

GAZETTE

Toomey j

• fall-winter 1962 •



COMMUNICATIONS
BY THE TOTALLY DISABLED
A 30-Page Special Feature

T J G

Vol.V, No.2

Fall-Winter, 1962

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The TOOMEY J GAZETTE is published twice a year by a volunteer staff of severely disabled (Horizontals) and their non-disabled friends (Verticals). It is a non-profit, tax-deductible organization incorporated as: Iron Lung Polios, Inc.

FREE to respos, other quads and all severely disabled.

QUADS are quadriplegics—those whose four limbs are paralyzed or useless because of disease or injury.

RESPOS are respiratory polios—those who require mechanical breathing aids, such as iron lungs, etc.



TJG AIM: To reach, to inform, and to dignify all respiratory polios, and all other severely disabled young adults, throughout the world.

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Toomey J GAZETTE



Vol.5 No.2 (Fifth Year)

Chagrin Falls, Fall-Winter, 1962

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Photo by Byron Filkins.



A POTENTIAL WRITER IN EVERY QUAD?

“THE future writer” - to quote Malcolm Cowley, incomparable critic of writers' works - “will have been a great reader, with his nose always in a book. He will have been a lonely child, forced to depend upon his inner resources for entertainment, one of which is the habit of carrying on conversations with imaginary playmates; those conversations are the first drafts of his future works. Having come of age, he goes on writing because he has been nominated and elected, so to speak, to that particular office. We can trace these circumstances - the early intensive reading, the time of loneliness, the public approval - in the career of almost every writer whose life has been placed on record.”

Well and good! I think most of us would agree personally with this analysis of writers - past, present, future. But - the suddenly paralyzed quite often proves himself (or herself) to be a different breed of animal. He is suddenly plunged into a deep mental metamorphosis, the catalyst for which is the combination of forced immobility and perpetual suffering. He learns patience and perseverance in a mere overnight class, a study that usually takes up the better part of a lifetime . . . if these virtues are ever to be had. He matures at high velocity, with a violent surge of new insights and increased drive and necessity for understanding. Add to this the fact that writing is often a late-flowering thing, or the desire to write at least, and you have a potential writer or painter in every quad. It is common knowledge that the artist in him often begins to emerge only after he has been stricken; for the first time in his life he has the time to seek out some means of self-expression.

- Dana Stanton

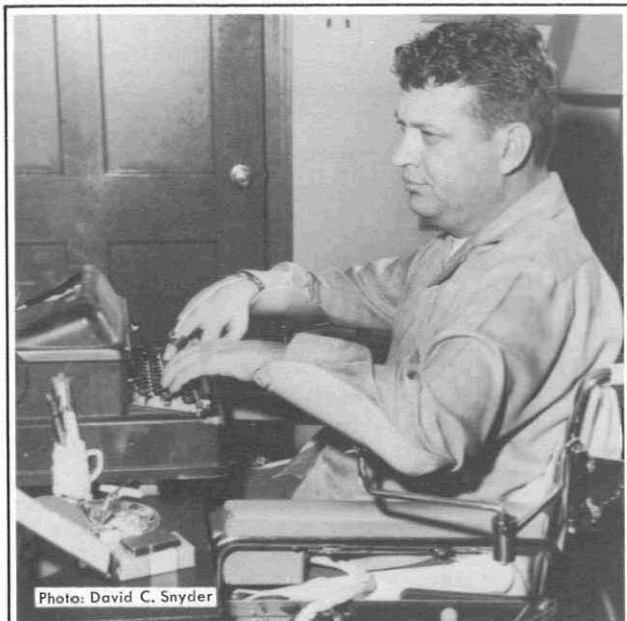


Photo: David C. Snyder

Dana Stanton, respo, of Denver, Colorado was a pipeline construction foreman. Since polio, he has studied writing at the University of Colorado and is now employed as a radio dispatcher. His latest article was published in WRITER'S DIGEST of June 1962.

*

We are happy to announce that the Famous Writers School in Westport, Connecticut presented to TjG a 3-year home study scholarship, valued at approximately \$500, to be awarded to a severely handicapped writer.

A committee of three professional Cleveland writers selected Dana Stanton as the winner, after reviewing all the articles submitted to TjG this year.

Thoughts on Writing

Excerpts from the letters
of four successful writers
answering the questions of neophytes

QUESTION: What are your recommendations for the would-be writer?

Dana Stanton: Let's face it, the first thing one does is to make up his mind to quit sitting on his past and take a swing at the future. If this is to be writing, then he has to drag himself up to that typewriter and write even if it is the worst tripe to blot the blank page.

Joy Culp: Yes, I agree. Get in and write. Set a reasonable amount of output daily and really try to fulfill it. Keep a notebook of story ideas for when your mind is an absolute blank. (That's any morning you face a fresh sheet of paper in your typewriter.)

Harry Driver: I think this discipline eventually marks the difference between the successful professional and the amateur. Success in professional writing is approximately 10% inspiration and 90% hard work.

QUESTION: Do you believe the beginning writer should take any courses?

Chris Ford: Yes, if you must, you may study at home,

but I have enjoyed the adult study classes at night in my area. A good background in writing technique is essential no matter how you get it. Arm yourself with the tools of good grammar and the mechanics of punctuation. There was a time when the writer could neglect both - not so now. Today, in keen competition, the writer must do the best, most complete, and neatest job he is capable of doing.

Joy Culp: Take a course. I was ten years gone from my alma mater and needed a refresher on composition.

Chris Ford: Essentially we all agree on what we must do, whatever the method. We must get away from lazy habits of expressing ourselves. Most of us really aren't very explicit as a rule.

QUESTION: What about markets?

Harry Driver: A would-be writer should study very



Joy Culp of Kellogg, Idaho, a polio quad, types with an artificial muscle and uses a rocker arm support. A widowed mother of two teenage children, she writes "confessions," which are "long on human interest and emotion...Sex is used like garlic in a salad, to taste."

Harry Driver of Manchester, England, now types his manuscripts with a mouthstick. Before polio, he was a part-time comedian. Now he writes a dramatic serial, "Coronation Street," for British television. He also writes routines for Harry Worth, famous British comedian.



carefully the market where he intends to sell his work. He should decide in the early days which particular type of writing he feels he can succeed at, whether it be short stories, novels, television comedy, drama, etc. Having decided in which particular sphere he wants to specialize, he should then make it his business to learn all he can about that particular type of writing. If it is television, as in my case, he should attempt to learn just what can and cannot be done in a television studio and especially the type of play producers are looking for.

Joy Culp: That's right, study the particular markets that you eventually hope to sell to by reading and analyzing every story in each issue. Tear the story apart not only from the point of construction, flashback, first person, etc. but also reader interest. Is an unhappy ending acceptable? Are the males employed as advertising men? As professors or truck

drivers? Magazines each have their own particular audience.

Dana Stanton: Yes, I, too, reread to study the author's construction of the work. I tear down the work sentence by sentence, paragraph by paragraph. I think you should find out what made you read the piece through.

Chris Ford: This all may be very true, but a beginning writer should realize his own limitations as an artist. He should not send everything to the larger magazines which reject about 90% of the material sent to them. Church and trade journals are really hungry for copy. They don't pay much but, if one has a steady stream of material to submit, he can get by.

QUESTION: In studying about markets what have you to suggest specifically?

Chris Ford lives in a self-supporting cerebral palsy home in Florida. Since studying journalism, he has been successfully condensing professional material and revising insurance testimony.



Dana Stanton: Read the writers' journals*, discover for yourself what other writers are doing - how they are doing. *PRINTER'S INK*, *AUTHOR & JOURNALIST* - are helpful to the neophyte.

Joy Culp: These magazines are good as they give you a monthly nudge. *WRITER'S DIGEST* and *THE WRITER* have sections called "Writer's Market" listing magazines and editors according to type: Western, Science Fiction, Women's Market, etc.

QUESTION: What about rejections?

Harry Driver: Don't be discouraged by early failures. No one would expect to become an accountant overnight. It takes time to learn the writing profession. ●●●

**THE WRITER*, 8 Arlington Square, Boston 16, Mass. Monthly. \$5 yr.

WRITER'S DIGEST, 22 E. 12th St., Cincinnati 10, Ohio. Monthly. \$3.50 yr.

PRINTER'S INK, 205 E. 42nd St., New York 17, N.Y. Weekly. \$5 yr.

AUTHOR & JOURNALIST, 1313 National Bank of Topeka Bldg., Topeka, Kansas. Monthly. \$2.50 yr.



Getting Turned Down

by Robert H. Albright
Rochester, N.Y.

In the summer of '57 things were looking gray for me. A year and a half after release from

the Buffalo Respirator Center I was still bound to wheelchair and rocking bed. Debts were beginning to creep up around me and, to top it off, I had just fallen off the porch steps and broken my leg.

Then, like manna, a letter dropped into my life. A letter from the SATURDAY EVENING POST, informing me of acceptance of a short story I had submitted several weeks before. A check was on the way for \$1000. In a lightning flash my future seemed to have been transformed. Visions of a steady flow of published stories (and publishers' checks) danced through my head. My friends and family were certain that at last I had "made it."

But as I began to submit new stories to the POST and other magazines, it became clear that I had not seen the last of rejection slips. Now I know that what happened to me is a rather common occurrence. Trying to sell what you write is, frankly, about as dependable a way of making a living as gold mining. You may strike it rich almost at once, or you may spend a lifetime in profitless effort. Beginning writers need to realize that no authors, even the "big names," ever reach a point where sales become automatic. Mark Twain continued to get rejection slips to the end of his life, and so will all of us of lesser light.

Writing and selling

“I am not much of an authority on writing as AND GOD SAID, NO is my only published work. I do know enough, however, to suggest that very few writers can earn enough to set themselves up financially for life. It would be more realistic to think in terms of a wild spree at McDonald's Hamburger Palace.


I didn't think of money when I first began working on my book. It was just something I had to get out of my system and down on paper. I first planned to write a sort of family chronicle - something that I could give to friends and relatives. One day, as I was reading WRITER'S DIGEST, I noticed a contest for non-fiction. In order to push myself into finishing the book, I decided to enter the contest. I did not win. The letter of rejection was encouraging enough to spur me to send it off again.

I tried my own church publishing house, Augustana Book Concern of Rock Island, Illinois. They had the manuscript for almost five months before they wrote back to say that, with some revision and shortening, they would accept and publish my book. As I worked with the editor, I learned as much about writing in the revision as I did in the original writing.

Just before the book came out in May of 1961, I did sign a contract. I was to receive 10%. The publisher needed several hundred for publicity and I did not receive royalty on them. They published only 2500 copies, so you can see that we are not dealing with high finance.

Writing is as thrilling and exciting as mountain climbing. When I find exactly the right word for a particular sentence I feel like Columbus at the first sight of land.

I might say in passing that there is no magic in simply writing down a valiant story of a polio victim. Any story must be well-written before it has a chance of being accepted.”

 Letter from Lael Cappaert of Ann Arbor, Michigan who wrote the respo story of her young daughter, Andrea.

Special Writing Fields

Writing is a field with many faces. The possibilities are unlimited for qualified persons with writing ability. Many writers with no interest or talent for the field of fiction, have found their forte lies in specialized types of non-fiction writing.

On this and the following pages, we introduce a few of the many severely disabled writers who have been successful in varied fields:

CHILDREN'S BOOKS

Alyce Mae Bergey has enough muscle in one finger of her left hand to rocket a mouse to the moon. Paralyzed by polio since the age of 15, she used that one finger to tap out a book for children, *ROCKY, THE ROCKET MOUSE*, which was published in 1961 by T. S. Denison & Co., Minneapolis. Another children's book, *THE WORLD GOD MADE*, is being published and she is working on a third. (She is shown here with Mrs. Irvin Johnson.)



Photo: Minneapolis Star



SHORT STORIES

Bert Hudson of Vancouver, B.C. was stricken with respiratory polio while serving as a radar officer in the Laurentian Mountains of Quebec. He was 34 years old, married, with five children. After psychological evaluation, he embarked on a new post-polio career:

"I enrolled in a government short story writing course, dictating lessons to a typist. The sentences gradually lost their awkwardness. With the help of a tape recorder and someone handy to rewrite and polish, I completed the course with good marks and thought I had arrived. I daily sent my stories and articles off to the big, slick magazines. You guessed it, I received 100% rejection slips.

"At this point, I enlisted in the Palmer School of Authorship in Hollywood and started all over again. This time, not writing for high school teachers and their compliments, but with hardened professionals. They show why your pleasant little stories will not be read past the first page by any editor who knows the taste preferences of his readers. "Within a year, I was selling little articles and had some short essays accepted by the CBC. I can now participate on an equal basis with the rest of the world and it is pleasant to note that my children do not refer to me as a polio victim but as an Author!"



RELIGIOUS MAGAZINE

The Reverend Arthur E. Gordon of Oxford, Penna., a respo, edits a monthly eight-page religious magazine, TRIUMPH, which is sent to 2000 people throughout the world.



Oxford News Photo

SPORTS COLUMN AND RADIO PROGRAM

John Jordan, respo, of New Castle, Indiana, is editor of his monthly church paper and does a sports column and sports news and comment on his local radio station.



PROFESSIONAL

Jeanice Hantz, R.N. has been a respo since 1956. The National Foundation has published her writings on various diseases. She has written extensively on compulsory polio immunization for pre-school children in her native Kansas.



POETRY

Margaret Norris, respo, is a Wac veteran-patient at the V.A. Hospital, Bay Pines, Florida. She writes poems and articles with an incisive flair.

Margaret suggests that all hospitalized veterans, who have a desire to write, investigate the H. V. W. P. (Hospitalized Veterans' Writing Project), 333 E. Huron St., Chicago 11, Illinois. They promote both Annual and Quarterly Contests and award cash prizes, books, watches, etc.

Following are excerpts from one of her letters to a fellow polio in Canada who sought her advice on writing poetry:

"Good poems and songs are rewritten and rewritten. Two good books are **HOW TO REVISE YOUR OWN POEMS** by Anne Hamilton, and **THE HOLLOW REED** by Mary J. Y. Wrinn.

"Remember that a lot of poems and songs never go anywhere but into your file, either because you feel they need more reworking or just aren't quite good enough. So what? You've had the pleasure and practice of writing them. Not all poems can be your best.

"Try sending one of your good poems or songs to your local newspaper, radio or church. They may not pay you anything, but you have the fun of seeing your work in print and receiving comments from friends and acquaintances."

CONTINUED



NEWSPAPER COLUMN

Burton H. Fern, M.D. a pre-respo pediatrician, writes a nationwide King Features Syndicate column titled, "Inside You and Yours," which combines medical wisdom and sly touches of humor.



Ruffy Studio

BIOGRAPHY

Luther Robinson, a school principal of Lenoir, North Carolina, told the story of his daughter, Alta, in *WE MADE PEACE WITH POLIO*. He advises other would-be biographers: "It is not easy to write about your own experiences, because you must relive them. It is difficult to get a first book published by an unknown author. Financial rewards are small since the author receives only 10% of the retail price. About six or seven thousand copies were sold in this country and it was translated into Swedish and published in installments in a newspaper in Stockholm."

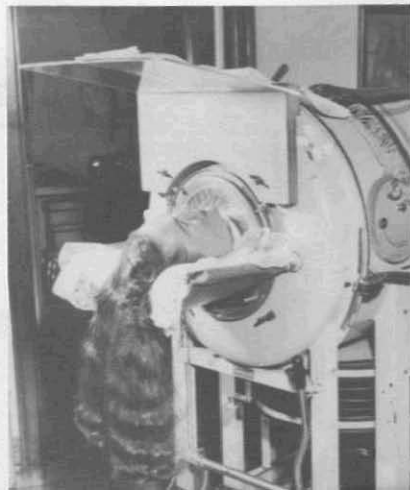
AUTOBIOGRAPHIES

Ken Kingery, who has been a respo since 1952, is shown with his family at his home in Stoughton, Wisconsin. Ken is a graduate of Kenyon College and a veteran of two wars. After polio, he studied writing by correspondence with the University of Wisconsin. He now earns a living as a freelance writer. He has had a number of magazine articles published and has just completed a 360-page autobiography titled, *CAN DO* on which he worked for three years.



Jane Boyle Needham was* one of America's most famous polio victims. With Rosemary Taylor, she told the story of her life after polio, of her struggles to keep her children and make a home for them. Her story is gay and poignantly humorous, aptly titled, *LOOKING UP*.

*We have sad-making news to report: Jane died this fall of complications following a gall bladder operation.



For those who write professionally, rejection slips from editors are something you learn to live with. They can range in politeness from a cold, mimeographed form letter to a warm, personalized, handwritten note from the editor, himself. But here's the cotton-pickin' end! Author anonymous.

A Chinese Editor Rejects a Manuscript



Illustrious brother of the sun and moon—Behold thy servant prostrate before thy feet. I kowtow to thee and beg of thy graciousness thou mayest grant that I may speak and live. Thy honored manuscript has deigned to cast the light of its august countenance upon me. With raptures I have pursued it. By the bones of my ancestors, never have I encountered such wit, such pathos, such lofty thoughts. With fear and trembling I return the writing. Were I to publish the treasure you sent me, the Emperor would order that it should be made the standard, and that none be published except such as equalled it. Knowing literature as I do, and that it would be impossible in ten thousand years to equal what you have done, I send your writing back. Ten thousand times I crave your pardon. Behold my head is at your feet. Do what you will.

Your servant's servant,
The Editor.

New Library Bibliographies Now Available

As part of its continuing program in professional education, the Library of the National Society for Crippled Children and Adults reproduces for free distribution to interested professional personnel and students a number of bibliographies on specific subjects. Among those that have been compiled or revised recently are the following:

Organized Home Care Programs for the Homebound Disabled. A selection of recent references indexed in *Rehabilitation Literature*. Compiled October, 1962. 16 p. Mimeo.

Special Education. An annotated check list of recent books and pamphlets. Revised September, 1962. 25 p. Mimeo.

A Library on the Rehabilitation of the Physically Handicapped. A selective check list of publications in print. Revised August, 1962. 16 p. Mimeo.

Excerpts from Rehabilitation Literature on Brain Injury in Children. A selection of reviews, digests, abstracts, January, 1960-March, 1962. Compiled April, 1962. Photo-offset. 30 p.

Selection of Recent Books About Handicapped Persons. A check list of popular fiction and biography in the Library. Revised February, 1962. 13 p. Mimeo.

Sources of Information on Self-Help Devices for the Handicapped. Selected references compiled by the Library. Revised January, 1962. 2 p. Mimeo.

A Selected List of Periodicals That Publish Articles Concerning the Handicapped. Revised January, 1962. 10 p. Mimeo.

Selected References on the Vocational Rehabilitation, Placement, and Employment of Handicapped Workers. Revised January, 1962. 15 p. Mimeo.

Books To Help Children Adjust to a Hospital Situation. Compiled by Vera S. Flandorf, Librarian, Children's Memorial Hospital, Chicago. February, 1956. (With supplements dated March, 1958, March, 1960, October, 1962) 38 p. Mimeo.

Single copies of any of the above-listed bibliographies are available without charge on request to the Library.



Address your requests to:

Publications Office
National Society for Crippled Children and Adults, Inc.
2023 West Ogden Avenue
Chicago 12, Illinois



Amateur Radio

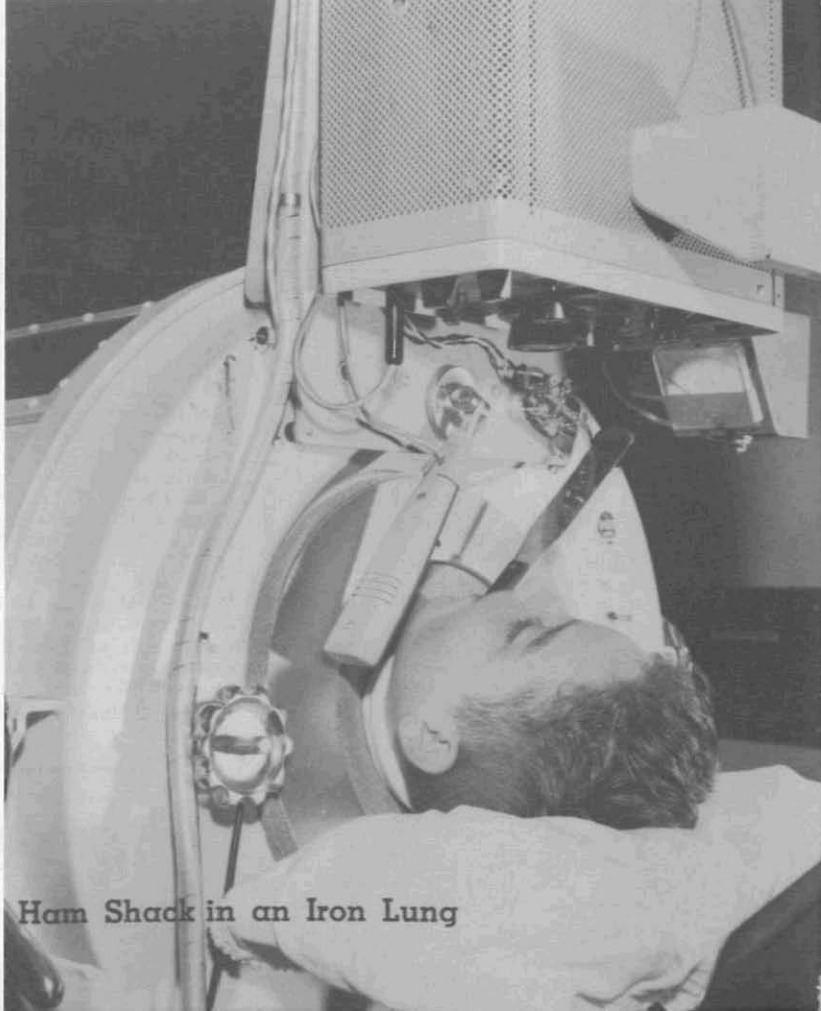
Amateur radio can transform a mouthstick into a magic wand, a bed or wheelchair into a flying carpet that can circle the globe.

It offers new friends and excitement - even romance. One respo, Grace Sandness (KØBEA), met her husband on the air. During local disasters, many homebound have been the dramatic pivot of emergency calling frequencies. For some, it has been the stepping stone to employment in communications and electronics.

How to become a ham? Get to know some local amateur radio operators. Their enthusiasm will be contagious. They will help you get started. Many homebounds have learned code by telephone from other amateurs; several have had hams who are blind come to their homes and help with the learning of code and theory.

A flicker of hand or foot movement, or a touch with a mouthstick, can be utilized to operate the equipment. Local hams, happy to assist a new member into their fraternity, have made many ingenious adaptations to suit the individual.

Our thanks to Ealon Lamphier (K8ABP), who has worked for several years gathering information on handicapped hams. On the following pages, we present a "catalog" of GAZETTE hams:



Ham Shack in an Iron Lung

WLHOO Charlie King
38 Blakely St., West Lynn 3, Mass.
Polio, in wheelchair.

K1JDA Herbert Merrill (upper right)
93 Depot Rd., Falmouth, Maine
Respo, age 35, studied engineering at
University of Maine after a hitch in the
Navy. Was working at Stromberg-Carlson
as an electronics design engineer when
he was polio-ed in 1953. In 1955 hams
in Maine collected about \$100 and pro-
vided him with his first receiver, trans-
mitter and antenna. He now has an all-
purpose receiver and three transmitters,
whose dials he reads through magnifying
glasses, and which he adjusts "by the
numbers." Equipment is mounted in a 7'
rack, all dials are motor driven, and
all switches are relay controlled. Op-
erated remotely by a bank of 12 push-
buttons under his left foot. He has had
many exciting adventures acting as base
station for searching parties. He sells
the "Switch-O-Matic," a remote control
system he developed, and has recently
started an insurance agency.

WV2LVM Robert C. Armstrong
4 Roberts Lane, Saratoga Springs, N.Y.
Respo, uses overhead tip feeders. Con-
tracted polio while serving with Air
Force in Germany in 1958.

W3PDY Jim Morse (lower right)
1703 Wilmington Rd., New Castle, Pa.
Polio since age 4, limited use of right
hand, in wheelchair. Collects stamps



Photo: Del Corgill

and coins. Member of RACES and Pennsyl-
vania MARS.

K3HAO James Hanson
Rt #1, Townville, Pennsylvania. Polio.

W5DQQ Ickey Zrubeck
1413 Cambridge Dr., Corpus Christi, Tex.
Polio, in wheelchair.

K5CBZ Billy White (opposite page)
4789 Ocean Drive, Corpus Christi, Tex.
Respo, has been in an iron lung for 8
years. A small speaker and the trans-
receiver are mounted on his lung. He
manipulates all controls with a cake spa-
tula held in his mouth - except for





changing bands and retuning the transmitter. During Hurricane Carla, spent many hours on the air handling emergency traffic. When power failed during the storm, fellow hams delivered a small generator which kept the lung going and his station on the air.

K5GZL Johnny F. Rabel
1106 Ave. C., Abernathy, Texas

K5RBO Phil Clarke
4384½ Wheeler, Houston 4, Texas
Polio quad. A Junior at University of Houston, he is majoring in Radio-TV Broadcasting. He operates the University's ham radio (W5GEW) in his spare time. He is 24 years old, had polio in 1955, has been a ham since 1958.

W6DKP Arthur W. Starr
Rancho Los Amigos Hospital, Downey, Calif.
Quad, as a result of skin diving mishap,



rig. Has designed a special mouthstick with tweezers for her many artistic hobbies, such as jewelry making.

WA6VDS Mary J. Randall
1283 Pavillion Dr., Pomona, Calif.
Respo. Uses mouthstick to operate equipment, some of which has been adapted to micro-switches and special tuning knobs. She writes, types and does textile painting with a mouthstick. She is married and has three children. A blind friend taught her code by telephone, another ham taught her theory. Member of the Handicappers' Net.

he has a voice-controlled wheelchair. President of Rancho's Amateur Radio Club, which has its ARRL charter and station call of WA6SYQ. It was organized by Dr. Eldon D. Nickel (WA6PME) and Dr. John E. Affeldt (K6ERT).

W6PCP Ed Munsell
3442 Colonial Ave., Los Angeles 66, Calif.
Has been a ham for 25 years. Engineer at Hughes Aircraft. Has a two-way radio in his auto. An enthusiastic member of International Handicappers' Net.

WA6FCR Emerson R. Button (left above)
916 W. Bellview Ave., Porterville, Calif.
Polio since 1909, braces and crutches. In the insurance business, loves music, especially singing.

WA6NFH (Miss) Marilyn V. Card (above)
2220 Hewitt Rd., Arcata, Calif.
Polio quad, uses mouthstick to operate

K6JZQ Don C. McIntosh
15829 Parkland Ave., La Puente, Calif.
Polio at age 14. Paralyzed from waist up. Drives car with his feet, using a special steering boot. Married, has 2 children, works as systems engineer for Hughes Aircraft. Has an M.S. from U. of Southern California.

K6LPH Pat Faria
15787 Vassar Ave., San Lorenzo, Calif.
Polio. Learned code over the phone from a fellow ham. Handles emergency and non-emergency messages for friends, helps others obtain licenses and teaches Morse code to her Cub Scout Den.

K6PZL John Sailer (opposite above)
210 Wheelock Rd., Watsonville, Calif.
Respo. Has the use of left arm, with the aid of a sling. Married, age 38, has three children. Lives on campus of Monte



K7GFZ John E. Gray (lower left)
8033 North 5th Ave., Phoenix, Arizona
USN Retired. In wheelchair. Formerly
lived in Canton, Ohio

K8AEP Ealon Lamphier (lower right)
108 N. Center St., Seville, Ohio
Polio quad since 1949 when, at age 21,
he was in the Navy at Pearl Harbor.
A successful painter, he uses a pa-
lette knife held between his teeth.

W8CTZ Warren Sladky
2118 E. 21st St., Cleveland 15, Ohio
Blind since birth. Has been a ham
since 1948. Graduate of Kenyon College,
masters from Iowa State and Ohio State
U. He leads a discussion group every
Thursday night at 9:30, the Apricoters,
at 51 megacycles on the six-meter band.
He has his own company, Wessian Speci-
alities, which stocks ham equipment and
tape recorders. Consult him for spe-
cial adaptations.

Vista Christian School and teaches math
and science in Jr. and Sr. high school.

W7EMI Bob Sloate
Box 68, Billings, Montana
Polio, in wheelchair, age 24, bookkeeper.

K8ECW Al McElrath
Box 144, Rt #1, Vienna, Ohio
Respo. Uses a swivel arm feeder to
write and to operate equipment. Age
32, married, has two children. He
studied accounting at home.

K8JDL Rudy Sokach
19401 Meadowlark Lane, Warrensville
Heights 28, Ohio. Polio, in wheelchair.
Employed as service technician, age 34,
married, has two children.

K8JDO Bob Dickon
174 Knollwood Ave., Poland 14, Ohio
Respo, has some use of hand and arm.
For years, has had daily rag chews
with another respo, Robert I.
Shibley, 657 N. Firestone, Akron 1,
Ohio, and has contacted other respos.

W8JPJ Al E. Clavell
424 Blemhuber, Marquette, Michigan
Spinal injury, bedfast.

INTERNATIONAL HANDICAPPERS' NET

This exclusive net was organized by Lt. Comdr. Ray E. Meyers, USN (Ret), an ardent Amateur for some fifty years, Director of Southwestern Division of the American Radio Relay League. Membership is open to all who are handicapped. If you are a licensed Radio Amateur, drop Ray Meyers W6MLZ Box "R", San Gabriel, California, a line, giving him your calls and the extent of your handicap. If you are not licensed, write the American Radio Relay League, Inc., 38 La Salle Rd., West Hartford 7, Connecticut or Robert W. Gunderson, Braille Technical Press, 984 Waring Ave., New York 69, N.Y., mentioning you read about it in TjG.





K8PUS Ralph H. Peterson
5336 St. Clair Ave., Detroit 13, Mich.
Arthritis, in wheelchair for 40 years.
Member of Handicapped, Inc., Michigan
Six Meters, Metropolitan Ragchewers.



K8YAS Tommy Wietecha
Woody's Rest Home, Romulus, Michigan
Paraplegic, congenital spinal cleft. Age
21, interested in electronics and study-
ing by correspondence.

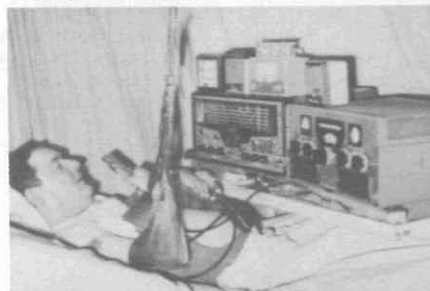
Photo: Detroit Free Press



W9CUG Walter Reid (above)
K9GHT Dale Engler (below)
Ward 9N, V.A. Hospital, Wood, Wisconsin
Roommates, both are respos. Walter op-
erates with a mouthstick, using a tape
recorder for logging the stations he
works. Dale has the use of one hand,
when in a sling. They use the same an-
tennas. Dale operates from 9:30 am to
3:00 pm and then goes back into the
lung. Walter uses the antennas from
3:30 pm to 9:30 pm.



K9EAB Cliff Corne
711 West McClure Ave.,
Peoria, Illinois
Respo, age 23, has been in
an iron lung since 1949.
Six years ago became an
amateur op, has been very
active working DX and in
accumulating awards.





W9MRZ Ed J. Barczuk
2648 No. Meade Ave., Chicago 39, Ill.
Arthritis, bedfast.

K9VWO Gene Hinesley
R.D. #5, New Castle, Indiana
Respo, has slight use of left arm with
ball-bearing feeders. Polio in 1956,
married, has two daughters, age 39.

K9ZCT Ralph R. Minkler
317 Webster St., Ottawa, Illinois
Polio, uses cane and crutches. Hobbies:
radio and photography. Bookkeeper.

W0AXU Arthur Lee Koch
1163 Birch St., Denver, Colorado
Respo. Plays the "Clavioline".

W0CID Bill Bazil
318 Elba Ave., Eveleth, Minnesota
Dystrophic, uses motorized wheelchair.

W0CQA Hank Tillman
City Hall, Virginia, Minnesota
Muscular dystrophy, in wheelchair. Is
City Treasurer, active in Church work,
does public speaking.

W0GFU Myron Hornbaker
Fowler, Kansas
Cerebral palsy, in wheelchair.

W0IRJ (Miss) Jean Heikkila
Room 341-Chateau, Nopeming Sanitarium,
Nopeming, Minn. Muscular dystrophy and



W0NGS Bob Smith (above)
P.O. Box 73, Dayton, Iowa
Muscular dystrophy. Age 26, collects
U.S. stamps, fossils and has been a ham
for 9 1/2 years. Received public service
award for operating during a flood. A
charter member of 75 meter SSB net, was
net control for the Iowa 75 meter Phone
Net for 3 years. Radio and TV repairs.

polio, in wheelchair. She is an exper-
ienced accountant. Has been a licensed
ham since 1952, has contacted about 50
foreign countries and once saved a
pilot's life by relaying his calls.

W0KLG Bob Nelson
Dassel, Minnesota
Polio, in wheelchair. Runs radio repair
shop from his home.

W0MJJ Dick Busch
906 College Ave., Red Wing, Minnesota
Multiple sclerosis, in wheelchair. Lives
in Lutheran Nursing Home.

W0MQA Roy Krüchten
2712 University Ave., Grand Forks, N.D.
Cerebral palsy. Does radio repair work.



W0TOP (Miss) Hildur Hedin
Wright, Minnesota
Arthritis, uses motorized wheelchair.

K0BEA (Mrs.) Grace Sandness
732 Hawkeye, Iowa City, Iowa
Respo, works relay and bandspread with
her foot. Met her husband through ham
radio, a post-paralysis hobby. Has very
successful business of mouthstick drawn
cards and notepapers. Ham family: O.M.
K0CCB, brother W0POT, mother too. Plans
to move to Grand Forks, North Dakota.

K0GKI Bob Russ
427 North Moore, Blue Earth, Minnesota
Cerebral palsy, in wheelchair. Writes
for local and Church publications.

K0ZWG Jim Mowery
Tracy, Minnesota
Cerebral palsy. Lives on a farm.

VE3ANP Bert H. Tamblin
20 Jean St., Port Arthur, Ontario, Can.
In wheelchair, works in telephone answer-
ing service office.

VE4PH Rev. Maurice Hardman
889 Warsaw, Winnipeg 9, Manitoba, Can.
Respo. Editor of Anglican diocesan
newspaper, gathers some news by radio.

VE4VJ Jim Watt
137 Cordova St., Winnipeg, Manitoba, Can.
Cerebral palsy, in wheelchair.



RADIO AMATEUR INVALID & BEDFAST CLUB was founded in 1954. Members of the club are all disabled. It maintains a free technical library of tapes for blind members and books for others. The monthly publication, "RADIAL," is free to all members and 4/ or 56¢ to non-members. For information, write to: Hon. Treasurer, Mr. J. P. Comben, "Oldbawn," Foxrock Co., Dublin, Ireland.



G3LZE Paddy Henry
America Lodge, Higher Lincombe Rd.,
Torquay, Devonshire, England. Blind,
aged 39. In charge of rehabilitation
centre for newly blind adults. Member
R.A.I.B.C.

G30FU Dave Hyde
"Glendale", Bollinway, Prestbury,
Cheshire, England. Quad, slight move-
ment in left arm, broke neck playing
rugger at school. Member R.A.I.B.C.

**Ted Wight (left) 127 Newchurch Rd.,
Lee Mill, Bacup Lanc., England. Hon.
Librarian of R.A.I.B.C.**



G3MAC Paul Bates (above)
The Coppice, Tower Hill, Horsham,
Sussex, England. Respo, uses a
mouthstick to operate his set,
which is installed above his bed.
One of England's best known radio
amateurs. The dauntless type, with
a gay and cooperative family, he
appears at sporting events and galas,
in his van, which is designed for
his respiratory equipment.

OH2DM Eero Louhio
Kivihaankuja 4A14, Helsinki 8, Finland
Respo, lawyer, writer, translator.

A GAZETTE NET: Joel Carpenter W8RYR lives next door to TJG at 32 Walnut Street, Chagrin Falls, Ohio. He is trying to establish a net of GAZETTE radioamateurs. He operates on CW, AM and SSB, 20, 15 and 10 meters, running a kilowatt into a three element tri-band beam. Weekends are best time. He can phone patch to TJG.

Herb Merrill K1JDA suggests a net on 40 or 20 meter sideband about 4:30 pm E.S.T. Let us hear from you!

He suggests that all GAZETTE hams - who have not done so - send as much detail about their stations as possible: Name and address and call letters. Type of equipment used, and whether CW, AM or SSB. Bands and frequencies which can be worked. Best time for working, that is - what days and what times of the day can be used.

Tape Clubs

Enthusiastic letters from both old and new tapers following our recent article on The Voicespondence Club prompted making the roster below of other tape clubs.

If you own a tape recorder, you should look into becoming a member. You can reel in new friends, new interests and new communications.

Basically, the clubs are similar in organization, though their emphases vary. Their dues are nominal (\$0 to \$5 a year), which usually includes a monthly bulletin and list of members. Most of them make a special effort to aid the handicapped.

Look over the roster, send a letter requesting information and an application blank. Since most of them operate on a shoe-string and are run by volunteers, send a self-addressed stamped envelope for reply.

If you would prefer to remain unaffiliated with a club, and yet would like to correspond by tape, write to us for a memo titled, "Clubless Tape Correspondence." Or you may wish to subscribe to the monthly magazine "Tape Recording" which has a varied list of those seeking tape correspondents. (\$3.75 a year, 101 Balto-Annapolis Blvd., Severna Park, Md.).

We are starting a listing of GAZETTE Tapespondents. If you wish your name listed send us the following information on a postcard: 1-Name, 2-Mailing address, 3-Kind of recorder, speed and number of tracks, 4-subjects on which you want to tapespond, 5-Approximate age, and 6-Languages spoken. ●●●

JOIN A CLUB

AMATEUR TAPE EXCHANGE ASSOCIATION, 5411 Boscage St.,
Cartierville, Montreal 9, P.Q., Canada

AMERICAN TAPE EXCHANGE, 1422 No. 45th St., East St. Louis,
Illinois. New and growing club.

CATHOLIC TAPE RECORDERS OF AMERICA, INTERNATIONAL, 26 South
Mount Vernon Ave., Uniontown, Pennsylvania

CLUB DU RUBAN SONORE, Grosse Ile, Cte, Montmagny, P. Que.,
Canada. Publishes an English and French bilingual bulletin.

INDIANA RECORDING CLUB, 4770 E. 39th St., Indianapolis 18,
Ind. Has a Voice of History Library.

MAGNETO-VOX CLUB, 7915 Des Erables, Montreal 35, Quebec,
Canada. Publishes an English and French bilingual bulletin.

ORGAN MUSIC ENTHUSIASTS, 152 Clizbe Ave., Amsterdam, N.Y.
Discussion, criticism and recordings of organ music.

STEREO INTERNATIONAL, 1067 Flatbush Ave., Brooklyn 26, N.Y.
Exchanges tapes exclusively recorded in stereo.

TAPEWORMS INTERNATIONAL TAPE RECORDING CLUB, 129 S. Broad St.,
Carlinville, Illinois. A new club, membership is free. No
bulletin, but an informative and entertaining monthly tape.

THE SOCIETY OF TAPE HOBBYISTS, 116-06 139th St., South Ozone
Park 36, N.Y. Technical tips on making better recordings.

THE VOICESPONDENCE CLUB, Noel, Virginia. One of the oldest
and best organized. For more details, see TJC, Spring-Summer
1962, pages 54-55.

UNION MONDIALE DES VOIX FRANCAISES, 512 Hart St., Brooklyn 21,
N.Y. All members speak or are learning French. To help with
pronunciation, the club has voluntary "tutors" in France.

UNIVERSAL TAPE NETWORK, R.F.D. #1, Main St., East Douglas,
Mass. Has over 8000 songs in stereo, plus many sound effects.

WORLD TAPE PALS, INC., P.O. Box 9211, Dallas 15, Texas. Has
a special World Tapes for Education section which sponsors
tape exchange programs between schools and youth groups.
"Teen Pals", exclusively for teenage members. Affiliated with
the People-to-People Program.

OVERSEAS

AUSTRALIAN TAPE RECORDISTS
ASSOC., P.O. Box 67, Eastwood,
New South Wales, Australia

ENGLISH SPEAKING TAPE
RESPONDENTS' ASSOCIATION,
Schoolhouse, Whitsome By Duns,
Berwickshire, Scotland

INTERNATIONAL TAPE FELLOWSHIP,
21 Mount Pleasant, Sutton-in-
Ashfield, Nottinghamshire,
England

THE NEW ZEALAND TAPE RECORDING
CLUB, P.O. Box 7060, Auckland,
W.1, New Zealand



Telephoning Aids

Some solutions to
the problem of telephoning
for quadriplegics

The ingenuity of the telephone company men all over the country is available to the handicapped. Call your local company and present your problem. The cost is comparatively nominal.

All of the telephones on this and the following four pages were "custom" developed from standard parts plus special mountings and gimmicks supplied by the patient. Installations made by the telephone companies include maintenance.

If your telephone is to be used in setting you up in a business, contact your State Vocational Rehabilitation Office. In some instances, they have paid for the special installations.

MOUTHSTICK DIALING FROM IRON LUNG

Don Parker (above) of Portland, Oregon can take or make phone calls without any assistance.

The switch box is fastened behind the mirror. Its toggle switch is extended with a tongue blade wrapped in tape. It can be reached with a mouthstick to flip it on or off.

The mouthpiece and earpiece are from a standard headset. The mouthpiece is fastened to a long arm which swivels away to facilitate getting in and out of the tank.

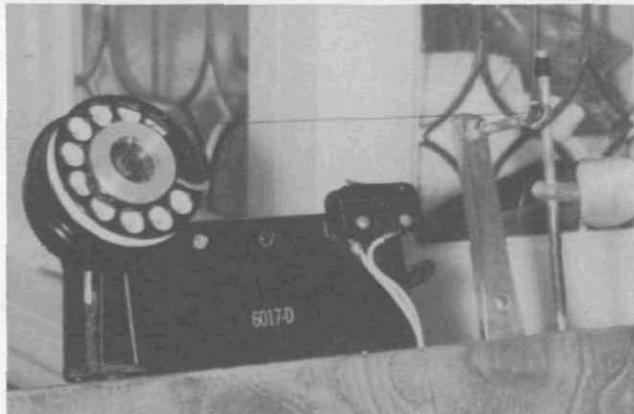
The earpiece has a volume control which was design-

ed for the hard of hearing, but which enables Don to keep it comfortably away from his ear. The control costs about \$1.25 a month.

The dial is set at an angle within easy reach of his mouthstick, by turning his head.

The mouthstick is a plastic rod, easily reachable on a hook near the dial. The hook is the one formerly used to hold leather collar straps. A suction type hook could be used.

The same idea could be adapted to a bed by changing the lengths and angles of the bars holding the dial and mouthpiece.



PULLEY-LEVER DIALING

Several variations of the pulley-lever shown above were created by Mr. C. Robert Wisler of Ohio Bell Telephone.

The pulley is soldered to the central point of the dial plate. A string connects this to a lever. Dialing is accomplished by varied pressure of the lever with toes, fingers, etc. The position of the off-on toggle switch may be varied.

Bill Wood (right, above), polio quad, an attorney, has a desk or wheelchair model. He uses a small rubber ball as a yanking lever. His headset is held by an armsling holder.

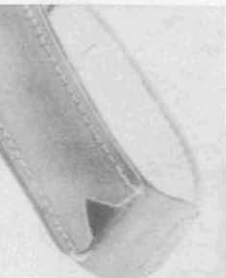
Two respo editors of TjG, Ruth Davis (far right, below) and Don Kollar (right, below), have foot operated pulley-levers permanently mounted on their footboards. Ruth's headset is a standard one with a special floor stand. Don uses an operator's headset held by a gooseneck support. He is a securities salesman, contacting his clients entirely by phone.



TELEPHONES ADAPTED TO LIMITED HAND OR ARM MOVEMENT



Roger Liephart of Cleveland, Ohio is a quad as a result of a trampoline accident. For dialing, he uses a hand splint and a leather cuff (below), with a pencil stub. The angle of the dial was carefully set for maximum visibility. He operates a very successful home business by phone.



This Utensil Holder or "quad cuff" may be used for holding a razor, eating utensil, or a pencil for writing, typing or dialing. It costs \$1 from Fascole, 257 Park Ave. South, New York 10, New York.



Sue Williams, respo, TjG editor, has some use of her hands in a limited area. To compensate for her short reach, parts of the headset are attached to a wand-like steel rod with a plastic handle. The dial is mounted on top of the key and jack box. Thus, she holds the headset to her head, dials with her thumb.



Ruth Meckler, respo, has the dial, switch and bell box mounted on a board which can be used on the over-bed table, at her side on the bed, or on her wheelchair lapboard.

HANDS-FREE DIALING

The Speakerphone is a standard Bell Telephone unit costing about \$7.50 a month. It is unnecessary to lift the receiver. It has a special microphone and a small loudspeaker. Push a button to answer and another to disconnect. Special arrangements can be made to reach an operator so that dialing can be eliminated.



Russ Beeson (right), respo, of Walnut Creek, Calif. operates a Nurse's Registry by phone. His local telephone company evolved a custom made adaptation of the Speakerphone for him. The on-off relay switching device is incorporated with a micro-switch which is mounted close to his head. A slight rolling of his head will turn the set on and off. Turning the set on will signal the local operator that he cannot dial and she will complete the call for him. This unit could be adapted for use on rocking or hospital beds, or for a wheelchair.



Individual, custom maid hands-free dialing.

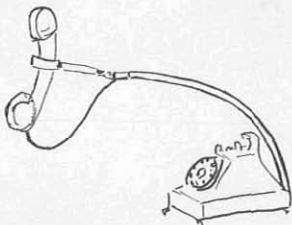
Simplified variation of the Speakerphone, also operated by head. Only the microphone and the off-on switch are on the bed; the rest are on a nearby table.



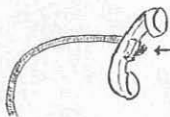
MORE TELEPHONING IDEAS



TELEPHONE AMPLIFIER. There are many available for \$40 to \$50. We found this one for \$9.95 at Products of Progress, 274 Madison Ave. N.Y. 16, N.Y. It is transistorized, self-contained, lightweight. Good for family conversations, it is also useful at a hospital or on trips to customize a standard telephone.



PHONE-MATE can be adjusted to many positions. It is easily attached to a standard headset. A single key opens or closes the connection. \$10 including shipping. Fascole, 257 Park Ave., South, N.Y. 10, N.Y.



CHEEK-OPERATED SWITCH. The Pacific Telephone Co. designed this for a respo. Micro-switch in the handset is tripped by the cheek. Telephone and switch wire are threaded through a gooseneck and bolted to the bed.



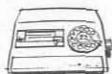
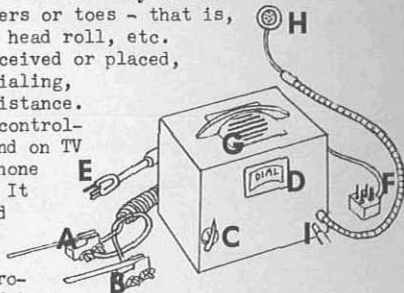
OFF-ON SWITCH IN HANDLE. This lightweight Bell Telephone unit is useful for receiving calls.

REHABAPHONE is an electronic device that can be operated entirely without the use of fingers or toes - that is, cheek twitch or head roll, etc.

Calls can be received or placed, including the dialing, without any assistance. Built-in multi-controller turns off and on TV or radio when phone is being used. It can also be used as an alarm or intercom.

(A) and (B) Micro-switches. (C) Volume.

(D) Dial showing phone numbers. (E) Electric plug. (F) Telephone plug. (G) Handle. (H) Microphone. (I) Jack for pillow speaker. Write to: Seeger-Williams, Inc., 4 Norman St., Bridgeport 5, Connecticut.



AUTOMATIC DIALERS. Several types at varying installation and monthly charges are available from Bell Telephone. They "memorize" and dial up to 290 numbers on pre-recorded tape or cards.

HAND-CLIP. Bill De Loach, quad, a Woodrow Wilson Fellowship winner at University of Illinois, reports a simple phone holder he has designed. It is a tempered aluminum hand-clip or handle which fits on any telephone handset. It has an open end into which he slips his hand.



Photo: Commonwealth Reporter



Typewriting Aids

Some solutions to the problem of typewriting for quadriplegics

Electric typewriters lighten the way to communication by quadriplegics. They are more expensive than manual, but International Business Machines Corporation (IBM) has a special arrangement to furnish reconditioned machines to the severely handicapped for about \$50. Call your local IBM office or write to: 590 Madison Avenue, New York City, N.Y.

Check with your State Vocational Rehabilitation Office. Some offices have electric typewriters to loan, others will give financial assistance, if the typewriter is a means to vocational rehabilitation.

Following are some of the various methods used by quads to operate their electric typewriters:

BY HANDS, WITH ADAPTIVE EQUIPMENT

Kenny Schwank (left above), *respo*, of Fond du Lac, Wisconsin, uses hand splints and swivel feeders. Some use the "quad cuff" (see page 24). Others use a cock-up wrist splint with a rubber-tipped metal bar, on which the forefinger rests, and which protrudes beyond it. Others use slings attached to their wheelchairs or their lifts to support elbows and wrists.

BY TOES

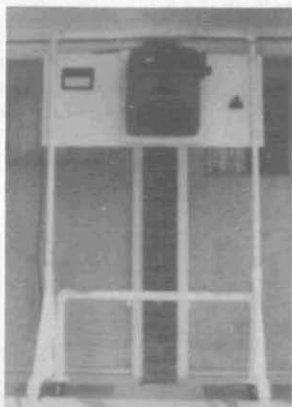
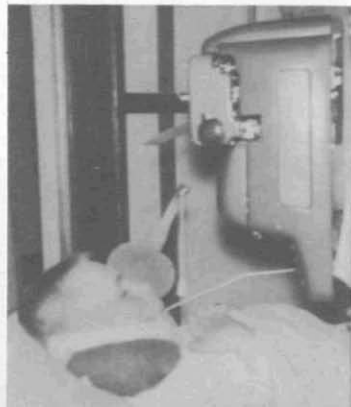
Respo Gary Jacobsen (left below) of Harlan, Iowa, can type and write with his toes. See also photo of Jean Ryan on page 47 who uses supporting slings in bed.

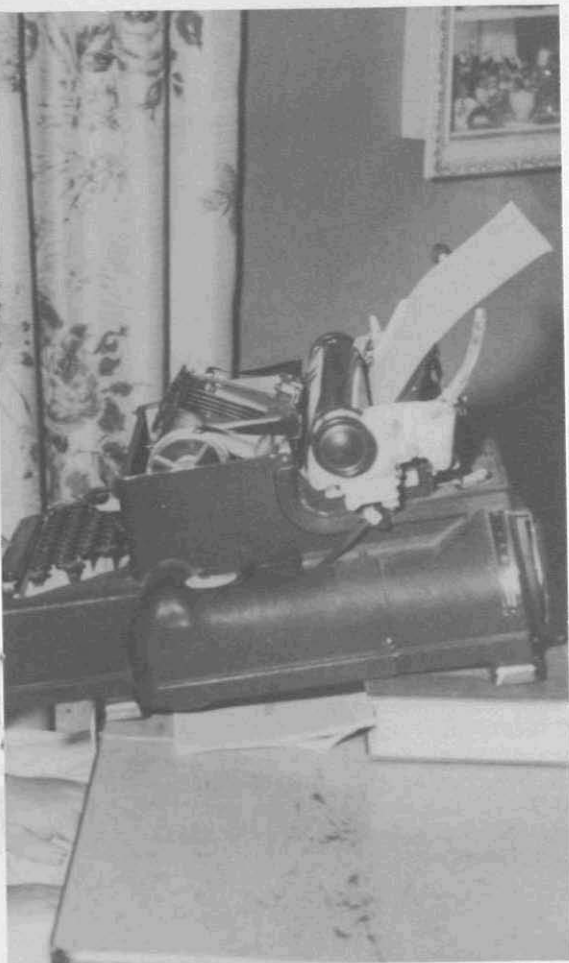
BY HEAD

TYPING WITH A MOUTHSTICK

is the simplest method for most respos. The tilt of the bed and typewriter should be individually adjusted for ease of reach and visibility. For added head mobility, some use a head sling, which is similar to an arm sling. See TjG, Spring 1960, pages 8-9, for a survey of various mouthsticks evolved by the readers. Ida Brinkman (right) respo, one of TjG's editors, is our mouthsticking expert. She uses Montgomery Ward's plastic tool handle (#4666-002 @ 29¢) as a mouthpiece for a 3/8" wood dowel, with a pencil eraser tip. If you have mouthstick problems, write to her: 224 E. 326th St., Willowick, Ohio.

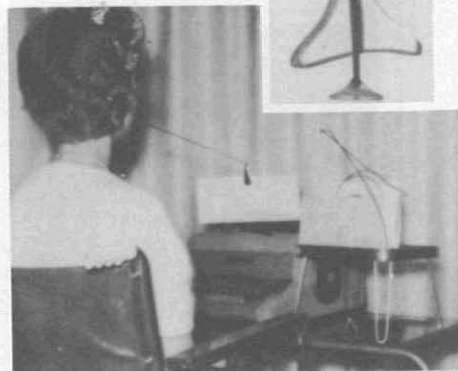
OVER-BED TYPEWRITER FRAME, made of pipe, permits the typewriter to be raised or lowered, moved left or right, angle adjusted or the whole mount lowered. It was made by Mr. Harry Doll of 692 Chestnut Street, Grensboro, N.C. for respo "Hambone" Hayes.





PAPER INSERTION BY MOUTHSTICK

The "Bird Beak" is a long slender tube with a plastic mouthpiece and tongue button and a pair of jaws at the pick-up end. It is operated by holding the mouthpiece firmly in the mouth and pressing the button with the tongue to open the jaws, or releasing to close. The "Beak" alone costs \$15, with the stationery rack, \$23.50 from Ted Hoyer & Co., Box 949, Oshkosh, Wis.



POSITIVE PRESSURE TYPING STICK. Bud Dabney, respo, of Maryland, manages a home-based insurance business. He operates his telephone with his feet and his typewriter with a mouthstick tubed to his positive pressure.



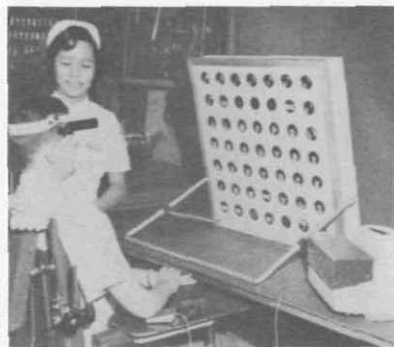
HEAD BAND and angled wand are used by respo Henry Fehr, Saskatchewan, Canada.





CUSTOM-MADE
REMOTE CONTROLS
FOR TYPEWRITERS

BY STYLUS. This IBM solenoid device (now discontinued) is operated from a miniature keyboard. The stylus can be used with mouthstick, toes or small finger movements, from bed or iron lung.



BY ELECTRIC EYE. Dr. Alan Ziskind of Boston invented this method of focusing a parallel-beam headlight on a photoelectric keyboard, thus depressing the typewriter keys by a solenoid box placed over the keyboard.

Electronic Multi-Controllers

Three exciting new devices
which give quadriplegics
control of their surroundings

Possum is the patented trademark of the system known as Patient Operated Selector Mechanism which is being developed in England. With this invention, a quadriplegic can operate a typewriter and other selected devices by a light suction or pressure, through the mouth or by a small physical movement. The Polio Research Fund has provided a grant for the development of some twenty prototypes at the Electro-Mechanical Laboratory of Stoke Mandeville Hospital.

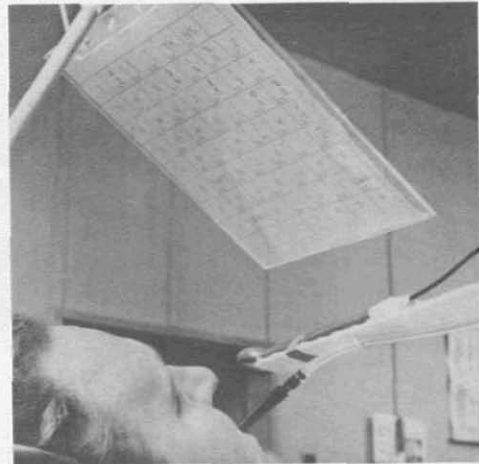
For further information, write to Mr. R. G. Maling of 34, Queen's Park, Aylesbury, Bucks. Also see THE COFD, Winter 1961/62, pages 12-15 and HARPER'S MAGAZINE, November 1962, pages 73-75.



A. This photograph shows the control panel linked up to the selector mechanism.



B. The operator typing from the overhead chart, completely ignoring the electric typewriter by his side.



C. Close up of the chart which is the key to operating the electric typewriter by suck and blow.

Fig.A. Possum's General Purpose Control, linked up to the selector mechanism, giving control over light, bell, radio, page-turner or micro-film projector, heat, telephone (loudspeaking) and bed-tilt.

Fig.B. The patient can be trained to give a small steady suction or pressure through the mouth, thus working a rotary switch that can move to a total of 10 positions. By releasing pressure at the required position the desired equipment is turned on. An electric typewriter, with a solenoid box fitted to the

base is operated by a similar rotary switch which has 48 positions.

Fig.C. Following the chart, a letter is selected by using grid references, as in map reading. Suction obtains the column of the keyboard character, and a blow obtains the position in the column. The telephone microphone is fixed above the mouthpiece.

Possum was used by a quad, Ian Pritchard, who has been writing the story of his life with the Mau Mau in Kenya and by a respo, Paul Bates.



Mr. W. Short (left) explaining to the Earl of Snowdon some of the intricacies of his electronic equipment that helps his wife, in the iron lung, to do some things for herself.

Selectascan, another English invention, was developed by an electronics engineer, W. H. Short, to help his wife achieve independence while in her iron lung. The machine is built on a unit system and can be added to continually. The Control Unit (below) can be operated easily by a finger, a toe, or, in Pat Short's case, by biting a teat (nipple) from a baby's bottle. It enables her to switch the whole system on and off, and to select functions from any part of the system.

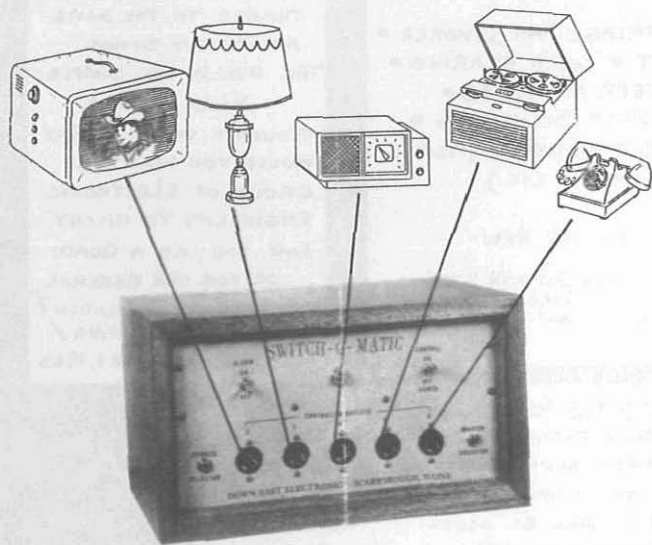
Additional units operate an emergency bell, make or receive telephone calls, switch on and off lights, heat, TV, tape recorder and gramophone. The machine is provisionally patented and is marketed by The Avondale Engineering Co., 22 Avondale Rd., Farnworth, Bolton, Lanc. Write for brochures and prices.

The next development will be the operation of an electric typewriter by biting out letters in Morse Code. Meanwhile, Pat uses the tape recorder for her creative writing. She has had several articles published and has dictated a book.

A visit by Princess Margaret's husband, the Earl of Snowdon (left), was the highlight of her trip to demonstrate the machine at Nuffield Orthopaedic Centre this summer. The Earl, himself a former polio victim, showed great interest.

Pat enthusiastically reports, "After six years, one gets tired of asking for everything, and our Selectascan gives me a real sense of independence."





Switch-O-Matic was invented by Herb Merrill, an electronics design engineer, who is now almost totally paralyzed by polio, to fulfill his own need for more independence. (See photo and story on page 15).

This device, now available to others for under a hundred dollars, will enable one to control lights, TV, rocking bed, telephone or any five appliances

(up to 500 watts each) from one sensitive push button which can be placed under head, finger or toe.

Its built in alarm, which can be controlled by the patient, also automatically warns of power failure. A speaker-type telephone can be used with the push button, and a dial type added as an accessory. It can be expanded to control 15 appliances.

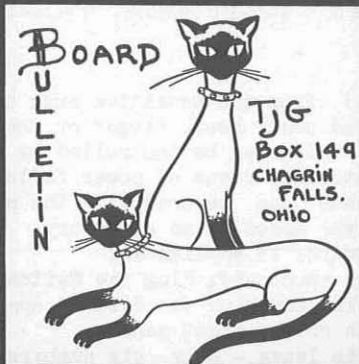
No special wiring is necessary. Plug the Switch-O-Matic into a wall outlet and plug the desired appliances into the outlets on the front panel.

There is no code to learn - only six numbers to remember. Simply press the sensitive push button a different number of times to control the alarm and each of the five appliances.

For custom designed electronic equipment for the handicapped and more detailed information, write to: Herbert S. Merrill, 93 Depot Rd., Falmouth, Maine.

TOMAC MULTI - CONTROLLER's micro-switch, on a gooseneck arm, permits control of 5 appliances by touch and receiving of telephone calls. Priced under two hundred dollars, it has been discontinued by American Hospital Supply Corp. of Evanston, Illinois. ●●●





EXTRA COPIES OF
THIS ISSUE: \$1.00 EACH.
FREE TO ALL THE
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NEXT ISSUE (SPRING-SUMMER 1963)
THE QUAD'S HOME JOURNAL

- FAMILY LIFE • MARRIAGE AND DIVORCE •
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FASHIONS • VOLUNTEER ACTIVITIES •
HOME DESIGNS • HELP SOLUTIONS •
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STAMPS FOR AGED PARALYTIKS AT RANCHO LOS
AMIGOS HOSP. SEND TO: SID SEGAL, BOX 664,
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"I WOULD LIKE TO CORRESPOND WITH ANYONE
IN GERMANY WHO KNOWS ANYTHING ABOUT MY
FAMILY. MY GREAT GREAT GRANDFATHER
ANDREW FRANKLIN HENNINGER AND HIS
WIFE GRACE DECKER LIVED IN THE BLACK
FOREST." MAXINE LIEPERT, 315 NORTH
BRIDGE, ST. ANTHONY, IDAHO.

HOW CAN I CONCEAL OR GLAMORIZE
A TRACH TUBE? — MISS HELEN SWANSON,
SAMARITAN HOME, 25 - 7TH STREET, N.W.,
ROCHESTER, MINNESOTA

35

"Thoughts rule the world."
—EMERSON

RESEARCH MONOGRAPH 2 - May 1962

Report on a Survey of Respiratory and Severe Post-Polios

Prepared by

SAAD Z. NAGI, Ph.D., Director, Social Research

RICHARD D. BURK, M.D.

Director, Ohio Rehabilitation Center

DONOVAN L. CLARK, Assistant in Research



Ohio Rehabilitation Center

OF THE COLLEGE OF MEDICINE
OHIO STATE UNIVERSITY, COLUMBUS, OHIO

Remember the TjG census? It was sent to some 1400 people on our mailing list and 806 responded. The questionnaires were turned over to the Social Research section of the Ohio Rehabilitation Center of the College of Medicine, Ohio State University, Columbus, Ohio, for analysis. The results comprise a 64 page booklet completed in May of 1962.

- Statistical Summary of the 806 Respondents

Over half were female.

73% range in age from 20-39.

38% had completed college, while only 10% had not completed high school.

84% live either in their parents' home or their own.

23% were not satisfied with the adequacy of their rooms.

60% of the people depend on breathing aids of varying degrees.

29% cannot feed themselves; 40% can without assistance and 31% can do so with assistive devices.

Inability to dress was reported by 83%.

48% could write and 27% could type.

Nearly 75% are unable to reach beyond their lapboard area.

About 40% could get from bed to wheelchair without help.

Over 90% indicated need for attendant care.

Of 137 persons requiring full time breathing aids, 30% have no emergency arrangements.

- Importance of Education

A comparison of the educational level before paralysis, at the time of the survey, shows remarkable achievement by many individuals. It was noted that vocational outcome was not determined by the degree of disability alone. Further study of the means employed by some to continue their studies and the restrictions faced by others could be useful in furthering special education. The importance of education is apparent in the proportion at each level who indicated employment at the time of the survey. Of those having less than a high school education, only 12% were employed; high school 24%; partial or complete college 38%; graduate training 70%.

- Changes in Marital Status

The comparison of marital status before and after paralysis shows that the major change was in the num-

ber separated or divorced. Only 11 were divorced prior to paralysis whereas there were 9 separations and 72 divorces after paralysis, and paralysis was mentioned as a factor in about 80% of the post paralysis separations or divorces. About 10% of those who were single were married after the onset of disability and about 15% of this group were subsequently divorced, the majority of which blamed the disability.

- Inadequacy of Long Term Attendant Care

The findings also suggest that many need, but cannot afford, more care. It is obvious that long term disabilities require long term aid. The services used most are attendants, housekeeping and nursing, and when these services are reduced for financial reasons, nursing and housekeeping usually are eliminated first. According to nearly half of the respondents to the questionnaire, the adequacy of all services obtained is at a minimum or below.

- Need for Better Community Services

It is clear that the needs of the people surveyed are many and varied. This raises the often discussed question of the adequacy of health, social, economic, educational and vocational services available at community levels and the possibility of enhancing the effectiveness of their coordination. ●●●

If You want a Free copy of this booklet, send a postcard to: TjG, Box 149, Chagrin Falls, Ohio

Information Please

DUNCAN A. HOLBERT, M. D.

Question: What are the causes of kidney stones, and what can be done to prevent them? - Mrs. Margaret Fridley, Los Angeles

Answer: The final story on kidney stones has not yet been written, but a study of large numbers of post-polio patients yields some interesting observations:

- (1) Factors which are of principal importance in the development of kidney stones are respiratory paralysis, urinary tract infection, and bladder paralysis with catheterization. Probably urinary infection is really present in all three situations.
- (2) Post-polios not requiring mechanical respiration aid have kidney stones no more often than "normal" people.
- (3) Adult post-polios develop stones twice as often as post-polio children.
- (4) It is generally believed that women develop kidney stones perhaps ten times as frequently as men; however, in a Danish hospital series of 2,200 patients, followed for six years, during which time efforts were made to control infection, it was found that the frequency of stones among adult respiratory cases was exactly the same for men as for women.



Dr. Holbert is a respiratory polio quad. He has volunteered to answer questions of general interest to other respos. Send your questions to Tjg's "Information Please."

(5) At Rancho Los Amigos it has been observed that there is a real downward trend in the incidence of stones. No attempt was made there to regulate diet or force fluids. The decrease may be related to more effective antibiotics in the treatment of urinary tract infection, or it may be related to the emphasis at the Rancho on the avoidance of hyper-ventilation (mechanical).

Kidney stones are believed to be caused principally by:

- (1) High levels of calcium in the urine caused by disuse atrophy of the bony skeleton. After two to three years this factor becomes unimportant.
- (2) Stagnation of urine in the kidneys due to position and lack of motion.
- (3) Dehydration with formation of concentrated urine.
- (4) Deficiency of Vitamin A.
- (5) Catheterization procedures leading to infection.

The prevention of kidney stones is difficult and some of the suggested aids are impractical if not impossible. However, I will enumerate all of the suggestions which the authorities feel are helpful:

- (1) Prevention of urinary tract infection.
- (2) Low calcium intake (500 to 700 milligrams daily).
- (3) Enough fluids to produce $1\frac{1}{2}$ to 2 quarts of urine daily.
- (4) Keep intake of dairy products very low -- they

are rich in calcium.

- (5) Keep intake of leafy vegetables and citrus fruits very low -- also high in calcium.
- (6) Frequent turning from side to side and early mobilization prevent stagnation and crystal formation (wheelchair, rocking bed, tilt-table, etc.).
- (7) Keep urine on the acid side with acid ash diet.
- (8) Use antibiotics liberally whenever catheterization is necessary or when urinary tract infection is suspected. (Symptoms -- frequent, painful urination and fever.)
- (9) In early cases, administration of testosterone-estrone combinations or norethandronolone. These prevent high urinary calcium levels.
- (10) Three or four tablespoons a day of Basaljell or Amphojel may diminish absorption of phosphates in the intestinal tract.
- (11) Hyaluronidase may increase the amount of protective colloids in the urine.
- (12) Oral salicylate compounds may alter the urinary sugarlike substances so that high urinary calcium is handled better.

Efforts to dissolve urinary stones via the bladder and ureters have been disappointing. Once stones of any size are formed, surgical removal usually is necessary eventually. It is a hell of a lot easier to avoid them in the first place.

DUNCAN A. HOLBERT, M. D.



Where the High Winds Blow

Barbara Cory, talented artist-sculptress from Illinois, spent an exciting summer experimenting with the dizzy heights of Colorado and its effects on her bronchial asthma and respiration.

With professional detachment and attention to detail, Barbara has recorded her reaction to altitudes up to 14,260 feet.

"I am in a wheelchair, have a v.c. of about 1200, use a rocking bed at night, and have had asthma since infancy. I had hopes that Denver's dry climate and altitude of 5000 feet would help my asthma. The asthma lessened the first week, but my mucus was dry and tenacious; I was sleeping longer than at home, and I was very tired. A Thompson blower with an attachment helped moisten my bronchial secretions, and three to five minutes with an oxygen tank provided a late afternoon 'pick-up'.

"The second week I was free of mucus, felt fine and my rocking bed was my only artificial breathing aid. I did fatigue quickly however, and, when I was sculpturing, adopted the method of recharging myself with deep breathing (including frog breathing) every hour."

Barbara made the following comments on excursions into higher altitudes than Denver's 5000 feet: "One day to Boulder and Flagstaff Point at 7000 feet. Another day trip to Central City at 8500 feet for six hours. We did watercoloring at 9000 feet. I noticed that I tired quickly, mucus was hard to raise, and that appetite lessens since the pressure on the diaphragm gives the illusion of being full.

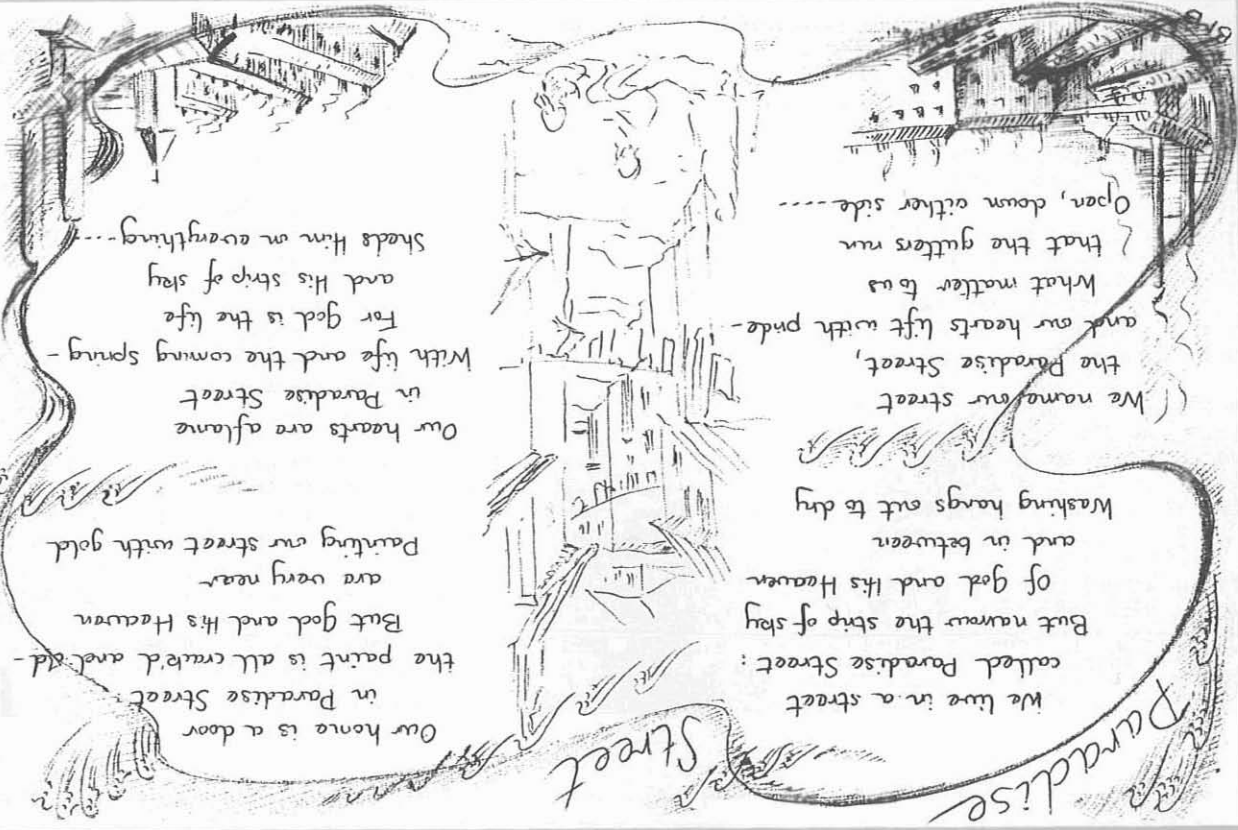
"So continued up. Evergreen with an elevation of 10,000 feet; Twin Lakes at 12,740 feet and finally,

Mt. Evans at 14,260 feet. During these trips, I was free of mucus and had no respiratory distress. At 14,000 feet I was lightheaded and felt a tightening around my chest, but didn't use oxygen or artificial breathing.

"Being of a curious nature, I devised a test to check my respiration. I am addicted to harmonica playing, and one is always in my pocket or purse. 'The Battle Hymn of the Republic' was my test song, and, although I breezed through it at 5000 feet, I was puffing at 14,000.

"My conclusions were that these extremely high altitudes didn't bother me for a pleasure-type trip. Now that I am home, however, I realize that I have more pep than I did at 5000 feet or above.

"Dr. John Affeldt of the Rancho Los Amigos Hospital in Downey, California advised me that a higher altitude would significantly impair my continued activity. Dr. Cadera, altitude specialist and United Air Lines physician, advised me definitely not to go to Mexico City (7300 feet). Dr. Cadera said that after 5000 feet, every 500 foot elevation makes a difference. It wasn't until I returned home that I realized how much I was drained of my normal energy. However, it was a most pleasurable vacation." ●●●



Our home is a door
 in Paradise Street
 the paint is all cracked and old -
 But god and His Heaven
 are very near
 Painting our street with gold
 Our hearts are aflame
 in Paradise Street
 With life and the coming spring -
 For god is the life
 and His strip of sky
 shades Him on everything...

We live in a street
 called Paradise Street:
 But narrow the strip of sky
 of god and His Heaven
 and in between
 Washing hangs out to dry
 We name our street,
 the Paradise Street,
 and our hearts lift with pride -
 What matter to us
 that the gutters run
 open, down either side

Paradise Street



CHRISTMAS CARDS

BY HANDICAPPED ARTISTS

Marketing Christmas and greeting cards of their own design has been a profitable venture for many of our quadriplegic artists.

An outstanding success has been Irene Ridgeway of Downey, California, who had no pre-polio painting experience. Her "Originals by Irene" have enabled her to leave the Rancho Los Amigos Hospital in Downey, and continue her profitable new career in a comfortable apartment near the hospital. A few years ago, she sold a total of 95,000 mouthstick-painted cards.

Following are Irene's suggestions for other paralyzed artists hopeful of receiving artistic satisfaction and some good cold cash from the card business:

(1) Locate a good, conscientious printer in your community, willing to work with you. The printer will advise on the quality and size most practical to reproduce your sketch or painting. Check the size with your Post Office. Print a small number at first and have several designs, for it is difficult to judge what the public likes.

(2) In the hospital or at home, find some willing volunteers among your friends, church or organizations who will help you to launch your venture. At the beginning, plastic or cellophane bags are cheaper than packaging in boxes. Your volunteers can see that your cards are displayed at meetings, bazaars, gift shops, etc. Later, these people might like to sell on a commission basis, either individually or for their club or organization. Brochures and sample books or boxes seem to be the best method of selling.

(3) Christmas cards show the best profit, although note paper is a good year round seller. Getting into the color process is tricky and expensive, and unprofitable in small quantities.

(4) Keep brochures up-to-date to send to your customers and prospects, and see that your sales people also have samples and brochures.

 by
IRENE

CONTINUED



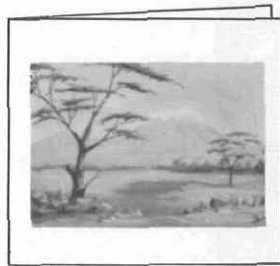
Glen Fowler



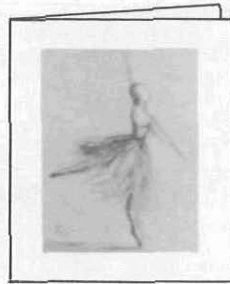
Ann Adams



Merle Chisholm



Ian Bompas



E. Twistington-Higgins



Glen Fowler of Beverly, Mass. was the first United States artist chosen by the European Association of Mouth and Foot Painting Artists to join their select international staff of contributors. This organization, known in North America as the Association of Handicapped Artists, Inc., maintains offices at 1735 Rand Bldg., Buffalo 3, N.Y. and at Suite 507, 160 Bay St., Toronto 1, Ontario, Canada.

Jimmy Rodolfos of Woburn, Mass. was invited to become a member of the Association this year, and his great love of nature is reflected in his landscapes. Earl Bailly of Nova Scotia is a polio quad whose paintings have exhibited in many Canadian galleries.

He is particularly fond of painting ships and seascapes. Earl is the third North American to join the Association.

Artists agree, upon joining this group, that they will submit a minimum of twelve paintings yearly, and that the paintings become the property of the Association. The best forty paintings are selected and reproduced in varying quantities, and commissions are paid to the artists whose pictures are chosen.

All artists belonging to the Association receive a monthly salary. At the time this article was written, approximately twenty artists are members, with at least 240 new designs sent in each year for possible reproduction.



Grace L. Sandness



David Young



Ann Adams of Jacksonville, Florida, an art student in high school and college, believed her artistic career was ended when polio struck in 1950, leaving her completely paralyzed and in an iron lung. TjC's Paralyzed Artists Exhibit in 1960 inspired Ann to resume her painting, using a mouthstick. Artists interested in using their paintings or sketches for Christmas cards should heed Ann's example and prepare for the Christmas season by starting on their brochures and making arrangements with their printer by the first of the year, and have their samples ready for distribution by mid-season.

Merle Chisholm of St. Paul, Minn. was a professional fashion illustrator before polio paralyzed her in

1952. When mouthstick painting was first introduced to Merle, she was frustrated with the results. Merle feels that professional artists have a harder time accepting art work rehabilitation, as it is difficult to approach their former proficiency. Merle and her mouthstick are now so in tune with the competitive requirements of the Christmas card business that she sells more than 10,000 cards a year.

Ian Bompas of Nairobi, British East Africa, is also in the Christmas card business. Profits from the sale of his colorful mouthstick designs go to a local crippled children's society.

Elizabeth Twistington Higgins of England, a former dancer with the Sadler's Wells Ballet, and now a mouthstick artist following polio, delights in creating pictures of ballet dancers, flowers and still life. Her successful greeting card business is a source of pleasure to her and to the charitable groups to whom she donates some of her paintings.

Grace Layton Sandness of Iowa calls her artistic note paper and Christmas cards "Grace Notes." Grace and Irene Ridgeway are pioneers among American paralyzed artists who have become successful in the Christmas and greeting card business. Their success has prompted a number of hopeful handicapped artists to enter this field.

David Young at the Pearson Polio Pavilion in Vancouver, B.C. is a well known mouthstick painter with a large following in Canada. The list of mouthstick artists is long. Equally long is the road to success. ●●●



New Life Faces Old Schoolhouse

by Jane Comstock
(polio quad)
The Comstock Lode
Sparks, Oklahoma



When the Old Meadowdale school at Dundee, Ill., closed its doors for the last time, its usefulness was considered over. But, those doors have opened again. The sign reads, "The Country School" and it has become a gift shop--but more important, it sells things made by handicapped people.

The Ryan family--William, Jean, Gayl, Rae, and Billy--bought the old school at a public auction to 'square off' their property. One year later, they were in the midst of building a new home when Jean was stricken with polio (1952). After months in an iron lung and years in hospitals, she returned home with a portable respirator and a rocking bed.

Jean had learned to type with her toes and paint with a mouthstick, but the old boarded up school kept popping into her mind. The gift shop idea came into being, and with a loan and the help of friends, the school doors opened again. By adding antiques to the handicapped hand-made items, she was able to pay off the loan in three years.

While most of the selling price is returned to the persons who made them, the 1/4 Jean keeps goes into a scholarship fund for young people interested in learning to help the handicapped. Only a few months ago, the first two "Country School" scholarships were awarded.

Jean was 1958 polio mother of the year. And, this year she was given a citation as "Catholic Woman of the Year." She closes the gift shop from January 1 to April 1 to help promote projects for the March of Dimes such as: dances, bake sales, white elephant sales, and bowling sweepers. And now she is working on a technique whereby handicaps will be producing ceramics.

The Country School NEEDS more hand-mades! And, Jean would like to have as many countries as possible represented. What do you make? Write: Jean Ryan, The Country School, Route 2, Box 484, Dundee, Illinois. ●●●



Her legs comfortably supported by slings, Jean types with her feet, closely watched by her son, Billy.



PHOENIX:

RESPO RE - REHABILITATED

AFTER 8-1/2 YEARS

by Joyce Kellogg
3232 Arthur Avenue
Brookfield, Illinois

When I entered the Respiratory Center at Illinois Research in Chicago in 1958, I had been using the rocking bed during the day and the tank respirator at night, with four to five hours free time, using mostly accessory muscles.

My initial onset with polio was way back in 1949. I entered the Center with trepidation because I had been using the bed and tank for 8½ years and I was in a rut and comfortably so.

I was hospitalized at the Center for five months. The "team" there worked hard and did a terrific job in rehabilitating me. I admit there were many bad times, but I finally made it.

Now I use the pneumobelt at work, rock at night, and use the positive pressure machine the rest of the time. I have some free time, if I keep my mouth

shut, such as going to the movies, and depending on how tired I am.

I work Monday through Friday, five afternoons a week, from 12:30 to 4:30 doing general office work. The two companies I work for are B.F. Kitching & Co., Inc., and Musser Marimbas, here in Brookfield. I use the pneumobelt all of the time that I am working. I take shorthand, type, answer the phone, etc. I use ball-bearing reachers, the standard type.

I solved the transportation problem by purchasing a used Volkswagen Microbus. The two back seats were removed. My father and a neighbor built a five foot ramp so I go in by the wide side doors in my wheelchair. I now have the car paid for, and I also pay the car insurance, gas, and upkeep.

My mother takes care of me, gets me ready for work each day, etc. However, I pay a college girl to stay with me some weekends so my folks can get away and get a good rest. She comes on Friday nights and stays until Sunday night. She takes complete care of me, fixes our meals, etc. She has dates in for the evening or if I am going to have company, she can go out. I date occasionally. I have several bachelors who take me places or we have parties at home.

All in all, I love my work and the challenge to prove that I can do a job and do it well. ●●●

ED: This story by Joyce is sensational. Note, for instance that she felt "comfortable" before the change. Also note that improvement does not necessarily mean using less aid - but may mean more aid from less bulky sources.

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