass door with windows on either side aft. This gave us a very cheerful cabin with windows on three sides.

My rocking bed was installed on the forward starboard side of the cabin. A cradle was built outside on the aft deck to hold the Porta-lung. Other polio equipment con-

sists of two Monaghans, two suction machines and a hand resuscitator. We borrow an extra suction machine and a Monaghan for the summer months for emergencies.

A major project was to install the electric supply lines that we would need from Catalina Island; 800 feet were needed to reach the existing lines on the island; 285 feet lie on the bottom of the ocean. We installed a generator to supply us with 32 volts d.c. for the boat and 110 volts a.c. for my equipment.

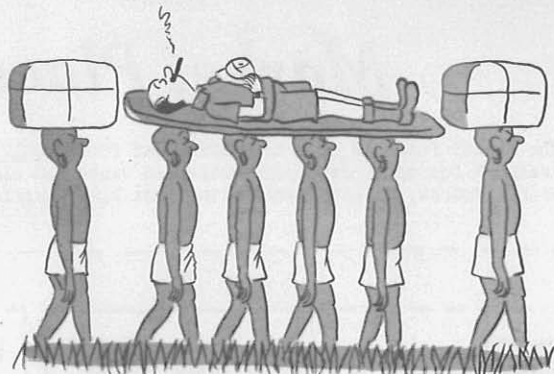
Aboard ship, I live on pretty much the same routine as I do at home. In the morning, while my nurse makes me presentable, "H" cooks the breakfast. He is a good chef. After breakfast, I am lifted from the lung to the settee. The Porta-lung is then removed from the bed and put in its cradle on the deck. Then I sunbathe on the aft deck, and have a bucket of water poured on me for a bath, which I really enjoy. Then, I am carried to the bed and dressed.

Two or three nights a week, we have friends for cocktails before dinner. I see many more people than I do at home. No one is in a mad tear at Catalina, and friends come over from their own boats. The first summer, we had boat house guests every weekend, and this turned out to be too much social life for me. Since then, I have taken it easy and my two children, Nancy and Lee (14 and 12), have all the overnight guests.

At night, when I go to bed, the Porta-lung must be strapped to the bed very securely. The prevailing winds are westerly, but when an easterly blows, the cove can become quite choppy. This rolling alarmed me the first summer, when I was on the rocking bed, but the next year, I was able to take it without qualms.

As a rule, we leave the cove on Thursday morning and arrive at our berth in San Pedro at 1 pm. Here we take on fresh laundry and supplies of food. Friday morning guests or passengers come aboard and we return to the cove for another week. The past two summers, I have lived afloat 8 weeks without leaving the boat.

The cove, in which we have our mooring, is a beautiful spot with many kinds of fish swimming through its clear blue water. We consider this to be one of the most ideal spots to be found anywhere. It still amazes me I am afloat again.



## TRAVEL NOTES:

*McAfee*  
THE SATURDAY EVENING POST

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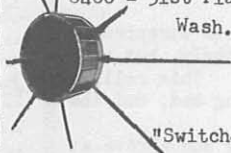


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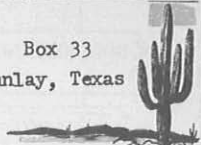
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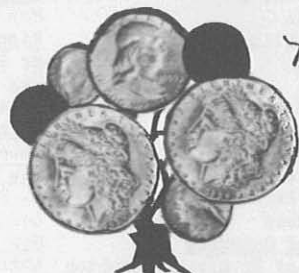
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