

1967

Toomey j GAZETTE

 **HIGHER EDUCATION**
and  **EMPLOYMENT** 



S T A F F

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Alan Arnold, Legal Counsel	Mickie McGraw, Artist & Market Place
Ida Brinkman	Donna McGwinn, Books & Features
Ruth Davis	Sue Williams
Ben Gerson, Promotion	

Bud Blitzter (Cal.), Promotion	Vince LaMielle (Mich.)
Peter Collis (S. Africa)	Margaret Norris (Fla.)
Mary Ellen Davis (Colo.)	Juanita Pusateri (Cal.)
Ralph Dosch (Cal.)	Sally Russell (Ky.)
Jane Jeffris, R.N. (Ill.)	Dana Stanton (Colo.)
Duncan A. Holbert, M.D. (Cal.)	Betty Weisensel (N.Y.)
Ira Holland (N.Y.)	Nancy Westman (Fla.)

CEREBRAL PALSY: Jim Hooper (Ohio) MUSCULAR DYSTROPHY: Joan Barnekow (Ohio) MULTIPLE SCLEROSIS: Cliff Westhead (Ohio) TRAUMATIC QUADRIPLEGIA: Helen Bourne (N.Y.), Ron Perry (N.Y.), Bob Smith (Va.), Robert E. Tanton, Jr. (Ala.), Artist.

NON-DISABLED:

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ASSISTANT EDITOR: Sally Schmidt
PROGRAM DEVELOPMENT: Ruth Carlton
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TjG Aim: To reach, to inform, and to dignify the severely disabled throughout the world.

TOOMEY j GAZETTE is published once a year. The writers are the severely disabled readers. The editor is Mrs. Gini Laurie, a non-disabled volunteer. It is incorporated as a non-profit, tax-deductible organization under the name of Iron Lung Polios & Multiplegics, Inc.

SUBSCRIPTIONS: There are no subscriptions. Suggested minimum, tax-deductible donation per copy: \$2 from the non-disabled and the same, or what-you-will, from the disabled. (Personal cheques from abroad, U.S. stamps, and International Stamp Coupons are acceptable.)

QUADS are quadriplegics (or tetraplegics) -- those whose four limbs are paralyzed or useless because of disease or injury. RESPOS are respiratory polios -- quads who require mechanical breathing aids, such as iron lungs, etc. MULTIPLEGICS include all who have two or more paralyzed or useless limbs because of injury or cerebral palsy, rheumatoid arthritis, muscular dystrophy, multiple sclerosis, etc.

TOOMEY j GAZETTE is named in memory of the late Dr. J. Toomey, director of Toomey Pavilion, Cleveland's former polio center. At the suggestion of his successor, Dr. R. M. Eiben, *TjG* was started in 1958 as a mimeographed newsletter by Gini, a hospital volunteer, and the *respo* out patients to share their at-home doings. The hub of editing and other activities is in the Laurie's home in Chagrin Falls. Here disabled friends assemble for the Toomey Alumni picnics and other gatherings - all entering under this good luck "Foo" sign on their torri gate. 福

YOUR HELP IS NEEDED.....

Since much of the mail to TOOMEY j GAZETTE is addressed impersonally to "Gentlemen" it would seem that too many of the readers are under the impression that it is published by a rehabilitation center or a large well-funded organization which has no need of their financial help.

TjG's present shivery lack of monies makes it necessary to correct this impression. Actually, it has been skimping along on an incredibly small budget because of thousands of hours of volunteering by a few people working in the home of the editor and some working in their own homes. It has been supported solely by unsolicited donations from readers and short-term grants requested from foundations.

Today, these donations are inadequate because of the phenomenal growth in circulation and ever-rising printing costs.

Here are the 1966 financial "facts of life:" Circulation: about 10,000 readers in 58 countries, 2,000 added within the year. Donations: \$3,350 from 412 readers, \$2,650 from foundations. Expenses \$10,000. Deficit: \$4,000.

Obviously, the help of more readers is vitally needed. If every reader, who can afford it, would make a \$2 donation (as suggested under "Subscriptions" on the opposite page), immediately upon receiving this and every future copy, the *TOOMEY j GAZETTE* costs could be met painlessly.



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A New 9-Page Feature



FRIENDS - AROUND - THE - WORLD

FOREIGN
CORRESPONDENTS

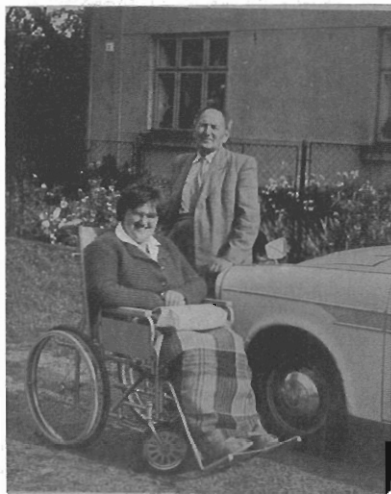


- AFRICA: Ian Bompas (respo), 2 Dowse Road, Glenashley, Durban, Natal
- AUSTRALIA: Max Rawson (respo), Ward 12, Fairfield Hospital, Fairfield, Victoria
- CANADA: Bob Gordon (respo), Pearson Polio Pavilion, 700 W. 57th Ave., Vancouver 14, B.C.
- CZECHOSLOVAKIA: Vladimír Kvapil (para), BLUDOV, Nádražní 344, okres Sumperk
- ENGLAND: Paul Driver (respo), Athol House, 138, College Rd., London, S.E. 19.
- FINLAND: Erkii Riihimaa (respo), Pentimäki, JALASJARVI
- FRANCE: Michel Le Saux (respo), L II R, Hôpital R. Poincaré, Garches, S et O
- GERMANY: Jürgen Ersbleben (respo), 2000 Hamburg - Gr. Flottbek, Stiefmutterchenweg 3
- HOLLAND: Theo van Kooten (quad), Aneas, Diaconessen Ziekenhuis, Breda
- IRELAND: Ethna O'Dowd (respo), Ward 7, Cherry Orchard Hospital, Dublin 10
- JAPAN: Tetuji Tomikawa (deaf), c/o Mrs. Ginno, 7-26 Sakura-Machi, Hirakata-Shi, Osaka-Fu
- MEXICO: Mrs. Eileen Van Albert (M.D.), La Merced 1052, Cal. Chapolita, Guadalajara, Jal.
- NEW ZEALAND: Ngairé Pascoe (respo), Lincoln Rd., Massey, Henderson
- SWITZERLAND: Charles Froelicher (respo), Steinhofhalde 18, Luzern



A WOKOUN, Pavlisova 9,
Kladno, Czechoslovakia.

"I take the liberty of asking you to connect me with a handicapped friend in the U.S.A. who likes creative arts, good photographs, travelling and submarine life, who - besides mutual correspondence - would send used American pictorial magazines in exchange for Czech books edited in English or Czech phonograph records or Czech View-Master reels for U.S. reels."



KVĚTA MOTYČKOVÁ, Flotíště 477, Hradec Kralove, Czechoslovakia. A polio quad since 1945 at age 13, Květa graduated from the Charles' University, Prague, in 1960 with the title "graduated filologist" (similar to M.A.).

"I hoped to become a translator but till now I have had only very little opportunity to apply my knowledge of English, German, Russian, Spanish, French. So I teach these languages at home. I do like this work even though I do not earn much money.

Foreign languages are not my only interest. I like all kinds of music and can play guitar (and a little piano) and sing. I try to write (or translate) texts of songs, poetry and stories. Last spring I managed to finish my first book. As you could see on this picture of me and my father, I have a small car 'Trabant' and I am very glad that I am able to drive it myself.

The TjG inspired and amazed me. All the stories will encourage me and my polio friends. I am a chairman of a Youth group of the Union of the Czechoslovak Invalids in our town. I am reporting to them about the materials I've got from TjG. I shall be very happy if you rank me among your friends."



JOSEF ČADA, Prachnerova 10/642, Praha 5 - Košiče, Czechoslovakia. (Inset and, left, with his mother and boxer at Veltrusy castle.) Josef has been disabled by muscular dystrophy since a few years after he was born in 1944. He is studying theoretical physics on the faculty of Prague Charles' University. He hopes to have completed his thesis and to graduate in June 1967.

"Our 'Mlada fronta' gazette reprinted a report from 'The New York Times' according to which TjG's Adolf Ratzka from West Germany was accepted on the Los Angeles University. Of course I should be very interested in obtaining the RNDr. or CSc. degree on the American university for I have never heard about the case of an invalid student from any communist country studying in the U.S.A. Through TjG, I am corresponding now with Adolf and together we are working to see if this could be accomplished.

I should like to express my big pleasure that I connected with the TjG. I should like to hear from American friends and I should be very obliged to receive some U.S. magazines. Hobbies: I am a collaborator and translator (From English, German and Russian) of three Czechoslovak magazines and I photograph, too."

MURIEL HELENA WILLES, "Kingshurst," St. Paul's District, St. Helena Island, South Atlantic Ocean. Wants magazines, etc.

"I contracted polio at the age of 12 years in 1945...I am in a wheeled chair, being paralysed in both legs and partially in my right hand. But I am able to do all my own housework, cooking, washing and ironing. My husband, Fred, assisting with things out of reach or too heavy to lift...We both try to eke out a living by writing articles. I do a lot of sewing and knitting to help out. We also do much reading, but we can obtain nothing locally. For reading matter we have to depend on friends overseas...My father was the last of the Boer War prisoners to remain on the island. He was brought here in 1901 and he was 85 when he died in 1959."



THE TENTH ANNIVERSARY OF THE FINNISH RESPIRATORY ASSOCIATION was celebrated on September 6, 1966 at the Aurora Hospital in Helsinki. Membership includes the 38 respos in Finland. The Chairman is Dr. Jaabeko S. Tola (left) and the Executive Manager, Mr. Olli Aro (next left, with his wife). The Secretary is Veikko Pyhajarvi (second man along the wall from Mr. Aro). The festival began with musical numbers by the Helsinki Theatre Orchestra. Dr. Tola made the opening speech on the subject of the disabled person's wish to do useful work. The gala program continued with music, talks, and the awarding of merit plaques. Photos: P. Mannelin and Lehtikuva.

MONA ERICSSON, Hadvigslundsv. 13, Älta, Sweden. A polio para since childhood, Mona works as a programmer.

"I spend my time together with good friends (most of them more or less paralysed, but not all). We listen to music, go to cinema, theatre or restaurant, or take a trip by the car...I must tell about the girl who gave TjG my address, Adrine Azoumanian. In the Spring of 1966 a friend and I went by fly in a tourist group to Beirut for holiday. A man who worked at the hotel knew Adrine, who is a paraplegic, and he introduced us to each other. We became very good friends and thanks to her and her family, the girl who was with me and I saw much more of the beautiful Lebanon than the rest of the group did.

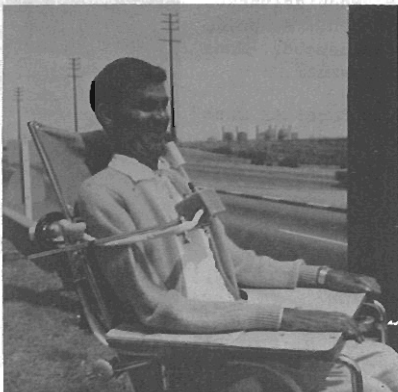
"What I mean is: if you are handicapped, you have a lot of brothers and sisters all over the world."



MARY WANJA, a 15-year old mouthstick painter in Kenya, would like to correspond with others of her age. Contact Miss E. M. Shaw, Kenya Red Cross Society, Dagoretti Childrens' Centre, P. O. Box 24756, Karen, Nairobi, Kenya, Africa.



MEL MORALES,
V.A. Hospital,
Ward X-13, Long
Beach, Cal. 90804.
Mel rocks at night,
uses trach positive
during the day, and
races around the
hospital in his
chin-operated elec-
tric wheelchair. He
has a stereo and
enjoys all types of
music. Auto racing,
baseball, and boat
events are his
other interests.



"I would like to correspond with an English-speaking girl in South America or Spain."

Photo: Ralph Dosch



BETTY SUE SILLS, Route #2, Box 169, Silver Creek, Mississippi 39663, is a 37-year old polio who lives on a farm. Her hobbies are all kinds of handwork and collecting stamps and view cards. Betty is most anxious to meet lots of handicapped pen-friends as "we can meet each other on our own grounds and perhaps be of help to each other in our work, hobbies, and enjoyments."

◀ CHARLOTTE FERRIS, c/o Lt. Col. C. C. Ferris, Jr., 819th Medical Group (SAC), Dyess AFB, Texas 79607.

"I'm 17 years old and a junior in high school. For the past three years my family and I have lived at Hahn Air Force Base in Germany and we loved every minute of it. I have visited every major capital in Europe and, as a result, I'm afraid I have an appetite for continental living and hope to go back for a college course. This summer we returned to Abilene in our home state and I think we'll love it just as much as Germany! The high school here is all on one level and I really like it. My main interests are parapsychology (including the ouija board) and reading. I would like to correspond with other polios of my age."

SARA INMAN, Route 1, Carthage, North Carolina 28327. Sara has been a polio quad since 1948 at age 12. Studying in hospitals and at home, she graduated with her own high school class. Through D.V.R., she took correspondence courses in journalism and, for the last 10 years, has been a rural correspondent for her local newspaper. She and her mother and a sister live on a poultry farm. Deeply religious, she attends the Christian Church and teaches Sunday school.



"There aren't many handicapped people in my section of the country and I miss the fellowship which I could have with my own 'kind' because they can understand my problems. It would be so nice if I could make friends with some handicapped people, male or female, and I would enjoy corresponding with them."

ROSAMUND RAE JOHNS, 22 Heaton Street, Jesmond, Newcastle, New South Wales, Australia.

"I am 23 years old, single, with fair hair and blue eyes. I weigh 5 stone and 5 pounds. My disability is 'Still's Disease,' a type of arthritis. I am employed as Secretary to the Manager of the Civilian Maimed and Limbless Association of New South Wales. My hobbies are reading, singing, painting, collecting and playing records, watching T.V. and all kinds of sports, writing, working and life in general.

I would like very much to write to disabled persons who are about my age."

"BRIEFGEMEINSCHAFT FUR KORPERBEHINDERTE" (Penfriendship for the Disabled) of Germany wishes to enter into contact with TjC and its members in order to establish Penfriendship. Exchanges may be written in English or German.

Write to: Mr. H. Muller, Briefgemeinschaft fur Korperbehinderte, Benzstrasse 2, 7418 Metzingen, Germany.

PEN PAL CORNER...The Letters Exchange program of the People to People organization is looking for Pen Pals. At the moment they have several thousand names from Brazil, Pakistan, India, Ghana, Nigeria, and the Philippines in the 18-25 age bracket. They need American correspondents for all of them. The Letter Exchange is free - all you need do is to send a five-cent stamp to cover mailing expenses. Their address: Letter Exchange Program, People to People, 2401 Grand Avenue, Kansas City, Missouri 64141.



INTERNATIONAL SOCIETY FOR REHABILITATION OF THE DISABLED, 219 East 44th St., New York, N.Y. 10017. The disabled around the world will benefit from contacting their own country's National Secretary of this world federation of voluntary organizations in 63 countries. The Society is a rich source of information and lists of publications on rehabilitation in English, Spanish, and French.



MULTIPLE SCLEROSIS NEWS is a helpful quarterly published for members of The Multiple Sclerosis Society. 10 Stratford Rd., London, W.8, England. Annual subscription: 2s. 6d. (From U.S. send 50c.)

CLIFF WESTHEAD, P.O. Box 478, Rickly Hospital, Springfield, Ohio 45501. Onset of M.S.: 1941; diagnosed in 1958; paralyzed since 1961.

"I would like to tapespond (yak) with other M.S. readers about people, places, and lots'a things. I own a Monaraul Two Track Three Speed Tape Recorder - 1-7/8, 3-3/4, 7-1/2. I have a background in sales, construction, western type horses, a knowledge of hetero-suggestion, and have bred and exhibited airedale terrier dogs."

AGNES PERINGS, Salle 23 B, Hopital de Baviere, Liege, Belgium, has been a polio patient at Baviere Hospital since 1955.

"My 20 polio friends here at the hospital have appointed me to enter into correspondence with you. I am 22 years old and am disabled of all the limbs except the left arm. I have learned English with a friend who is an English teacher. I can also speak German. I spend the time reading, typing, and looking at T.V.

The TOOMEY j GAZETTE is a very interesting book, I like much the fotos which are into and I hope to hear from other readers.

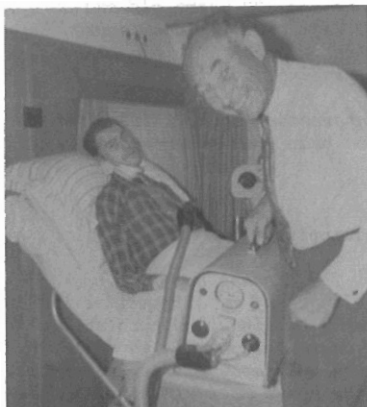
RITA P. CANONIGO, Naga, Cebu, Philippines.

"I am a leper: scarred all over. The disease has long been completely arrested. I still have full use of my extremities and my eyes are good. However, nobody seems willing enough to employ me. I can hardly go out of the house where I live with my mother and sister because of the prejudice and antipathy of the neighbors. You will understand why I am in the house most of the time 'disabled.'

I really wish I can share in the friendships of your magazine, as I have a feeling I am a part of it."



PEN-FRIENDSHIP CLUB...for all types of disabled people. Write, enclosing a self-addressed envelope and giving details of age, interests, etc., to Mrs. D. B. MacDonald, Flat Four, 6 Bolton Rd., Chiswick, London, W.4.



tory aid (iron lung, rocking bed, cuirass, etc.) and their friends or families. For reservations, write: The Central Office of the British Polio Fellowship, Clifton House, 83-117 Euston Rd., London, N.W.1.

THE FRIEDREICH'S ATAXIA GROUP... English people who have this rare and paralyzing disease have started a social group and publish a Newsletter. It is estimated that there are about 500 cases in the British Isles. The Group invites F.A.'s all over the world to join and share problems and common interests. Write to the Honorary Secretary, Mrs. I. H. Heard, 8 Fordens Lane, Holcombe, Dawlish, South Devon, England.

JOE CARDY and DR. SANDIFORD at the I.P.F. respiratory polio caravan.

"Doreen, myself, and the two post-polio children had a lovely holiday at the caravan in Portsmouth. Dr. Sandiford took us out on tours and a picnic; he gained permission to enter the Navy dockyards and we drove around eyeing the ships; we visited many places of interest, finishing up at Hayling Island. I'd be glad to tell other respos how adventurous and safe it was. Write to me at 12, Wykeham Rd., Writtle, Chelmsford, Essex, England."*

* The holiday caravans are available to polios requiring respira-

THE RESPONAUT, an English quarterly by "people with residual respiratory paralysis," will be sent free to other respirator-users who write to its editor, a respo, Ann Armstrong, 39 Essex St., Newbury, Berkshire, England.

Respos will enjoy the news and views of their English counterparts and find friends with whom to share experiences.

The energetic Ann started a newsletter in '63 as the result of correspondence with other respos. Her local vicar, Rev. W. R. Birt duplicated their material and volunteers assisted. Now it is a 26-page magazine reaching more than 700 and its production and postage are paid by the DAILY MIRROR.



Photo: The Evening Post, Reading



INFORMATION SERVICE FOR THE DISABLED. Under the dynamic leadership of its Chairman, Lady Hamilton, O.B.E., M.A., the Disabled Living Activities Group of the Central Council for the Disabled has developed an information service available to those professionally concerned as well as the disabled. Enquiries may be made by telephone, by letter or by personal visit to 39 Victoria St., London, S.W.1. The subjects included are: personal activities of daily living, clothing, design and construction, educational and training facilities, employment, accommodation, extra facilities and services, transport, hoists and lifting equipment. Eventually, up-to-date memoranda will be issued periodically.



GRAHAM V. GUEST is a creative artist, a talented writer, and a delightful individualist. He enjoys painting, writing, gardening, classical music and theatre.

He created this exciting cover for the first-rate magazine, UNDAUNTED, which

UNDAUNTED is published twice a year. Annual subscription: 30¢ (from the U.S.A., send a dollar or so). Make cheques payable to THE ADULT SPASTIC CLUB OF QUEENSLAND and mail to Mr. Jeff Murray, Hon. Treasurer, 16 Gallipoli Road, Carina, Brisbane.

The December 1966 issue reported the National Conference of Adult Spastic Clubs. Discussions were held on industries, adult residences, and social acceptance.

MORE ● AUSTRALIAN PARAPLEGIC
 AUSTRALIAN ● 184 Cambridge Street
 PUBLICATIONS ● Wembley
 (Send \$ for ● Western Australia
 sample copies) ●

he edits. His verve and impish sense of humor are typified by this delightful description of one of his gardening problems, "It Could Only Happen Here."

Five years ago, Graham was a pioneer resident of Sevenoaks, a home for more than fifty adult spastics in Australia, the first and only such establishment in the country. He continues to be quite pleasantly surprised that it is so free of annoying rules and he is able to pursue his own diverse enterprises.

"The most significant fact I have found after living here, is that it is not the extent of a person's handicaps that is the most important factor in determining his role in life, it is his outlook and will."

Graham is enthusiastic about the growth of the Brisbane Centre Workshop. An active leader in the 100-member Adult Spastic Club, he dashes out his ideas and holiday plans with a letter board.

Subscribe to UNDAUNTED! Ordering details are given below. Graham's address is c/o Seven Oaks, Fig Tree Pocket, Brisbane, Queensland, Australia. ☉

FORTITUDE
 Civilian Maimed &
 Limbless Assoc.
 61 Grose St.
 Camperdown, N.S.W.

PROGRESS
 Wheelchair &
 Disabled Assoc.
 49 Blackbutts Rd.
 Belrose, N.S.W.

REHABILITATION
 IN AUSTRALIA
 209A Castlereagh St.
 Sydney
 New South Wales

ROYAL PERTH
 HOSPITAL JOURNAL
 Royal Perth Hosp.
 Perth
 Western Australia



IT COULD ONLY HAPPEN HERE

Last summer, I had built up a large vegetable garden at Sevenoaks after many trials with bugs, blight and beetles. It had taken a great deal of sweat and perseverance, but I loved my garden and once out in it, nothing would draw me in except the meal bell.

All seemed to be going well. I had just picked a large crop of corn, and the tomatoes were ripening after receiving dusting just in time to arrest an attack of blight, when cows belonging to our next door neighbour started paying nightly visits, doing considerable damage, as well as depositing their visiting cards.

On waking in the dead of night to hear the dreaded munch, a cross between a cement mixer and a steam shovel, I was horror-stricken and would reach for a buzzer at the head of my bed to ring our night nurse obediently plodding down to my room to learn the cause of my wakefulness.

Now our night nurse can cope with almost any situation during her nightly vigil, but after chasing these clumsy brutes and ruining a pair of nylons, she became a little disgruntled.

On telling me of this I replied, "In my opinion, cattle mustering is an essential part of the nursing curriculum."

口-アの人には心に楽しい音を
ホリオの人には心に楽しい歩みも
失明の人には心に楽しい光も

Motto of Tetuji Tomikawa

TETUJI TOMIKAWA, c/o Mrs. Ginno, 7-26 Sakura-Machi, Hirakata-Shi, Osaka-Fu, Japan.

"I am one of the disabled and I have a deep concern to know of the lives and opinions of other handicapped people. We want to know more about ourselves, both our present position and our future goals, so that we Japanese disabled may widen the scope of our thinking and live with wide-opened spirit.

"I am 24 years old, male, live in a small town which is about 18 miles away from the center of the city of Kyoto. I am working in a small plastics factory as a blue worker. I am not a polio man, but hard of hearing - 80%, which means that I cannot converse with others even with a hearing aid - and my right leg is crippled by a disformation of the hip bone.

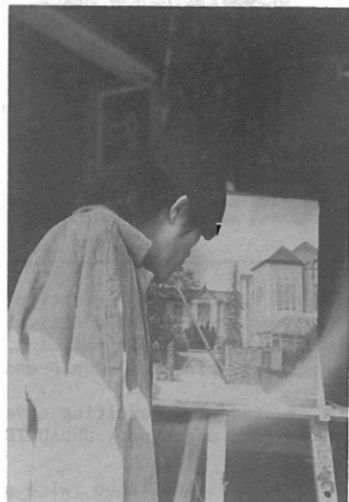
"I learned English by self-education, and now I am a reader of the weekly "New York Times" and I am proud of this success. I think of my life as worthwhile to continue and I love it from the heart in spite of many hard conditions. I do not count of the things I had lost, but think what I can do with the things I still have.

"As *TJG's* Japanese correspondent and at the request of its editor, Mrs. Gini Laurie, I have interviewed another Japanese *TJG* reader, Mr. Iwoa Adachi, and I am proud to give some image of this young artist, the most unforgettable character I have ever met.

"Mr. Adachi is now 28 years old. He lost his two arms at the age of 12 by an electric shock. The accident happened on a hot and sunny afternoon of May, when he tried to catch a sparrow that perched on the high volt wires. Two or three years later, deep in agony and despair, he attempted suicide - but failed. He told me of the attempt so calmly that I knew he had now overcome his handicap and had learned the essential meaning of life, which most of the normal people fail to catch even at the end of a long life. He lives on as a human being, respected by the people who know him well. He is a very very brave soldier in spite of the fact that he has no experience on the battlefield. The cold wind of society blew directly on him, but he fought manly to the best of his ability and won his battle.

"While working in a factory as an orphaned youth, he heard of a nun who had no arms and was a first class artist in the field of 'Syodo,' the Japanese traditional way of writing. He was greatly impressed and decided to depict pictures by the same method. Now he is a successful member of the International Association of Mouth and Foot Painting Artists.

"His pictures are mainly of the nature around him and he said, 'It is my desire to depict all the beauty of our land, and with it to tell the men in the street that we, the disabled, can do as well as the normal men do.' When I told him that it is the effort, and



Mr. Iwoa Adachi

patience of the disabled which determine what we can do and what we cannot do, he nodded strongly and said, 'Once the goal of your life is determined, it is necessary to concentrate all your effort on it, and only doing so, you may become a winner of the life. There is no barrier except your own fear. Burn your bridges behind you.'

"As he told me of his past, I wondered about the source of his energy which led him to the present success. He is skilled in many sports. He was a silver medalist both of the broad jump and swimming at the International Paralympic games held in Tokyo in 1964. I think that his painting is the prolongation of his love of human life and nature; his sporting is the prolongation of his sense of joy of living as a human with sympathy, independence, and dignity.

"I found calmness, gentleness, and stability in his paintings. They tell us that there is no limitation to human ability, if we have the intentions rooted in deep resolution. Because we are disabled, more time may be necessary to accomplish our aims. We may need to be more hard working than normal people, but it is within our ability, and we can do it, we can go back to the mainstream of society, no matter how disabled we are!"

信 州 報 次

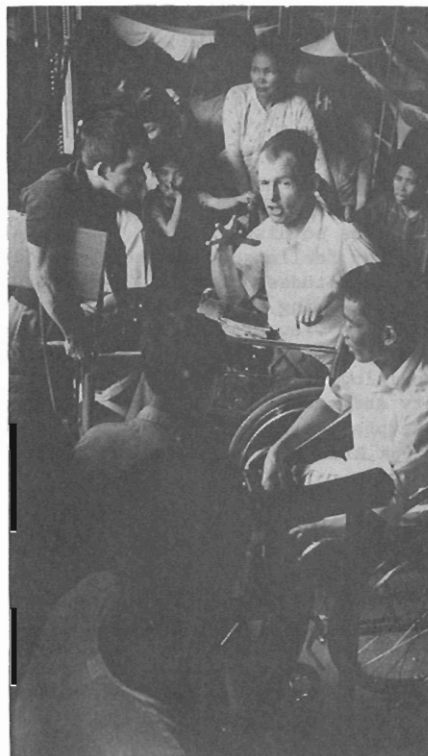
To make a joyful sound in the mind of the deaf
 To make a joyful walk in the heart of the polio
 To make a joyful light in the thinking of the blind

Translation of Tetuji Tomikawa's Motto

大分県 別府市 亀川郵便局 私書箱 7 ジャスティン・W・ダート・ジュニア

JUSTIN W. DART, JR., P.O. BOX 7, Kamegawa Post Office, Beppu City, Oita-Ken, Japan. A polio paraplegic since age 18, Justin received his M.A. at the University of Houston in Texas in 1954. He also attended one and one-half years of law school at the University of Texas. For the past four years he has been living and doing business in Japan. Since moving there he has become increasingly active

in various programs to help the physically disabled. Last November he gave up his business activities and is now devoting his time completely to his work with the handicapped. His next step will be to obtain a Ph.D. so that he may more effectively work for the education of the handicapped in Asia. In early 1967, he built a small center for holding study-meetings in Beppu, South Japan. Known as "Inspiration Place," it is a modest meeting place dedicated to the cause of the handicapped. ⊕



Sex and the Disabled

by DUNCAN A. HOLBERT, M.D.



Dr. Holbert, a respiratory polio quad, is a practicing dermatologist

The sexual life of anyone, disabled or otherwise, should, ideally, be the natural spontaneous accompaniment of a warm loving relationship between two people. The well known Puritan ethic of our society has so distorted our individual reaction to our normal healthy feelings, that there has developed a complete range of attitudes, from total rejection of sex as a nasty, unwholesome thing to a total preoccupation with sex. In the latter view, failure to develop a great big sexual relationship is equivalent to total personal failure. The psycho-sociologist from abroad is completely aghast at the ingenuity and preoccupation of the American Ad man, who can make phallic symbols out of hot water heaters and appeal to a sick kind of narcissism in selling breakfast cereals.

So we should be careful that we develop a healthy realistic feeling about our own sexuality. The inability to develop a regular sexual life does not mean the failure of a masculine or feminine personality; certainly it does not mean that one has failed as a valuable social being. Think for a moment of the hundreds of thousands of individuals of all ages who have chosen a monastic life, or for whom circum-

stances have chosen asceticism or total sexual denial. With a sexual life submerged in the background, these people contribute enormously by devoting their lives to the care of the sick, aged, to the relief of poverty and ignorance, etc. And these people are thereby as happy as most and realistically content with the outcome of their lives.

Now, as my teen age son says, "We are down to the knitty-gritty!" We all have two choices in this business - we either find ourselves in an on-going sexual relationship with another person or we must make the best of life without it. To be completely realistic, I think a disabled person, (certainly the single one), must come to personal grips with the actuality that he must probably accept an ascetic life. The individual who is married when his disability begins, or who is fortunate enough to find marriage after his disability occurs, has only a relative problem. His problem really only involves a certain amount of operational ingenuity, and frequently a maturing, "loosening" of the sexual habits and philosophy of one or the other partner. Obviously this is not the time or the occasion for prudishness - all the experts in the field of mental and emotional health agree that between two people for whom a truly loving and

caring relationship exists - anything goes. In this completely private world, there are no rights or wrongs, there are no traditions that cannot be broken. The ultimate test of success is that an orgasm or sexual climax, with its relief of sexual tensions, should occur for both, with each time an increasing loving feeling for the other.

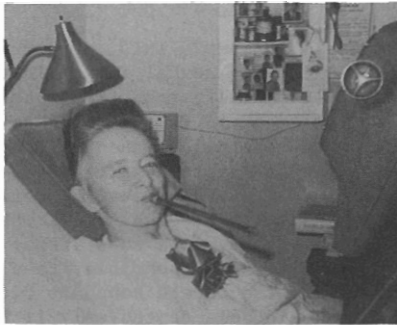
The single disabled person has a tougher problem, particularly if his disability is congenital or began in childhood. He frequently must, as happily as possible, accept a life in which his sexual drives must be sublimated, and these energies turned to useful, productive activities. Certainly he has sexual dreams and sexual fantasies which can be enjoyable and satisfying to an extent, but all things must be reasonable and realistic - he must accept the dreams and fantasies for what they are, be grateful for what content of pleasure they may contain, but careful that they do not become a preoccupation in which his life is made miserable by constant grieving over what cannot be. If possible, masturbation is a completely acceptable and healthy way to relieve sexual tensions. The old, sick admonitions about masturbation stunting growth or causing mental illness are completely and entirely false. Naturally, sensible discipline is as necessary here as in the control of any of our appetites. For the life-oriented single person, there is always the hope for marriage or for a satisfying sexual relationship otherwise. Either of these alternatives depends not upon the sexual capacity of an individual, but upon his development as a total person. He must seek to become outgoing, interested and concerned about the lives and interests of others; he must be continually growing in knowledge and in the arts of becoming a significant person. He can obtain pleasure in Nature, in the intellectual world and in as many meaningful relationships with other people as possible. In these ways, he becomes an interesting, "deeper" and more attractive person "without really trying"

and, as such, he also becomes sexually more attractive and frequently a more normal sexual life can develop. A good friend of mine, going to the University of California in a wheelchair and a Huxley breathing belt, has more girlfriends than he can handle and, believe me, they don't spend their time playing Monopoly! A common fallacy exists that often a disabled person is physically inadequate or incompetent sexually as a result of his injury. Most always this idea is completely untrue, and not uncommonly a nearly normal and quite satisfactory sexual life is possible, frequently attested to by the presence of children and a contented smile on the face of the mate.

How about the homosexual relationship? This depends entirely upon the basic personality and sexual identification of the individual concerned. If a male person finds that he truly sees himself as a female and finds a genuine sexual response of a female type to another male, then a happy, satisfying lasting sexual relationship is possible assuming again that there is a real loving, caring feeling between the partners. However, if one accepts a sexual relationship with another of the same sex, merely as a substitute, because "the real thing" is not apparently possible, then all sorts of difficult and damaging effects are bound to occur. A homosexual relationship should be accepted only if this kind of relationship would have developed in spite of the disability.

The outlook for a completely, happy, normal sexual life for the disabled is therefore seen as difficult and complicated, but I think that we have all slowly and painfully learned to accept what we must and to take that which we have and turn it into the best possible good. It is hoped that this brief comment on a very important problem will bring about helpful ideas and, hopefully, initiate concern in others for the sexual needs of disabled people. ☉

USE YOUR HEAD



by Helen Bourne
A former librarian,
now the doyenne
of quadriplegics,
nineteen years
after her
accident.

My great-uncle Nelson had a saying which was one of my favorites when I was a child. It went this way: "If you can't hit a nail with a hammer, use your head." Since 1948, this sentence has become for me a way of life.

On the morning of November 29, 1948, I was a busy bookmobile librarian at the Long Beach (California) Public Library. At 11:00 P.M. I was catapulted from the driver's seat to the driveshaft on the back floor and

into my second career of quadriplegia. The first use of my head was so vigorous that I cracked it open. It took six months to put it together again.

At the Long Beach Community Hospital, a drove of doctors diagnosed my injury as a spinal crush between the fourth and fifth cervical vertebrae. Their prognosis was a two- to three-week life expectancy. Haltered and hung in bed #13 of the second floor ward, I was unaware of this dismal prophecy. Therefore, I fought.

In 1948, the care of quads was custodial. However, the dedicated staff of the then small hospital put me on a Stryker frame and proceeded to help prove the doctors wrong. My 22-year-old sister, a registered nurse, took a leave of absence from her Rochester, New York, hospital job and flew out to take care of me. My mother and, later, another sister, a schoolteacher, came out to give financial, physical, and moral support. The rest of my big, close-knit family contributed according to their individual skills and resources.

My friends rallied around and continued to consult me on library and personal matters. A few ran, but most of my friends and relatives entered into my experience with paralysis as they had shared with me my pre-accident joys and sorrows. They made me feel useful and worthy of the prodigious efforts being made to keep me alive.

In this almost prehistoric period of quad care, I had one advantage: ignorance. Not knowing that one's first reaction to catastrophic paralysis is often disorientation and confusion, I never lost contact with my outside environment. The week after my accident I was arguing heatedly, though hoarsely, with a close friend about the innocence or guilt of Alger Hiss. Except for the occasional bouts of high fever or great nausea, there has never been a day that I have allowed myself to withdraw totally from the interests and activities of other people.

Early in my invalidism I realized that, if I gave in to self-pity and self-absorption, I was done for as a person. Furthermore, it was too boring a pastime. There was so much going on in the world that I did not want to miss, paralyzed or not. I decided that I had better not miss a single day of hitting a nail with my head, for it would then be too easy to go two days and then, three, and possibly forever, without

this cephalic carpentry.

It was, of course, easier to decide this than to do it. I had days and, infinitely worse, long, long nights when my thoughts were bitter-black and my mood one of unmitigated hostility to anyone and everyone who walked across the path of my brooding. I found a two-pronged answer to that. First, I realized that my condition, tragic though it was to me, was no skin off the nose of people outside the circle of my friends and family. These indifferent people had problems that were as frightening and frustrating to them as my paralysis was to me. Furthermore, there was a refreshing simplicity to my problem of adjustment that their knottier problems and responsibilities did not allow. In my back-to-the-wall situation there was no way to go except forward.

Second, I was surrounded by people willing, in the main part, to help me towards making an active and worthwhile life for myself. That the suggestions for accomplishing this were often completely opposite did not dilute the essential goodness and kindness of those offering their advice and, more immediately helpful, the use of their muscles.

In 1950, my fragile survival techniques were hard tested by our move back to my childhood home in Fairport. Having been away for fourteen years as in independent, self-supporting individual, I found my helplessness even more intolerable than my life in my post-paralytic Long Beach. The members of my family had nearly as unsettling a time adjusting to the hard demands of a quad's activities of daily living. My reaction was one of almost overwhelming despair. The four factors that pushed me through those first months were the need to help my family to understand a little and to learn how they might help; the repeated visits of three old friends who threw up pontoon bridges from past to present; my "unrealis-

tic" and desperate belief that someday some way I would recover use of my hands; the outside comfort of feeling a Power, call it God or Allah or Prime Mover or First Principle, that bails me out when I can no longer endure.

When I had been at the bottom of a well for some time, I began to realize that I was like the drunk who sat on the curb bemoaning his inability to find his way home. Every time he got to his feet, he would list into the nearby telephone pole. Finally, he collapsed back in the gutter, crying, "It's no use. I'm in the middle of an impenetrable forest."

In my befuddled state, I was doing the same thing. I was forgetting to use my head as a hammer. When I began to want to drive nails again, my family stood ready to help. Most of all, they did not try to block me, to pigeonhole me as a helpless invalid. This willingness on the part of family and, later, of friends, to let me try anything and everything has been one of the three things responsible for bringing me to the state of emotional health I am in today.

One of the other two factors was my discovery in 1954 of the services of the old Rochester Rehabilitation Center and, later, of the Rochester Visiting Nurse Service. Through them I have had weekly professional physical therapy and the healing experience of working through with a medical social worker the stresses and strains of living as a quad and as a person. Our four years together on this self-help were the most fruitful of my life. At times, our sessions gave me some of the most hilarious hours I have ever known.

My classification with the RRC is now "inactive" but my association with its personnel has continued. At the VNS I have been around so long that they put me on the advisory committee for a project designed to

keep elderly and/or disabled people in their homes as long as possible and to arrange for group-living when it is not. I might say that I broke my neck to get on that committee.

The other factor is the joyful pleasure of observing my nephews and nieces. I had two mites already here in 1948. Now there are ten more, nine boys and three girls in all, ranging in current age from 21 to 3. We are friends; these twelve and I, partly, I think, because we accept each other exactly as we are. They renew my love of life; I provide them with a captive and interested audience. Besides, who else has a paralyzed aunt who is kooky enough to appear in unlikely places such as in or on toboggans and theaters and motorboats, to be participating member of the county Association for Teen-Age Diplomats and an active member of the board of directors of Friends for New Horizons, a cheer organization.

The strength to seek these new experiences and sustained responsibilities came by trial and error, through taking on new jobs such as tutoring in trig when both trig and my ability to tutor in it were unknown quantities, and through trying never to turn down proffered help.

As I wrote this article, I made a discovery. The years of trying and failing, of trying and succeeding, have made me tough. Learning to accept the weaknesses under stress of the people close to me and of myself, as well as to recognize our unexpected strengths has made me resilient. My increased sensitivity to pain and equally to joy has given me, in the midst of my immobility, a great flexibility and, I suspect, a greater freedom than I have ever known before. I could not live a life like this again, but the first time around it has been an often painful, a sometimes glorious and an always interesting experience.



TRAVEL

Evergreen Travel Service

Mrs. Betty Hoffman originated the unique Evergreen Travel Service, which specializes in tours for the physically handicapped, the blind, the deaf and mute, and the elderly.

Aptly named "Wings on Wheels" Tours, every tour is personally escorted and planned with meticulous attention to details such as steps, the measurement of doorways, nurse and aides, and the problems of dressing, bathing, eating or special equipment, including respirators.

Several tours are planned every year. So start your own dreaming about a tour to Europe, Mexico, the Orient, or Hawaii. For free literature, write: Security Bank Bldg., Box 583, Lynnwood, Washington 98036.



† In foreground, Betty Hoffman (l.) and Virginia Lewis (r.) in front of the Vienna Intercontinental Hotel.

Virginia, a CP, flew from New York in the spring of 1966 with 13 disabled companions for a three-week European tour designed and paced for the physically handicapped.

She saw Athens' Acropolis, the Tivoli Gardens of Copenhagen and rode in an elevator once used by an aging archduke in Schönbrunn Castle.

A refreshing report of her adventures will be sent by *TjG* to anyone interested in European travel.

Virginia writes, "Europe is full of unexpected things and Mrs. Hoffman is enthusiastic about helping the handicapped find them."

Her address: 1500 Willson Ave., Webster City, Iowa 50595.



In 1964 Ellen Boone Bell went on one of Betty Hoffman's tours of Italy, Spain and Portugal and again in 1966 she traveled to Greece, Germany, Austria, and England.

Ellen, a polio since childhood, spoke enthusiastically of the availability of elevators and helpful service everywhere in Europe.

One of the most thrilling experiences of Ellen's tours was an audience with Pope Paul. She has written a fascinating account of her exciting trips, copy of which *TjG* will be glad to send to anyone contemplating European travel.

Ellen urges other handicapped readers to "be adventurers, travel, see the world...there is so much that can be seen from a wheelchair."

Her address: 6950 Germantown Ave., Philadelphia, Pennsylvania 19119.

† Ellen, foreground, aboard yacht in Aegean Sea.



Evergreen's six-week tour of the Orient in 1965. Above: Blanche and Leonard Goldwater of New York City at the King's palace in Siam (Thailand). Below: The Goldwaters in Japan and Hawaii.



MONTREAL'S EXPO '67 AND THE HANDICAPPED...

A *Pocket Counsellor* to Expo '67 is being distributed to disabled persons at the entrance to the exhibition. The *Counsellor* indicates the accessibility of the various exhibits and other facilities for the handicapped. It is available also by writing to: Special Services for the Handicapped, Expo '67, Place d'Accueil, Harbour City, Montreal, P.Q. Canada.

A *Guide to Montreal for the Handicapped* also is available at 10 cents per copy from: The Junior League of Montreal, Ritz Carlton Hotel, Sherbrooke Street West, Montreal, P.Q. Canada.

HOTEL-TYPE ACCOMMODATIONS suitable for wheelchair visitors will be available, according to a report in *Paraplegia News*, June 1967.

A new medical center, just 20 minutes from downtown Montreal, will turn its fourth floor offices into bedrooms. Later to be occupied as doctors' offices, the rooms are 12' wide by 26' long, and are equipped with two double beds. Washrooms are large and accessible.

A parking lot is ramped to the basement where elevators may be boarded. The rates are \$20 per day for up to three persons and \$4 additional for a fourth person.

Reservations may be obtained by writing: Mr. Viateur Crete, Societe Omnires, 5601 Belanger St., E., Montreal, P.Q. Canada.

GAZETTE



BOOKSHELF

About the Reviewer . . .



DONNA MCGWINN

Miss McGwinn has been a respo since 1953. She studied the art of writing via correspondence courses from the University of Chicago and has had articles and stories published in national magazines.

AS I LIVE AND BREATHE by Kenneth Kingery

*1966. Grosset & Dunlap, New York City.
\$3.95*

There are certain of our disabled fellows of whom we are all chest-bulgingly, unqualifiedly proud; they are the cream, the quality, the inspiration, the magnifique. Usually we can only know these elite from a distance and guess about their lives. But for all who can read there is now the sublime treat of a personal invitation into the mind and heart of one of our best.

Ken Kingery has written the story of his life before and after its greatest challenge--polio. The day of beginning to feel the effects of polio was also a day of ending for Ken, for he had just been discharged from the Air Force and was exuberant with civilian freedom and plans. Instead of freedom he found slavery to an iron lung and a completely paralyzed body.

At age 33 Ken found a fierce battle of pain and despair with the hope of returning to his family a physically normal man. Possessed of the usual thoughts, first disbelief at

the totality and permanency of paralysis, then determination to overcome it, and, finally, despondent comprehension of his helplessness, Ken struggles through this agonizing mental and physical chaos to some most unusual victories.

Truly, this is a beautiful story of a human spirit. Full of warmth and frankness and humor, it depicts a man and his family with whom every disabled person can identify. There are flashbacks to the courtship, perfect love and marriage of Ken and his Fran, and then the changes that disability demands of their union. Ken's longing for normal physical contact, to embrace his wife and play with his children, is feelingly described and a tribute to his talent of expression.

This talent is developed only after Ken has taxed his few functioning muscles to dangerous extremes in the effort to move and walk again. In one rehabilitation center a sadistic therapist overstretched his right shoulder and caused a continually recurring dislocation that brought Ken much pain and discomfort. He did succeed in forcing his breathing to a span of 12 hours a day. Other than this his physical triumphs were few, for most strenuous efforts generally ended in bronchitis or pneumonia. Ken eventually decided to concentrate his energy on mental accomplishment with which he might be able to earn a living.



Ken Kingery, daughters Lisbeth and Jan, wife Fran, and son Mark

With his redirected resoluteness he took on Veterans Administration sponsored writing courses, and this book testifies to the success of the endeavor. He also participated in community affairs and was unanimously elected School Board Director, as well as being one of the chief advisors of the Youth Center.

Few would dispute Ken's conclusion that "ours was a good life. No more idle hoping for those good old muscles, but so much opportunity anyway; no more quitting when the going got rough, but so many new things to try. The vision of life in sum total spread bright and full and good before my eyes." Convincing proof lies between the covers of this book, Ken's last creation. @

STIGMA, The Experience of Disability by Paul Hunt

1966. Geoffrey Chapman Ltd., 18 High St., Wimbledon, London S.W.19, 25s
Herder & Herder, 232 Madison Ave., New York, N.Y. 10010 \$8.25

"In my experience even the most severely disabled people retain an ineradicable conviction that they are still fully human in all that is ultimately necessary."

This is but one of the pithy observations to be found in *Stigma*, the most exciting single collection of thoughts by the physically disabled on their social status that I have yet to read. Paul Hunt, who conjured the above quote from knowledge amassed by his own life with muscular dystrophy, selected 12 of 60 contributed essays, and oh, what a choice compilation!

No doubt you have discussed with friends how your individual disabilities have caused society to declare you inferior, unattractive and dull-witted, and pooled suggestions as to how this unfortunate and defeating attitude could be either transcended or remedied. It is this type of discussion, on a high and stimulating level, that is offered by *Stigma*.

One of the most eloquent of these psychological analyses is that of Louis Battye. With trenchant analogy he compares the fictional 'cripple'

of *Lady Chatterley's Lover* with his real, live counterparts. Battye, a successful author permanently disabled by a congenital neuro-muscular condition, dissects personal relationships between the physically normal and abnormal and presents some uncomfortable conclusions.

Such as, "This is perhaps the bitterest truth of all, the one that most of us find the hardest to accept --that we are forever barred from the deepest, most intimate levels of human intercourse." Paradoxically, although Battye stings every sensitive area with incisive eloquence, he concludes with an example of man tran-

Paul Hunt

... "still
fully
human
in all
that is
ultimately
necessary."



scending hopelessness.

This paradox ripples through the book, for most of the views presented are icily honest and warmly upbeat, expressed by articulate people with handicaps from coronary heart disease to polio paralysis. They speak for those who are "tired of being statistics, cases, wonderfully courageous examples to the world, pitiable objects to stimulate fund raising." All prove the beginning line of this review. Ⓞ

A LONG WAY UP, The Story of Jill Kinmont by E. G. Valens

1966. Harper & Row, Inc., 49 E. 33rd St., New York, N.Y. 10016 \$5.95

From glamorous skier with Olympics promise to grounded quad with olympic handicaps--this is the true story of Jill Kinmont. It is a simple, uncorny biography of vigor and irony, hopes and loves. Jill allows that rare privilege, a clear, close look at a human soul without camouflage or embellishment.

If, like me, you lack a knowledge and love of skiing, it might take a little extra concentration to stick with the book past the first one hundred pages. But once you have made it that far the effort begins to pay off. You gradually realize that the physi-



"Olympics star Jill now distinguishes herself at the head of a classroom."

cal portrayal of mountains and skiing and the people who love them are necessary to understand the impact of complete paralysis on one devoted to this rigorous athletic life.

Jill was 18 when poor timing caused her to jump too late in a national skiing race. She hurtled into the air and slammed into a hill and a couple of unfortunate spectators. With her spinal cord severed at the fifth cervical vertebra this young woman who

was newsworthy and attractive enough to make the cover of *Sports Illustrated* was now imprisoned in immobility. The sports world paused briefly, then sped on without her, leaving her to find new purpose and meaning for her life.

Human relationships and feelings are described well in this book; they are strong, touching and believable. There are two loves in Jill's life and most readers will be able to feel along with her the poignancy of the one that falters and fades and the joy of the other that deepens and endures. These two men also have interesting destinies, although to reveal them here might destroy the flow of the story. Jill's fate interwoven with those of her friends is remarkable and ironical. For instance, her closest friend was herself paralyzed by polio two years before Jill's disablement.

A proud young woman tempered by such fires as helplessness, sidewalk sprawls and employment discrimination, the Jill Kinmont that emerges at the end of the book is far different from the one in the beginning. Instead of achieving the goal of Olympics star Jill now distinguishes herself at the head of a classroom, confident holder of both elementary and secondary teaching credentials in the state of Washington. There are some who succeed no matter what the field or conditions. Ⓞ

EMPLOYMENT FOR THE HANDICAPPED, A Guide for the Disabled, Their Families, and Their Counselors
by Julietta K. Arthur

1967. Abingdon Press, Nashville, Tennessee 37202 \$5.95

It is an indisputable fact that work is one of the most important concerns in a person's life. But how does one earn a living if he can't move? Or see? Or hear? The answers can be found in abundance and detail in this book. Job suggestions and necessary data on aptitude and means of financing crowd the pages, covering every conceivable disability and area of occupation.

This book is based on the assumption that it is to the benefit of society as well as the handicapped person that he demonstrate and contribute his talents in some vocation. Therefore, it is stressed, any assistance toward this end cannot be regarded as charity any more than can public education, law enforcement or fire protection. From this assurance of their right to vocational rehabilitation the handicapped are then shown just how to utilize every federal, state, local and personal resource.

Listed are sources of counseling and financial help--exactly what is offered and to whom. This will be enormously enlightening to those who

might be unaware of the benefits for which they qualify. Such as wartime or peacetime veterans with service-connected disabilities who can receive up to 50% of the cost of a "wheelchair home," up to a maximum of \$10,000. Of special interest are the benefits to be had from insurance policies. Many companies provide for rehabilitation in workmen's compensation cases and cash payments during trial work periods where retraining is necessary.

Several pages are devoted to assessment and understanding of the attitudes of the handicapped worker and those he comes in contact with. "Accept yourself" seems to be the main rule for the disabled employee, this being the initial step to acceptance by others. Where to find attractive and easily accessible clothes and how to handle transportation problems are other useful bits of information.

Included in the book are specifics of job application, with particular elaboration on civil service positions. Also covered is the selection and establishment of one's own business, what management traits and financial output are needed.

Examples of many severely disabled people and their vocational experiences illustrate the wide scope of rehabilitation possibilities. There is the quadriplegic who runs a newspaper from his bedroom, the armless accountant who became controller of his firm

and the cerebral palsied blind man who cuts and assembles garage door pulls. If you have an ambitious vocational dream this book will help make it an actuality. ☉

10 WHO OVERCAME
by Pat Dishman

1966. Broadman Press, Nashville, Tennessee \$1.50

This is a fast-reading book of big accomplishments by severely disabled people from the big state of Texas. Demonstrating the dynamism that Texas is noted for, these people reduced in physical ability nevertheless pursued lofty, ambitious goals. They all attribute their success to the grace of God, and the firmness of their faith to their handicaps.

Typical of these inspiring stories is that of Jean Starnes. Born with cerebral palsy she ignored the warning of her rehabilitation director that she could never be a teacher and worked her way up to a master's degree with a doctorate in special education almost a reality. Since 1959 she has been a teacher at the Opportunity Center for Retarded Children in Midland, Texas.

The perfect book for days when you think there's nothing much you can do with a handicap. ☉

California - *The Handicapped Persons Pilot Project.* Free 26-page preliminary report of a four year study "to find solutions to long-term residential care problems of severely physically handicapped persons of normal mentality." Two demonstration centers have been selected, Sacramento County and the city of Long Beach. Interested residents of these areas should contact Esmond S. Smith, M.D., Bureau of Chronic Diseases, California Dept. of Public Health, 2151 Berkeley Way, Berkeley, Cal. 94704. For copies of the report, write Mr. Leonard Krauss at the same address.

California - Parent-planned project to establish a dormitory-type residence for paras and quads who are attending college or other schools. Write: Mrs. Peter B. Smith, 2433 Deerpark Dr., San Diego, California 92110.

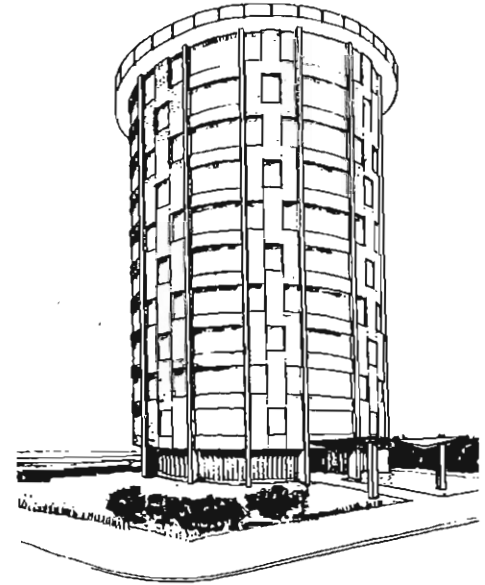
California - Operation Compatibility. This dynamic group of severely disabled continues to explore the possibilities of a residential facility. In June 1966 17 members of this organization held a weekend conference in the Youth Wing of a local nursing home. This conference and a survey report are included in the following: *A Period of Adjustment to Nursing Home Care for the Handicapped* and *The Final Report on the Residential Care Needs of Physically Handicapped, Mentally Competent Persons.* For copies of these reports and membership, including their newsletter, write: James I. Martin, 1441 W. 87th St., Los Angeles, California 90047.

California - The Indoor Sports Club approved plans to finance and build "Hospitality House," a National Home on a site near Ramona, California. Dr. Carl Gregory, a Beverly Hills economist-consultant and housing developer has been employed to secure government financing, develop building plans, and guide the project to completion. Present and tentative plans call for 250 units to accommodate 300 residents. The National Home board stresses that current plans call for a home for "independent handicaps" only. It is hoped that a future facility will accommodate those needing aid. For information, write: Hospitality Homes, c/o C.C.M. Gregory, Box 818, Beverly Hills, California 90213.

Let your housing needs be known!!
Only the disabled know what the disabled really need!! Send for TjG's Housing Questionnaire!!
And, please send details of any housing developments in your area.



New York - *New York State Programs and Services in Rehabilitation. Background for The Development of a Comprehensive Plan for Rehabilitation in New York State.* 165-page report. 1966. Request from: Joseph Fenton, Ed.D., Special Assistant to the Governor's Council on Rehabilitation, 84 Holland Ave., Albany, N.Y., 12208.



Bronx - The Eastern Paralyzed Veterans Association is sponsoring a circular 11-story residence of 50 apartments, 8 designed for quadriplegics, 42 for paraplegics and their families. Construction is scheduled to begin in April 1968.

Unusual adaptations for wheelchair living include automatic snow-melting walks and ramps, circular corridors, insulated drain pipes below lavatories, extra wide aisles in basement parking area. Also included: swimming pool, gymnasium, recreation room, and roof garden.

Address: PVA Office, 3636 Sixteenth St., N.W., Washington, D.C. 20010.

*The Netherlands Establishes a Village
That Could Be Model for U.S. to Copy*

Life for Handicapped

by Howard A. Rusk, M.D.

*Reprinted, with permission, from
THE NEW YORK TIMES, Sunday, January 22, 1967*



In dealing with the problems of the severely handicapped one sees many sad and tragic cases. The saddest and most difficult problems that this writer sees in the field of rehabilitation are those of the elderly parents of severely handicapped children.

Their problems can be diagnosed when they walk into the office. They have tears in their eyes before they are seated. The story usually goes as follows:

"We have a wonderful child with a severe handicap. He can walk around the apartment holding on to the furniture. We can understand his speech but no one else can. He listens to good music and reads good books. We have devoted our lives to him. Now, we suddenly realize that our child is 50 and we are 75. What will happen when we are gone?"

This writer never attempts to an-

swer for the answer is too sad and tragic.

The "child" will go to an institution of some type where he will be mixed with primarily older patients with all sorts of severe physical disabilities and mental deterioration. This will be the unhappiest situation one can imagine. It will be a life of complete boredom, frustration, loneliness and desolation.

NOT MUCH CHOICE

How much better it would have been for the child to have gone to a special institution at an early age where he could have lived and competed with other disabled and made his own contribution in a special way of life.

He could have spent his vacations with his family, but his real life would have been in a sheltered environment designed to meet his needs.

Unfortunately such programs or institutions just do not exist in the United States.

A heartening report from The Netherlands, however, has just been received announcing the establishment of such a community as a true and realistic solution to this sad and tragic problem.

In a beautiful wooded area in the outskirts of Arnhem, The Netherlands, there is a new village, the first unit of which was completed last November.

This village, Het Dorp, is unusual in that it is intended for physically disabled persons over the age of 18 whose handicaps are so serious as to make it impossible for them to maintain themselves in the open society.

When the last unit is completed in 1969, Het Dorp will be a community of 450 handicapped residents. Over 700 persons have already applied for admission.

The total village will consist of eight housing units. Each resident has his own living quarters: bathroom, central heating, fixtures for radio, television, and telephone.

Ten such rooms, housing nine handicapped residents and a trained attendant, form a group.

Each group has a living-dining room and a kitchenette.

CENTRALIZED COOKING

All meals, however, are prepared in a central kitchen and it is planned that the distribution of hot meals to

the eventual 45 dining rooms can be completed within 30 minutes.

There is also a terraced restaurant for residents and non-residents.

For every three groups there will be a set of utility rooms, two guest rooms and a room for a night nurse when the resident attendants are off duty.

The layout of Het Dorp allows for easy access by car, bicycle or pedestrian. As most of the residents will be in wheelchairs, cars are not allowed in Het Dorp proper but parking areas are planned along its edges.

The new village will eventually have a sheltered workshop for 200 residents, indoor sports hall, and a library operated as a part of the public library system of Arnhem.

There will also be a supermarket, barber shop, post office, and gasoline filling station for use by both residents and non-residents.

Het Dorp will have a heated covered street with brick walls and large glass panels so that residents can easily move from one part of the village to another.

All residents are expected to work either in or outside of Het Dorp. It is estimated that about half will work in nearby Arnhem and the other half in the village itself.

Het Dorp will be an open community without a fence and the residents are free to come and go as they wish.

Residents when able are expected to pay their share of operating the new facility either from private means or their earnings.

GOVERNMENTS WILL HELP

It is recognized, however, that many of the severely disabled persons will not earn enough to pay their own share.

In such cases, the National Government and municipalities from which the residents come will supply the difference.

The total cost of the entire village will be around \$11-million. Of this amount, \$6-million was raised in 1962 through a 24-hour Telephon effort. Additional contributions have been received since but the project still needs about \$3-million.

Het Dorp is the first of three planned communities in The Netherlands that will meet a pressing need.

To this writer's knowledge there are only two similar such facilities in the world.

One is a village for brain-injured veterans in Finland and the other a village for paraplegics in Korea.

In both Oslo and Copenhagen there are special apartment houses for the severely handicapped.

The center in Copenhagen is a six-story building with a sheltered workshop on the ground floor and a special unit for patients who must use respirators at night.

Such a center is now being planned in Toronto under the auspices of voluntary agencies, the City of Toronto, the Province of Ontario and the Canadian Government.

There is a great need throughout all of the United States for similar living accommodations. Our nursing homes and

hospitals are filled with persons with physical disabilities who remain hospitalized simply because they have no place to go.

STUDY IN NEW YORK

The Governor's Council on Rehabilitation of New York State is now completing a study that will show the lack of such facilities as being one of the major problems in rehabilitation in New York State.

A number of communities, however, have recognized this problem and are seeking methods for its solution.

Last Tuesday the Educational Guidance Center for the Mentally Retarded in New York City announced that it would build a 200-apartment residence in mid-Manhattan for the mentally retarded at a cost of \$3.5-million.

In New Britain, Conn., a group of severely handicapped young people have originated New Horizons, Inc., and are struggling to raise funds for such a project.

As in many areas of medical and social welfare, The Netherlands has once again been in the forefront in social planning through its new Het Dorp.

In the United States, where we have by far the most comprehensive rehabilitation services of any country in the world, the greatest unmet need is the lack of sheltered facilities where the severely handicapped can live and work in dignity.

We would do well to follow the lead of The Netherlands in establishing such a program. ©

READERS' IDEA



* MOUTH-TO-MOUTH RESCUE BREATHING *

DON O. PARKER, 7319 N. Newman, Portland, Oregon 97203. (Respo) "I've had need of mouth-to-mouth respiration twice. Once I was visiting and I stayed away from my respirator too long; my muscles just quit and I passed out. The other time was when I fell, hit my head, and was knocked out. Both times I was kept breathing by the mouth-to-mouth method."

(1) If possible, put victim on his back (but it can be done in a sitting position); (2) hold the lower jaw upward; (3) pinch nostrils; (4) put mouth over victim's and blow, causing the chest to expand (if it does not, bring the jaw further upwards); (5) remove mouth to let the victim exhale; (6) repeat about 12 times a minute for an adult and faster for a child.

ED: If other readers have had any similar rescue experiences, would you share them?

* CITIZENS BAND RADIO *

BOB GORDON, Pearson Polio Pavilion, 700 West 57th Ave., Vancouver 14, B.C., Canada. Bob, a respo, has installed a citizens band two-way radio in his car in case of a breakdown on the road. All that is needed is a licensed set which meets Department of Transport regulations - power under three watts. If the set is under one-tenth watt power, even the license is unnecessary. The service is effective over 50 miles. No specialized knowledge is necessary to operate it.

In the U.S.A. - Donald Selwyn, technical consultant, advises that a 5-year FCC license may be obtained by a written application and a check for \$8. The Lafayette Radio-Electronics Corp. has a transistor model for \$99 which is rated for the full 5 watts.

* FOOTREST FOR STRETCHING HAMSTRINGS *



CHARLES KRAM, JR., RFD #1, Shiner, Texas 77984. (Respo) A method of s-t-r-e-t-c-h-i-n-g while in a wheelchair: "When feet are propped on a chair, they tend to 'cheat' by drooping and turning. This footrest combines the benefits of side supports, footboard, and chair. It consists of a box approximately 11" x 11" x 5" supported by four wooden legs. The bottom edge of the box is about 17" above the floor. It was made of scrap wood. Strangely, visitors never ask what the footrest is for - perhaps for fear that it serves some embarrassing purpose."

* SITTING BARGAIN *

AL KOEPP, 3118 Van Fleet Parkway, Toledo, Ohio 43615. (Respo) "We found an inexpensive wheelchair cushion in a farm store. We think it was designed to use on the seat of a tractor. It is very heavy, very thick sponge rubber, comes in either red or green. The size that fits my wheelchair is \$2.98. Since I've had this cushion, I have increased my sitting-up time from 7 hours to 15 hours."

* HAPPY FEET *

"The other inexpensive item: shoes sold for postmen and policemen who are on their feet a lot. Obviously, that is not so in my case. These are the only shoes I have been able to wear more than a few minutes at a time since polio. They are very lightweight, lace on the side and are made of porous leather. Will not get anyone a best-dressed man of the year award but they are comfortable! About \$15 and, in my case, should last a lifetime."



* UPRIGHT ASSISTED COUGH *

BILL CHELBERT, 1420 Phelps St., Red Wing, Minnesota 55066. (Respo) "I used to have to be put back in bed every time I had to cough. Then, one time several years ago, while I was sitting in the wheelchair, I began to choke from mucus. My wife got behind me, bent my body forward slightly, put her arms under my arms and around my chest. I took a big breath by frog breathing and, when I exhaled or coughed, she squeezed my chest with a quick hard motion. The cough and the hard squeeze must come at the same time. This really works to get rid of the mucus but sometimes my ribs and her arms get sore."

* A COMMERCIAL PORTABLE IRON LUNG *

Has anyone tried or does anyone know anything about the little portable iron lung called The Chestpirator? In the brochure it looks as if it were a cross between a chestpiece and the result of a demonstration by a magician on how to saw the lady in the iron lung in thirds. It extends to just above the waist, where it is sealed by a skirt of gum rubber. The user's arms protrude through armports, which are sealed by air-tight, plastic sleeves. It is used on an ordinary bed and the arms, lower body, and legs are out in the open. Made of lightweight, enamelled steel, it has a spiral plastic collar, an adjustable, padded headrest, and an observation window. The motor and bellows are mounted in a compact cabinet; the hose may be lengthened by adapters. Motors are furnished in all cycles, phases, and currents for export. It has respiration speeds of 14-30 per minute, both negative and positive pressure, power or hand operation. Price: unknown. Users: unknown. It is made by Fabrikators, Inc., of Mass., 19 Walnut St., West Roxbury, Mass. 02132.

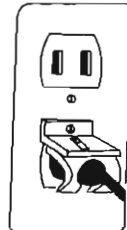
* LADIES' PLUMBING *

From an English M.S. reader: "Enclosed you will find a catalogue concerning urinals. I wear the U.64 all day. It looks horrifying but it is comfortable and has given me a new lease on life as I am alone all day." For catalog, write: John Bell & Croydon, Wigmore St., London W.1., England.

* RESPO SAFETY FIRSTS *



SECURE-A-CORD safely marries the male and female ends of two electrical cords so they will not separate. Darco Products, M.O. Div., 2504 Indian Trail Blvd., Traverse City, Michigan 49684. Price: \$2.95



SAFETY PLUG LOCK eliminates accidental disconnecting and maintains complete contact. Safety Plug Lock Corp., 1270 Broadway, New York, New York 10001. Price: 3 for \$1.25

* FOREARM SKATE BOARD *

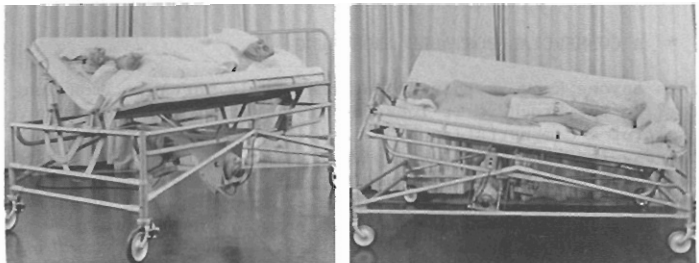
JEANNE KIPPE, 6140 - 7th Ave. N. St. Petersburg, Florida 33710. The skate board is rather like a miniature wagon with four little wheels and a foam rubber padded arm trough. It makes it easier to thrust forward and to reach farther and faster.



ATTENTION
SLEEPING
RESPOS



Sleep daytimes against your wills? Checked blood-gases, breathing equipment, blood-potassium, eyes? Tried everything without success? I've had good success--only after 11 years! Let's swap: symptoms, diagnoses, etc., in hope of cures for all. Please, 1-page only; copies of all letters will be sent to each writer. Address to: Dana R. Stanton, 1102 Troy Street, Aurora, Colorado 80010.



* THE EGERTON STOKE MANDEVILLE BEDS *

Stoke Mandeville Hospital and Egerton Engineering Limited developed the Turning bed (*left*) and the Tilting + Turning bed (*right*) for spinal injuries and other severe disabilities to prevent decubiti and economize nursing time.

With either model of these electrically operated beds, one attendant can turn a patient onto either side to a maximum angle of 70° in eleven seconds. With the Tilting + Turning version a patient can also, and at the same time, be tilted head or feet down by 15°.

The beds are powered by two small 1/8 h.p. motors. Each motor has its own switch box which operates the side of the bed facing the attendant. As the motors are independent, it is possible to slightly raise the side of the bed onto which the patient is to be turned. This eliminates any possibility of slipping and gives a feeling of security.

With the beds' interlock design the patient's spine is supported during turning in either direction by two thirds of the bed width and no matter to what angle nor how often he is turned the patient always returns to the center.

The three sectional, Polyester, Briflon covered mattress may be sterilized. The Head Traction Unit is an optional extra that can be used with either bed. The beds can be broken down for shipping and can be easily re-assembled.

For evaluation, see PARAPLEGIA, The Official Journal of The International Medical Society of Paraplegia, 3: 193-197 (Nov.) 1965, Guttman, L., A New Turning-Tilting Bed.

The sales representative is a respo, Paul Bates. For brochure, write him at: Tower Hill, Horsham, Sussex, England.

* STRYKER FLOTATION PAD WITH SPENCE GEL *

RON PERRY, Glen Ave., RD #1, Fishkill, New York 12524. (C4-5 quad)

"Decubitus ulcers (pressure sores, bed sores, breakdowns) constitute one of the major problems confronting spinal cord injury and bedridden patients. The average cost of a single pressure sore in terms of medical and nursing care varies from \$2,000 to \$10,000.

"Joining in the fight to prevent pressure sores, therefore, Stryker Corporation of Kalamazoo, Michigan, has produced a flotation pad for both bed and wheelchair use. This pad is filled with a substance known as SPENCE GEL--a synthetic fat similar to human fat tissue--and is available in one size only--16" square by 1½" thick. This gel is, according to the manufacturer, stable, chemically inert, and will not support the growth of bacteria or algae, and the pad itself can be autoclaved or washed with soaps or antiseptics. It is covered with a thin elastic membrane which acts to protect the gel, but does not constrict or inhibit the supporting properties of the substance. The synthetic material thus functions to provide a thick layer of 'artificial fat' over the bony surfaces of the body which are relatively devoid of such protection.

"...experiments on forty patients--most with spinal cord injuries--were conducted. In all cases, the individuals were either able to lengthen their 'turning time' in bed from two to eight hours (on the average), or remain sitting 50-100% longer. Some had sores which healed even though the affected areas bore weight from four to eight hours a day.

"The Stryker Flotation Pad represents a significant advance in the prevention of decubitus ulcers. Its inherent potential for eliminating needless expense, time, care, and suffering are only now being realized. With much regret, however, many individuals who really NEED the pad will probably not be able to afford one. The cost: \$260.00. A Polyvent Levelling Mattress which surrounds the pad for bed use costs an additional \$15.00. \$275.00 for both.

"But, why should such a pad be so expensive? Is the gel difficult to manufacture or work with? Are we, its potential users, paying for its development? Couldn't a less expensive, but equally as useful, pad be made?

"The Stryker Corporation must be commended for its contribution but, at the same time, it must realize its responsibilities. Rehabilitation equipment is outrageously expensive as it is. Let Stryker Corporation, then, be the first to remedy this situation by adjusting its costs to a more practical and acceptable figure."

* AIDS FOR TRAUMATIC QUADS *

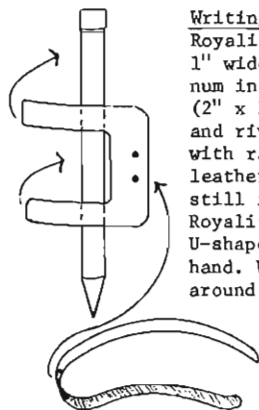
FLORENCE T. PETERSON, OTR, Kaiser Foundation Rehabilitation Center, 2600 Alameda St., Vallejo, California 94590.



Button Hook - Dowel, wire, leather strap.



Typing Stick - Rubber-tipped dowel, leather strap.



Writing Clip - Cut a Royalite strip 7" long x 1" wide. Cut thin aluminum in the U-shape shown (2" x 1½"). Drill holes and rivet to Royalite with rapid rivets using leather, medium, while still flat. Bend the Royalite, with heat, in a U-shape to fit curve of hand. Wrap the aluminum around pen.



* BUTTONER *

Michael Williams, 1030 E. Mendocino, Altadena, Calif. 910001. (C.P.). This buttoning tool is quickly made out of thin coat hanger wire and a tape-wrapped handle. One can have an assortment of sizes to fit various shirt buttons.

* COMFORT *

Better Sleep, Inc., New Providence, N. J. 07974 has a free little catalog full of treasures: back rests, blanket supports, pillows, cushions, electric foot warmers, a magnetic-e-z-reach, and the "know how" of sleep.

* ONE-HAND TYPING *

PAMELA MCCARTHY, 11 Kellett Grove, North Kew, Melbourne, Victoria, Australia. (Polio quad) *"Many years ago I learnt to type from a book that I obtained from the U.S.A. called 'Type With One Hand.' While in India I loaned it to many people who wanted to learn this method - but in the move from India to Australia the book has been lost. In my job with the Government Vocational Guidance Office I have often been asked how I learnt to do one-handed touch typing. The most recent enquiry has prompted me to try to get another copy."*

"TYPE WITH ONE HAND" by Nina K. Richardson is published by South-Western Publishing Co., 5101 Madison Road, Cincinnati, Ohio 45227. Price, including postage: \$1.17.



If one is unable to learn to thus use a standard machine, the DVORAK ONE-HAND TYPEWRITERS are designed specifically for one-hand touch control. Manuals are about \$140 and electric about \$200. For brochures, write: A. A. Jaffe, Typewriting Institute for the Handicapped, 3109 West Augusta Ave., Phoenix, Arizona 85021.

* STRAP-HANDLE WHEELCHAIR SEAT CUSHION *



RUTH BEN'ARY JAFFE, 3109 West Augusta Ave., Phoenix, Arizona 85021. *"This illustrates the back side of my foam rubber seat cushion. I stitch 1" wide belting across the bottom of the slipcover, leaving loops at the ends for handles. This enables me to remain seated on the cushion while I am pulled into or out of a car over a thin masonite sliding board (12" x 30")."*

"In order to do this, I remove the left wheelchair arm and roll alongside the front passenger seat. My driver gets in first and slips the board under my cushion and pulls me in by the handle. This is made possible, too, by the fact that I have the 20" wheels of a junior size chair which makes the wheels only an inch above seat level. Getting out we reverse the process, with my helper standing against my right wheel. My husband manages to help me in this fashion while supporting himself on his crutches."


 TRANSPORTATION ODDMENTS AND ENDMENTS
 

- **PORTA-RAMP**, ramp and auto-carrier for electric wheelchairs. Invented by a quad, Gene Nelson, 699 Blackthorne Ave., El Cajon, California 92020.
- **VEHICLES FOR THE SEVERELY DISABLED**. Comprehensive and informative summary of a master's thesis. 12-page article in April 1967 REHABILITATION LITERATURE, National Society for Crippled Children and Adults, Inc., 2023 West Ogden Ave., Chicago, Illinois 60612. Reprint DR-38. 25c.
- **THE MAN BEHIND THE WHEELS** or How to Handle and Push a Wheelchair - With Suggestions for Trips. 9 pages. Free. By Mrs. Margery D. McMullin, Director, Easter Seal Home Service, 239 Park Ave. South, New York, N.Y. 10003.
- **WHEELCHAIR NARROWER**, invented by a para. Para-Van Services, 6669 Main St., Vancouver 15, B.C., Canada. \$12.50.
- **ADJUSTABLE WORK TABLE**. Fesco, Inc., P.O. Box 1565, Mansfield, Ohio 44907. \$69.50 or \$83.50.
- **PLEXIGLASS LAPBOARD** designed by para, Joe Fuetsch, fits any standard wheelchair. B & L Engineering, 9126 E. Firestone Blvd., Downey, Cal. 90240. \$49.94 F.O.B. Downey.
- **VANGUARD 28**, stainless steel wheelchair. Lightweight. Stainless Specialties, Inc. 1604 Monravia Ave., Newport Beach, California 92660. Free catalog.
- **CAR DOOR OPENER AND WHEELCHAIR TO CAR ASSIST.** S. H. Camp & Co., Jackson, Michigan 49204.
- **TWO-SPEED WHEELCHAIR GEAR KIT**. \$94.50. Klymer Associates, P.O. Box 2422, Menlo Park, California 94025.
- **WHEELCHAIR FENDERS** invented by para, E. Loustaunau, for any chairs, with arms, \$40; without arms, \$30. Wheelchair Attachments, 14912 Touchwood St., Bellflower, Cal. 90706.
- **CAR UPHOLSTERY GUARD**. \$10. Henry E. Jacobs & Co., 2959 West Lawrence Ave., Chicago, Illinois 60625.
- **ENGLISH CAR SEAT** swivels and raises. About £65. Medico-Therapeutics, Ltd., 44 Connaught Gardens, London N.13.
- **EPIC**, new English electrically powered indoor chair. A.C. Cars Ltd., High Street, Thames Ditton, Surrey.
- **ICE-GRIPPING CRUTCH TIPS**. \$4.95. Occupational Services, Inc. 17 Redwood St., Chambersburg, Pennsylvania 17201.

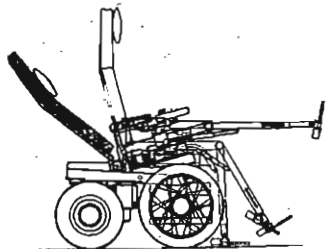


Carl Habermann, 3336 Sycamore Knoll Dr., Columbus, Ohio 43219, has been a polio since 1954. He drives to and from his job as a research engineer with NAA-Columbus in an especially rebuilt Renault. The roof has been raised, the floor lowered and a rubber matted ramp enables him to wheel himself in and out. The Ohio Highway Patrol has given the vehicle an OK. The remodeling was done by Joseph Yurco. Carl writes, "Mr. Yurco is a first-rate body mechanic and would like doing work in remodeling automobiles for handicapped people. Anyone interested please contact me or Mr. Yurco at 5378 Central College Rd., Columbus, Ohio 43054."



* CHIN-CONTROLLED WHEELCHAIR *

Pierre Gariepy, Alberta: "Jean Mark is just one of the guys! What greater compliment could a girl receive from her fellow polios? And all because of her super-new E & J Electric wheelchair, the gift of the Polio Foundation of Alberta. Jean had been 'getting around' in wheelchairs almost continuously since Polio felled her in late 1953. But only in the old-fashioned type that someone had to push for her. Now she is mobile and, cheerfully runs errands - both real and imaginary - for everyone on the polio ward, University Hospital, Edmonton, Alberta..."



*** SWEDISH CURB-CLIMBING CHAIR ***

PAUL DRIVER, Athol House, 138 College Rd., London, S.E. 19. England. (respo)

"The Swedish 'Permobil' makes it possible for an almost totally paralysed person to move around not only indoors but outdoors too. The chair climbs a 5" kerb or a flight of wide shallow steps. With a speed on level ground of 3½ m.p.h., it has a range of 6 - 9 miles on one charge.

"The 'Permobil' has large pneumatic-tyred wheels in front and slightly smaller rear wheels which are set close together and fitted with ultra low pressure (5lbs/sq.in.) tyres. The rear wheels serve for both propulsion and steering, being propelled by a 36 volt electric motor and steered by a second motor. The steering motor is powerful enough to turn the wheels through 180° while the chair is stationary. The front wheels are fitted with drum brakes operated electrically: when descending hills the brake switch is engaged and the chair driven downhill safely under power.

"Power is supplied from three 12 volt and two 6 volt car-type batteries: therefore, the all-up weight of the chair is high, 400 lbs. Its overall size is small, 48" x 27".

"The control panel can be fitted in any convenient position, but is usually mounted on



one armrest. The control panel carries a 3-position speed selector switch and 4 switches operating legrests, back rests, brakes and lights. Little more than finger movement is required to control the chair and it can be adapted to mouthstick operation.

"The 'Permobil' has been designed by Dr. Per Uddén and is produced by Stiftelsen Teknisk Hjälp Åt Handikappade, (Technical Aids for the Handicapped, a non-profit foundation) Kopmangatan, Hogbo, TMRA, Sweden. A batch of 500 of these chairs is being produced to sell at £500 (about \$1400) each and should become available during 1967."

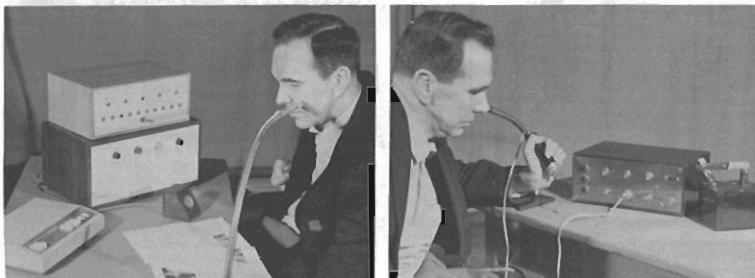


*** IMPERIAL MOBILE LOUNGE CHAIR ***

Designed for outdoor and indoor use on gravel, grass or grug. Stainless steel body frame. Automobile finished fiber glass body. 3" foam rubber cushion. Dimensions: Width - 28½". Length - 53"- Weight - 312 lbs. Battery operated. Built-in battery charger. Two speeds. Finger tip control, either armrest; opposite armrest moves out of the way for transference. Self adjustable reclining back rest. Release of finger tip control stops motor which acts as a brake. Lighter and ash tray. 12 volt lights. Optional attachments: electric powered footrest. special headrest. swing around table. Price: \$1250 FOB Tucson, Arizona.

Write for brochures: C. A. Barnett, Bagco Co., 2002 West Camelback Rd., Phoenix, Arizona 85015.

* REMOTE CONTROLS *



ROSS S. "BUD" CAIRNS, 62 Springbrook Gardens, Toronto 18, Ontario, Canada. (Traumatic quad) Bud designed and markets a simple but versatile controls system, TOSC (Touch-Operated Selector Controls).

Photo at left illustrates his touch-operated, voice-operated dictating machine control.

Right, Bud operates the clasping and opening of tweezers by touching the plate on the end of the flexible shaft with his cheek.

"New developments are Modular Construction and Radio Control. The selector will accommodate plug-in channels pre-wired and programmed to operate varied electrical devices."

For details, write to Bud requesting a reprint of the July/August 1966 issue of the Medical Services Journal Canada.

HERBERT MERRILL, 93 Depot Road, Falmouth, Maine 04105. (Respo) An electronics design engineer, Herbert has his custom designed electronic controls equipment manufactured to order. Ask for brochures of his SWITCH-O-MATIC which controls TV, recorder, telephone, etc.

POSSUM, a mouth-operated pneumatic system was developed by Mr. Reginald G. Maling. The Ministry of Health has recently assumed responsibility for providing the units to the disabled. Write to: Mr. Maling, 34, Queen's Park, Aylesbury, Bucks. or to The British Polio Fellowship, Clifton House, 83-117 Euston Rd., London N.W.1.

BLOW-SIP CONTROLLER, An American-made device similar to POSSUM is manufactured by Mr. D. Greenberg, Energy Sources, Ltd., 16 Serpentine Lane, Old Bethpage, Long Island, New York 11804.

* FROG BREATHING *



HAROLD FRYER, 5811 - 121 Avenue, Edmonton, Alberta, Canada. (Respo) "Although one of the physiotherapists at the hospitals had worked hard and long to teach me the proper method of G.P. breathing, I had never been

able to master it except with a clamp on my nose. Then the thought occurred to me: maybe the instructor who had taught our physios the frog breathing technique could give me some pointers by mail. I wrote to Miss Miriam Zumwalt, who was then at Rancho Los Amigos Hospital, and she fired back these instructions:

"First, with the nose clip on, practice G.P. breathing until it is performed easily. I am presuming that you use a stroke that is relatively quiet if not altogether so. The second step is to change your stroke to a very loud and noisy one. Retain your tongue roll, but say UP at the same time you pull the tongue back. It will be a guttural sound. At first this may be difficult. Some persons say they can't do it, but have always succeeded in the end. Keep this up until you can make a loud sound while stroking and still take in air. Next, practice cutting each stroke off in a staccato manner. Caution: make sure you are filling your chest with air easily on each step before trying to proceed to the next one.

"Repeat the loud stroke and practice chopping it off until you can do it with ease and are obtaining enough air on each stroke to fill up readily. This may require from one to three weeks. Be sure you are putting effort into the stroke. Work at it as if you meant business. When this has been accomplished you may take off the nose clip and there should be no leaking. You can test with a mirror or feather.

"After following these instructions for a week, I removed the clamp and voila! I was a full fledged G.P. breather. In fact, I am probably the world's only living mail-order glossopharyngealist (frog breather to the uninitiated)."



TjG has additional material on learning frog breathing available on request.

* PORTABLE LUNGS *

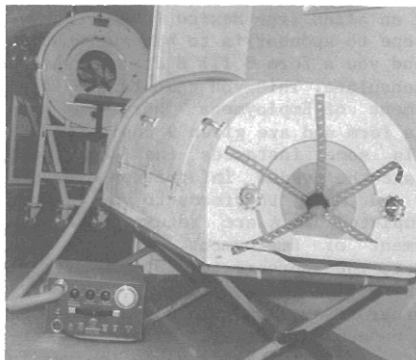
WILLIAM M. KING, Route 1, 1680 Newlove Road, South Charleston, Ohio 45368 (Respo) "I sent a survey questionnaire to the 22 people who had requested *TjG*'s plans for the Australian fiberglass lung. 13 replied; 3 had built the respirator.

"Mr. Maurice Wade, 420 Wynola Street, Pacific Palisades, California 90272, looked at the plans and decided to make a plywood box from 1/4" plywood with some reinforcements for strength, and use a Thompson portable motor unit that is attached to the box with a flexible plastic hose. It works well enough for two or three nights away from home.



"Mrs. Mary Lou Spiess (above), 652 High Street, Sebastopol, California 95472, made some design changes. Built from fiberglass, it was lengthened 4" to accommodate her size and allow for a footboard. A bubble

was built over the knees so that they could be bent in order to shift position. Two thicknesses of fiberglass strengthened with thin Formica strips were used around the opening of the respirator, and two plywood ribs were added to the lid. The sealing has been troublesome; 2" masking tape is used all around the edge to seal it, a temporary solution. It is powered by a Thompson AIF unit furnished by the National Foundation. The original hose did not move enough air; a 2½" Ward's vacuum hose is used now. If she were going to do it again, she would enlarge the opening to make it easier to get in and out, put another rib in the lid, and use a 3" foam rubber mattress. It works well and has been used on 7-day camping trips.



"Mr. Nelson Brock, 706 10th Street, Levelland, Texas 79336 built the portable respirator (above) from fiberglass. The neckpiece and mattress from his large lung were used. The power units were furnished

by the National Foundation. 'My Mother, Dad and I went on a fishing trip and I slept in it for 9 nights. It works wonderfully...If anyone needs a lung, contact me and I am sure the man who made mine would make more or give the details on how to make it.'

"If other readers construct portable lungs, I do hope they will send details to *TjG* so I can continue correlating this information. Eventually, we should know about portables around the country which other vacationing respos could borrow."

R.H. BULMER, Broad Oak, Breinton, Hereford, England. (Respo) "I have just taken the "Booth" respirator away for a fortnight's holiday and it behaved perfectly. It will supply a negative pressure up to about 40 cm. of water. I actually ran it at 27 cm.

"One advantage of it over other rotary type respirator pumps is that it is possible to have positive pressure as well as negative. The only drawback to it is the noise, which is similar to that of a household vacuum cleaner. I was able to overcome this in my own case by wearing wax ear-plugs.

"As originally supplied, it was rather awkward to move about, but I have had a canvas and leather cover made for it which makes it easier to handle.

"The Booth pump which I have, belongs to The British Polio Fellowship and is therefore available for anyone who wishes to borrow it for holidays. I should be glad to hear from any of the various polios in England who are interested in portable respirators."

* SPONSORING AN ALIEN ATTENDANT *

MILLIE ALEXANDER, 321½ Virginia St., El Segundo, California 90245. (Polio quad)

"After six years of top-notch care from a marvelous German woman, we had employed a succession of grandmotherly types, none of whom stayed more than six weeks. After six months of this, we heard about a 37-year old nurse from Argentina who could not find work because she spoke practically no English. In desperation, I agreed to try her. Thus began the revelation.

"Naturally Maria's experience as a nurse, her good nature and willingness to please were tremendous assets. Once she had been shown the getting up and getting to bed technique and I learned key words like up and down, push and pull, parts of the body and clothing, we managed quite well.

"An enjoyable fringe benefit to this experience was an adult Spanish class at the local high school where we met interesting people and took part in many extracurricular activities, such as potlucks.

"When Maria had to return to la Argentina, we hired a Mexican girl, also 37 and unmarried. Even without the advantage of nurse's training, she was more satisfactory than Maria. By this time I was proficient enough in the Spanish language to explain adequately, though ungrammatically, what our procedure was and she learned very quickly.

"Being completely ignorant about federal laws with regard to alien help, we were somewhat shocked to discover, after Elisa had been with us several months, that our most satisfactory little Mexican helpmate was here on a tourist visa and was not supposed to be working. This complicated our Social Security arrangements and income

tax deductions, but when Elisa had to return to Mexico, we sponsored her sister. She is with us now. Meanwhile, we are arranging to sponsor Elisa so they may exchange places periodically.

"We feel we have found one solution to the ever-threatening, irksome household help problem. Living near the Los Angeles area is an advantage in that there are almost one million Spanish speaking people in that area and an abundance of young women seeking live-in employment. (Perhaps in other areas there is a preponderance of other nationality groups.)

"For example, our ad in La Opinión, the daily Spanish language newspaper, offering \$125 per month for a 5-day week, drew an average of 30 calls per day.

"Briefly outlined, the procedure for sponsoring an alien from Mexico (once you have found one to sponsor) is to have her obtain and send you a form 3 III B from the American consulate. This you take to the local Department of Employment where you complete a form and are given 9 copies of ES 320. (In some instances the department will take the needed information over the phone and mail the forms to you.) After the completed 320's are returned to the Department of Employment, they are forwarded to the appropriate U.S. Department of Labor office for approval.

"In order to avoid a possible disapproval and an unnecessary delay, before you complete the forms it is advisable to verify with the Department of Labor the minimum wage they will approve. In the Los Angeles area this is \$150 per month. Once the forms have been certified by Labor, copies are returned to you to be forwarded to the applicant. The length of time this procedure

involves varies considerably; a minimum would be two months. While no expense is involved on this side, only postage and patience, various expenses to the applicant including the cost of a physical examination, total about 50 American dollars. In many cases the sponsor assumes all or part of these expenses.

"We have found these girls full of energy and the desire to please, of excellent moral character and standards of cleanliness. It's a stimulating and challenging experience learning first hand the customs of another country, trying their food and, above all, learning their language and teaching them yours. Spanish speaking help may not end all your problems, but by learning Spanish you open your doors to a new, eager, youthful, seemingly unlimited source of labor. ¡Buena suerte, amigos!"



"...Elena, my Mexican helpmate and I jetted to Guadalajara, stayed at Larry Kegan's motel and then to Mexico City to visit her family..."



* VENTILATION: REVIEWED *

JANE JEFFRIS, R.N.
4920 N. Leavitt, Chicago,
Illinois 60625. (respo)

Recent findings show that weak muscles can be overworked to the extent that grave damage can occur.¹ This can happen with respiratory muscles as well as many others. The theory that evolved in the early days of the tank respirator was to push the patient out as soon as possible, frequently disregarding his condition. However, it was found that many patients could go without aid for days and indeed, some were motivated to go indefinitely, but they developed pneumonia or irreversible heart failure. With the advent of respiratory centers this viewpoint was changed and today through lab tests, breathing tests, and close watch of vital signs such as blood pressure and pulse, these problems can be avoided.

But what about the person at home or other setting where there is no professional "watchful eye?" As most of you know by this time it is up to you to perceive the danger signs. I'm sure you are all familiar with the feeling of "shortness of breath." There are other signs of hypoventilation which you should be aware of too such as: rapid heartbeat, rapid breathing, flushing, sweating, recurring headaches, and the use of accessory muscles of respiration.²

After discussions with many of my respo friends we decided there were several symptoms we would like to add from our own ex-

perience. Excessive yawning and sleepiness or sluggishness can also indicate under-ventilation. It might be wise for all of you to appoint a close friend or relative who is alert to watch for these signs, because being overly hypoventilated can render you incapable of noticing your own sluggishness.

An awareness of situations that can effect your breathing is important too. Fever, illness, pain, fatigue, anxiety, tension, and metabolic changes can reduce your oxygen intake. Most respiratory polios (and others with respiratory involvement) have a reduced vital capacity when sitting erect. Of course you should all know that excessive weight gain is undesirable for any para or quadriplegic.

What can you do to avoid hypoventilation? During times of stress, as in illness or anxiety, don't push beyond your limits. Going without rest and/or respiratory aid when you are ill or overtired will prove nothing.

All respiratory rates on equipment should be set to correspond with your own rate of breathing (normal is 16 to 20). Rates should never be either too slow or too fast, as they are of little value that way. Pressures on respiratory equipment should be set high enough to be comfortable and insure adequate ventilation (normal is about 20). During illness or other times of stress pressure can be increased to meet your needs.

With the rocking bed the dip should be deep enough to cause adequate inspiration. The rocking bed and abdominal belt afford less air than other types of respirators, so you should always take this into consideration.

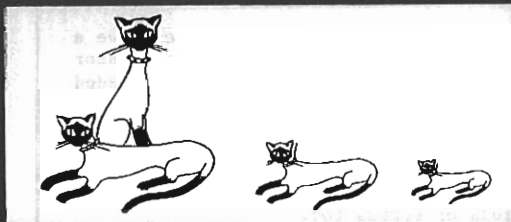
Some people find that when they have a cold or other illness the chest respirator affords them the extra ventilation needed during this added strain. Also, the positive pressure blower (vacuum cleaner) can give you that extra help needed for coughing. Using the rocking bed in conjunction with the blower affords added air during periods of stress too.

In cases of severe illness one may need to go back to the tank respirator or other types of positive machines, however these problems can be worked out by your physician. Certainly, it should not be looked on as a disaster, nor should it be worried about as that just causes more anxiety -- and you know what that does!

To summarize: going without enough air over a period of time can be foolhardy, you can reach a point where the situation is "irreversible." Use respiratory aid when needed and never get too far from your respiratory aids. Always have respiratory equipment set to correspond to your individual needs. If you have a prolonged period of fatigue, which seems to be unreasonable, consult your physician. With proper ventilation you will find that you can function better, you will be less irritable, and you can even think better.

References

1. Bennett, R. L.: Unusual Loss of Muscle Strength, *Contact*, Newsletter of the Georgia Warm Springs Foundation, page 1, April, 1967.
2. Benton, J.G. and Kriete, B.C.: Rehabilitation of the Long Term Respirator Patient, *Journal of Chronic Diseases*, page 519, November 1956.



The Bulletin Board

The CHRISTMAS CARD venture has been started this year so you can help meet *TjG*'s printing costs. Our handsome card was designed by Miss Mickie McGraw (respo '53), talented editor of Market Place and a *TjG* staff artist.

A minimum tax-deductible donation to Iron Lung Polios & Multiplegics, Inc. in the amount of \$3.75 is suggested for each packet of 25 cards and matching envelopes.

Orders, accompanied by donations, must be received by September 15 from readers in the U.S.A. and Canada, and by September 1 from all other countries in order to ensure delivery. Additional free sample cards and order blanks sent upon request.

Mail to: *TjG* CHRISTMAS CARDS, Box 149,
Chagrin Falls, Ohio 44022 U.S.A.

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CONTEST FOR ARTISTS

Thank\$ to our \$ame
anonymou\$ donor, we have another conte\$t!
Prize\$ will be awarded for
the be\$t fini\$hed artwork
for next year' \$ *TjG*
Chri\$tma\$ Card.

Write *TjG* for detail\$ and entry blank.
Fir\$t Prize, \$100. Two Honorable
Mention\$, \$25.



THE INTERNATIONAL ASSOCIATION
OF MOUTH AND FOOT PAINTING
ARTISTS held an exciting and
successful exhibition of 180
paintings in Edmonton, Alberta,
Canada in the fall of '66.
Erich Stegmann (L), the German
artist-founder, attended and
visited with local members,
including respo Fred Kijek (R).

INTERNATIONAL ART SHOW by Disabled Artists sponsored
by The Kenny Rehabilitation Institute Auxiliary.
October 1967. For details and entry forms, write:
Mrs. Sarah G. Ahern, 4801 Folwell Dr., Minneapolis,
Minnesota 55406.

POTPOURRI



FREE SHOE AND GLOVE SIZE INFORMATION EXCHANGE for mismates or amputees. Address: Dr. & Mrs. Richard E. Wainerdi, 1115 Langford Dr., College Station, Texas 77840.



QUADS LADIES' HOME JOURNAL was postponed because the respo, Barbara Cory Good, who was sparkplugging the cooking quad feature, died of pneumonia and complications on Christmas Eve.

Along with this, we did not know of enough cooking quads to make this the worthwhile feature we now plan for next year IP you will help by sending for the cooking questionnaire and sharing your homemaking brainstorm.

NEW USE FOR MORSE CODE BY CP's ... A San Franciscan taps messages with his chin and a young boy in Memphis indicates dots and dashes by moving his eyes this way and that.

GUIDE-BOOKS FOR WHEELCHAIR TRAVELERS Since the list was published in Spring 1965 *TjG* (page 75), we have gathered a fat pile of additional city guides. If you are interested in any particular one, let us know, and we will be happy to tell you how to get a copy.

CBSA...3M Company's Home Business Service for Disabled now has about 300 operating offices in 30 states. (*TjG*, 1966, pg. 41) Contact your vocational rehab counselor and write: Mr. Hugh J. MacLeod, Visual Products, 3M Company, 2501 Hudson, St. Paul, Minnesota.

TAPESPONDENT George W. Millar, polio para, 11832 Wade Ave., Detroit, Mich. 48213. Interests: flying, boating, fishing, ham radio (K8DUG), target shooting, cooking and eating.

EYE-BANK Why not plan to give your eyes for postdeath transplant to a blind person? Check your phone book for local Eye-Bank Office.

GUIDE TO THE NATIONAL PARKS AND MONUMENTS FOR HANDICAPPED TOURISTS. Free. The President's Committee on Employment of the Handicapped, Washington, D.C. 20210.

OPENING DOORS INFORMATION CENTER FOR WASHINGTON, D.C., PARAS AND QUADS ... Mrs. Allan B. Fay, 6116 Overlea Rd., Washington, D.C. 20016.



Just love it when you let us know of a change of address. *TjG*'s sent fourth class are not forwardable. Please keep us posted.



DON'T GET FLEECE...Always investigate: (1) Any company offering you a mail-order business "opportunity" to make a fortune. Call or write your Better Business Bureau first, before signing anything! (2) Home Study Courses. Before enrolling, send for a list of accredited home study schools: National Home Study Council, 1601 18th St., N.W., Washington, D.C. 20009.

NEXT ISSUE: Home-based businesses.

Please share your experiences.

TALKING BOOKS ARE THE GREATEST...! 45 minutes of playing time per recorded book or magazine...! They are recorded by trained actors and actresses...! They're free, including the loan of a record player...!

Turn the page for details on how you may qualify to get on this fabulous wordwagon...!



PUBLICATIONS

REPORT: We still have copies of "Report on a Survey of Respiratory and Severe Post-Polios," by Dr. Nagi.

ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION, 30 No. Michigan Avenue, Chicago, Illinois 60602. The entire July 1966 issue was devoted to *Recent Developments in Research and in Medical Care Relating to Paraplegics and Quadriplegic Patients*. \$1.40.

SUPERINTENDENT OF DOCUMENTS, U.S. Government Printing Office, Washington, D.C. 20402. *Rehabilitation Record*. Bi-monthly. \$1.75 per year plus 50¢ for foreign mailing. Highly recommended to all who want to keep informed of the Vocational Rehabilitation Administration's projects.

...and, get your name on the mailing list for the free, bi-weekly *Selected U.S. Government Publications*.

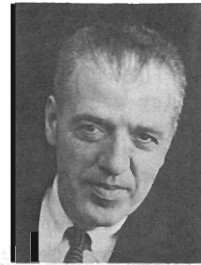
Residential Care for Physically Incapacitated Young Adults. 41-page committee report. 1965. Order from: Social Planning Council of Metropolitan Toronto, 55 York St., Toronto 1, Ontario, Canada. Price: 60¢.

Have you read *TjG* reader John Frye's article "Electronics and the Handicapped" in February, 1967 *ELECTRONICS WORLD*?

NATIONAL ACADEMY OF SCIENCES NATIONAL RESEARCH COUNCIL, Printing & Publishing Office, Washington, D.C. 20418. *The Control of External Power in Upper-Extremity Rehabilitation*. 369 pgs. 1966. Free. This informative and well-presented report on a Conference is a treasure of information on artificial muscles, handsplints, etc.

THE NATIONAL PARAPLEGIA FOUNDATION. 333 North Michigan Ave., Chicago, Illinois 60601. *Basic Library of Paraplegia Publications*, a list of 36 publications. 25¢. *The Service Needs of Paraplegics and Quadriplegics*. Summary of a Research and Demonstration Project, sponsored by VRA, by D.P. Spangler, Ph.D. 5 pgs. 25¢.

NEW YORK UNIVERSITY MEDICAL CENTER, Institute of Rehabilitation Medicine; 400 East 34th St., New York, N.Y. 10016. Committee for the Specialized Placement of the Handicapped.



Meyer S. Siegel

Mr. Meyer S. Siegel, Chief, Vocational Services of the Institute is a consultant on this continuing project to explore and develop techniques for the placement of the severely disabled.

A committee of 30 representatives from business, industry, and the professions has a monthly two-hour meeting at the Institute, introducing job applicants to the Committee and to potential employers.

Although the placement program is primarily available to patients of the Institute, these services are selectively available to DVR, hospitals, and rehabilitation centers.

Two valuable reports of the studies of the Vocational Rehabilitation Administration by the Institute are free:

Specialized Placement of Quadriplegics and Other Severely Disabled. 1963. 67 pgs. Mimeo. Request from Mr. Siegel.

Comprehensive Follow-Up Study of Spinal Cord Dysfunction and Its Resultant Disabilities. 1966. 184 pgs. Hard cover. Request from Publications Unit.

BACK ISSUES of *TjG* ... \$2 per copy to non-disabled, the same or what-you-will to disabled. (1) QUADS ON QUADRANGLES (2) COMMUNICATIONS (3) HOUSING (4) QUADS INTERNATIONAL (5) TRAVEL AND MEDICAL ENGINEERING (6) VOCATIONAL REHABILITATION & WHEELCHAIRS.

SOME 1966 AWARDS



Chicago Sun-Times Photo

C.J. Lampos, president of DARE was named Illinois Handicapped American of the Year by Dr. Frank J. Jirka, Jr., chairman of the Governor's Committee on Employment of the Handicapped. Right, William McCahill, executive secretary of the President's Committee on Employment of the Handicapped.



Cleveland's Mayor Ralph S. Locher, presented the Mayor's Committee on the Employment of the Handicapped award to *TjG*'s editor, Mrs. Gini Laurie, who has been working as a volunteer with the severely disabled for 18 years.



Mrs. Ida Daly, director of Seattle Handicapped Center, received an award as Washington State's Handicapped American of The Year from Harold Russell, chairman of the President's Committee on Employment of the Handicapped.



Carolyn Osborn, artist, chosen Texas Handicapped Person of the Year by the Governor's Committee on Employment of the Handicapped, received the award from John Hill, Secretary of State.

GREAT NEWS ...



TALKING BOOKS. Huzzahs to respo Ruby Heine of Omaha, Nebraska, and her Congressman, Representative Glenn Cunningham! Her appeal to him in 1962 to extend the program of talking books for the blind to include the severely disabled resulted in his introducing the first bill, which culminated in Public Law 89-522 (July 30, 1966). And pats-on-the-back to *TjG* readers who helped to implement its passage by writing again and again to their Congressmen.

The Library of Congress has now extended its books-for-the-blind program to residents of the U.S. and its territories who cannot read printed materials because of physical limitations.

These physical limitations include disabling paralysis, muscle or nerve deterioration affecting coordination and control, and confinement in iron lungs and other mechanical devices. Among the causes of these conditions are cerebral palsy, multiple sclerosis, muscular dystrophy, arthritis, and poliomyelitis.

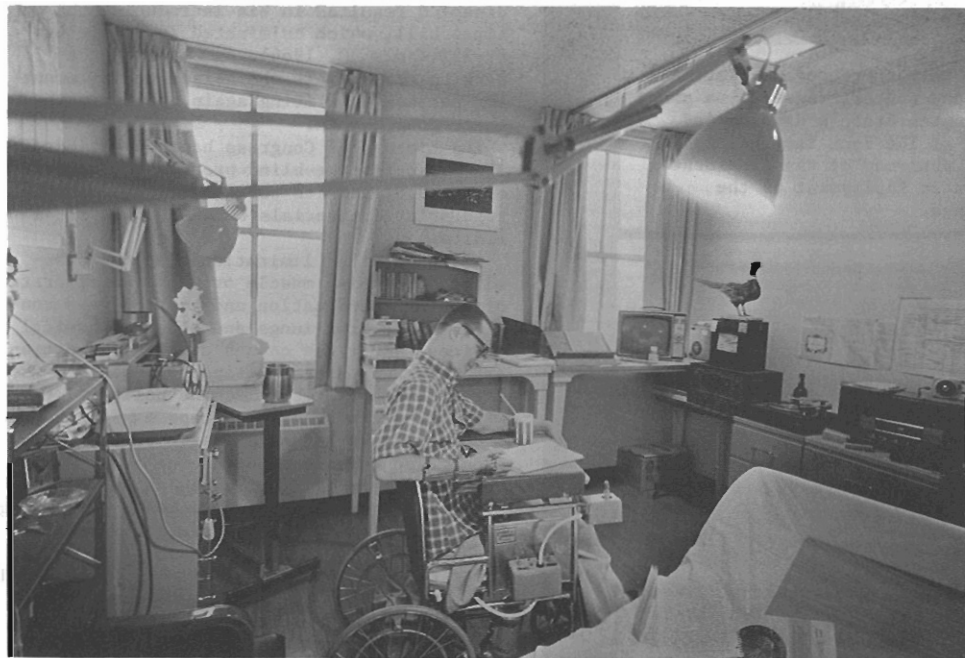
Readers with these handicaps may now borrow recorded books and magazines, together with phonographs. The entire service is free, including free mailing privileges. An individual must obtain a brief statement, certifying his physical disability, from a competent authority.

For catalogs of books available in regional libraries and information on national services and resources, write: Division for the Blind and Physically Handicapped, Library of Congress, Washington, D.C. 20540.

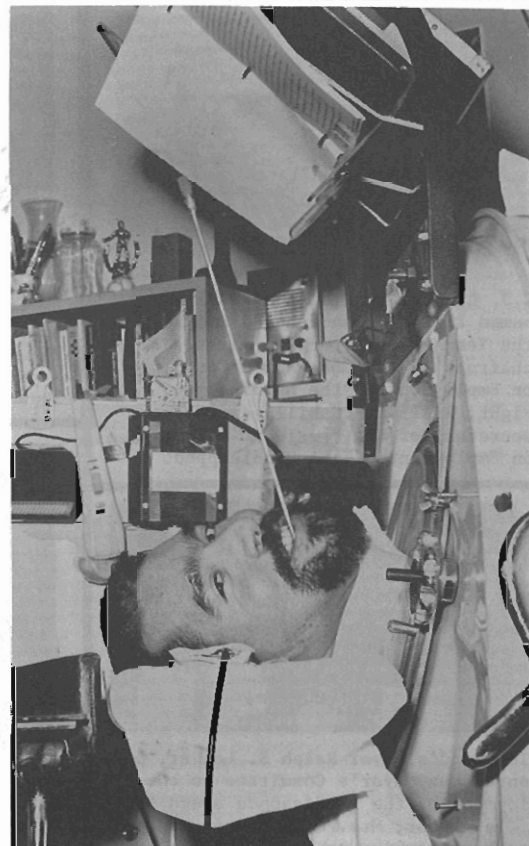


HIGHER EDUCATION

A Special 21-Page Feature



UNIVERSITY OF CALIFORNIA, BERKELEY



John Hessler, *left*, a C5-6 quad since 16.
Ed Roberts, respiratory polio at 14.

Photo: San Francisco Chronicle

Special Adaptations of Equipment

John uses an electric powered wheelchair; writing brace; raised tables; Handi-hook; specially devised knobs for radio, television, recorder, etc.; "PUSH-UPS" (See 1966 *TjG*, page 83).

Ed uses an iron lung; Thompson Bantam; mouthstick.

Both use a microswitch speaker phone with a direct line to the operator; a Stenorette with special controls; and keys to the campus elevators.

Method of Taking Notes

John and Ed can always find someone to take notes for them although they furnish the carbon paper for this service. They suggest picking an intelligent member of the class, preferably a girl as they have found feminine handwriting usually easier to read. Xeroxing is also a good method.

Exams

"The best thing to do is to talk to your professor, explaining that you cannot write for two hours at once. Usually the professor will allow you to take the exam home, designating a specific time to return it. Exams aren't open-book of course." Ed takes many of his exams orally and sometimes dictates his exam answers to a person of either his or the professor's choice.

Attendants and Housing

"Attendant care usually isn't a problem because students always need employment. If you are careful, you can get

good help. Students are generally very conscientious -- sometimes better than professional help (one very good reason for teaching at college level)."

Finding proper housing is the most difficult problem. For example, most dormitory rooms are too small, most apartments have stairs, etc. The Berkeley campus of the University of California has a student hospital located right on campus. In 1962, its director, Henry Bruyn, admitted Ed as a resident on an experimental basis. The University's previous experience with handicapped people had been bad. There were none on the campus at the time Ed entered. Ed made it during his first year, so, in 1963 John was admitted. Then, in 1965, a third quad was added to our motley crew -- Larry Langdon, an entering freshman, who had broken his neck six months previously. There is talk now of expanding the quad ward into a full wing. Future plans are contingent on a federal grant.

Finances

All three students receive support through California's Aid to the Needy Disabled. This is to cover the \$350 per month room and board charges at the hospital. It also provides some outside attendant care. The state's vocational rehabilitation service provides books, tuition, transportation, and maintenance. For example, it provides forty hours per month of secretarial help for Ed and John, and pushers to take Ed to class and remain with him as long as

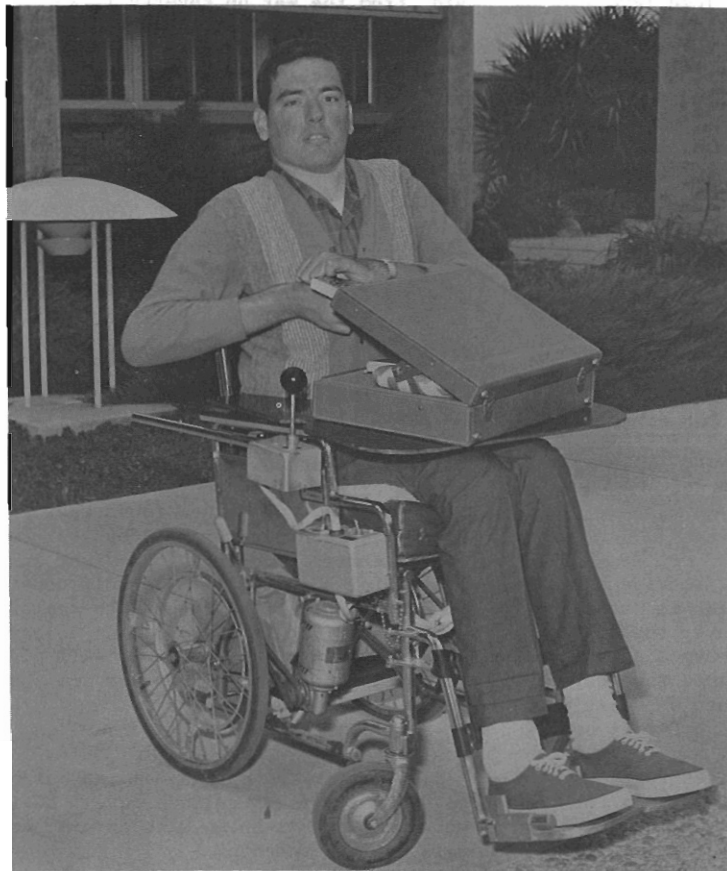
necessary. Ed also receives forty hours of research assistance. (They do all library work.) One can also qualify for aid from the War on Poverty if low income personnel is hired for attendant care. Ed supplements his income by working as a teaching assistant in the political science department, earning approximately \$300 a month. John tutors French at the rate of \$4 per hour. He just finished tutoring the Chancellor's son.

Advice

"For any handicapped person contemplating entering college, the following advice may be helpful. Have your living conditions settled before entering school because it is extremely difficult to go to school and to have to struggle with physical environment. Be persistent in demanding the correction of administrative errors and the elimination of mental and physical obstacles. For example, we have found that you shouldn't let secretaries stop you. Perhaps the most important ingredient in a successful academic life is self confidence, a most difficult thing to explain how to attain. It is important to have supporting people around who will give encouragement. God knows you are your own worst critic."

Goals

John is working on his M.A. and plans to teach at junior college level. Ed is working for his Ph.D. with an aim toward college teaching. Ⓢ



Five and a half years ago, when I was sixteen, I dove into an eddy pool near Oceanside, California, and became a C5-6 quad. After six months at the Balboa Naval Hospital in San Diego, where the doctor told me I would be confined to a life of watching T.V. and reading in bed, I entered the Orthopaedic Hospital of Los Angeles, whose staff had a much more enlightened point of view. Six months later I was again attending high school for four hours a day. After two years of high school, I graduated and started attending nearby Palomar Junior College. As graduation approached, I had to find a place to go to do my upper division work.

Riverside came very close to meeting my requirements. The current enrollment is about four thousand students. The climate is just perfect. Temperatures usually range in the high seventies to the low eighties. There is no snow to worry about, and rain is infrequent. The girls' dorms were made with several rooms designed for the physically handicapped, but there is no such provision in the boys' dorms. I find the dorms quite easy to live in. No major problems have arisen and all the minor ones were easy to solve. There is a good Health Center on campus and two good hospitals, Rancho Los Amigos and the Orthopaedic Hospital of Los Angeles, within sixty miles.

When I came up for my tour, I went to the placement office to see about hiring a student attendant. In the placement office the second-in-charge, Mr. Joel Bryan, happened to be a quad who had attended UCR for four years. Through an ad we found my present attendant who has proved quite satisfactory. I told a friend I had met in the hospital about UCR, and he decided to come too. He has a similar injury and so he required an attendant. The school found one for him by ads placed through the dorm and by phoning the male residents. We are going to start an early campaign to

recruit next fall's attendants. With the help of the placement office, we plan to send a letter to various clubs, such as the pre-med club, individuals, and pass the word through the dorms.

The faculty and administration have listened to everything with an open mind. The students in the dorms and on campus are all very helpful—you just have to ask. I think about half the boys on my hall have emptied the drainage bag at one time or another. I've found that once the ice is broken, most of them forget the wheelchair.

The administration has expressed an open interest in the problems of attending UCR in a wheelchair. During enrollment week, Dr. Norman Better, the Associate Dean of Students, called a meeting of the six students attending UCR in wheelchairs. At this meeting we discussed the problems of the campus, what improvements we thought were needed to overcome these problems. A study committee for future building design and present building remodeling is being formed with wheelchair students and administrative representatives. The goal of this committee is to make UCR a perfect school plant for wheelchairs instead of just good.

The equipment that I have on campus consists of an E & J power chair, a lift, and an electric typewriter. After a tendon transfer operation, I find that I do not need any assist devices or splints to eat, write, or type. I am taking a normal load of 15 hours plus a lab. My fees and books are paid for by Vocational Rehabilitation Service, while room, board, and my attendant are paid for by Aid to the Totally Disabled. Yearly expenses run about \$1,000 for room and board, \$800 for books, supplies, student activity fees, and personal expenses.

All the buildings on campus are accessible either by the front entrances or some side door. Ramps are being put up wherever a need is indicated. Curbs are even being redesigned so wheelchairs can go up them. Special parking permits are provided and special parking spots on campus have been reserved for wheelchair students. Keys are given to handicapped students for the different elevators, and since

all multi-storied buildings have elevators, there is no problem about getting to classes. A wheelchair student can even get into the rest rooms in any of the classroom buildings quite easily. The campus is small enough so that a person in a wheelchair can get from one class to another even when classes are scheduled right after one another.

At the present time there are seven students in wheelchairs attending UCR, taking courses from lower to graduate division. There are three girls, all paraplegic, and four boys, three quads and one paraplegic. Two quads live in the dorm, two of the girls live with their parents, and the rest live in apartments off campus. UCR has the reputation of offering the best undergraduate education of any of the nine campuses of the University of California; but, with good study habits and lots of persistence, a physically handicapped scholar has nothing to fear.

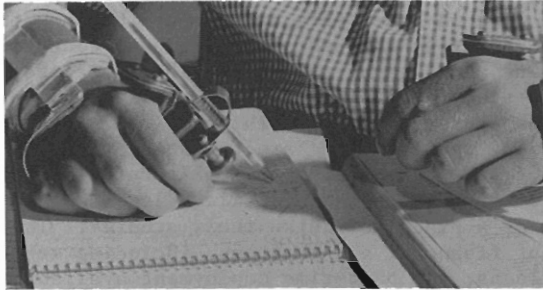
Admission requirements are the same at any of the nine campuses of the University of California. Students who have done work at the junior college level should investigate UCR as a place to finish their studies. There is a variety of financial aid programs, including scholarships, grants, loans, and part-time employment available to qualified students.

There is a wide variety of student activities on campus, and all students are encouraged to participate. The largest student activity on campus, UCR's Tutorial project, is chaired by a rolling student, and another is secretary of the Associated Women Students.

The administration would like to see more students in wheelchairs attending here. Dr. Better once said that no public university is truly public if it permits architectural barriers to deny an education to a segment of the public. If any *TjG* readers have any unanswered questions, please feel free to write me, Bruce Hillam, Aberdeen Hall, Box 318, 640 Linden St., Riverside, California 92507, or to Dr. Norman Better, Associate Dean of Students, University of California, Riverside, California 92507. I hope to greet several of you next year as fellow students. ☻

OHIO STATE UNIVERSITY

by Dick Maxwell



Ex-Marine Dick Maxwell is a C4-5 quad who is beginning his junior year in finance at Ohio State University. Dick, at 25, is making the grade at college—in fact making even better grades than he achieved before being injured in a fraternity intramural football game in the fall of 1963. He suffered a broken neck diving into the end zone for a touchdown. A friend, Dr. James Bailey who earned a medical degree at OSU while confined to a wheelchair, was at the hospital when Dick arrived. "He gave me a kick in the pants and started me back to school."

For the first six months after the injury, it was a physical battle. Then, the rehabilitation work began—getting the chair (the fraternity sponsored a dance to buy it) and learning to use the splints that enable Dick to write, eat, comb his hair, and brush his teeth. He turns pages with an eraser fitted to the splint on his left hand. The splints were made economically of light-weight metal. Most of the attachments were adapted and made by either his father or O.T.'s at Dodd Hall.

With the help of his splints, Dick keeps all his own class notes. He goes over them with classmates before exams to make sure he hasn't missed anything. Tests are taken with the class, but sometimes Dick supplements written work with orals if he runs out of time to write.

Taking a five-hour economics course and also five hours in accounting, Dick is working toward a finance degree that may be the groundwork to studying law.

He goes to afternoon classes with assistance from his Phi Delta Theta fraternity brothers, high school friends, and his mother. She picks him up and he rides in the back of a 1965 Dodge Sportsman which his father converted for

the purpose. "She can't drive the thing very well," Dick laughs, "but she's a good sport about it." Fraternity brothers meet him at the class buildings and help him through doors and up steps.

Dick believes in going to the top to solve problems. On his agenda: consultation with University President Fawcett about obtaining use of the freight elevator so he can drive his battery-powered wheelchair to class. He now goes to class in a light-weight aluminum chair that needs "friend-power."

Dick goes to all the OSU football games, attends fraternity parties, goes out with the boys, drinks a little beer and has a good time. In his power chair, loaded with reflector tape for night trips out of Dodd Hall and decorated with Marine and fraternity insignias, he sometimes cuts a fancy figure eight on the field after a Buckeye game.

"Anyone who owns an E & J power chair should notice in the photograph how the control switches on the chair were moved and adapted by my father so that I can control the speeds independently. It has 'four on the side' and a top speed of four miles per hour!

"If anyone has any questions please feel free to write me at 2419 Indianola Ave., Columbus, Ohio 43202."

In a recent letter, Dick wrote of sometimes being unable to do all he wants to do, but "maintaining patience is the key word and a virtue...

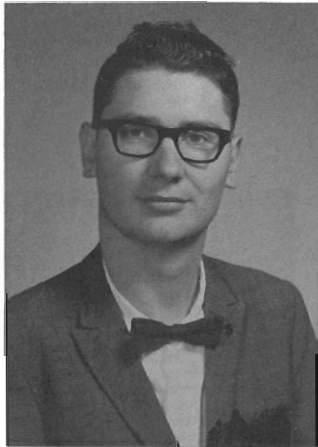
"This is something I've learned to live with and have made some of the necessary adjustments. Being back in school has made a world of difference and has shown that if you stay in there swinging things have a way of working out."



Photos: Columbus Dispatch

STANFORD UNIVERSITY

by Bob McCown



Physical condition - Post polio quad ('54) with some shoulder movement and so-so biceps (can lift 5 pounds). Can pronate and supinate both hands, but no motion in wrist or fingers. I have a couple of good muscles in right foot, which I use to control CO₂ artificial muscle splint on my right hand. I have not needed respiratory aid since seven months after contracting polio, except for a few bad colds.

Education - B.A. HASTINGS COLLEGE, Hastings, Nebraska. 800 students. Campus about 4 square blocks. Lots of steps, but none in dorms, dining hall, student union, library, music building, and chapel. Steps were no problem, however, I would wait at the steps until 4 men came along (just asked the first 4 who arrived) and they would pick up my chair (with me in it) and carry me up (or down) the stairs. The campus is not hilly and is small enough that I easily got around with an E & J electric chair. The administration will help in any way it can, including a roommate-attendant. Only drawback is snow. I averaged ten school days a year snowbound in the dorm.

- M.S. STANFORD UNIVERSITY. Now working on Ph.D. (Physics). 11,000 students. Official policy requires that physical condition cannot be considered when admitting a student. Once a student is admitted, Stanford assists in any way possible. This includes finding an attendant, providing physical therapy, and building ramps on campus, if necessary. The campus is flat and most buildings have level entrances. A lot of the buildings also have elevators.

The size of the campus is the only problem. It is about one mile long and 1/3 of a mile wide (that is just the classroom area). Most of my classes are located 1/3 - 1/2 mile from the dorm.

I designed my own wheelchair to get around campus. Weight is about 100 pounds including battery, speed is 4.25 mph, and range on one charge of battery is 12 miles. It will go through sand or mud.

Only problems are to be admitted - less than 1/10 of the applicants are admitted - and cost - over \$1,600 tuition, and \$900 board and room. I wouldn't be here if I didn't have a government fellowship.

For more information about S.U. policies concerning handicapped students, write Dr. Osborne, Director, Student Health Center, Stanford University, Stanford, California.

Undergraduate activities - Dating. Belonged to a fraternity. Dormitory counselor. President of church Fellowship group. Worked for student newspaper. Dramatics - lighting for quite a few plays and acted in 3 (narrator for two and a "push-on" as blind paralytic beggar in one). Student government - rewrote constitution and completely reorganized Student Association in Senior year; also served on Student Judicial Council.

Studies were sometimes worked into my schedule.

While in high school, I borrowed some money and opened a hobby shop which I then managed. I made enough to eliminate my debt within 2 years. I closed out the shop when I went to college. I saved some of the HO gauge model railroad locomotives because I love model railroading even though I

don't have a layout because I couldn't possibly build one.

Financial assistance - At Hastings, the State of Nebraska paid tuition and secretary's salary. At Stanford, I have a N.S.F. (National Science Foundation) Fellowship and a university scholarship. Together, I receive tuition and fees, plus \$2,700 cash.

Notes and exams - No note-taking. Exams were oral in all but math and physics, where I was given extra time to write them. I dictated all papers to a voice-actuated tape recorder and a secretary transcribed. If I needed notes for a course, I asked the teacher or another student if I could have his photocopied.

Eating - When I enter the dining hall, the first hasher to see me gets a tray, cuts up my meat, seasons food, gets a straw (long - so I just lean over to get a drink), and my special fork. I'm on my own after that, but the dining hall is full of people who will help if I run into trouble.

Transportation - In addition to my special electric wheelchair, I have a VW bus with a 7-foot ramp hinged at the rear door. The wheelchair is clamped to the floor. I have a seat belt attached to the bus floor, not to the chair.

Attendant - At H.C. the dean's office contacted students for me. At S.U. the Student Employment Service sent interested students for interviews. The attendants have been very cooperative and have lasted 1-2 school years. I live in a double room in a dorm and pay my roommate-attendant's board and room in return for his services. His duties average about 1½ to 2 hours per day: bathe, dress, lift me into my chair, assist me in bathroom (a schedule works best for this), lift me into bed at night.

Dating - I'm not shy about asking a girl for a date. I've asked some girls out only a few minutes after meeting them.

Girls almost always accept. I always double date the first couple of times, and by then the girl knows how to clamp the wheelchair to the floor of the VW so that we can single date. She drives, of course.

Goal - To teach physics on college level.

This is just an outline of my experiences. Perhaps it will help others who are now planning to attend college. If any details are unclear, feel free to write to me about them: Physics Dept., Stanford University, Stanford, CA 94305. ☺

REHABILITATION OF THE SEVERELY DISABLED. Final Report of a Project Conducted in California. 1964. 41 pages. Prepared by A. G. Garris. Send requests to Mr. Garris, State Department of Rehabilitation, 107 So. Broadway, Room 7005, Los Angeles, California 90012. A thought-provoking study for the severely disabled and those professionally concerned with their rehabilitation. Free. Highly recommended.

TALKING BOOKS ARE GREAT

See Bulletin Board Page 41



WAYNE STATE UNIVERSITY

GUIDES TO EDUCATIONAL OPPORTUNITIES FOR THE SEVERELY DISABLED:

Higher Education and Handicapped Students by William V. Tucker, M.S. and Harry J. Waters, Ed.D. Available free from Dr. Waters, Kansas State Teachers College, Emporia, KS 66801. This 91-page handbook, published in 1964, as a result of a V.R.A. survey grant, tabulates facilities for handicapped in U.S. colleges.

Universities and Wheelchairs by M. Morley surveys English Universities. THE CORD, Autumn/Winter 1966.

Wheelchairs on Campus - PERFORMANCE, May 1966. The President's Committee on Employment of the Handicapped, Washington, D.C. 20210.

Employment for the Handicapped by Julietta K. Arthur. "Pros and Cons of College." Pgs. 81-106. See review in Bookshelf, page 23.

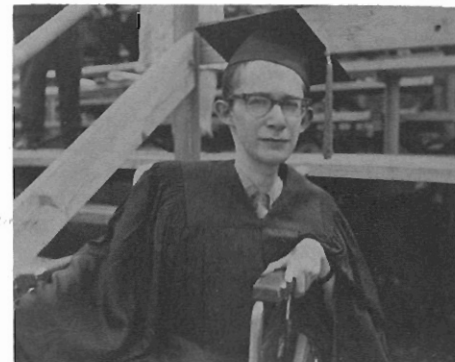
For detailed information on scholarships, grants, loans, and other aid, request the free reference folder, A Guide to Federally Supported Programs. Division of Student Financial Aid, Bureau of Higher Education, U.S. Office of Education, Washington, D.C. 20202.

Robert Aron has been wheelchaired for years because of muscular dystrophy. He finished high school 9th of 282 students and was the winner of a number of honors: the Rensselaer Polytechnic medals for science and math, the American Legion award for American history, a local scholarship, and a National Merit Scholarship Letter of Commendation.

He had tremendous difficulty finding a school that would accept him on the college level because he requires an attendant. He and his family investigated many many colleges in their area but they were unable to find one with suitable physical facilities and geared to handle a severely disabled student.

His mother wrote enthusiastically of their final choice, "Wayne State was the only school that offered to find a student attendant. The director of the Physically Disabled Students' Office, Miss Ferris, is an extraordinary woman, and one well suited to her job. Robert felt instantly at ease with her and is secure about living away from home despite the problems.

"We are well pleased with the arrangements. Wayne does not have a dormitory for men, but utilizes the facilities of a nearby hotel for



students and nurses.

"Robert and his student attendant share two rooms with an adjoining bath, giving them both independence yet enabling Robert to call on his friend when in need. They both eat on campus, and on the weekends they go out to eat or have food sent in.

"Our experiences indicate that, despite the assistance of people in rehabilitation, the only way to achieve our objectives has been to fight for them. People still do not accept this minority group because of the 'unknown.' There is much to be done and that is why your little magazine is important."

Robert's home address: 38 Ridge Road, Harrington Park, N.J. 07640.®



WAYNE STATE UNIVERSITY

DIVISION OF STUDENT PERSONNEL

DETROIT, MICHIGAN 48202

PHYSICALLY DISABLED STUDENTS' OFFICE

December 7, 1966

Mrs. Paul Schmidt
Assistant Editor, TOOMEY & GAZETTE
Box 149, Chagrin Falls, Ohio

Dear Mrs. Schmidt:

Mrs. Aron has forwarded your letter to me and we have received the back issues of the Gazette which you mentioned. I am very interested in your publication and have found much worth reading. Thank you for including us on your mailing list.

It is a pleasure to write you concerning facilities at Wayne State University for students with physical disabilities. Although our services are offered to each student according to individual needs, they are centralized in this office. One of our basic objectives is to help each student derive the maximum in educational experiences with a minimum loss of independence. Students attend regular University classes and meet the same academic responsibilities as all other students. Presently there are over 100 students attending Wayne who have major physical disabilities.

The campus is situated ten minutes from the center of Detroit and is surrounded by various community cultural institutions. The University area is on level ground, making it ideal for wheelchairs. All major classroom buildings, as well as the library and cafeteria, are accessible to wheelchairs and contain elevators and special toilet facilities. In addition, there are curb cuts at major street corners which allow students to be as independent as possible in getting around campus. There is a women's dormitory which has several units thoroughly designed to accommodate wheelchairs. Presently there is no men's dormitory, but there are some suitable rooms a short distance from campus.

In cooperation with the undergraduate and graduate admissions offices, students are evaluated by this office and the Health Service prior to their admission to Wayne. Readiness to function at Wayne is evaluated with consideration given to classroom skills, ability to perform daily activities of living, housing accommodations and medical needs. We do not have an organized attendant care set-up but have fortunately been able to make special arrangements for Mrs. Aron's son, Robert. As you are probably aware, it is difficult to make satisfactory arrangements for attendants and that we have no assurance that such arrangements will work out. We have been very lucky so far with Robert.

After a student is enrolled, this office supplements regular University orientation sessions by providing the information of particular significance to physically handicapped students. For example, this includes information about ramp locations for students in wheelchairs and travel orientation to the campus area for blind students. The office also assists students with registration procedures, enabling them to arrange programs according to individual needs and physical tolerances. We coordinate arrangements for relocation of classes, accessibility to classrooms, parking and various administrative problems.

Special emphasis is placed on vocational-educational counseling because I feel strongly that these students must plan more carefully than other students and should be as well informed as possible about their own abilities, the employment market and physical demands of careers. Counseling is coordinated with various University academic units and sponsoring agencies interested in individual students. Students are also assisted in finding solutions to personal, medical, financial and employment problems and are referred to appropriate University and/or community services when indicated.

The University Health Service provides routine medical care on a clinic basis. For students needing specialized care, The Rehabilitation Institute of Detroit, located near campus, has extensive medical rehabilitation services available on a private basis. The University offers an adapted physical education program whereby students are integrated into regular classes whenever possible. Last year some of the students organized a wheelchair athletic team which is open to any student wishing to participate.

We would be very happy to answer questions from any of your subscribers about Wayne State University. We are also in the process of preparing a brochure about the program and will be glad to put you on our mailing list as soon as it is available. I hope this letter has answered some of your questions about the University and will be glad to answer any others you might have.

Sincerely yours,

Elizabeth A. Ferris, Director
Physically Disabled Students' Office

EAF:lb

SOUTHERN
ILLINOIS
UNIVERSITY

by Tom Meath, Jr.



Double-mirrored page turner



Chin-operated tape recorder



Typing on large paper roll

Just after starting fifth grade, I contracted respiratory polio. In the hospital some effort was made to continue my education. Then, returning home, I received home instructions along with a telephone intercom to the local high school. After graduation, with student drivers, I was able to attend Fairfield University in person.

Federal Traineeship

During my Senior year, I was accepted by Southern Illinois University in Carbondale and offered a Federal Traineeship (renewable in the second year) of \$1,800 plus free tuition and fees. I had contacted more than 75 universities. S.I.U. was the only one which encouraged me to enter its graduate school to study for a master's in rehabilitation counseling.

D.V.R. support

As the initial step, first Dad and then Mom flew out to the University to arrange for a room and attendants. At the same

time, we requested and received an extension of the Connecticut D.V.R. support I had been receiving during college. This extension helped a great deal, but it still wasn't enough. (As it turned out, annual expenses totaled more than \$3,500.)

Apartment and attendants

We chose an apartment rather than a dormitory room—at the suggestion of the University because of the lack of space for respiratory equipment. We arranged with N.F. to have an iron lung delivered, had our VW bus driven out, and then flew out.

Mom stayed to set up the apartment and to train the two students who would live with me as roommate-attendants. We placed ads in the local and school papers, contacted the Student Work Office and the Campus Housing Office. After five weeks, we found two students to take care of me for free room and board. Evenings and weekends they were free to leave, in shifts. In the VW, they drove me the two miles to the Uni-

versity in the morning and brought me back for supper.

For homework, and for activities during the day on campus, I relied on the methods I had used at Fairfield (the usual ones). Student workers were contacted through the University newspaper, or the Student Work Office. Volunteers included the other students in my classes, neighbors, and a group of Scouts who were engaged in a program of aid to the disabled.

Exams and notes

I took exams orally, or dictated to an approved writer, or tape-recorded the answers which were, in some cases, later transcribed on paper. The Testing Center on campus had a policy of helping disabled students with exams if the Center were not too busy. I found it best to approach each professor well before an exam, explain my situation, and ask him how he thought we should proceed. I indicated that I preferred a tape recorder because I could cov-

er a question as thoroughly as I wanted.

I have a "Dictet" tape recorder mounted on the arm of my wheelchair. It was modified by its maker, the Dictaphone Corporation, so that I can start and stop it with my chin. For written reports, I dictated, then replayed the recording to myself, through earphones, while dictating to the transcriber a corrected version. For class, I preferred a carbon of someone else's notes to using the tape recorder.

S.I.U. equipped for disabled

There are more than 18,000 students at S.I.U. Now there are about 300 disabled students, about 30 of whom use wheelchairs. For the most part, the University allows the disabled students to manage by themselves. Each of them must provide his own attendants when necessary. Yet if a disabled student has a problem the University is prepared to listen and advise. There is a D.V.R. office on campus and a Dean of Disabled Students. The buildings are equipped, or being equipped, with elevators and ramps; a number of dormitories have rooms especially arranged for wheelchairs; the clinic provides physical and psychological therapy at a very reasonable cost.

Respiratory problems

During the last quarter of the second year I was carrying my heaviest load of credits—nineteen. (An average load is twelve.) I was up at 6:30 for early classes and night classes and library work kept the lights on until 10:00 p.m. As a result, it is not surprising that, during final exam week, breathing on my own became much more fatiguing. In fact, both portable respirators (when operating a Pneumobelt) were also functioning inadequately unless I exerted extra effort to augment what

they were providing.

As soon as I arrived home, we made arrangements for me to enter Goldwater Memorial Hospital for a week of testing. It was found that for years my portable respirators, when operating the Pneumobelt, had been set at pressures that were not high enough to give me adequate respiration. Evidently I had been using the little breathing ability I have to make up for what the respirators had not been providing. Although I had been needlessly using my energy in this manner, it had not seriously affected me until the final academic quarter. Between the demanding, stepped-up pace and the need to expend energy in breathing, my system had rebelled with the resulting symptoms of exhaustion.

Respiratory solutions

- To correct the breathing deficiency, Goldwater strongly suggested that both the pressure and the rate on the portable respirators be increased.
- The Pneumobelt would be placed vertically instead of the usual—horizontally.
- In addition, it was suggested that I sit up straighter in the wheelchair to allow gravity to have more effect on the diaphragm. A back brace would be used to maintain a proper position, and to assist in preventing me from falling.

The advantages of these suggestions should prove to be more than physical. Sitting nearly upright will increase visibility, provide a more normal perspective, and facilitate mobility by decreasing the overall length of the chair. The resulting psychological uplift may be significant.

M.P.P.B.

- A secondary advantage of the hospital visit is my introduction to the possibili-

ties of mouth positive pressure breathing (M.P.P.B.). Previously I had used it only during transportation. I now understand that it can also be used at night while sleeping, and it is virtually as efficient as the iron lung. I hope to make more extensive tests with it in the future with the ultimate goal of eliminating the iron lung for sleeping. Clearly, this will greatly increase my ability to travel for extended periods.

The future

Fortunately, I was able to complete the course requirements before returning home. As soon as I complete my thesis, and spend at least three months at an approved internship at some institution in the rehabilitation field, I will receive my M.A.

I hope to replace the iron lung with M. P.P.B. and to acquire an electric wheelchair which I can operate—perhaps by a Sight Switch (pg. 91, *TjG*, 1966). I should have much the same abilities as Bruce Lowe with his GIMCS (pgs. 92-93, *TjG*, Spring 1965). Clearly, such abilities would increase my chances for employment.

I thoroughly enjoyed my two stimulating years at S.I.U. It was an opportunity to experience a new way of life, and the people involved. Just as important, it was an opportunity to experience "being on my own," without the protection and guidance of my family. As a result, I now have a much greater appreciation of my situation and a more confident viewpoint for the future. ☉

If anyone would like additional information or clarification, please write to me at 34 Deep Spring Lane, Stamford, Connecticut 06907.

BY TAPE...

STONEHILL COLLEGE

by Bill Woodworth

Being a respo since 1955, I am concerned about my future independence and security. Like so many others, the means I am using for this end is education.

High school by telephone

The day I entered a respirator, I was supposed to enter high school. Over the next two and a half years, I completed my studies with the help of tutors.

After leaving the Mary MacArthur Respirator Unit, I returned to my home, where I attended high school via telephone intercom. I graduated with my class in 1959 and spent the following year fulfilling language and science requirements for College Boards.

College???

The next year was spent hoping and waiting and praying for the opportunity to attend college. The Rehabilitation Commission turned me down because I was "too handicapped." In 1961 I was accepted by the Hospital and Tutorial Program at Boston University and given a \$5600 scholarship. However, because I was supposed to attend classes on a regular basis and we could not afford the extra car and attendant, I had to look around.

College by tape recorder

Fortunately, North Easton is the home of the small, liberal arts Stonehill College. It is run by the Holy Cross Fathers, who

also run the University of Notre Dame. I was accepted at Stonehill on the basis of my having been accepted at Boston University.

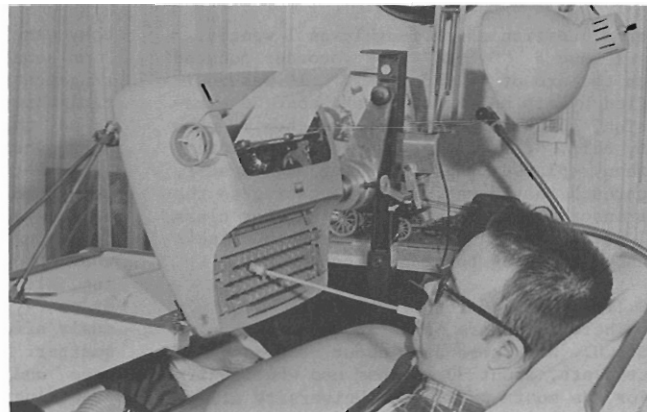
Originally, we had planned to use the intercom and plastic records used in the Boston U. program. Because of the economy, we decided on a tape recorder.

The Purple Key, the campus men's organization, and one of my junior high buddies carry the tape recorder around and record my lectures. Each evening, my father picks up the tapes. The next day, I listen to the tapes and study just like my fellow classmates. These lectures are supplemented by periodic visits by my professors for discussion, clarification, and examinations. I attend classes about once a week.

Note-taking and mouthstick typing

My notes are taken by a student who puts carbon paper under his notes. This has saved me many hours of tiring note-taking.

My IBM Selectric is the most wonderful machine for mouthstick operation! With it, I can type 35 words a minute. My father is a machinist so he designed a positioner. We bought an extra heavy Lumex table from American Hospital Corp. To preserve the formica top, he fitted two steel bands around the table, held by two thumb screws. The front of the typewriter is bolted to a piano hinge between the front ends of the two bands. Bolted to the bands in back of the typewriter are two hinged guiderods, which clamp it in a variety of tilting degrees. The table has adjustable heights so it may be used in bed or wheelchair.



I use a mouthstick developed by me. It consists of a 1/4" dowel; an eye dropper bulb as a tip; and a paddle-type mouthpiece fashioned by my father from solid nylon. It is durable and tasteless.

The future

When I graduate in June 1967, I will realize that I have had an education in many ways more profound than the average student. Being a respr in college has opened just as many doors as it has closed. It has created a student-professor relationship more personal and more valuable than the average student's.

I intend to write eventually, but I am looking for employment now, so I can attend graduate school. Meanwhile, in my spare time, I edit and publish my church newspaper, and operate a magazine service specializing in student subscriptions.

If I can answer any questions, please feel free to write to me at 51 Williams St., North Easton, Massachusetts 02356. @



Janet Berry - Lawrence U.

"Attending" Lawrence University via telephone intercom (Executone), Janet is working toward her B.A. She plans to perfect her Spanish, take on French, and possibly Italian, with the hope of doing work in translating and tutoring.

Janet has a rare skin and muscle disease known as dermatomyositis.

She writes, "You should know your full capabilities and get expert advice and help to enable you to do the best and the most with what you have." Address: 123 North Green Bay Rd., Appleton, Wisconsin 54911.



Sharon Stern - Long Island University

Attending Long Island University via cheek-operated Executone is Sharon Stern, a respiratory polio patient at Goldwater Memorial Hospital since 1955. The enthusiastic cooperation of the faculty enabled Sharon to master English, history, Hebrew, biology, psychology, and speech. Sharon hopes to teach English to the handicapped in a hospital. Her tuition, books, Executone, attendants, and transportation (she is attending Hebrew classes personally) are being financed by the National Council for Jewish Women, federal funds, and her parents. Write Executone, Att: Mr. J. A. Richards, 47-37 Austell Place, Long Island City, N.Y. 11101. In Sharon's words, "Executone gives you an arm with which you can reach out and touch people."

Marilyn Saviola, another respo at Goldwater, is also a L.I.U. Executone student with D.V.R. paying her tuition. Over 20 wheelchair students attend the Brooklyn Center and, although the university is not designed for wheelchairs, it has a special admission committee for handicapped students. Address: Respiratory Center, Goldwater Memorial Hospital, Welfare Island, N.Y. 10017.



Judith Murray

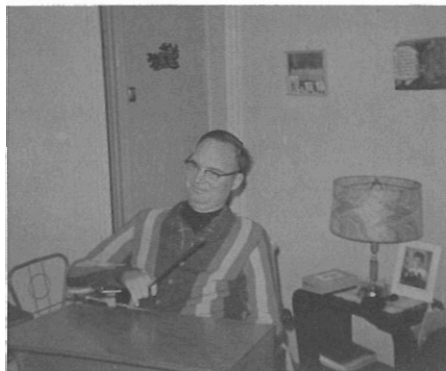
U. of South Africa by correspondence

"I became a respo in 1956 when I was ten. After 3 years in hospital in Durban, I came home to live with my parents on our sugar farm in Zululand. I sleep in a lung but am out all day on a trolley (cart).

"Most of my time is spent in reading as I am in my final year B.A. majoring in history and English. I study through the University of South Africa which is an entirely correspondence university. It has about 18,000 students, including some in U.S.A. If any *TjG* readers are interested, they should write to the University's Registrar, Box 392, Pretoria.

"My most exciting prospect is that I may go to Rancho Los Amigos Hospital for spinal fusions (halo style) and rehabilitation. We are going to be U.S. immigrants as my parents want to work (my father used to be a civil engineer) while I undergo the long treatment. Transport is the main problem. My father is going to build a Colville portable lung which will be easy to take in an aeroplane, we hope."

Address: P/Bag Gingindlovu, Zululand, South Africa.



Harold Fryer - Correspondence

"I am a natural born non-achiever ...I accomplished little while in the hospital...I was a rehab dropout."

Harold has always worked out his own problems better by himself. A respo since 1953, he is married and has three lively children. He uses a portable respirator by day and a rocking bed at night.

He has completed four years of high school through correspondence courses. Harold hopes to be a writer and, with help from the Department of Veteran's Affairs, he is now enrolled in a creative writing course.

Address: 5811 121 Ave., Edmonton, Alberta, Canada.



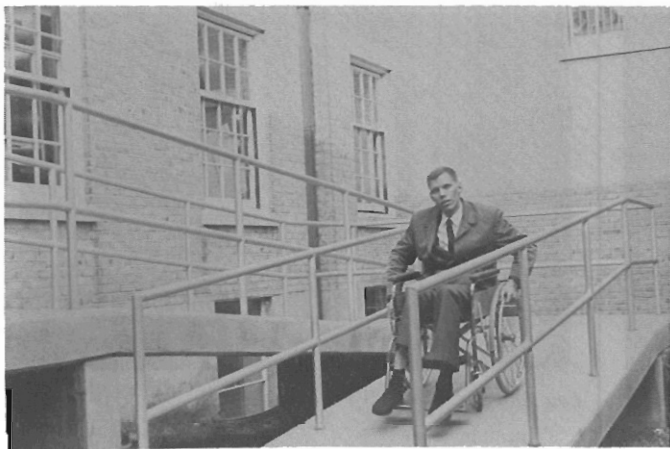
Michael Callaghan - S.S.C.

A respo since 1952, Michael received his B.A. from Stanislaus State College in 1966. He is now working there on his secondary teaching credential and hopes to teach in a hospital.

Michael has also taken five correspondence courses from the University of California. He found this a difficult and boring way to acquire credits, but with the advantage of being able to work at home at one's own pace.

"I would be happy to share experiences with other students or others in the teaching and education field."

Address: 2221 Cherry Ave., Merced, California 95340.



John Izvorski, Jr. - Hofstra U.

Making excellent use of the fine ramps at Hofstra University, John is working towards a master's degree in education of the handicapped. He holds a B.S. degree in electronic engineering and was formerly a government GS-12 electronic engineer. John's disability, which he considers 'slight', consists of partially paralyzed legs and a slight impairment of his vision as a result of multiple sclerosis. His address: 26-32 210 Place, Bayside, N.Y. 11360.

In 1965 Hofstra became the first university in the East to make campus and buildings readily accessible to the handicapped. (A film has been made to describe to other institutions how the job of remodeling buildings can be done.) For information about special provisions at Hofstra, write: Assistant Dean Stuart Seader, Hofstra U., Hempstead, N.Y. 11550.



Carole Parsons - U. of Wisconsin

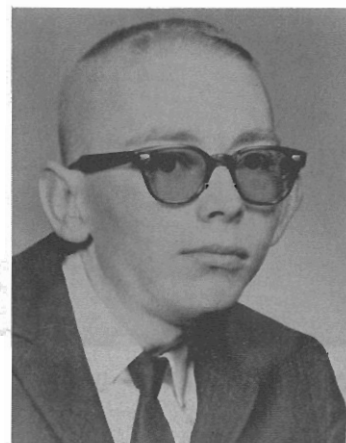
Her consuming interest and main motivation being the completion of her education, Carole is a Junior majoring in psychology with future hopes of attending graduate school and working in the field of rehabilitation. Over 30 credits have been earned through correspondence study. She has attended 4 semesters at U. of Wisconsin at Madison and will return next fall. Meanwhile she is studying through correspondence.

Interests: French, Japanese poetry, reading, Buddhism and music.

A respo, she uses a rocking bed and oral positive pressure; eats and types with an artificial muscle.

Carole would very much enjoy corresponding with other TjG readers.

Address: McDonald Rd., Lake Geneva, Wisconsin 53147.



John Brock - Texas Tech

A respo for 14 years, John sleeps in an iron lung. His portable lung, which he uses on trips, is pictured in IDEA PARADE (page 35).

John travels 30 miles to attend classes at Texas Technological College at Lubbock either by car pool or driving his own car with power steering and automatic transmission.

"I can go just about anywhere I want to as long as I am back home in time to go to bed in the lung."

John's address: 706 10th St., Levelland, Texas 79336.



Carol Vaccariello - Denver U.

Now working parttime as a speech therapist and doing her dissertation to complete her Ph.D., Carol plans to do therapy and teach on the college level.

Carol became a respiratory polio in her senior year at high school. Still a quad, she no longer requires respiratory aid.

After graduating from Baldwin-Wallace, she married and gave birth to a daughter, Maureen. Then she obtained her master's degree from Ohio University and moved to Denver to begin her doctorate study.

"I had complete scholarship coverage for all tuition and for approximately three-fourths of my other costs."

Address: 12566 Claridon-Troy Road, Route 1, Chardon, Ohio 44024.



Marilyn Jo Chapman - U.C.L.A.

A graduate student in philosophy at U.C.L.A., Marilyn, who has muscular dystrophy, plans to obtain her master's in June 1969, and then to teach in a local junior college.

She is a member of three honor societies, including Phi Beta Kappa. Student attendants accompany her to and from school and on campus.

Marilyn received scholarships plus aid from Vocational Rehabilitation during undergraduate years and a graduate year fellowship.

"I needed all the help I could get. Contact your national, county, and local agencies. Be prepared to defend your goals."

Address: 1932 Overland Ave., Apt. 101, Los Angeles, California 90025.



Lou Ann Loomis - N.M.S.U.

Lou Ann has been a respo since 1952. She completed high school by telephone intercom, then began to attend New Mexico State University in '59. Strut and kidney surgery interrupted her attendance for 2½ years. In 1962 she resumed her studies and active participation in numerous honorary societies. A psychology major, she graduated in January 1967 with the highest average.

"I may decide to return for a master's in audiology, counseling and guidance, or social work. I am interviewing different professors about the possibilities in their fields of graduate work. Counseling and guidance is the only program of the three mentioned which is available here."

Lou Ann is shown here with her parents and her married sister, Nell, of whom she wrote, "I'm so lucky to have a wonderful family that helps me get around."

Address: 1700 North Alameda, Las Cruces, New Mexico 88001.



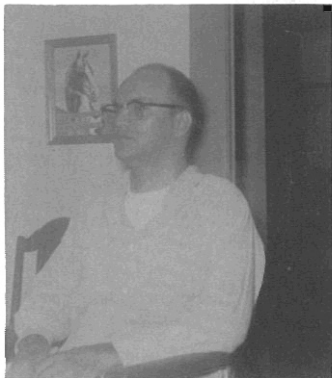
Adolf Ratzka - U.C.L.A.

Adolf's struggle to attend a university in the U.S.A. was recounted in the 1966 *TjG*, "Odyssey of a Bavarian Scholar." He has done well scholastically and has adjusted happily. A respo, he uses a chestpiece at night.

"I have met many nice and extremely helpful people. I am living in a dorm on the campus with a roommate attendant. It's an exciting life in comparison to my former life in the hospital in Munich...I have applied for a scholarship."

Early in '67 Adolf was the jubilant recipient of a \$6,000 student loan.

Address: 401 Wolfsbill Dr., Los Angeles, California 90024.

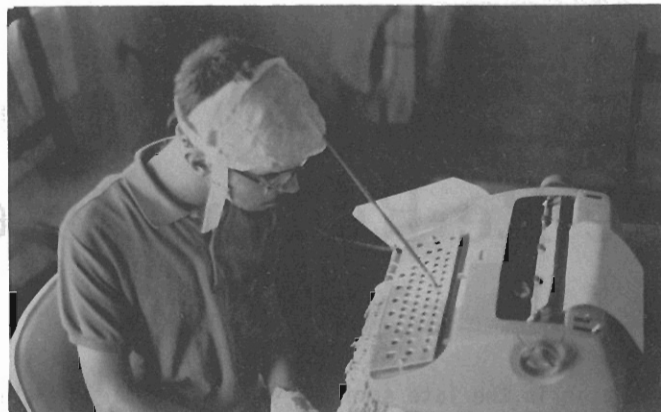


John M. Williams
Southwestern College

John has been a C5-6 quad since a diving accident in 1956. "The experiences of others in *TjG* built a fire under me to attempt college." Deciding that "the life of a professional patient is not for me," he bestirred his bones off to college in 1964 at the age of 31.

He is now a Junior in his home town college, aiming at personnel management, office work, and/or accounting.

Address: 615 Millington, Box 162, Winfield, Kansas.



Hale J. Zukas - U. of California, Berkeley

"The photograph shows my 'Woody Woodpecker' technique in typing. I use an IBM Selectric with perforated metal keyboard to prevent striking more than one key at a time. The helmet is hand-moulded to my skull with Elastoplast webbing glued into several layers by acetone application. To it is attached the dowel stick which I use for page turning when a removable pencil eraser is attached. I am strapped to a chair and my arms are 'handcuffed' at the wrists with webbing wristlets to control the 'overflow' motion caused by my athetoid cerebral palsy.

"Thanks to the Selectric's various type-spheres I am able to type Russian symbols and to make mathematical notations for college calculus...The State Vocational Rehabilitation Division provides my expenses for an attendant and Welfare Department pays my bed and board."

Address: 2209 Woolsey St., Berkeley, Cal. 94705.

by Robert E. Tanton, Jr. (C5-6 quad)

Re-Re-Rehabilitated

Last year in the late spring I left the Rotary Rehabilitation Center in Mobile where for seven months I had experienced seven months of extensive re-rehabilitation after six years of quadriplegia. I returned home in high spirits and good health with renewed self confidence and many, many plans. I confess I thought myself a very fortunate fellow. That was a gross underestimate!

Within a month, with the advice and assistance of my vocational rehab counselor, I became a full-time student in one of Alabama's newest Junior Colleges. From June 1966 to the present I have experienced the "sweet agony" of college life. It has been a most rewarding experience!

I began my college career as do most overaged entering freshmen ... terrified, and not a little confused. On registration day hordes of prospective students milled aimlessly about the campus with expressions resembling children on their first big day at kindergarten.

In this maelstrom of dazed humanity, I promptly forgot all the pre-registration instructions I had received so I cruised around until I met a well-dressed chap sitting at a huge desk looking quite important. Here was my chance!

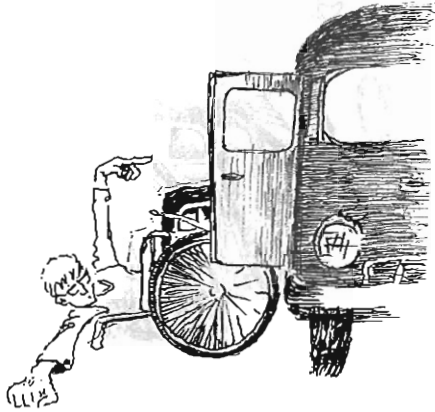
"I'm Robert Edward Tanton Junior ... I live at 719 Dusy Street in Dothan, Alabama ... I want to register!" Then in the same desperate gasp I recited my telephone number, my Social Security number, date of birth, and zip code.

When he recovered from his initial surprise he smilingly directed me to the registrar's office. Janitors are such nice people!

An hour later I was an official student with an official number and 87 pounds of official textbooks.

The first major difficulty was getting to and from the college. The campus is only 10 miles from my home eliminating the many problems of living away from home, but commuting presented a tremendous problem for awhile. We finally procured a bus of sorts, a pre-historic relic of Germanic origin that somehow worked, occasionally. After a few minor breakdowns (17) it still works ... occasionally.

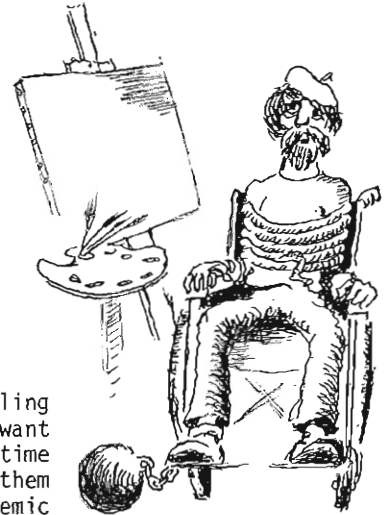




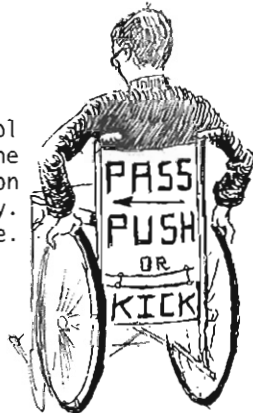
My Mother, God bless her,
drives me to the college.
The curbs at home and at school
are fortunately high
so we can manage
without a ramp.



...Classwork
proved to be not very
difficult though I
had to learn to
translate the heaps
of notes I scribble
during those long
hours of lecture.



Transportation at school
is no problem. Someone
stuck this sign on
the back of my chair one day.
I left most of it there.

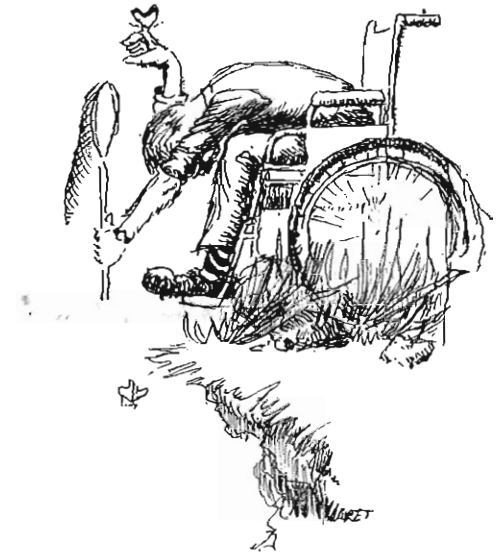


...Scheduling
the courses I want
or need at the time
I want or need them
has been my biggest academic
problem. Last quarter I took
3 major courses in the morning and one at night. Presently,
I'm the only student on campus taking four different English
courses at once. What is sad about this...? I'm an art major!

Eating and drinking were minor obstacles which I adapted to my needs: huge breakfast ... starvation at school ... in the evening, food and water aplenty. There was no lessening of intake, just a simple re-scheduling of it.

...In sports I failed to make the checker team so I set a record for being the worst ping pong player in the school's history (1½ years).

While I'm at home "at rare moments" there is homework to be done ... letters to be written. As my friends and professors can attest I am not too consistent at either.



Field trips are great fun!!



...I do artwork for our college newspaper and a little photography.



...There is so much I would like to say. I owe so much to so many people but I have neither the time nor the ability to write of these things.

...For me the chance to attend college was, and is, an opportunity to learn, to re-enter society as an active, competing, contributing member. I can only hope that my experiences will for many of you revive memories; for others, mirror reality, and ... for some, echo dreams.®

EMPLOYMENT

A Special 19-Page Feature

Nita Weil

HOSPITAL RECEPTIONIST AND GIRL FRIDAY

['52 respo] Nita has a V.C. of 400 cc. and uses a chestpiece at night and a Pneumobelt during the day. Muscle return: partial use of one arm and shoulder, one hip and leg and two useful fingers. Her functional left arm is assisted by an improved version of the "artificial muscle."

Since 1959 she has been receptionist at the Texas Institute for Rehabilitation and Research where she checks in patients and visitors, types stencils, is Advisor of Volunteers, works on the hospital newsletter, answers calls for information, and is generally "girl Friday". "My work is so much fun, it's hardly fair to call it work. It took me years to think of it as work."

Nita has twins, Shelley and Bill, age sixteen, born shortly before onset.

She lives in a nearby apartment and has a full-time attendant who has been with her for eight years. Her attendant worked in the outpatient clinic, but retired from that position two years ago and now works only for her.

In her spare time, Nita writes poetry, paints, sketches, and sculptures.

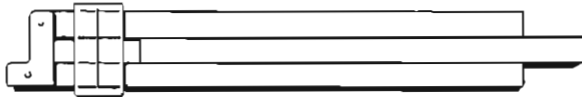
According to Dr. William A. Spencer, Director of the Institute, she performs a service infinitely more valuable than mere receptionist work. "She is what rehabilitation is all about. She shows that problems can be surmounted and does so with the impact that one person has upon another."

Address: T.I.R.R., 1333 Moursund Ave., Houston, Texas 77025.



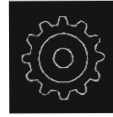
... "it's hardly fair to call it work."

Roger Huntington, A.S.A.E.



Telephone 482-4179 • Area Code 517 • 322 Greenlawn Ave.
LANSING, MICHIGAN 48910

TECHNICAL AUTOMOTIVE WRITING and RESEARCH



I can heartily recommend the free-lance writing business for severely handicapped people who are more or less entirely home-bound. It's a job you can do behind four walls, entirely through mail and telephone correspondence, without ever leaving your home. You must be able to use a typewriter - but you don't have to be able to type fast. Set your own pace. And this work definitely does not demand a 140 IQ or a college education. It calls for a lot of reading, a lot of thinking, a lot of hard work and stick-to-it determination. But it does not require a super-creative mind. I believe fiction writing might, and I don't think I could do it. I've never tried. I do all non-fiction writing. Technical stuff, engineering stuff. It's easy. You write what you read in books and magazines and papers - with a little personal intuitive interpretation to add flavor. I almost believe any reasonably intelligent person with enough determination could do it. And the market is huge.

Here's my story . . .

My spinal column was partially severed at the 5th and 6th vertebrae in a high-diving accident when I was 15 years old. It left me paralyzed from the chest down, with no use of fingers but partial use of arms and shoulders. The outlook was pretty dark - even after I had earned my

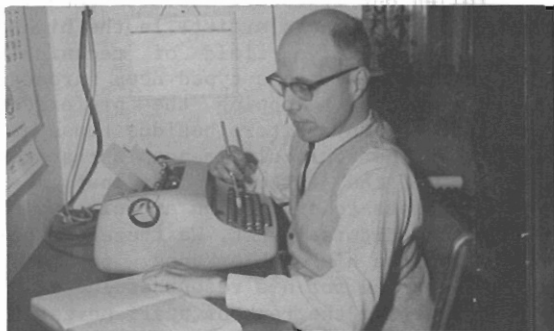
high school diploma by working at home. I might have tried to go on to college, as many other handicapped people have done, but I couldn't see where that would solve anything in my particular case. I was anxious to get something rolling. Fortunately I had always had a strange fascination with engineering and technical

subjects since I was a little boy. I devoured engineering and science books after the accident. I probably had the equivalent of a college education in some of these subjects by the time I was 18 years old.

The idea of writing technical magazine articles grew kind of gradually during this period. It seemed worth a try anyway. Since my main technical interest seemed to be in aviation at that time - and aircraft magazines were booming at the end of World War II - I gave it a whirl. I sold the first article I tried. But my output was very slow in those days, and I didn't earn over \$500 per year for the first three years. Also the aviation mags started to fade soon after the war, and the market dried up.

This was when I was lucky to be in the right place at the right time. Just as the aircraft magazines were fading, the new consumer automobile and hot rod mags were starting to show up on the newsstands. And it's really only a short technical step from airplanes to cars. (I love 'em all.) I made the switch in the late 1940's - and I've been in cars ever since. Of course the business didn't boom all at once. The early years were lean, and my output slow and laborious. One magazine went bankrupt owing me \$800. But I kept plugging away. There wasn't anything else to do. By the early '50s I was fairly well known by the major editors in the field, and was working full time with a steady output.

Today I write for most of the magazines in the field, at least occasionally - including HOT ROD, CAR CRAFT, CAR LIFE, CARS, POPULAR HOT RODDING, SUPERCAR, AUTOCAR (London), and SUPER STOCK - plus an occasional piece for one of the science magazines. Also I still do a little aviation stuff. I put out an average of three pieces a week. The subject matter consists mostly of straight engineering pieces (explaining complex mechanical subjects in simple terms), stories on new technical developments in the car and hot rod fields, question-and-answer columns, and various commentary columns where I interpret late developments in the car business. (Don't ask if it keeps me hopping to keep up with what's going on!!)



30 words a minute with one hand



18 drawers of automotive references



Special hand controls on my Toronado

I mentioned earlier that this type of non-fiction writing could be done from behind four walls. This is very true. I did it for 15 years that way. However in 1962 I finally got the bug to own and drive my own car. (I could kick myself for not doing it sooner.) I learned to slide in and out of a car seat from my wheelchair on a board - (though I never learned to put the chair in the back seat behind me). I bought a '63 Olds, had it fitted with hand controls that I could use, and learned to drive it in two weeks. I drove that car 50,000 miles in three years, and

then switched the controls to a '66 Olds Toronado front-wheel-drive - that I love like my brother!

I enjoy driving a great deal. It has not only expanded my social horizons, but it has made it possible for me to cover story assignments in Detroit (90 miles away) that require my interviewing engineers and executives on the spot. I could not take these assignments before I got the car. And certainly the extra income resulting from these assignments is more than the cost of running the car, so there's a net gain. Plus the extra contacts. But I want to still emphasize that getting around is not at all necessary to success in this business. I was doing fine before I got the car. And if I lost my driver's license tomorrow I

wouldn't go out of business by any means. The car is just a nice bonus - in personal pleasure as well as business.

So let me leave you with these thoughts: Free-lance writing, I feel, is a very promising field for the home-bound handicapped. I think non-fiction writing is easier to break into than fiction; but this would depend a lot on your personal aptitude. At any rate, a college education is by no means mandatory in either field. You can get what you need on your own from books. With or without higher education, expect a lot of hard work, long hours, and some lean years.

creative
technical
educational

Robert M. Glover . . Author

99 Bennett Road
Carmel, Indiana 46032

QUAD HALL of FAME



by Donna McGwinn (respo) Ohio

For male honors in this year's Hall of Fame the royal red carpet is rolled out to Robert Glover, technician turned word artist. In the highly competitive field of technical writing Robert has typed deep inroads of success, topping the preferred list of many editors besides those at *TjG*. The only difference is that we know of the extensive handicaps he surmounts to produce an article while other editors do not. We therefore bestow upon him double kudos, for his talent and for his resourcefulness.

Sporting the rank of staff sergeant in the United States Air Force, Robert was an airborne radar technician when he was grounded by polio in 1956. Then 21, this young husband and father lost the use of most of his muscles and faced a bleak, unpromising future. What was there to do when you had only slight movement of your hands and 30% of normal breathing capacity?

When the periods of crisis and adjustment to paralysis were past Robert felt the need to again become

the family breadwinner. Vocational choices were few so he returned to an old sideline, television and radio repair. Although he limited his efforts to transistor radios, the venture failed. As Robert puts it, "It took me 5 minutes to diagnose a trouble and 25 to fix it."

Then with the assistance of the Veterans Administration Vocational Rehabilitation Department this ambitious man found a successful way to use his electronic knowledge and experience. He began the study of technical writing and editing. With the typewriter, writing materials and electric wheelchair furnished by the VA and the talent generated by Robert, a scribe was born.

After two years of study in technical writing Robert began to turn out professional manuscripts that were accepted by such publications as *Radio*

Electronics and *Broadcast Engineering*. Another national technical magazine, *PF Reporter*, stands ready to buy six of his ideas whenever he finds time to write them into articles. So excellent is Robert's work that he was selected to edit a Home-Study Course for Sams Technical Institute. That assignment completed he is now working on an Elementary Electronics Course for the same school.

Working 5 hours a day, Robert makes an average of \$60 to \$120 for a 10 to 15 page article. Writing requires continuous study to keep informed, particularly when one is specializing. Robert's interest is semi-conductors. At the moment he is taking a speed-reading course in order to more quickly obtain information about new developments in this field.

Somehow during this intensive reading, studying and writing this ener-

getic man found time to tutor two young boys in electronics. Every Saturday afternoon he would instruct them in such complex matters as digital computers. Another of his leisure time activities is building model airplanes.

Despite the tragedy of a broken marriage, Robert continues to invest energy and hope in his personal and vocational life. He lives with his mother and three children, ages 12, 11 and 8, in Carmel, Indiana. His family, a sense of humor, many interests, and the fact that he is a working, creative part of the exciting technological world are the satisfactions in Robert's life.

And his achievements in re-establishing a productive, fulfilling existence give warm satisfaction to the rest of us who personally know how great was the challenge. ☼





Jack E. Whitehouse
WRITER - POLICE SCIENCE

['59 respo] Jack had been a Culver City police officer for four years when he became a respo. He uses a chestpiece and Pneumobelt full time.

From the hospital, he has continued his education towards a police science degree from California State College at Long Beach and has written articles for major police journals. Jack writes by dictation with a large easel suspended over his bed which serves as a desk for reference texts.

His next plan is to enter law school by correspondence.

Eventually he hopes to solve the problems of attendant care and a suitable residence so that he may return to live with his wife and two children.

Address: Ward X-13, V.A. Hospital, Long Beach, California 90804.



Harry Driver
TV SCRIPTWRITER

['56 polio quad] Following polio, Harry turned his energies to writing and teamed up with his old show business friend, Vince Powell. After 2 years of hard work, they sold a TV script.

Success slowly came as he rewrote and retyped with a knitting needle as a mouthstick. For 5 years he was one of the writers of the well-known "Coronation Street" series.

Last fall he and Vince saw the opening of one of their brainchildren, a new show in the Sid James and Peggy Mount comedy series, "George and the Dragon."

The lean days are over for his wife and family. He has an assistant-secretary, but still works 8-10 hours a day and travels to the studios daily.

Address: 75, Audley Ave., Stretford, Lancs., England.



Ray Wright
DETAIL DRAUGHTSMAN

['59 respo] "I have completed 7 years now with polio, the last 4 of them at home with my wife and 3 children.

"I am fully employed again as a detail draughtsman at my old firm whose cooperation and encouragement made this possible. I work at home and have the work brought to me each week.

"I cannot lean forward to reach the larger drawings so I thought that the work surface should come to me with a roller at the far end of the board and one at the near end revolving a P.V.C. band and a motor fitted to the far roller to turn the band very slowly.

"My bell and the micro switches, operated by a pencil touch, are fitted just in front of me to an overhanging rail.

Address: 20, The Oval, Sidcup, Kent, England.



Edward J. Klanit
SALESMAN - CHAUFFEUR SERVICE

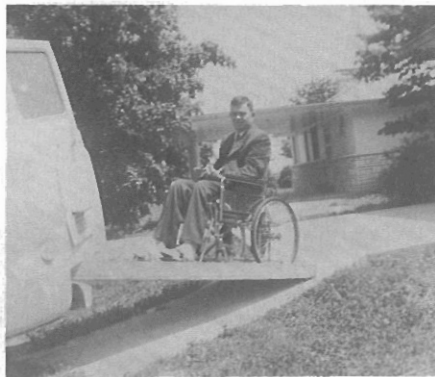
['55 polio quad] Ed organized a service agency to provide uniformed drivers for privately-owned cars in 1957. The idea caught on and his referral service expanded with the increasing demand for his chauffeurs to drive cars on special occasions: weddings, funerals, theatre parties, sightseeing trips, and meeting trains or ships, etc.

As president of Chauffeurs Unlimited, Ed now employs 8 office workers and over 100 chauffeurs.

In addition to New York City, he has branches in Washington, D.C., London, Paris, and Toronto.

"I do believe that handicapped people in large cities could develop this service as I have in New York and earn a livelihood. They may not achieve the level we have here but it could be a profitable method of endeavor. The physical requirements are a good speaking voice, ability to write, and patience. To succeed, one should have a level of business or commercial experience. Our technical know-how on a franchise basis might prove helpful."

Address: 310 West End Ave., New York, N.Y. 10023.



Don Kraatz
TEACHER-GUIDANCE COUNSELOR

['59 C4-5 quad] "My college education: 3 years at Southern Illinois U. and 3 at the University of Illinois, followed closely by 7 (post-accident) years in the 'University of Hard Knocks.'"

Presently Don is employed as teacher-counselor at the School of Adult & Vocational Education in Cairo, Illinois. His mother uses their Ford Window van for his daily 30-mile drive to Cairo.

"This job consists of intake counseling - placement, academic and vocational - continual testing and evaluation of all 500 students. I also work closely with the vocational counselors when students are ready for job placement."

Don's many interests range from antiques to world affairs, and include C.B. radio and taping.

Address: Olmsted, Illinois 62970.



Jack Genskow
DIRECTOR-PSYCHOLOGIST, EVALUATION CENTER

['55 respo] Education: pre-polio, one year at Yale U.; post-polio, B.S., U. of Wisconsin, Milwaukee; M.A., University of Illinois; now completing dissertation for the Ph.D., U. of Illinois.

Jack has had varied financial assistance: "D.V.R.; federal graduate stipend for rehabilitation counseling; counseling and teaching assistantships; father's and wife's help too."

Job: Director and psychologist of the Evaluation Center for Illinois Division of Vocational Rehabilitation.

Goal: "Perhaps try to work in a university counseling center with research and teaching responsibilities."

His family: Lillian, holding Kenneth, and Karen, riding on his lap.

Address: 1024 North Linden, Decatur, Illinois 62522.

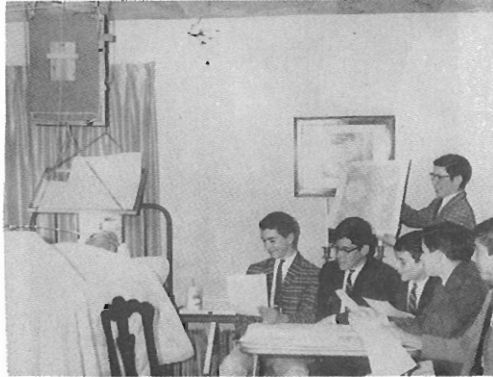


James A Graaskamp, Ph.D.
ASST.PROFESSOR IN BUSINESS, WISCONSIN U.

['50 polio quad] Education, post-disability: A.B., Rollins College ("excellent for wheelchairs"), M.B.A., Marquette University ("not convenient for wheelchairs"), Ph.D. in Urban Land Economics, U. of Wisconsin ("U. of Wisconsin in Madison and Milwaukee is improving daily...special remodelling programs to aid disabled students").

"I carry a full range of faculty duties including extensive travel...I operate independently as a teacher and a business man (real estate) with the aid of three students who live in my home for board and room, two student drivers (have station wagon with Kartop lifter), and three student secretaries...Drivers move me between buildings on campus."

Address: 202A Breese Terrace, Madison, Wisconsin 53705.



Donald W. W. Blake, Ph.D.
GEOLOGY INSTRUCTOR IN HIS HOME

['52 polio quad] Dr. Blake is an instructor in geology at Chestnut Hill Academy in Philadelphia in its embellished science program. There is, however, one deviation in this arrangement. The school transports the boys to his home, where he teaches the pupils from his bedside. The dining room has been converted into his bedroom and classroom, with maps lining the ceiling and walls.

His father, A. F. Blake, of New Brunswick, Canada, has invented a number of ingenious gadgets: page turner; mouth-operated multiple switch that controls lights, electric fan, TV, radio, electric blanket, percolator, telephone.

(Photo: THE PHILADELPHIA ENQUIRER)

Address: 7 East Willow Grove Ave., Philadelphia, Pennsylvania 19118.

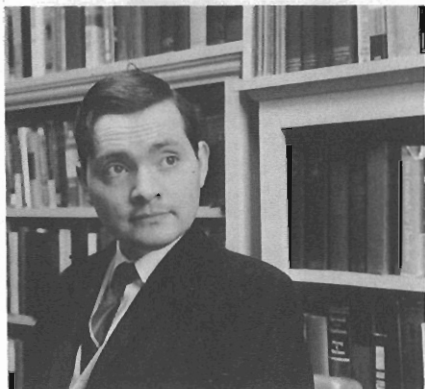


Neil Compton, M.S., M.Litt.
ENGLISH PROFESSOR - DEPARTMENT CHAIRMAN

['55 respo] "I was able after two years, to return to my job at Sir George Williams University. Though I find it taxing, I carry on a full-time schedule with the help of student assistants, an electric wheelchair, speaker telephone, a dictaphone (Stenorette), and a public address system, which has enabled me to lecture to classes of up to 600 students...This year I am President of the Association of Canadian University Teachers of English.

"S.G.W.U. would be an ideal college for a male paraplegic. Both its two large buildings are designed for wheelchair users, and one is connected by ramp to the YMCA, with residence, cafeteria, and swimming pool."

Address: 259 Metcalfe Ave., Montreal 6, Quebec, Canada.



Lawrence Becker, Ph.D.
PHILOSOPHY INSTRUCTOR - HOLLINS COLLEGE

['52 respo] Polio left Larry with total paralysis of the upper extremities, requiring a chestpiece at night. "I write with my feet. I took exams that way in the dorm (honor system); took no notes in class - recorded them later.

A.B. from Midland College, Nebraska. He was a member of Blue Key, and was awarded both the Woodrow Wilson and the Danforth Fellowships for graduate study.

M.A. and Ph.D. were earned at University of Chicago. He lived in a graduate dorm; two other grad students exchanged attendant services for room rent.

"I have been re-appointed here at Hollins as Assistant Professor of Philosophy; I will marry in June; I am writing a book on moral philosophy."

Address: Box 641, Hollins College, Virginia 24020.



Ronald H. Doneff, M.D.
DERMATOLOGIST - FULL-TIME PRACTICE

['55 respo] "Polio struck in senior year of Medical School (was graduated with my class in 1956 without further schooling). Interned at St. Mary Mercy Hospital, Gary, Indiana; residency at Marion Co. Gen. Hospital, Indianapolis.

"I have use of my hands and forearms and get about in a motorized wheelchair with lapboard and use a Thompson Bantam respirator with mouthpiece for I.P.P.B. continuously by day and sleep in the Emerson tank.

"My work after polio always involved talking to, examining or treating patients and I found them very understanding and cooperative and other personnel eager to be helpful."

Dr. Doneff is married and has two children.

Address: R.R.1, Hobart, Indiana 46342.



Lewis Gumerman, M.D.
RADIOLOGIST - U. OF PITTSBURGH MED. SCHL.

['55 respo] After polio, just before entering his second year at the U. of Pennsylvania Medical School, he completed medical school, living first in the Rehab. Center, then in the dorms with a classmate attendant."Faculty acceptance and encouragement were tremendous."

He was an intern and resident at the Einstein Medical Center in Philadelphia.

Now he is head of a section of Nuclear Medicine, Department of Radiology, U. of Pittsburgh School of Medicine.

He uses a chest respirator during sleep. "I have use of my hands; I lean on a bridge board on my wheelchair arm rests."

He is married and has one daughter, Me'Ira Lies.

Address: 262 N. Dithridge St., Apt. 403, Pittsburgh, Pennsylvania 15213.



Darlene Calvert
FREE LANCE WRITER

['53 respo] "Received high school diploma after 3 years of home tutoring. Since then (9 years ago) have been studying through correspondence and TV from 5 different universities - English, education, psychology, and creative writing.

"After a year of tutoring children in my home I felt it was unsatisfactory. I find writing more rewarding, both emotionally and monetarily.

"I'm on the staff of a trade journal, and write for trade journals and pulp magazines. I average five hours a day writing...Physically, the biggest helps were roller-bearing feeders and the abdominal belt...It has taken years to build sitting endurance."

Address: 514 Wyandot Avenue, Akron, Ohio 44305.



Audrey Johnson Harrison
GOODWILL WORKER & FRUSTRATED TEACHER

[Birth: Cerebral Palsy] "I have a B.A., with majors in biology and sociology, from Kalamazoo College. During my Senior year I applied to several schools of social work, in order to train as a worker with the aged. No graduate school would accept me because of my handicap.

"I then entered Western Michigan U. to take speech therapy under a world renowned therapist...I became interested in teaching and obtained an English major and teacher's certificate."

Hoping to teach high school English, she applied to more than 200 schools, mostly in Michigan, and received more than 200 negative replies.

Meanwhile, an interim job at Goodwill Industries led to love and marriage.

Address: 2425 Douglas Ave., Kalamazoo, Michigan 49007.



Carrie Esther Hamill
TEACHER - RETARDED CHILDREN

['40 Multiple Sclerosis] "I have the Bachelor of Arts in Education, 1958, U. of Arizona, and Master of Education, 1961, U. of Arizona...Because of M.S. attacks which repeatedly caused me to drop out in the middle of a year, fifteen years elapsed between my first college enrollment and graduation...I have completed half of my Ph.D., but dropped it because it was too hard on me to teach and go to school evenings too.

"I teach a Special Education class of retarded children of intermediate ages at the Marana Elementary School.

"I teach confined to a wheelchair, paralyzed from waist down, with partial use of arms, wear two hearing aids, and am blind except for travel vision."

Address: 2308 East Kleindale Road, Tucson, Arizona 85719.



Lisbeth Hild
TEACHER IN HOSPITAL

['48 respo] Lisbeth received her B.A. at Rice University and took a post-graduate course at the U. of Houston.

With swivel feeders and a handsplint, she is able to write. "Some professors let me begin exams early because I am slow...I hired a boy who lived on campus to help me change buildings, otherwise I 'thumbed' a push.

"I decided to be a hospital teacher during my Junior year because the local rehabilitation center was hoping an ex-patient would work there. The school district objected at first, but agreed to let me try...I have been teaching for 5½ years...I have been transferred to Shriner's Hospital where I am the only teacher and I like my work."

Address: 621 Voss Road, Houston, Texas 77024.



Mary Bramer
TEACHER - PUBLIC SCHOOL

['49 polio quad] While being tutored at home through high school, Mary decided that teaching would be a possible career. "I was turned down for State Rehabilitation funds on the basis that no college would ever accept me nor any school system ever hire me.

"My undergraduate work took 6 years: by phone, correspondence, and night classes at Elgin Community College and 2 years at the U. of Illinois where my mother lived with me in an apartment.

"I am in my 7th year of teaching in a regular public school and am completing my master's in the teaching of English through summer school and extension courses...I hope to teach English in a small college."

Address: 455 N. Commonwealth, Elgin, Illinois 60120.



Philip G. Smith, Jr.
TEACHER - HIGH SCHOOL MATHEMATICS

['51 respo] Polio left Philip able to write and to stand with crutches and a corset. He uses a chestpiece at night.

Education: 4 years of high school in 5 years (by home tutor); 4 years of college in 6 years (by telephone and attendance in wheelchair); 1½ years in grad school. A.B., Columbia University.

"Entered college with theoretical physics in mind - soon combined this with college teaching goal. Dissuaded from physics by Physics Dept. and switched goal to math -- still college teaching. Then found my limitations as a mathematician and aimed for high school - am very happy I ended up there.

"I hope to continue teaching and to move to an apartment by myself."

Address: 93 Euclid Avenue, Hastings on Hudson, New York 10706.



Paul R. Hibbard
LAWYER, OFFICE OF STATE ATTORNEY GENERAL

['55 respo] A.B., Wofford College, S.C. J.D., University of S.C. School of Law. Honor societies: Phi Beta Kappa, Blue Key, Who's Who, Wig and Robe.

Solutions of physical problems: "V.W. Microbus with folding ramp; dictaphone with microswitch; reading stand and mouthstick, indispensable; office Xerox, tremendous help in making notes; none of this would be very practical without my full-time attendant as assistant."

Paul is now working in the office of the Attorney General of South Carolina, doing legal research on a revision of the State Criminal Code. "Law is proving to be an excellent choice since the demands are primarily intellectual rather than physical."

Address: 920 Gregg Street, Columbia, South Carolina 29201.



Alan Arnold
TRIAL ATTORNEY

[Myatonia congenita] Born a quad, Alan ranked first in his class and graduated with honors from the School of Law, Western Reserve University in 1961. He is a member of the Order of the Coif and received various University and Law School scholarships.

He is now married and is practicing law with the firm of Lane, Krotinger, Santora & Stone.

"The law became my career choice almost before beginning high school. It was a selection derived from a desire to influence others and from a need to emote. The practice of law is not limited by physical problems, but it certainly affects man's physical and mental activities." His goal—judgeship.

Address: 1540 E. 193rd St., Apt. D-107, Euclid, Ohio 44117.



Floyd W. (Mike) McBurney, Jr.
LAWYER, DANE COUNTY DISTRICT ATTORNEY

['54 C-5 quad] After his diving accident, while a high school junior, Mike completed his education by correspondence, telephone, and attendance. In '63 he graduated from the University of Wisconsin Law School.

A Phi Beta Kappa as an undergrad, he is a member of the Order of Coif (top 10%) and Law Review at law school.

In 1966 he was elected District Attorney of Dane County (Wisconsin's second largest county), "the first Republican in 16 years in the Dane County courthouse."

Future plans: "Two years as district attorney then back into private law practice with my father...also have insurance and real estate licenses."

Address: 915 Waban Hill, Madison, Wisconsin 53711.



Robert P. Mitchell
GENERAL INSURANCE AGENT

['53 polio quad] Polio snagged Robert when he was in the Air Corps in Newfoundland. After extensive mulling and qualifying tests, he decided to study insurance. "I would have gone on to law but my girls were of college age."

For five months he taxied to Brooklyn College for his Insurance Brokers License (1957). Then he "attended" C.W. Post College by telephone, receiving his B.A. in political science (magna cum laude) in 1960.

"I operate a general insurance agency and, in addition to my own production, have five solicitors...I plan to continue in insurance but I have made arrangements to teach adult education students in political science and history."

Address: 70 Frost Pond Road, Glen Cove, New York 11542.



Winifred Booth
VOLUNTEER

['54 respo] "Winkie" was attending Bradford Junior College at the onset of polio. Following treatment at Ann Arbor Respirator Center, she earned a B.A. at the University of Michigan, then did two years graduate study at Radcliffe.

"I had and have an apartment of my own...I was lucky to find a 'friend,' same interests, same age. Together we went through school. Have lived together for 11 years.

"Classmates are marvelous...People are dying to be of assistance.

"I had a goal, but it changed from psychology to art. Physical, emotional, intellectual and practical elements all applied to my final goal...Presently busy with a variety of volunteer jobs."

Address: 221 Mt. Auburn Street, Apt. 705, Cambridge, Massachusetts 02138.



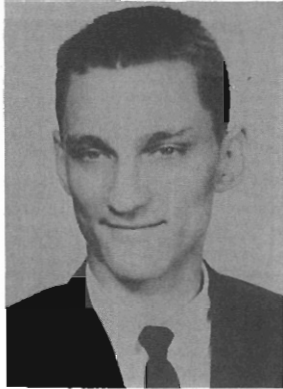
Barton B. Hebert, Jr.
SECURITIES ACCOUNT EXECUTIVE

['55 respo] "I am only totally paralyzed from the waist up, from the waist down I have complete use of all my muscles." Barton uses a chestpiece full-time in the day and the tank at night.

Education: finished high school by telephone; completed 2 years at Southwestern Louisiana College covering primarily business, finance, and economics; also had six months on-the-job training and correspondence courses on security analysis and stock exchange procedures.

"I am presently employed on a full-time basis by E. F. Hutton & Co., Inc., Member Firm of the New York Stock Exchange. For the past four years, I have worked at their New Orleans Office as an account executive."

Address: P. O. Box 3, Covington, Louisiana 70433.



William F. Sherman
ANSWERING SERVICE - AT HOME

['64 quad] Paralyzed since a diving accident, Bill is able to sit in his wheelchair only 4 hours at a time with the aid of a heavy corset. He operates an around-the-clock answering service which includes a lifesaving telephone check-in-service for the aged and the live-alones. The business is billed by the phone company, for a connector fee plus the monthly billing. The answering service bill comes separately.

"I like music, fishing, and photography...I have done a great deal of recording for Recordings for Recovery and am a square dance caller...I coach a fifth grade boys basketball team and that is my love. Sports has been my life."

Address: 116 West Newkirk Lane, Oak Ridge, Tennessee 37830.



Ruth Erickson
CASHIER IN COLLEGE BOOKSTORE

[Arthritis] Crippled with arthritis since she was 6 years old, Ruth can now master crutches after 7 years in a wheelchair.

Education: she studied at home with a tutor for the first 6 grades of her education; attended a school for crippled children through high school; then completed college.

"I work in a little store in the Student Union of nearby Concordia College. It is called 'The Korn Krib'...I am the 'Kernel'...we deal strictly in 'Kash.'"

A few of Ruth's hobbies are collecting foreign dolls, studying coins, travel, and teaching arts and crafts nights and summers. Her latest project is Scandinavian rosemaling on enamel ware.

Address: 1405 South 4th Street, Moorhead, Minnesota 56560.



Celia Tobin
CERTIFIED PUBLIC ACCOUNTANT - AT HOME

['55 respo] Celia uses a respirator at night. She "attended" high school by telephone and with the help of a tutor, and Junior college via T.V. A correspondence course in accounting followed and she is now employed as a bookkeeper.

Celia's hobbies are stamp collecting, knitting, reading, embroidery, movies, theatre, and puzzles.

She lives with her parents in a ranch type house about 5 feet from ground level and has a rather unique "elevator."

"We installed an electric truck lift with an especially constructed basket welded on. With remote or manual control it carries me in my wheelchair up to the back porch and is protectively enclosed for bad weather."

Address: Celia Tobin, 6641 N. Talman, Chicago, Illinois 60645.



Michael J. Hagen, II
INCOME TAX AND ACCOUNTING SERVICE

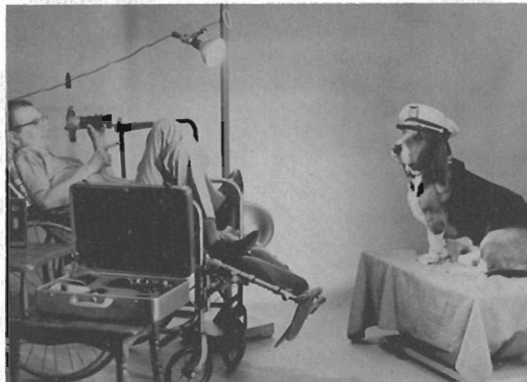
[Amyotonia congenita] A quad since birth, Michael completed high school with the help of a home tutor. He is still working on a college degree by mail from the International Accountants Society which is paid for by BVR.

"I am a member in the Navy MARS and edit our monthly magazine. We handle traffic to and from Vietnam for servicemen. My call is "NØXFØ." I am also an amateur radio operator ("WB2PPE").

"I read extensively and subscribe to 'everything.' I have 3 bookcases of books in my room, a T.V., 2 telephones, ham rig, stereo, records, transistor radios, test equipment, etc.

For the last year Michael has been working as an accountant in his home.

Address: R.D. #2, Box 233, Brewer Rd., Waterloo, New York 13165.



Phillip Roddey
FREE LANCE PHOTOGRAPHER

['53 respo] A polio since he was 12, Phil uses a lung to sleep and to rest.

"Photography started out as just a hobby with me. Now I have my own studio built on the front of our house and I'm selling picture stories and photos." With his mother's help, he does all his own enlarging and printing.

"I use mostly 35mm equipment because it is light and easy to handle. Since my wheelchair prevents my getting close to my subjects, I use telephoto lenses and I have recently acquired a pair of CB radios to communicate with my models when photographing them at a distance.

"In this picture, my pet basset hound, Kisser, is acting as my model. He will pose at the drop of a hat."

Address: R.R.3, Bloomington, Illinois, 61701



Lowell (Butch) Fair, Jr.
HOME PRODUCTS SALESMAN

['53 quad] Butch is the proud owner of a used, battery-powered golf cart. He steers with his wrist by a loop on the steering wheel.

He works 8-10 hours a day driving around the neighborhood selling the AMWAY (an international sales association of home products).

Butch is a man of many interests and hobbies including electronics, drawing, music, chess, psychology, astronomy, and ham radio. His call letters are K4SCZ. He is active in RACES and has participated in a number of emergencies. In addition, he tracks the missiles from nearby Cape Kennedy with specially adapted binoculars mounted on his wheelchair.

Address: 2103 Clairemont Drive, Cocoa, Florida 32922.

ELIZABETH TWISTINGTON HIGGINS

by Donna McGwinn (respo) Ohio

QUAD HALL of FAME



Elizabeth's self-operable portable telephone



Some of her paintings

A ballerina who dances on canvas? Indeed an extraordinary artist!

And indeed an extraordinary woman is Elizabeth Twistington Higgins. The *TjG* honors the doubly talented and tenacious spirited Elizabeth, whose continued contribution of her exceptional artistic gifts even while completely paralyzed inspires respect and applause, and the special pride of her disabled colleagues.

Born in London in 1923, this surgeon's daughter didn't start her dancing career until 1939. She entered the famed Sadlers Wells Theatre School and after much study passed her teaching exam at the Royal Academy of Dancing. Following three years

of directing students in dance at the Arts Education Trust Elizabeth joined the ballet *Song of Norway*. That tour finished she danced for stage, television and films and whirled her talents through the London Penny Concerts for children and the King's Rhapsody ballet.

Then the gay feet stopped. In 1953 the ballerina succumbed to polio. Totally paralyzed, her life was saved by mechanical respiration upon which she was fated to be forever dependent. In time she trained her neck muscles to perform the task of breathing, although this conscious effort had to be abandoned when she slept and at night she returned to the respirator.

Hardest to conquer was the dancer's despair of her still body. No more to leap and pirouette, for three years it was merely to house a depressed spirit. Then Elizabeth found an outlet for her creative expression. She began to paint by holding a brush in her mouth. A new career flowered and on canvas vicarious ballerinas took up her finished dance.

Two years later Elizabeth held her first one-man show in Dover, England. This honor was repeated in 1960 at the Royal Festival Hall in London during the opening of the *Nutcracker Suite* by the Festival Ballet. Her paintings, many portraying subjects other than ballet, were exhibited at

and typing, entertains friends, and absorbs herself with the normal pursuits of a busy, purposeful life. In 1964 and 1965 Elizabeth traveled around the Mediterranean to Tangiers, Lisbon, Naples, Malta, Alexandria, Athens, Lebanon, Israel and Gibraltar. The accomplishment of these excursions as well as the incentive to try to live as normal a life as possible the gracious artist attributes to many kind and helpful people. Our readers will understand this attitude and still know of the hard effort and determination that Elizabeth Twistington Higgins exerts to make the successful, creative life to which we now pay tribute. #

With her nurse and companion, Jane Roos

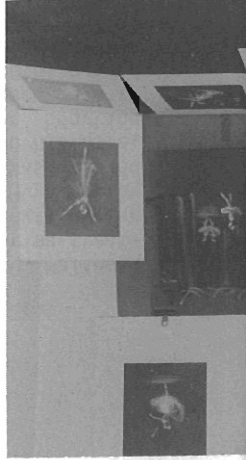


sea at Walmer, Kent, to which she travels each by ambulance, also purchased with painting proceeds. At night she returns to Dover Isolation Hospital, although she is planning for the time when she can live full-time in her flat. Equipment in the apartment has established partial independence for this talented artist. A POSSUM machine enables her to ring a bell, and control lights, fans, television, radio and the raising and lowering of her bed. She has a self-operable telephone and an electric easel that can be moved up and down, right and left at the touch of a button. During the day Elizabeth works at her painting

Electrically-operated easel



art shows in Canterbury and Folkestone, judged by and sold to persons who knew nothing of her handicaps. Testing to the quality of Elizabeth's paintings is their selection by the Medical Society to reproduce on its Christmas and birthday cards. Her work also shows up in textile designs and enhances Cunard liners' menus. In 1963 Elizabeth was accepted as a member of the Mouth and Foot Painting Artists Association. This worldwide group provides a regular salary for life to its approximately 85 members, regardless of the amount of work produced or the extent of disability. The steady income enabled Elizabeth to buy her own flat overlooking the



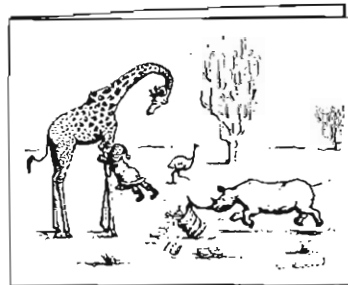
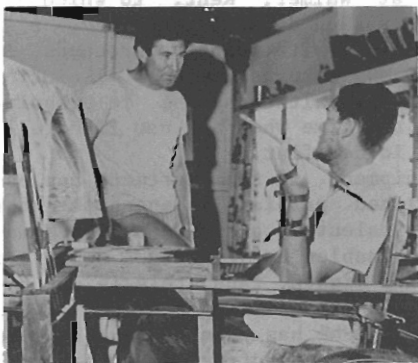
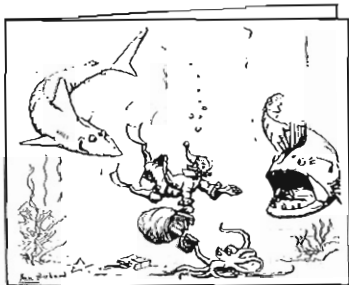


(Above) "Power Dive" was awarded a special prize in the 1963 Calendar Painting Competition. (Right) His painting which was raffled for funds to help a young Goan born Kenya boy who broke his neck. (Right) Ian at work. (Below) Christmas cards.

KENYA SPORTSMAN AND ARTIST



IAN LASHETT PRICHARD, Box 340, Malinda, Kenya, Africa. ('60 quad) During treatment in England at Stoke Mandeville, Ian was the pioneer user of POSSUM, a mouth-operated control system. He was married in Kenya in 1962 and he and his wife, Dulcie, first tried a water sporting business. As his paintings, executed with the brush held between his teeth, gained recognition he became a member of the Association of Mouth and Foot Painting Artists and a full-time artist. They have a house close to the beach and a boat. He is diving again with an aqualung and "elbow fins (a sort of web between elbow and waist, like Dracula's bat wings)."



“ Get as much education as possible, so that if an opportunity presents itself in the future, you will be in a position to take advantage of it.

Avoid fear of requesting help, even if you can 'do without.' If help will better your performance in school or at work, ask for it.

In general, choose a field that (besides being moral) is one you can escape to, rather than one you need to escape from at the end of the day; stay in touch with others who are similarly handicapped - not for encouragement so much as information that can help. And when you seek new friends (as opposed to keeping alive old friendships) don't make any attempt to find them among those similarly handicapped. (If such friends happen along, of course, that's fine.) But the more thoroughly your friends are from 'the normal world' the less chance there is of your getting trapped in a world that is smaller than yours need be.

Try not to get an 'invalid' mentality.

Find some activity in which to get deeply involved - preferably something with a future to work towards, that involves responsibility on your part and takes a significant fraction of your time and energy; that is, something that will give you lasting stimulation, sense of accomplishment, and commitment for now and the future.

*Words of wisdom
for one who is
beginning his
rehabilitation from
some of the severely
disabled profiled on
the preceding pages.*



Do not give up. Do not take no for an answer. Have faith in yourself, and always do your best (and a little more besides to make a good impression).

Take full advantage of all the assistance available in terms of vocational counseling. Gain as much education as possible. Beware of the pitfall of day-dreaming. Develop a self-concept that is non-handicapped.

There are all too many clichés about self-pity, dogged perseverance, etc., but I think that believing that there are many, many good people who will help if you'll just look for them and let them know how, and spending your time seeking answers rather than lamenting past occurrences and present circumstances are two of the most important attitudes one can obtain. In short, the philosophy of the alcoholic's Serenity Prayer is a good general outlook for all of the handicapped as well as the average guy on the street.

See a counselor for his help with appropriate goal; but don't depend on him to make all arrangements - take as much initiative and do as much for yourself as you can! Overstudy! But get into all social activities you can manage.

Don't be afraid to try new things or to give up doing things that are too difficult. Accept help! Don't be pushed into doing things. It is more important to stress your independence of mind than to stress physical independence and accomplishments.

You have nothing to lose. Everything to gain.

Just keep plugging. Above all, don't feel sorry for yourself or let anyone else feel sorry for you. Make yourself the best you can be in your field, for the handicapped must be a virtuoso in order to compete with the normal. You must have more to offer in one respect to make up for less to offer in another.

After seeking the advice of a good counselor, ask several employers in your chosen field whether they would hire you if you were qualified.

Don't be too proud to listen to the suggestions of others and accept help.

Try to make each day a living prayer. Push, yet be happy where you are. Accomplishing is not as important as trying. Be curious. Get out “ in the world of humankind.



SERVICES - BY AND FOR QUADS ♥

- SPECIALIZED TOURS FOR THE HANDICAPPED including medical care as well as travel accommodations, etc...Tours run in January and May - one to Europe, one to Hawaii...For further details write: *Evergreen Travel Service*...P.O. Box 583...Lynnwood, Wash. 98036.
- AIR CHECK SERVICES needs reliable persons for advertising checking purposes...Work legal and confidential...you need tape recorder, radio, TV - can earn approximately \$1.75 per hour... For more information write: *Air Check Services*...1743 W. Nelson St...Chicago, Illinois 60657.
- AGENTS WANTED - earn up to 50% commissions selling magazine subscriptions...Write for free details: *Walter Sawyer, Jr.*... R.D. 1...Troy, Pennsylvania 16947.
- PRINTING AND ENGRAVING - Business and social...send sample of thing to be duplicated or printed and will send you price quote... Other advertising novelties...*Tommy Sexton*...1723 Evansdale... Toledo, Ohio 43607.
- GENE'S MIMED SERVICE - Manuscript typing, complete lettershop service and highest quality duplicating...Phone 228-6934...766 St. Johns Ave...Lima, Ohio 45804.
- TYPING DONE...Envelopes and billheads...*Peggy Ovitt*...422 May Ave...Titusville, Pennsylvania 16354.
- LONG DISTANCE MOVING for North American Van Lines...Please call: *Mrs. B. Kriwinsky* 2521 Richmond Rd...Cleveland, Ohio 44124...Phone: 464-1862

THE MARKET PLACE



THE MARKET PLACE - Go to the heart of the matter and find the answer to all your special wants and desires. Advertisers are the severely handicapped - for FREE space write Mickie McGraw...TjG...Box 149 ...Chagrin Falls, Ohio 44022.



BY AND FOR QUADS ♥

- THE COUNTRY SCHOOL - GIFT SHOP for crafts of the handicapped ...Greeting cards, ceramics, jewelry, etc...For information to BUY or SELL write: *Jean Ryan*...Country School Rd...Box 484... Dundee, Illinois 60118.
- MARKET FOR CRAFTS...Crafts Bulletin lists cash outlets - \$1.00 ...Also Directory of Home Industries for business opportunities - \$1.00...Write: *R. J. Dobes*...P.O. Box 295...Clarissa, Minnesota 56440.
- THE NATIONAL STAR NEWSLETTER - Devoted to the interests and welfare of the physically handicapped on a nationwide basis... \$1.50 for six issues a year...Free sample copy on request (send 10¢ postage)...*Kathy Kreuser*, Editor...6219 N. Naper...Chicago, Illinois 60631.
- SAC-CESS - Quarterly by the Society for Accessible Construction. \$5 per year for organizations...\$2 per year for individuals. Send to SAC, P.O. Box 7368, St. Petersburg, Florida 33734.
- INSPIRATIONAL POETRY BOOKLETS - Gospel Echoes: Volumes 1, 2, 3 and 4...30 poems per book...50¢ each or four for \$1.75...non profit ...*Dick Miller*...Ward 23, VA Hospital...10701 East Blvd...Cleveland, Ohio 44106.
- POUCHES by Louelen...Models for wheelchairs, walkers, crutches...Made of durable white duck...From \$1.25 to \$6.95... Free Brochure...*James W. Hooper*...102 James St...Jackson Center, Ohio 45334.

EQUIPMENT - USED ♥

- ROCK WHIRLPOOL - For sale...Guaranteed like new...Used five times...Adult size...Price 1/3 off from new...*Duane Harmon*... 623 Illinois Ave., S.W...Huron, South Dakota 57350.
- PHONE-MATE - For sale...Similar to Sparr Telephone Arm shown in Fall/Winter '62 issue of *TjG* on page 26...Not used...\$5 plus postage...*Ruth Wilson*...3201 Park St., N...St. Petersburg, Florida 33710.
- USED LIFT for rocking bed - Wanted...*La Vonne Newton*...5244 Miller Ave...Gary, Indiana 46403.

BUY AND SELL ♥

- ADDRESS LABELS...1,000 with 3 lines in reuseable plastic case - \$1.00...Extra lines 15¢ each...KNOB HANDLE RUBBER STAMP...3 lines \$1.50, 4 lines \$1.75...*Jewel Cole*...9½ W. Mountain St... Fayetteville, Arkansas 72701.
- ADDRESS LABELS...1,000 personal labels...4 lines neatly printed in black on white - \$1.00...*Marion Sampra*...2501 N. Meade Ave...Chicago, Illinois 60639.
- ZIP CODE BOOK for the U.S. Postal system...\$1.00 each...*M. R. Wylie*...815 11th St., N.W...Puyallup, Washington 98371.
- FLORIDA ORANGES AND GRAPEFRUIT delivered to your door...Nov. 15 to May 15...The ideal Christmas gift...Special to *TjG* readers - Bushel \$10.50, ½ Bushel \$6.75...Free brochure...Severely disabled agents welcome...*Chris Ford and Friends*...P.O. Drawer D... Sebring, Florida 33870.
- RUBBER DONUTS for eyeglasses...Keep them from sliding down nose without pressure pain...Solves problem for those who can't adjust own glasses...60¢ buys year's supply...Will accept 5¢ stamps...*Charles Theis*...Deer's Head State Hospital...Salisbury, Maryland 21801.
- HART'S SPECIALTIES...Christmas and everyday greeting cards... Magazine subscriptions...Wedding invitations...*Blaine Hart*... R.D. 3...Fairview Rd...Salem, Ohio 44460.
- WEDDING INVITATIONS AND GIFTS...Avon and Stanley Products... Address labels - 1,000 for \$1...*Jo Ann Goodin*...19602 Helen... Detroit, Michigan 48234.
- BETTY CROCKER COUPONS - WANTED from all General Mills Products ...*Michael Bonk*...24 Hood St...Brownsville, Pennsylvania 15417.

EQUIPMENT - NEW ♥

- THOMPSON-HUXLEY RESPIRATORY EQUIPMENT...Agent for most European countries: *Charles Froelicher*...Steinhofhalde 18... Lucerne, Switzerland.
- NEW AND USED INVALID LIFTS...Self-propelled bedroom lifts, lifts designed for traveling...Elevator plans and elevators for most any situation...Write: *Vince LaMielle*...Bad Axe, Michigan 48413.
- SINGLE SEAT GOLF CART - FOR SALE...Battery powered, left hand controls for speed and brake, 20 mile range...\$190. Shipping charges not included...*Arthur Aiello*...1309 Camino Real... Roswell, New Mexico 88201.
- REHAB AIDS...Complete line of self-help aids - catalog 50¢... Free to *TjG* readers...Box 612...Miami, Florida 33144
- TRUJILLO INDUSTRIES...Everything for quads from wheelchairs to prosthetics...New automotive aids...Free Brochure...Box 217 ...San Clemente, California 92672.

CREATIVE QUADS ♥

- *James D. Ensign*...Foot-painted notepaper - 12 for \$1.00... 2714 Alcatraz Ave...Berkeley, California 94705.
- *Grace Notes*...Notepaper and greeting cards made from original charcoal sketches mouthdrawn by *Grace Layton Sandness* - \$1.50... Wholesale prices available...Box 389...Valley City, N.D. 58072.
- *Betty Gene Pittman*...Gift notepaper handpainted - \$1.00 per dozen...677 J Ave...Coronado, California 92118.
- *Irene Ridgeway*...*Originals* by *Irene*...Mouth-sketched cards and notepaper...Write for brochure...8415 Luxor St...Downey, California 90241.
- *Jean Ryan*...*Country School Classics*...Notepaper...Box 484... Dundee, Illinois 60118.
- *Nyla Thompson*...Colored postcards - 24, all different, for \$1.25 postpaid...Oil original cards \$2.00 each...Oil paintings for those interested...1711 Crown Dr...Austin, Texas 78745.
- *Association of Handicapped Artists, Inc.* - Christmas cards... Assorted box of 10 for \$1.00 painted by mouth or foot. Write: Association of Handicapped Artists, Inc...1735 Rand Building... Buffalo, New York 14203.

IRON LUNG POLIOS & MULTIPLEGTCS, INC.
YEAR ENDED DECEMBER 31, 1966

STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS

Receipts:

Gifts:			
General fund	\$ 4,482.04		
A respo editor's salary fund	600.00		
Equipment fund	500.00		
Prize money fund	150.00		
Dr. Fern memorial fund	70.00	\$ 5,802.04	
Interest income		<u>219.66</u>	\$ 6,021.70

Disbursements:

Salaries:			
General fund	\$ 3,801.03		
A respo editor's salary fund	600.00	\$ 4,401.03	
Printing and mailing supplies		2,682.46	
Office supplies		814.71	
Postage		765.37	
Office equipment and service:			
Equipment fund	\$ 500.00		
General fund	226.08	726.08	
Payroll taxes		196.40	
Books and periodicals		174.67	
Prizes - prize money fund		160.75	
Insurance		74.00	
Dues		<u>30.00</u>	<u>10,025.47</u>

Disbursements in excess of receipts	\$ 4,003.77
Fund balances 1-1-66	<u>10,421.30</u>
Fund balances 12-31-66	<u><u>\$14,425.07</u></u>

STATEMENT OF ASSETS AND LIABILITIES ON A CASH BASIS

>Assets:

Cash:		
Demand	\$ 5,290.68	
Savings	<u>1,194.99</u>	\$ 6,485.67
Deposit - Workmen's compensation		<u>5.00</u>
		\$ 6,490.67

Liabilities:

Payroll taxes withheld	\$ 73.14
Funds:	
General	\$ 4,843.06
Dr. Fern memorial	1,415.22
Prize money	<u>159.25</u>
	<u>6,417.53</u>

Audited by Richard E. Joffe, C.P.A.

\$ 6,490.67

IRON LUNG POLIOS & MULTIPLEGTCS, INC.
1966 - 1967

OFFICERS

President	*Susan Ambrecht
Vice President	Mrs. Joseph S. Laurie
Secretary and Legal Counsel	*Alan Arnold
Treasurer	*Louise M. Godoc
Educational Consultant	Paul Essert, Ph.D.

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*Alan Arnold	Mrs. Joseph S. Laurie
Mrs. Harold F. Banister	Charles A. Pettibone
*Charles A. Dille	G. E. Tenney
Beth H. Fowles, Ph.D.	A. Wilson Wood

TRUSTEES

Term expires September 1967

*Charles A. Dille	Judge William K. Thomas
Mrs. Harrison Mann	Samuel Whitman
G. E. Tenney	*A. Wilson Wood

Term expires September 1968

Mrs. Harold F. Banister	Mrs. Joseph S. Laurie
R. H. Bartholomew	A. H. MacCarthy
Thomas I. Crawford, M.D.	Mrs. Oliver A. Reynolds, Jr.

Term expires September 1969

*Susan Ambrecht	*Benjamin S. Gerson
*Alan Arnold	*Louise M. Godoc
Beth H. Fowles, Ph.D.	Charles L. Pettibone

MEMBERS

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*Mrs. Alan Arnold	Sol Kellerman
*Miss Joan Barnekow	Joseph S. Laurie
Mrs. R. H. Bartholomew	*Roger A. Liefhart
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Howard H. Hopwood, M.D.	Mr. & *Mrs. L. A. Williams
Mr. & Mrs. Bill F. Hutchins	Mrs. Arthur Winslow

*Iron lung polio or multiplegic

福 STAFF SNAPSHOTS

Volunteers and guests work busily at the Laurie's, usually under the good luck "Foo" sign in the dining room/office.



Sally Schmidt, assistant editor. In addition to correspondence and myriads of oddments and everythings, she and Cini do the typing, researching, editing, and layout of TjG for offset printing.



Ruth Carlton, volunteer, manages a new baby, all the bookkeeping, the circulation, and a volume of correspondence at home. She and her husband, Mike, are taking on the unknowns of the Christmas card venture.



World-travellers, Blanche & Lenny Goldwater of New York City.



Jean Bohlin, a Thursday volunteer, and Jo Sandiford, an English list guest, work on the filing.



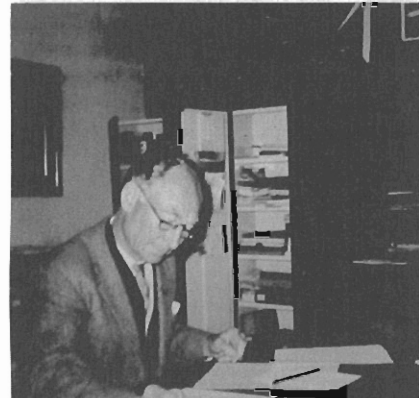
Christmas card conference... Paul Schmidt, technical advisor, and artist Mickie McGraw.



Our dear friend from India, Mrs. Kamala V. Nimbkar, OTR, used TjG's Selectric.



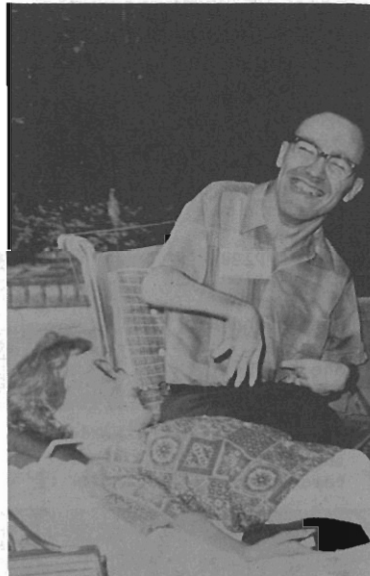
Party time! Susan Armbrecht, Brooke Owens, and Pierre Gariepy, director, Canadian Paraplegic Assoc., Alberta.



Dr. H.B.C. Sandiford, Portsmouth, went over TjG's English files and scheduled a Canadian respo at the BPF caravan.

LSD (Lick, Stick & Dunk) PARTY

On mailing day, about 75 Chagrin Falls friends of all ages gather to get the thousands of newly-printed *TjC*'s ready for posting. In between swims, they stuff envelopes, lick stamps, and sort by cities, states, and countries.



Susan Ambrecht and Jim Hooper



Mrs. Dorothy Behrens and Mrs. Harold F. Banister of Vocational Guidance and Rehabilitation Services



Beth H. Fowles, Ph.D., and Bill Close, the picnic's "major-domo."

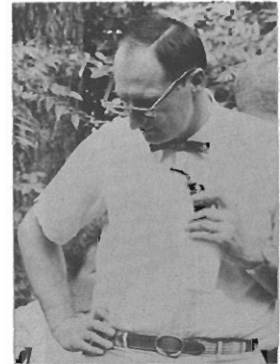
ANNUAL TOOMEY ALUMNI REUNION

Photos by Jim Frier, T. Warren Strauss, et al.

Jim Hooper: "The weather on August 21st was almost perfect for the occasion, as we gathered from as far as 200 miles in Ohio, as well as some from New York.

"As it was last year, the picnic was held in Gini and Joe Laurie's back lawn at 83 Maple.

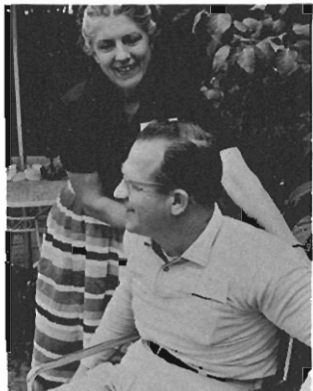
"We were all looking forward to meeting and hearing from the special guest of honor from England, Lady Hamilton, who is the volunteer chairman of the Disabled Living Activities Group of the Central Council for the Disabled in London. But, due to illness, she couldn't make it. Everyone was disappointed, of course, but thanks to the warm friendliness of everybody, the nearly 100 guests had a good time, and a rewarding one too."



Robert M. Eiben, M.D.,



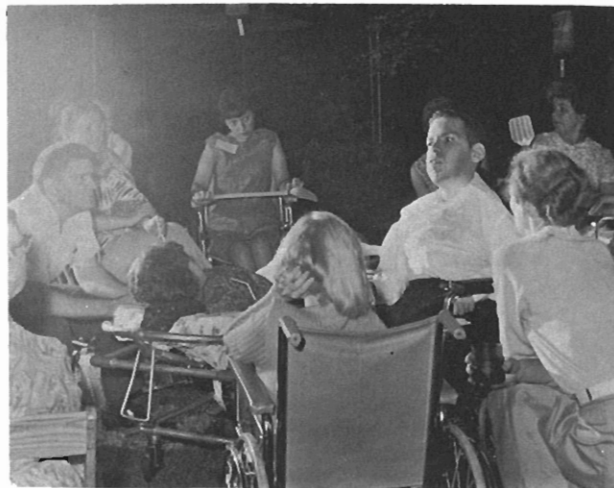
Bette Close, volunteer, picnicking some of the cat family.



Susan Mahan, occupational therapist, and Jim Mathis, shop supervisor, of Highland View Hospital. Jim was a medalist in archery, dartersy, and basketball Paralympics in London, Rome, and Tokyo.



Three belles..Ann Odiorne, Joan Barnekow, and Doris Brennan.



Alan Arnold (r) TjG's legal counsel, leads a late-evening discussion of housing problems and dreams.



Louise Bartholomew (L), volunteer, & Donna McGwinn, Bookshelf editor.



The hosts, Gini and Joe Laurie...

福

...summer or winter. If TjG friends are in Cleveland, come out to Chagrin Falls and be welcomed through the torri gate's good luck "Foo" sign.



Toomey J is deeply appreciative of the donations from its readers, **GAZETTE** received from April 15, 1966 to April 15, 1967, which helped pay for the printing and mailing of this issue. We thank the Plymouth Church of Shaker Heights for \$600 and the following foundations for their grants of \$300 each: The Burden Foundation, Louisiana; The Dinsmore Foundation, Inc., New York; The Charles H. Giles & Fannie M. Giles Memorial Foundation, Ohio; and The O'Neill Brothers Foundation, Ohio.

Donations are fully deductible as a charitable contribution on your federal income tax return. Make checks to:
Iron Lung Polios & Multiplegics, Inc.
Box 149, Chagrin Falls, Ohio 44022

In Memoriam

Alfred C. Carr, Jr., Missouri
Donald Crain, Kentucky
Frankie Gearhart, Pennsylvania
Barbara Cory Good, Illinois
Marjorie Feely, New Jersey
Samuel S. Fern, M.D., New Jersey
Sidney Friedman, Virginia
Kathy Harrigan, Ohio
Albert Heller, Florida
Ben Levene, Ohio
Lloyd Martin, M.D., Ohio
Floyd W. McBurney, Wisconsin
Henry S. Priest III, Missouri
John F. Reichert III, Ohio
Robert Rubin, California
John Spain, California
Norman Tishman, New York
Mrs. Karl K. Vollmer, Missouri

May we suggest, instead of flowers to funeral services, a donation to Iron Lung Polios & Multiplegics, Inc.

We will acknowledge such gifts with appropriate letters to the bereaved.

And, we can send happy-type letters for anniversaries, birthdays, etc.