

Toomey j GAZETTE

TENTH ANNIVERSARY 1968

Homemaking • Home-Based Businesses





1968 VOL XI
(Eleventh Year)

BOX 149, CHAGRIN FALLS, OHIO 44022, U.S.A.
PHONE: AREA 216 - 247-6755

TOOMEY *j* GAZETTE, a yearly journal for the severely disabled, is a unique volunteer project. The founder and editor is a non-disabled volunteer. The researching, editing, and other activities are centered in her home in the village of Chagrin Falls. From this hub, she and the non-disabled assistant editor maintain contact with the thousands of readers who are disabled, and collect, collate, and edit their experiences and ideas into the *TjG*. It is incorporated as a non-profit organization under the name of Iron Lung Polios & Multiplegics, Inc.

Subscriptions: There are no subscriptions. Suggested minimum tax-deductible donation is \$3 per copy from the non-disabled and \$1 per copy from the disabled, if they are able to do so. Personal cheques or monies from abroad and International Stamp Coupons are easily negotiable. All are welcomed!

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*Quadriplegic (or tetraplegic) - four limbs are paralyzed or relatively useless because of cervical injury or a disease such as arthritis, cerebral palsy, multiple sclerosis, muscular dystrophy, poliomyelitis ("respos" are respiratory polio quads who require mechanical breathing aids), myatonia congenita, etc.

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My Ten Years In The **GAZETTE** House

A biography of the TOOMEY j GAZETTE recounted by Joe Laurie, the husband of the volunteer founder and editor.



I'd been thinking about writing a short history on the remarkable exploits of our Siamese. Once while at the Kirschten's in St. Louis, Bill Mauldin was also there - he was cartooning for the *Post-Dispatch* in those days. Bill, after hearing many countering tales of the K's and L's cats, suggested that I write a book, and he'd illustrate it, and we would call it "My Ten Years in a Cat-House"... I'm sure it would have been that kind of a smash hit you get in bargain book sales. Alas, I kept putting it off and Bill moved to the *Chicago Sun*, and thus a great purpose was never fulfilled. So, I've decided that the time has come to compromise with "My Ten Years in the *Gazette House*" with photographs and w/o Mauldin. And fortunately we will sandwich in a cat or two, perhaps while one is having at the watering trough at their Cat Spa.

With the publication of this issue, the *Gazette* celebrates its 10th birthday. It was conceived in



the Toomey Pavilion, the contagious ward of Cleveland Metropolitan General Hospital, named for Dr. J. Toomey, the renowned specialist in infectious diseases. It was born there in 1958 as a newsletter composed by Gini Laurie and other volunteers ditto'd and distributed to the ex-patients. Gini had transferred her volunteer activities from the state mental hospital to the Polio Ward at the outbreak of the epidemic of 1949 as her personal effort to do something about the dread infantile paralysis which years before had taken the lives of her two sisters, and then her beloved brother.

After the many years of volunteering at Toomey and doing all the odd jobs that the busy nurses couldn't, and keeping up the spirits with an occasional "rooster" call, and filling in with lots of hot packs, and arranging for bizarre diversions such as a troupe of Bagpipers, and many other feats, the patients became very good friends of Gini's. After they had gone home to live their lives as best they could, they often had to return



In the 50's parties for polios were given by Gini and other volunteers at the old Toomey Pavilion (closed by Salk and now torn down)



Little Siamese all over the place in Gini's former Gazette office on the second floor



TjG cartoonist Alabaman aelurophile, Bob Tanton

to Toomey for the special care available only there from Dr. Eiben and his staff. Thus the *Gazette's* few pages were full of gossip gleaned from these alumni, and distributed to the others. The audience was so receptive that larger and more frequent issues were demanded.

In August of 1958 the *Gazette* graduated from "ditto" to "offset" - about which Gini knew nothing, except that each page had to be typed as before. With the help of various writer friends' experiences and the printer himself she learned to "shoot the diagonal" and other tricks of the trade. She learned fast, and soon she was way ahead of the original printer's limited facilities; this was none too soon, because of the increasing number of copies in each issue. These first magazines were put together through the help of many neighbor ladies who volunteered to gather and staple the sheets together. I, for one, was very sorry to see the work given to another printer who could bind and cut, as there was not the need for those bebies of comely lasses.

Such is progress, ugh!!

Thus, in the beginning, the *Gazette* was mainly a source of news about the "alumni." With the arrival of Sabin and Salk, polio died; the respiratory centers about the country were closing for lack of patients. Gini secured the names and addresses of the former patients there, and they in turn sent more names of other "respos." Thus, the mailing list grew apace, and after Gini's contacts with foreign centers, the number of issues began to increase. The "gossipy" attitude of the magazine was being replaced in each succeeding issue with self-help aids, pictures of various kinds of equipment, a listing of services by the readers themselves known as "The Market Place," and more and more reports of "inventions" by the readers. The "readers" becoming the "writers" with Gini to edit all this material, and then type and lay out the pages for the printers. Hidden talents in the readers came to light, and their contributions do much to enliven and broaden the area of the *Gazette*. The book reviews



The 1960 Art Show. (l) Volunteers sorted the 250 entries that filled the quest room. (above) Martha, the volunteer director, at the show with Donna and her date. (r) Gini chauffeuring Mickie and Susan.



of one reader are featured in every issue; the cartooning ability of another sparkles the pages and he has also designed the cover for one issue.

In 1959, the Welfare Federation of Cleveland named Gini the "Volunteer of the Year." In that year the spring issue numbered 2000 copies; with a new purpose, and an ever-growing mailing list, its ambitious soubriquet of "A Leisurely Quarterly" was to be very short lived, as so much detail in each issue reduced each volume to two issues per year. In 1959, also, the *Gazette* announced the forthcoming "International Art Show" to be held in Chagrin Falls' Township Hall, with examples of works from paralyzed artists from all over the world.

Early in 1960 more things started to happen. As the artist and volunteer who managed the exhibit wrote: "What mulled as an interesting idea for a year suddenly flamed into an exciting venture. What sparked the flame was a neat little bundle of enchanting watercolors. Finland was their postmark. Four little children, whose home is a hospital,

were the creators." From May 28th thru June 5th the Township Hall attracted hundreds of people from the environs, and many of the works were sold with all of the proceeds sent back to the respective creator. So many kind volunteers came to Gini's rescue and their aid in matting, hanging and arranging enabled the exhibits to have an aura of professional talent. The volunteer fire department and the local police were of great help in assisting the wheelchaired.

And as a conclusion to the Show, we "opened" our house, or rather garden, to all. As it always seems to rain on Sundays in June, Gini had secured a large tent from the local undertaker, which was duly erected. But it looked so damned funereal that we scurried uptown to get the most gaudy ribbons to belie its usual destiny. And after all this inspired crepe, anticlimactically it didn't rain.

At the suggestion of a lawyer friend, the *Gazette* incorporated itself, and was approved as a tax-deductible, non-profit organization by the Internal Revenue Service. Its official name is the following



Post-Art Show party and farewell to Dr. Eiben - a sad occasion for his patients



Alex and Box 149



Bevies of comely lasses



Brooke secretarying al fresco in '65

mouthful: Iron Lung Polios & Multiplegics, Inc. The *Gazette* has no subscription or advertising. It lives only by the contributions of friends. With its new status, it was hoped that monies might be forthcoming from various foundations. However, these organizations are loth to provide funds for operations, but will occasionally approve a grant for equipment. So, two IBM Selectric typewriters have replaced the old Underwood. I cannot emphasize too much: Without the help of loyal readers, this volunteer project would collapse and blow away.

So, the new aim of the *TjG*, "To reach, to inform, and to dignify the severely disabled throughout the world" inspired the "Census." Answers to its questions provided a wealth of information about the readers, and all of the facts thus reaped were transferred to the mailing list's alphabetized and cross-indexed file cards. All of this "information" and the concomitant correspondence take up space, and then more space.

With all of this expansion, something had to

"give." It (the old house) had given before, when Gini's office was next to mine on the second floor, and needing more light in this little cul-de-sac we had some non-bearing walls removed to let in some light to see by in the daytime. And, as the floor was rough old pine, we had it covered with virgin-white tile which really cut down on the splinters.

It is in this little space with a bulletin board on the wall, and with little Siamese all over the place that much of the early thinking of the future of the *Gazette* occurred. Thinking hampered by scurrying, inquisitive little people like RU, Pappa's Chat, The Duke of Zippity-Zap - well, we'll get back to the cats again.

Now, in this space there's a photo-copier and a duplicator, as Gini and her *Gazette* moved downstairs. First into the back sitting room where, previously we'd had a fireplace built right between that room and the kitchen, and a better place for a fireplace there couldn't be.

Then Gini acquired the first of her secretaries,



The birthing of each TjG gobbles about nine months of concentration by Gini and Sally. (l) First they review and study readers' letters and comb the books and periodicals that surround the old rolltop desk, in the back sitting room and next-door pantry. (r) In the "dining room" office, they type and retype each evolving article. In the final months, they paste their typed articles, together with the photos, on large sheets of paper, which are then photographed, reduced to TjG size and reproduced by offset printing



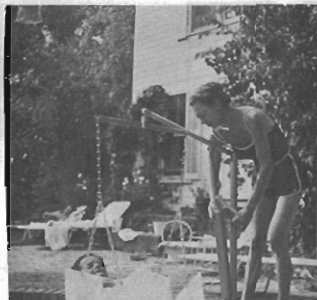
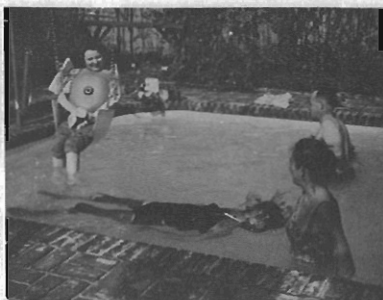
which enabled her to devote more and more time to the *Gazette*, and still more space was needed. The dining room was the next to "give," and its big table became a conference area, and file cabinets and bookcases line the walls. The guest room upstairs houses all the mailing list cards and their addressograph plates, and there's an ancient donation that prints the envelopes and circulars that emanate from the brains downstairs.

Sabin and Salk arrested Polio, but no such genii have yet appeared to solve Multiple Sclerosis, Muscular Dystrophy and other crippling diseases; and there's no known knitting of a severed spinal cord. The Quadriplegics and the Paraplegics are increasing while the respos' numbers are decreasing from attrition. Gini's devoted drive enabled her *Gazette* to establish two-way streets of communication with the various associations which had formed to try to combat these maladies. Thus, again, the mailing list swelled as these groups realized that the *Gazette* was an already established organ which could

help their people as it helped the "respos."

With the publication of the monumental issue of "Quads on Quadrangles" in 1962, and followed in the same year by the equally impressive volume on "Communications," Gini foresaw that to cover fully future subjects, only one issue could be produced a year, as there was just so much correspondence. As the letters pour in, they are answered, usually the same day. Perhaps another Census is mailed to another name just submitted or another back issue is requested. The staff consists of Gini, editor, and her talented assistant editor, Sally Schmidt. Occasionally each week some devoted ladies help out, but the burden of work is on the two editors.

As the *Gazette* became the "clearing house" for all the severely disabled, with all of its operations centered in our house, there became less and less room for me and our furry friends. In the spring of 1962 we had some experts build a little pool in the garden, with heated water, and there I would recline on an inner tube or two away from the



Some very fun pool times...Mickie and Susan relaxing with their friends in the heated water...Ruth Davis swinging in the hydraulic lift while Sue floats with a life-preserver hat...Gini putting Sue in with the lift. (r) Volunteer Nancy Clark swimming and operating the addressograph plate "puncher"

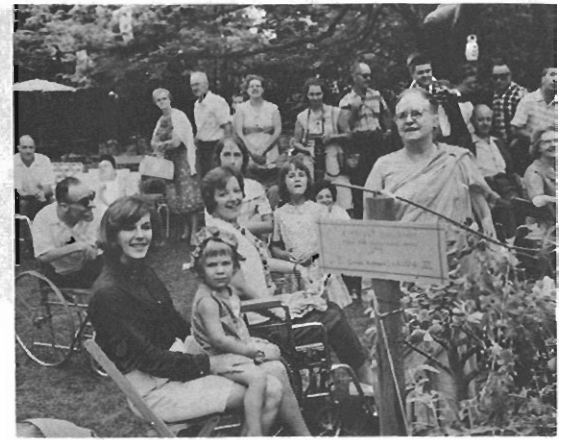
mad clackety-clack of the busy IBM's. Soon the polios found they regained some of their lost mobility with the buoyancy of the water, and we had some very fun times together.

Box 149 is the address that appears as the home of the *Gazette*, in the post office of the village of Chagrin Falls, Ohio (Zip 44022). The physical location is a couple of blocks away at 83 Maple Street, an old house that has undergone several expansive changes. Here, this "HUB" is getting fuller and fuller with probably the most comprehensive library of periodicals, magazines, books and tracts covering every aspect of disability, and the effects thereof on the various people in all the cross-indexed files.

As if all of this were not enough clutter for a misplaced husband and some high-strung cats, there's an addressograph plate "puncher" that lurks in the coat closet just waiting for him to get so bored that he even volunteers, even with all that Army experience behind him. And the poor unsus-

pecting overnight guest that hopes to hang his clothing in the quest room closet must really be chagrined to find there's no room at all for such silly things as "clothes" - not when you gotta store all those back issues of previous gazoots.

I told you I wouldn't forget about the Siamese who started this whole journal, didn't I? Well, first there were White Bottom and Black Bottom, sisters who got themselves married to errant knights and old W.B. produced two husky males named Mr. More and Mr. Less, as they had more or less of that distinguishing color on their bottoms. Mr. Less left for a higher plane, and Mr. More's exploits filled the local paper regularly with ads by Gini like: "LOST, Mr. More," or "FOUND, Mr. More." His life was brightened with the arrival of THE QUEEN MOTHAN, very fragrant who produced the K's Benny, and our Prince and Princess. And the Princess produced RU (ARE YOU really crazy? - she could do a 6' standing high jump) and Pappa's Chat who insisted on holding more than hands and produced the DUKE of



(l) Dr. and Mrs. Sandiford came back from England for their daughter's wedding. (above) Gini has the Illuminating Co. check the wiring for respirators at the Annual Toomey Picnic (r).

Zippity-Zap. There's an unfillable hiatus, as Woody (short for Woodpile) arrived and her new virile blood enabled the clan to survive. (Siamese are the worst breeders - and Woody just did it like at the drop of a cat.) So, now we have the Princess - who is just about 14 - and Sparkle + Chutney + And Poor Sam + Woody + Vodka + Tetuji who adopted us and seems to be the reincarnation of all those other darling cats and basset hounds, Mimi and Kybo, who lie in our garden.

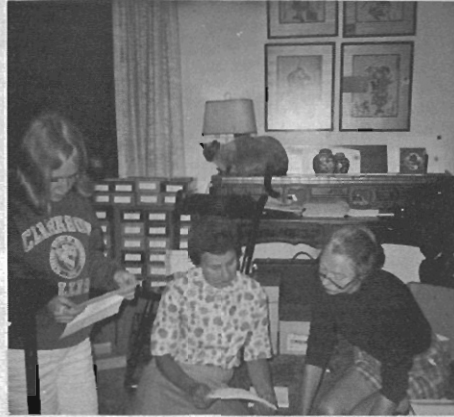
In spite of all this inconvenience we have had a goodly number of guests from around the world who have to see this supposed "rehabilitation center." On the way back from the airport they start to quiz me about the size and scope of the activities here, and much to my own amazement I don't try to pull their leg, but confess nothing but the truth. They must think our existence is "quaint," or that they are roughing it. But Mrs. Nimbkar from India, the Gariepy's from Canada, the Sandifords from England, to name a few, have put up with it all, and have

even come back for more.

One of the most pleasant activities at the "Hub" is the Alumni Picnic, combined with the Annual Meeting of the corporation. This affair started out as a picnic for the Toomey ex-patients, but it now also includes friends in the other disabilities. And their mamas and their papas and their children too, and they come with baskets of picnic chow, and sit around the various parts of the garden, and reminisce and tell tall tales and generally have a fine time. As it is held in August, the little pool is there for anyone who wants to get wet, and there's a hydraulic lift set in its foundation to insert and eject those unable to get in under their own power.

Another happy gathering is another annual affair that usually occurs in June. At this time of year our garden is bursting with new growth, and the pool has been opened and the water is circulating thru the heater, and the pool is in the pleasant mid 80°'s. It's not that I'm a sissy, but you can stay in warmer water longer without turning blue -

(l) Getting ready for LSD Day
Cindy Close, Sally and Gini
wrestle with pre-sorting the
10,000 envelopes under the
watchful eye of Pappa's Chat
in the "dining room" office.
(r) Discussing the 1968 TjG
Christmas card are Mickie
McGraw, artist, and Paul
Schmidt, layout adviser.



The torii gate at
the garden entrance

and this applies to "respos" too. As I was saying, before being carried away with the grace and beauty of SPRING, we have our "LSD" party. Lovely ladies and their charming sons and beautiful daughters come from far and wide to indulge in this pleasant activity. They LICK the preaddressed envelopes into which they STUFF the new *Gazette* still hot from the press, and when they have exhausted their spirits, they revive these with a DUNK in the pool.

The Director of the Post Office and his people have previously donated their time and efforts so that all the envelopes, which have been run through the old addressing machine, are properly ZIP-coded. After the STUFFING, the envelopes will be tied in bundles by nimble-fingered lads, and put in the proper mail sacks until they, too, are stuffed. So, with licking, and stuffing, and dunking, and an occasional bottle of pop, the day goes until all the *Gazettes* and envelopes, with their pre-cancelled stamps affixed, are in the bag, awaiting the arrival of a young Goliath to heave them into the wait-

ing truck. Thus, another issue is born and is on its way to 10,652 readers in 58 countries.

The *Gazette*, for the first time, had a Christmas card last year which was designed by one of the talented readers. Its sale was fair, not overly enthusiastic as its creator had hoped. Perhaps it was the color, or perhaps it was the price, but the Editors felt that many of the readers could have sent in a token order just to say THANX.

And with the volume of more gunk with the Christmas Card, the old house gave again and the front hall housed all the envelopes and the cards and the boxes, etc., etc., etc...But don't get complacent, old housie, they're gonna do another Card for the coming YULE and it will be a doosie, and something is going to have to geeve a leetle more.

So, I hate to admit it, but it has enriched my life to have had it so beautifully disrupted, and the many people who have helped over the years have become our dear friends, and in retrospect the troubles are now all remembered joys.

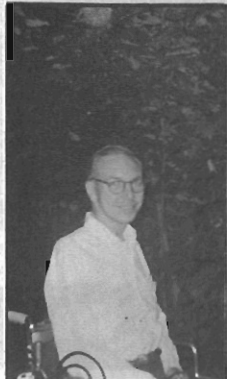
L S D (LICK, STICK & DUNK) PARTY

Mailing day at the Laurie's. On Sunday, the 30th of July, volunteers gathered to work all day. They licked the stamps, stuffed the 1967 TjG's into 10,652 envelopes, dunked in the pool, and tied the bundles with the borrowed "tying machine" in the kitchen.



ANNUAL TOOMEY ALUMNI REUNION

August 20, 1967 in the garden of the Laurie's "GAZETTE house"



Bill Wood



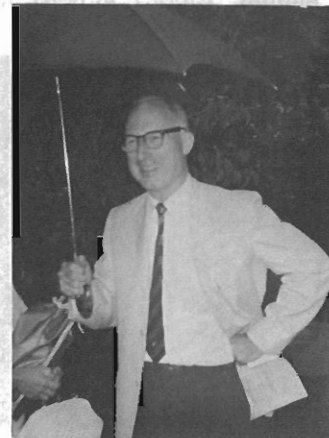
Jim Hooper & his Mother



Doris Brennan



Susan Armbricht



Judge William K. Thomas



Dorothy Nicholson and Amy



Joan Barnekow



R. English



Donna McGwinn



Postmaster & Mrs. McIlrath

ANNUAL TOOMEY ALUMNI REUNION (continued)



Ruth Carlton & David



Jean Bohlin and daughter, Leslie



(l to r) Louise Godec,
Mrs. Harold F. Banister,
Sam Whitman, Donna McGwinn



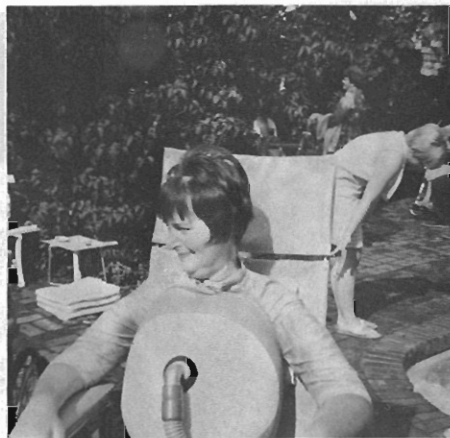
Dick Jaskela and Alan Arnold



Darlene Calvert



Al Holloway



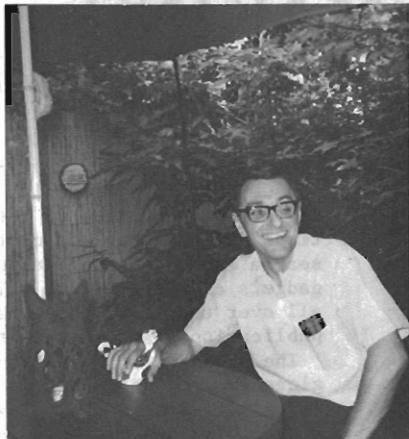
Ida Brinkman



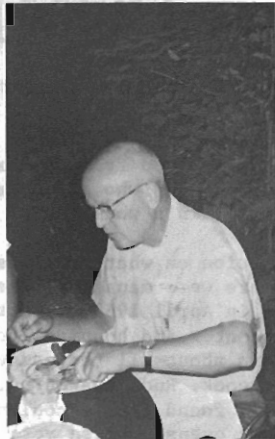
Heather and Suzy Williams



Gini Laurie



Paul Schmidt



Dr. James W. Osborn



Post-picnic in the "magic" garden

... AND SOME OF LAST YEAR'S WELCOMED HOUSE GUESTS



From Bombay, India,
Mrs. Kamala Nimbkar



Tom Dickey, Rehab Counselor, Southern
Illinois Univ. and his wife, Fran



United Cerebral Palsy's Dr. Isabel
P. Robinault of New York City



Englishman John L. Howes of Wor-
cestershire, a Churchill Fellow

HOMEMAKING

Illustrations by Nancy Martt

Cartoons by Robert E. Tanton, Jr.

This special feature on cooking quads evolved from the experiences of a newlywed respiratory polio quad who discovered cooking was fraught with problems for one in a wheelchair with severe arm involvement.

In her first S O S to me for information on what booklets were available and how other *TjG* readers were managing, she wrote, "When I decided to get married in April 1965, I blithely hustled down to the nearest rehab center and hospital to take a look at their kitchens, and learn about all the gadgets that would make it possible for me to cook. Rude awakening. With my limited use of arms and hands I found that I couldn't turn on their water faucets, open their ovens...worse yet, I couldn't even work their can openers."

So I sent her piles of books and pamphlets on kitchens for the disabled. She studied them carefully and dug up more. She began to jot down ways to save time and energy. She corresponded with a few cooking quads. Then, together, we began to work on a questionnaire to send to *TjG* cooking quads. As we were finishing it, she wrote, "I have been cooking now for over a year and realize that there are no easy solutions for the cooking quad. The respiratory quad has the added burden of under-ventilation resulting in fatigue. At this point I think motivation and experience are the most important factors for success."

Shortly after Sally Schmidt and I had mailed the questionnaires in December 1966, we received the saddening news that this enchanting friend, Barbara Cory Good, had died of pneumonia.

Disheartened, we let the project gather dust until an overnight guest, UCP's Dr. Isabel Robinault, studied our questionnaires and urged us to complete this project. She felt that these detailed experiences of *TjG*'s forty severely disabled homemakers could be of value to many who were less disabled.

Our thanks to the thirty-nine ladies and the one gentleman who were so helpful! Sally and I have categorized their cooking problems and combed their questionnaires for their solutions, which appear in quotes. We continued Barbara's research and added our own suggestions after scrounging for gadgets and ideas in my collection of self-help books from all over the world, university studies, rehabilitation center publications, and equipment, gift, and mail order catalogs.

The problems and solutions on the following pages were gleaned from the responses of these 40 cooking quads whose disabilities were caused by: polio quadriplegia (21), respiratory polio quadriplegia (9), traumatic quadriplegia (5), muscular dystrophy (2), multiple sclerosis (1), muscle atrophy (1), and dystonia (1). All are wheelchair, though two stand to cook. All have limited use of their upper extremities. The number of meals they cook per week ranges from 5 to 21, averaging 14. Fifteen of them cook in ordinary kitchens with varying modifications. Five have specially-built kitchens. They live in 19 different states, Alberta and Ontario, Canada, and Nigeria, Africa.

- Gini Laurie, Editor



State vocational rehabilitation agencies recognize the social and economic values of homemaking and are empowered to assist the disabled homemaker to do her work in her kitchen. This may include the financing of equipment and adaptations if the family resources are insufficient.

HOMEMAKING
PROBLEMS & SOLUTIONS

for the wheelchaired
with arm involvement

*Addresses of catalog sources
for all items mentioned: page 39*

APRONS AND CARRY-ALLS

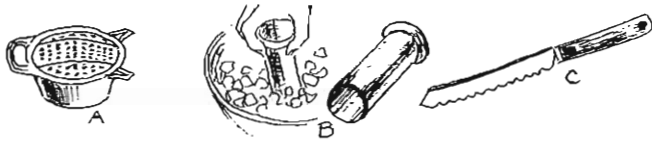
- "A pocket on the side of my wheelchair holds things I like to have with me."
- "A clip-on plastic apron beats trying to tie an apron on you."
 - Most notion counters have a plastic apron held on by a plastic clip. You can make your own by buying the clip from CLEO. Sizes: 28", 32". \$.69¢. With 'bones' such as those used in swimsuits you can make your clip-on apron protect your top, too.
 - "U-Tote-It" wheelchair arm pouches by Louelen. \$3.50 each. For free brochure write to *TjG* reader Jim Hooper, 102 James St., Jackson Center, Ohio 45334.

BAKING

- "I roll pie crust between two pieces of wax paper. Much easier to move from table to pie pan and less mess."
- "I have almost as much fun as I used to have making pies from scratch since I discovered the several good brands of frozen, ready-to-bake pies."
- One of the English self-help collections suggests using a paint roller instead of a rolling pin for the one-handed.
- B/K has a one-handed rolling pin 5" wide. \$1.50.
- An easy-to-grip biscuit and cookie cutter is a used soup can with both ends removed.
- "I can't put puddings or liquid pies in the oven without spilling so I set the pie shell on the oven rack, the liquid in a container on the oven door, and ladle the liquid into the shell with a soup dipper."

CUTTING AND CHOPPING

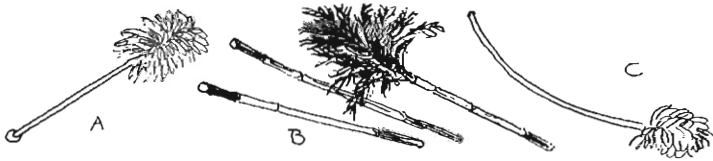
- "Use paper towels to secure foods such as boiled eggs, pickles, and onions when cutting. A board gets slick after cutting a few of these things."
- "Partially cooked potatoes are easier to slice."
- "Scissors chop and slice many vegetables more easily than a paring knife." Breck's has left-handed scissors. \$1.50.
- "Thin knives cut through anything with little pressure. They cannot be bought. Find great grandma's or one in a second hand store and have someone grind it down."
- "I have a suction cup cutting board with nails to hold vegetables for slicing."
- "Vegetables are easier to slice if cut in two first. Then put the flat surface on the board and a good, sharp knife can be pressed through."
- "Think about weight as opposed to ease of handling. The GE cordless knife is easy to handle but weighs more because of built-in re-charge unit. Handles are quite different on knives. Very individual decision is needed here. They make cutting of everything possible."



- Colonial Gardens has a Grater 'N Bowl (A) with a non-slip base. \$1.49.
- Chop-Chop (B), circular knife, chops vegetables, etc., right in the pan or bowl. \$2.95 ppd. Order from Chop-Chop, Box 295, Wilmette, Illinois 60091.
- Miles Kimball has a French wavy-edged stainless steel knife (C) that is so sharp it is frightening. \$1.49.

DUSTING AND CLEANING

- "I use my child's trusty broom and long-handled dust pan and sweep things into the pan."
- "I use a child's 59¢ mop for dusting."
- "To increase reach for dishwashing, sink mop ups, and counter clean ups thumb tack a square sponge (cut to any size) to a stick. A good size and weight is the batten that goes through the bottom of a window shade. They can be made to all different lengths."



- Colonial Gardens has a long-reach "Magnet" duster (A) with an 18" handle for \$1.
- Feather away the dust with a disconnecting bamboo-handled feather duster (B) that reaches up to 7 feet. Here's How. \$3.99.
- CLEO's nylon duster (C) with a flexible handle bends under furniture. Melon, yellow, or turquoise. \$3.95.

- "With my scissor sticks, I clean hard-to-get places or spots on the floor by clamping them onto a wet or damp sponge."
- The best \$4 investment for wheelchair cleaning is a child's Bissell carpet sweeper. It eliminates a closet full of brooms, dustpans, etc. and is so light it can be pushed with a few fingers. Available at any toy department.

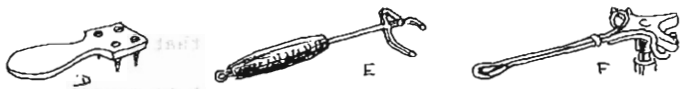
ELECTRICAL OUTLETS AND EXTENSIONS

- "If you can't reach the over-counter outlets, use short extension cords with outlets on the end."
- "Put little off-on snap switches on such things as coffee pots which you can't plug in. The type that can be placed anywhere on the cord."
- "Get an extension cord with a plug-in strip and have it put under the overhang of the counter top."

FAUCETING

- "I turn on the water by hitting the faucet handles."
- "I walk my fingers around the sink to the water faucets."
- "I tap faucets on and off with small hammer with long handle."
- "I use a long wooden spoon (A) with four nails in the bowl section. Wrap nails with electrician's friction tape."
- English booklets list both homemade and commercial models of tap turners:
 - (B) For a single bar tap, a groove whittled out of a cylindrical piece of wood.
 - (C) A tap turner made of a length of wood, a drilled hole, and two cup hooks.





(D) A tap turner made with 4 screws in a piece of wood.

(E) A tap turner with three metal prongs and a wooden lever handle.

- A Swedish model (F) is made of stainless steel wire.
- Check your local hardware store and plumber for long handled faucets to replace your short ones.

FILLING PANS WITH WATER

- "I put the pan on the stove and fill it, a cup at a time, plus lots of patience."
- "I fill a pan on my lap and take it to the stove."
- "I fill a pan partly, place it on the stove, and finish filling it with a pan of water kept there."
- "Sometimes I carry water to the kettle in 2 or 3 trips; sometimes carry a sloshing kettle (balanced precariously on my knees) to the stove; sometimes take the coward's way and ask son or husband to carry it."
- "I never use the spray hose because I cannot reach it or control the flow."
- "My spray hose is on the side of the sink near the front and I use it to fill pans."
- If you haven't a spray attachment, why not use a hair shampoo spray with the spray head removed? Then you would have an extendable stream of water for filling pans, rinsing dishes, washing vegetables, etc.

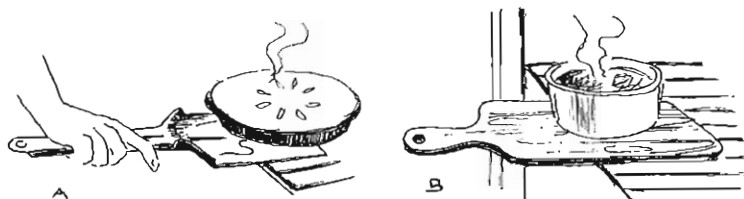
GRIPPING AND LIFTING

- "My biggest barrier is the inability to lift heavy items."
- "Wrap handles of heavier saucepans and frying pans with rubber-foam strips."

- "We buy milk at the store in plastic cartons as they are so much easier to handle than glass bottles."
- "A gallon jug with spigot to hold milk, juice, etc. saves lifting bottle out of the refrig and pouring."
- "Rivet a handle on lids to make them easier to handle."
- "Teflon coating in the electric skillet makes it possible to clean by wiping. No need to lift it to the sink to wash."
- "It is amazing what can be moved with small lifting power by using a propped elbow as a pivot."
- "Bless Tupper Ware. You can drop it and it doesn't fly open and spill contents."

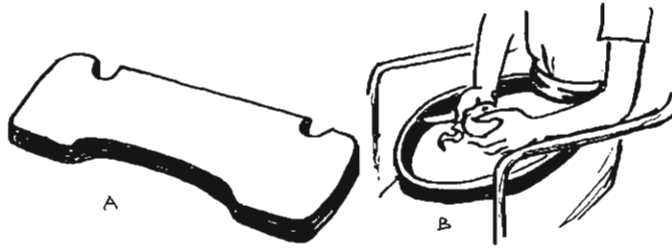
HANDLING HOT STUFF

- "I keep a magnetic potholder on the oven door."
- "I have a pull-out board even with the opened door of the oven for sliding hot pans from the oven."
- "I tried barbecue mitts but found them unwieldy."
- Sew two potholders together on three sides and slip your hand in between. More protection and lighter.
- You can make a miniature holder to fit your pan handles by folding over and stitching the side and end of a regular one.
- Oven Hand (A) is a giant aluminum spatula which aids in putting things in and out of the oven. Miles Kimball. 98¢.
- Kimball also has a paddle-shaped, light weight Red Oak Cutting Board (B) which doubles as an aid in getting the hot out of the oven. 98¢.



LAPBOARDS

- "A tray in my lap lets me do more than a lapboard."
- "I use my lapboard most of the time because that way my work travels with me."



• "My lapboard (A) is my most versatile aid. It is 20" x 8" x 3/8" mahogany with corners barely rounded. It is important to have a 1" or less tummy clearance so board will not slip. It fits around the arm rest posts and rests on the skirtguard. I would fall out without it in place. It is also important to keep one side for working surface and the other waxed to be used for sliding (in and out of car, bed, etc.)"

• Vinyl lap-tray (B) clips on at the waist. A 1" rim prevents articles from rolling off. Pastel colors. Order by waist size. \$8.95. (\$9.95 for model with 2" styrofoam insert for a higher working surface.) Write to VGRS (2239 East 55th St., Cleveland, Ohio 44103) for illustrated brochure of this and other apron and clothing styles and fabric samples.

MIXING

- "I prefer the large mixer to a junior because I get tired holding bowl and mixer."
- "Instead of using regular mixing bowls I use 1 and 2 quart pitchers. These have nice handles I can hold whereas the bowl gets away from me."

• "Before buying a mixer, check blade insertion and removal; make sure it has a bowl resting place and that you can operate the switch."

• "I found my electric mixer too difficult to operate. Now I have a blender with a plastic container and a good handle. I use it to mix ingredients for cakes, cookies, pancakes, sandwich spreads, soups, fruit drinks, milkshakes, etc."

• "Use pans instead of mixing bowls. Tuck handle of pan under useless arm for security."

• "A damp dish towel or cloth may be used to keep a pot or bowl in place while stirring."

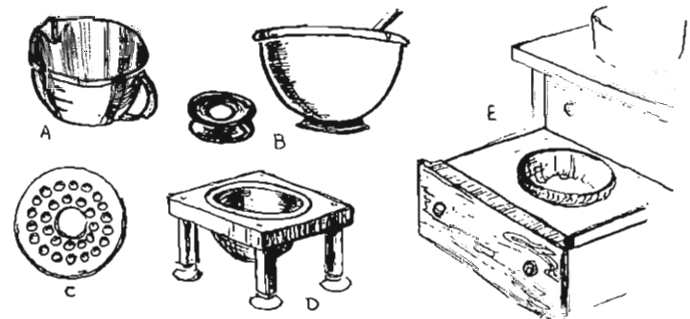
• Colonial Gardens has a Grip'n Whip Bowl (A) of stainless steel with a side handle and pouring spout. \$3.89. Also double action suction cups (B). 2 for \$1.98.

• Miles Kimball has a holder called an octopus (C) with tiny suction cups that grab onto bowl or plate, etc. More secure than other suction cups on slick surfaces. 2 for 79¢.

• Check your local pet shop for stainless steel tip-proof bowls with rubber suction bases. They work for people, too!

• The English developed an easy-to-make portable bowl holder (D) on little legs with suction feet.

• Most of the self-help device books recommend improvising a bowl or container holder (E) by cutting a hole in a board which fits over a drawer that is at a comfortable working level. The board serves as a resting place for a hand mixer.



OPENING CANS AND JARS

- "Before they leave the house, I have my family open all the jars and cans I will need for the day's meals and put them in the refrigerator."
- "The only electric can opener I could work was the Ronson CAN-DO Model (about \$20). Requires a good grip to pierce the can, operates like a pair of pliers. Loosen grip and it stops. Magnetic thing catches the lid. Also has an egg beater whisk, knife sharpener, and drink swizzle."
- "I use a jar wrench on can lids and a nut cracker to grip bottle caps."
- Colonial Gardens has a jar and bottle opener with gear driven jaws and a wooden handle which can be operated with little effort. 98¢.
- The Rival Can-O-Mat has a one-handed can opener with a rubber suction base which will open almost any size can.

OPENING DOORS AND DRAWERS

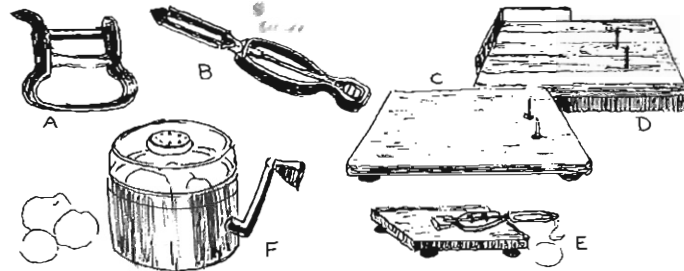
- "I have touch latches on cabinet doors. These latches spring open when pressed and can be opened with an elbow, knee, head, or toe. I have drawer pulls that can be hooked into with toes or thumbs or coat hangers."
- "Rubber bands on small slick knobs will give a good grip."
- "If you are unable to use the hardware on drawers and cabinets, just skip it and fasten on inexpensive towel racks for easy pulling."
- "If opening drawers is an energy hassle, keep most often used utensils in a heavy upright cup or jar like artists' brushes out on the counter."

PEELING

- "The DeVault peeler (A) is great for poor thumbs people."
- "A floating blade peeler (B) used with vegetables impaled

on two nails is easier to use than a paring knife."

- B/K has two maple vegetable paring boards with aluminum vegetable holders and a floating blade peeler: (C) with rubber suction feet, \$3; (D) with cork feet and corner guard for spreading butter on bread, \$4.50.
- The easiest way to peel vegetables is to secure the peeler and move the vegetable against the peeler. This takes less strength and frees both hands to hold the vegetable. The Swedish self-help aid book shows a wall mounted model similar to the DeVault (A). The floating blade peeler (B) works beautifully mounted on a small suction-footed cutting board (E) placed at the edge of the sink.

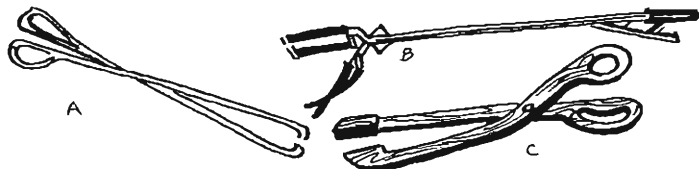


- If you have a violent urge for mountains of peeled potatoes, Sunset House has a Danish automatic potato peeler (F). Suction feet. Operates by turning handle. \$16.95.

REACHING AND PICKING UP

- "I have two magnetic hooks on the side of my chair from which hang a pair of tongs and a 29" long $\frac{1}{2}$ " wood dowel with a hook on the end. With the latter I snag the refrigerator door open."
- "I use a magnet on a string for picking up small steel things (including my tongs)."
- "I have a 12" long dowel with a magnet on the end."

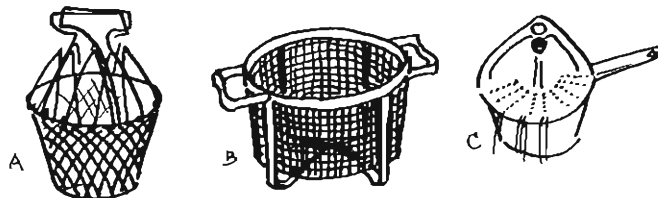
- "I use utility tongs of several sizes to reach things on the second shelf of the cupboard, or pick things up from the floor. Also, I have a heavy yardstick with an L-shaped hook fastened to the end."
- "I have a pulled-out wire coat hanger to hook towels from shelves or for floor picking up."
- "I use barbecue utensils for a longer reach."
- "I have an old fashioned grocery store reacher to snag things far away from me."
- "A child's rake can be used to retrieve things and straighten curtains and push and pull small items."
- "I use my trusty lazy-tong reachers to reach things in high places. I keep three in different parts of the house. When dropped, I slip the long tines of a carving fork through the gripper and pick up from the floor."
- Breck's has 30" long magnetic tongs (A) of chromed steel. Non-slip ends. \$2.98.
- CLEO has 30" and 42" Grab-all Extension Arms (B) that work like old grocery store reachers. \$2.95 & \$3.95.
- Better Sleep, Inc. has a 27" Magnetic E-Z Reach (C) made of birch with non-slip magnetic tips. \$3.49.



REMOVING FOODS FROM COOKING WATER

- "I don't attempt the impossible or take chances of getting burned or scalded just to prove how independent I can be."
- "I use a straining spoon for removing vegetables. For spaghetti, I use a very small saucepan to ladle out the water into the sink or into a lightweight aluminum bowl."
- "Never attempt emptying large amounts of water. I have had catastrophies!"

- "To cook frozen vegetables without draining the water, I melt one tablespoon of butter or oleo in a pan with a tight lid, add the frozen vegetables, and from one to three tablespoons of water. Cooking time is about 20 minutes over a very low fire. Timing and amount of water come with practice."
- "To avoid carrying boiling vegetables to the sink to drain, cook them in a fry basket and lift out when done, thus removing the vegetables from the water instead of the water from the vegetables."



- Colonial Gardens has a French wire mesh salad washing basket (A) \$1.50 and, for under \$1, many department stores have an 8" fine mesh colander-strainer (B) with legs. Both could be used in which to cook vegetables, spaghetti, noodles, etc., and remove them from the hot water.
- To eliminate handling of hot water many frozen vegetables can be cooked in the oven in a covered casserole with butter added.
- If you have one strong hand, try a pan strainer lid (C). Locks on. Adjustable to fit most pans. \$1 including postage. Alfco, Inc., 4950 So. Sepulveda Blvd., Culver City, California 90230.

SCRUBBING FLOORS

- "I have washed floors when I have had to, but it is definitely not easy. However, I find that by wetting a paper towel and using my tongs, I can prevent spots and messy areas from accumulating."

SHORT CUTS

- "I use freezer-weight aluminum foil for meat cookery, and lightweight disposable foil pans, saving dishwashing."
- "Whenever possible, mix, cook, and serve in the same bowl. For instance, jello can often be made and served in the same mold."
- "I keep a measuring spoon in each container of coffee, tea, kool-aid, etc., for quick, no-wash use."
- "For quick and easy flavoring use the packaged flakes of dried onion, garlic, green pepper, mushrooms, and parsley."
- "Foil pie pans make terrific lightweight pan lids. Save foil pans to store and reheat leftovers."
- "I have eliminated the canisters for flour, etc., and got a plastic box that has pull out drawer type canisters divided into four sections for flour, sugar, tea, and coffee. This is easy to reach and all in one place."
- "Buy soups and gravies in packages instead of cans as they are easier to handle."
- "I use Betty Crocker potato buds to eliminate the difficult task of peeling potatoes."
- "Prepared bread crumbs make life so much easier."
- "Powdered sugar, flour, and cinnamon-sugar mix are convenient to use from a large salt shaker."
- "Use ½ cup measure for sugar and flour scoops. Keep handy in the canister, when you want to measure out ingredients it's right there, you can double or half it for the proper amount, and you don't have to wash it."
- "I always buy prepared foods, such as chopped onions and green peppers and keep them in the freezer."
- "I always use instant mashed potatoes. My family prefers them."
- Many vegetables might as well be cooked in their own skins. To preserve vitamins and save peeling/cutting problems.
- Eggs can be separated one-handedly with a plastic separator or by putting the whole eggs in a bowl and then fishing out the yolks with a half shell.
- Add a tablespoonful of cooking oil to water boiling for spaghetti, noodles, or macaroni. It prevents boiling over and sticking together.

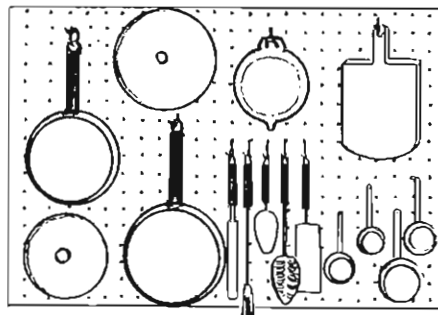
- "If you wet the edge of a sheet of newspaper and drop it on the floor, you can whisk your sweepings up on the sheet of paper at the wet point. With a lazy tong you can fold that sheet of paper every which way until the dirt is secure inside, then lift newspaper (dirt and all) with lazy tongs."
- A walk-around person's bathtub scrubber can be a wheel-around's floor scrubber. Breck's has an angled one with a 24" handle and a refillable sponge head. \$1.98.
- "I found my daughter's play squeegee mop real good for easy floor clean ups."
- "I push the bucket along the floor with the foot rest of my chair (once or twice I have knocked the bucket over doing this)."
- Check Sears catalog or local garden supply store for a rolling plant caddy to easily roll your scrub bucket. Miles Kimball has a steel one with casters for \$3.29.

SERVING CARTS

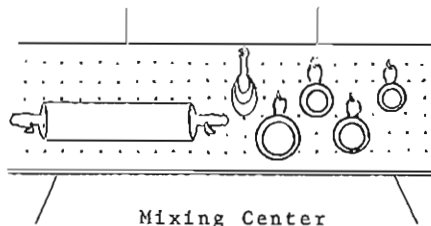
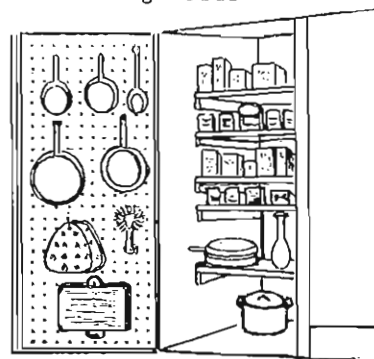
- "We converted a metal laundry cart into a utility cart by throwing away the wire basket and replacing it with a rimmed formica tray. It has four swivel casters and a mere flip of the finger sends it sailing across the room. All the dishes I need for setting the table, and sometimes all the food goes on that cart. Likewise, in removing everything from the table - one trip. Since it is so easy to push from my chair I use it for just about everything under the sun that has to be transported from one room to another and from icebox to sink, etc., etc."
- "I have a serving cart on large wheels. I take all the serving dishes from the kitchen to the dining room by pushing it ahead of me. Also clear the table onto this."
- "I use a cart for moving heavy items from one place to another."
- The best rolling cart we've ever seen was a hospital model for pill dispensing. Perhaps you could get one through your doctor's office catalogs or a second hand store. Or, try converting any sturdy table by adding three-inch casters.

STORAGE

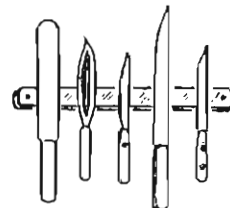
- "I keep puddings and jellos in clear plastic shoe boxes. I merely lift the whole box down and choose what I need rather than have six unwanted boxes falling on my head."
- "Revolving shelves are the quad's answer to accessible storage in any room."
- "Clear glass or plastic canisters and other containers make it possible to check on quantity of contents without opening them."
- For solving storage problems beautifully, Rubbermaid's wonderful slide-out drawers, racks, and turntables are easily installed in wood or metal cabinets. They fit refrigerators, too, and are available at all hardware and dime stores. For free, illustrated planning brochure write to Rubbermaid, Inc., Wooster, Ohio 44691.
- Miles Kimball has magnetic steel cup hooks which will grab onto refrigerator, range, or anything steel. 4 for 69¢.
- Kimball also has a magnetic knife rack for holding knives within easy reach. \$1.98.
- Hang It All! There is an unbelievably wonderful new peg-tape kit made by Selfix which contains three 4" x 24" self-gluing plastic strips and 30 skyhooks. No nails, no screws. Applies easily to any straight surface or around posts and curves. In white, pink, yellow, turquoise, beige or grey. \$4.95. Add 65¢ for postage. Abraham Strauss, G.P.O. 41, Brooklyn, N.Y. 11202.
- Think of your kitchen as a Colonial or French country kitchen and decorate it with hanging pots and utensils. Make an artistic clutter and save time unearthing things from drawers and cabinets.
- Use pegboard and hooks.
- The back of your deep counter space can be filled with easily accessible canisters, turntables of spices, etc.
- If you must hide some things, have sliding door cabinets built at the back of the counter.
- Try some of the ingenious ideas in the accompanying sketches which illustrate a few of the many valuable suggestions you will find in the free or inexpensive booklets listed on page 39 and in the Rubbermaid brochure mentioned above.



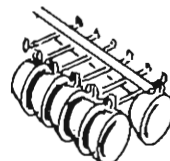
Pegboards



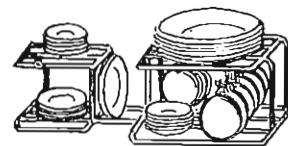
Mixing Center



Knife Rack



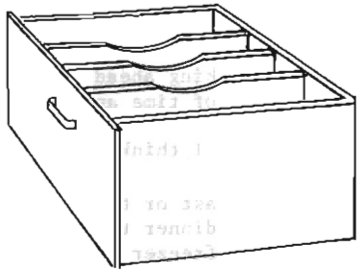
Cup Hook Rack



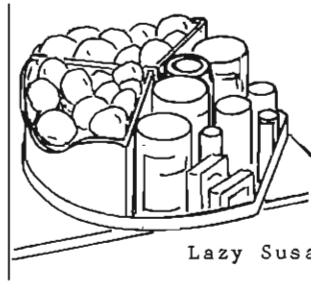
Dish Rack



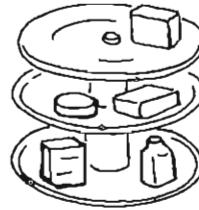
Step Shelf Spice Rack



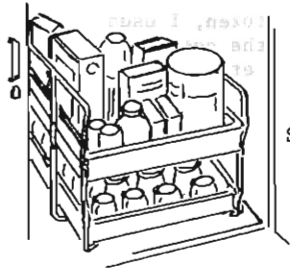
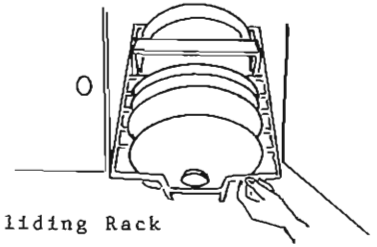
Vertical Dividers



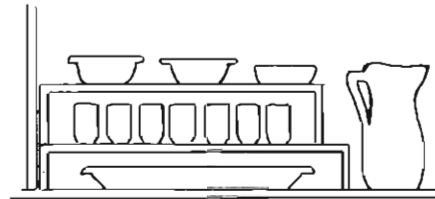
Lazy Susan Shelves



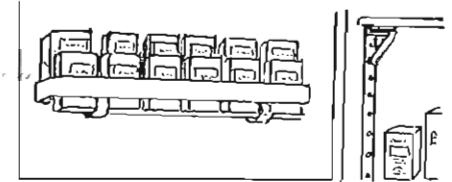
Sliding Rack



Sliding Drawers



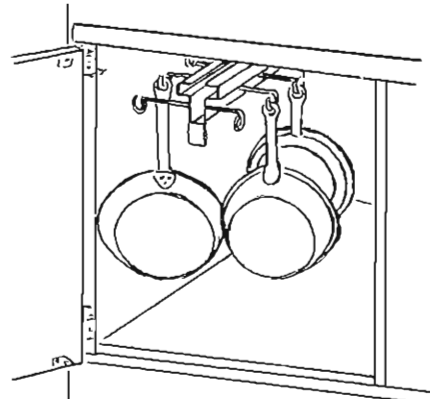
Step Shelves



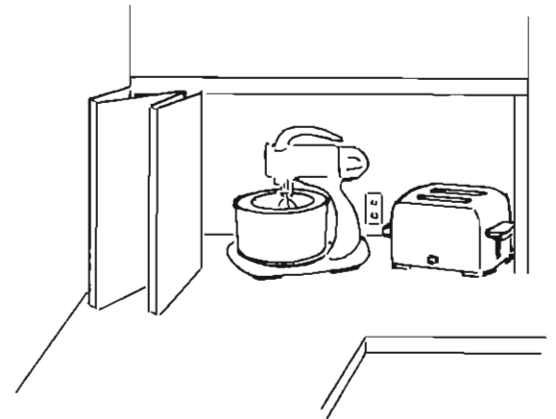
Spice Rack



Door Shelves



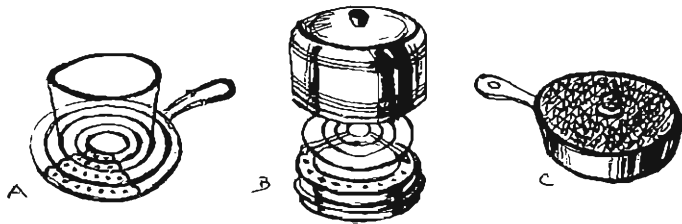
Sliding Pothooks



Folding or Sliding Door

STOVE AND STOVELESS COOKING

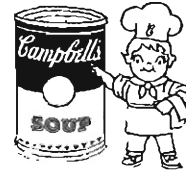
- "If your stove top is unreachable, put an electric burner on a table top. They do not require 200 current. Dominion has a 2-burner model with thermostat button controls. It retails for about \$20. Waring makes a single burner unit with pan space to the side. In gas, there are small table top camper units that use tank gas. See Sears, local hardware or a camping supply store."
- "The electric skillet placed on my work table saves reaching. Its glass top lets me see what's cooking."
- "My stove is too high so I have a low table for all my electrical appliances. (Hand mixer, Westinghouse fry pan which has a broiler in the lid, Westinghouse cooker which I use for deep fat frying, soups, and stews, knife sharpener, can opener, coffee pot, and Westinghouse blender.) My stove is too high for me to stir while I am adding liquid so I use the blender to make white sauce, etc."
- "We like the heavier Teflon-lined fry pan because it doesn't slide around and is easier to clean."
- "An angled mirror over my stove shows what's going on in the pans on my back burners."



- Colonial Gardens has a radiant heat plate (A) with a handle which allows s-l-o-w simmering and much less stirring or watching. \$1.19. They also have a chrome-plated Ovenette (B) which cooks, bakes, and roasts on top of the stove, eliminating turning on the oven. \$6.95.
- To prevent flying grease, try a Filter Fry Pan (C) from Miles Kimball. \$1.

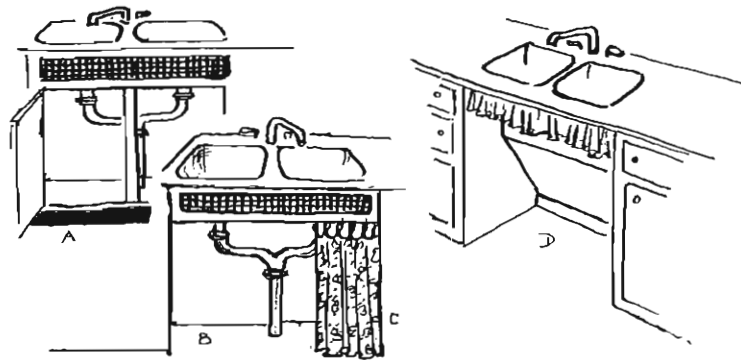
THINKING AHEAD

- "A lot of short cuts can be made by thinking ahead and doing things in order and doing them ahead of time and allowing extra time for yourself in doing them."
- "Fatigue is my problem if I attempt what I think I ought to accomplish in one day."
- "Cook large quantities such as a huge roast or turkey. Then immediately slice and put into old TV dinner tins. Wrap them in plastic wrap and pop them into the freezer for handy later uses."
- "I plan my menus with a minimum of last minute rush. I can cook well if given time."
- "When making something that can be frozen, I usually make enough for 2-3 times, then I have half the cooking to do - i.e. meat loaf, potatoes, stews, chili, etc."
- "Try some do-it-yourself TV dinners made with your leftovers in the foil trays and covered with foil."
- "Plan a weekly menu and stick by it. That way you can prepare ahead easier."
- "I keep a small grocery store in the basement so that my family only has to shop every 2 or 3 weeks. We keep a supply of bread in the freezer and the loaf we're using in the refrigerator."
- "I have made a collection of basic recipes with very detailed recipes for our ever-varying housekeepers so that my family doesn't have to readjust eating habits each time the help changes. Most of the ladies are glad of recipes if it pleases the majority of the family and it is more homey for hubby and kids if the food is familiar no matter who is in the kitchen."
- "I like to send for the free recipe booklets offered on so many food packages and cans for new and economical ideas."
- You can make smooth sauces and zestful casseroles by imaginative combinations of canned soups without bother or worry. For an exciting collection of over 600 recipes, send 50¢ for Campbell's new book, "Cooking with Soup." Order from: Cookbook, Box 890, Maple Plain, Minnesota 55359.



USING HELPING HANDS

- "I plan ahead and every night have the boys get down any seldom-used supplies from the upper cupboards that I will need the next day."
- "As soon as ground beef is brought in from the store, I have someone shape it into patties and freeze it for later."
- "My mother bakes pies and freezes them whenever she comes to visit."
- "A friend peels a week's supply of potatoes to be stored in the refrigerator."
- "When you have some able-bodied help have them peel potatoes and chop onions and freeze them for later use."
- "To guide my helpers, I had numbers or letters put on all the cabinets, drawers, and closets, so that instead of giving complicated directions I could say the eggbeater is in #15."
- "When I make a casserole, I usually make too much and put half in the freezer. The lady who dresses me in the morning takes it out of the freezer and puts it in the oven so that all I have to do is turn on the oven in the afternoon."
- "Once a week, my mother cuts up celery, cabbage, etc., for me to use as needed."
- "A friend makes pie crust and lines my pans which I keep in the freezer. I use canned prepared cherry pie filling, for instance, or jello puddings for cream pie."
- "We always find a housekeeper-helper who will stay and have supper with us and wash the dishes. Usually a widow or divorcee, etc."
- "If anyone is kind enough to clean a cupboard or closet, be sure to be on hand to see everything as it is replaced; it refreshes the memory of what you have there."
- "My sons know where just about everything is or belongs in our house and could probably break in a new housekeeper without my help."
- "A friend makes sandwiches for the children's lunches, packs them in labelled plastic bags and freezes them."
- "Several ladies from my church have volunteered their services to do many of the sticky jobs for me such as cleaning the stove, defrosting the refrigerator, cleaning and relining drawers and cupboards, etc., etc."



WASHING DISHES

- "Don't waste energy putting dishes and silver away after every meal. Stack them in a drainer for air drying, cover with a towel and set the table from the drainer."
- "Washing dishes at the sink was a problem until I had the doors removed. Now I swing my chair pedals backwards, roll forward to the sink, and set my feet on the lower shelf of the cabinet. This way I am able to rest my arms on the edge of the sink. It is easier than trying to reach over."
- "If your sink is too high, perhaps it can be lowered. If your sink is too deep, try raising your dishpan by placing it on an upside-down dish drainer and bringing it up to a better working height."
- "Most of the self-help device booklets suggest the best way to work efficiently at your original sink (A) is to clear the space underneath so that you can wheel in and under as shown (B). Remove the doors and clear away everything down to the floor. Insulating the pipes is advised. You could attractively conceal the space with cafe curtains (C). A delightful Swedish kitchen (D) built for the disabled shows the plumbing concealed by removable wood panels and a decorative valance."
- Consider raising the whole floor with an over-all ramp.

I CAN'T STAND COOKING, BUT I LIKE TO...

by Floy Schoenfelder
Respiratory polio quad



I can't really call myself a cook, but I feel that planning and being interested in what the family eats is half the battle. The general atmosphere of a household has much to do with good appetites. Catering to individual tastes is "spoiling" them, but it's what makes a house a home.

I plan all meals, make lists, and tell everyone what to do. (They don't always mind me!) My helper is Ruth, an earth-angel who doesn't live with us, but manages to meet our needs so well that I am under the illusion that I am running my own house.

Ruth does most of our food shopping, as I know from experience grocery scrounging is a hard task for a husband. Bud used to take me to the store and it was a struggle for both of us, and more expensive. Men are such impulse buyers and so impatient with your utter confusion about "where is it?" in a supermarket! You don't need Tootsie Rolls, but you get them when he is along. Ruth gets exactly what is on the list with only suggested substitutes. We keep a running list of what is needed. If I can't remember everything that's in the freezer, storage cabinets and refrigerator, we check before making new purchases. I telephone certain meat or drug orders for easy pick-up to save her shopping time.

Since our dinner hour is usually two hours after Ruth goes home, we plan together and she "sets the stage" for me to prepare dinner. We are always on the lookout for tricks which might help me. Instead of heavy glass or metal lids on cooking pans, we use a piece of foil, which I can lift and discard. Ruth lines most casseroles with foil (unless they require stirring) for easy clean-up or for "freezing the rest". She always makes things like spaghetti sauce in double batches, and we freeze half. Next time we only have to heat that and boil fresh spaghetti. She makes at least three meat loaves at a time, for easy re-runs. Maybe all housewives are wise to that.

Our kitchen lunch counter is about wheelchair level, and I prepare several meals a week in my electric skillet. I can handle foods there which need attention I can't give in my double ovens, or on the stove top. The higher oven which I can't reach is automatic and wonderful for timed meats that need no attention, and the lower oven lets me help it some! My favorite skillet meal is pot roast or swiss steak, with carrots and potatoes added during the last hour. Ruth places the meat in the skillet in pieces I can manage with my long-handled fork. She prepares the vegetables and liquids which I add at the proper times. By the time Bud arrives the meal is ready to serve. It makes me feel like a housewife, and I get the credit or blame as the case may be.



My husband calls potatoes boiled in the skins "lazy potatoes" and doesn't like them, but he is fond of baked-in-foil, so believe me, we have those often! Oven meals are easiest and neatest, so I try to wise up on foods that will cook or heat together successfully. Peeling potatoes is something I wish I could do, but I have tried all kinds of peelers, and nothing responds to my light pressure...so I feel justified in buying partially prepared potatoes at a higher price. We like the frozen fries done in oil for a real fresh taste, and also the better instant mashed and flaked now available. The convenience foods are easier for both Ruth and Bud and also make me look a little better as a housewife!

When I cook anything spattery on the lunch counter, such as chops, we cover the toaster, salt, pepper, sugar, napkins, and what have you, with paper towels. These items are kept there all the time to simplify table setting. I can throw away towels before dinner, and nobody knows what a messy cook I was! I also use paper towels on the stove and cabinet tops to avoid scratches with my various tools and also to catch any drippings so the counter is left clean. We use plastic and paper cups like crazy (doesn't everyone?). This saves work and colds!

We Californians barbecue a lot...even in winter...and eat

outside or in as the weather dictates. I have Ruth or my elderly father-in-law fix the briquets and lighter, so that at the crucial moment I can just plug two cords together to get the fire glowing by the time Bud comes home. We favor quickie things to barbecue such as steaks and hamburgers, but I can tend meats during longer cooking with my "all-purpose tool", that ever-lovin' E & J reacher. It is also good for moving red-hot charcoal, and fending off hungry stray dogs.

At clean-up time, I can help most by getting out of the way. We have a dishwasher, but I can't get close enough to its corner to put anything in it, so I just emigrate from our small kitchen and let the others do the cleaning up. I think I appreciate the dishwasher more than anything we have, since dishwashing is a tedious job that nobody honestly likes.

Our refrigerator has a magnetic door. I can open it by crashing into the step deal with my power chair, which makes the door fly open. Then I latch onto it with my uncanny left hand in order to have a peek at what's left in there to plan my meals around. Leftovers are kept in clear plastic dishes or wrap so I don't need to lift lids or unwrap things. So far the refrigerator doesn't look too beat up from my method because I try to strike the step with my rubber tire. I am not able to open the freezer or cupboards, so I keep them stocked with our usual needs and replace used items promptly.

We eat out quite often on weekends, favoring drive-ins, but if Bud wants to cook, we can use items from "stock," or whatever he is in the mood for. Fortunately, he likes to cook, but wants me to sit right there and "tell him how." I think he is a bit of a psychologist and he knows how to keep me happy. You have to sort of train the family to let you help, even if you are more trouble than you are worth. I can't stand cooking - but I like to!



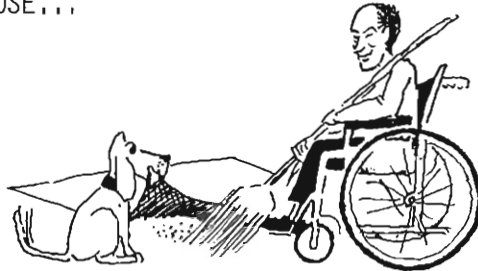
around us so we tend to shrug our shoulders and let them do it while we dream of more exciting ventures. However, if we enjoy our work, it really shouldn't matter if it takes us longer; just more enjoyment time.

I was guilty of the same sin of omission for 6 years as a C5-6 quad. With dear old mother around to do the housework, I never lifted a hand toward those chores. In fact, it never really dawned on me that perhaps I could. I don't think that I had even considered the possibility. Then, in 1949, with mother gone, my wife away at college except on week-ends, and housework piling up, I found that I could do all kinds of things that I had heretofore considered outside my realm of activity. I guess it was partly a labor of love; the thought of pleasing my new bride as she came home on week-ends inspired me to greater efforts.

Learning to wash dishes was accomplished by holding the dishes between my two hands, and we soon bought unbreakable melmac. I found that, with a hose, I could fill the laundry tubs and washing machine and with a hooked stick I could put the clothes in the machine, fish them out, put them through the wringer, rinse them and even hang them on the line. Luckily we had a huge laundry room with a cement floor with a drain so I could spill and splash all I wanted to. I soon had indoor lines strung up at my level and could hang clothes up to dry inside. I threw the clothes pins away and just spread the clothes out and draped them over the lines. I never tried ironing them; with no feeling in my hands I was chicken about getting singed.

With a tray on my lap, and spoons, forks, spatulas, knives, and peelers with special handles, I soon found to my amazement that I could peel potatoes, open cans, mix bread (I soon learned to make 25-loaf batches in two big dishpans and then freeze them after they were baked; that way I only had to bake bread about once a month.) cakes, fry hamburger and steaks, etc. I got some great padded mits for taking hot things out of the oven. Long tongs work beautifully to reach things up in the cupboards. I use hooked sticks to pick

WELL, THE NEED AROSE...



by Casey Jones

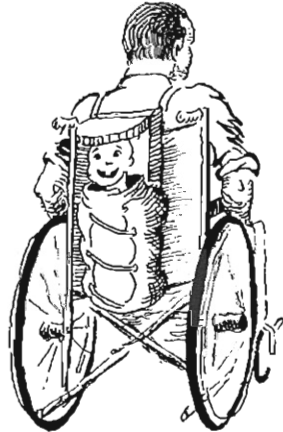
I'm the teacher whose pictures plastered page 37 of the 1966 issue of *TjG*. I have felt for a long time that handicapped people in general have not done what they could along the lines of housework, child care, and such tedious chores so I'd like to get in my two cents worth. Maybe the reason they haven't is because it is so tedious, rather unglamorous, and without much recognition. Quite often handicapped people are seeking something more spectacular which will have greater compensatory value. Seeking recognition and a lift for their shattered ego, they often overlook the obvious which is right in front of their nose and tend to forget that little things are important, too. Of course it often takes us a lot longer, and requires a lot more effort from us, to perform these little tasks than it does for the non-handicapped

things up from the floor after I drop them. I soon trained the dog to lick up any spills and destroy the evidence.

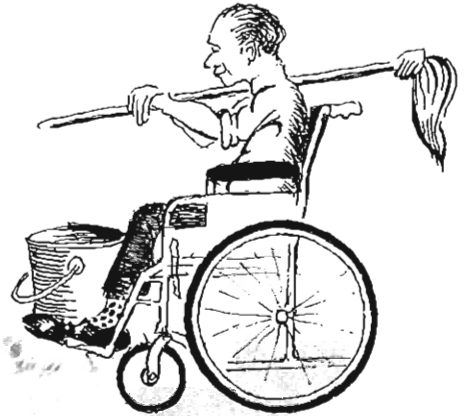
Sweeping wasn't hard at all with the broom cradled between my two hands. I never did learn to use the dustpan though; it was much more convenient to sweep the dust into a pile under the bed or behind the garbage can, and then I could ask my wife to sweep it up and that meant that I'd be sure to get recognition for sweeping it all up into the neat pile. Mopping was the next step and with a sponge mop equipped with a squeeze lever this proved no problem except once or twice when I tipped the mop pail over.

Stew, baked beans, and meat loaves were my specialties. I soon learned to make huge batches at one time and then freeze the rest. I was so lazy that I was an efficiency expert. For instance, I would make a large stew and keep it "going;" that is, reheat it at least once a day and add to it occasionally for a week or two. "A good stew should never die."

I've had some experience with babies, too. In 1962 we adopted a six week old little girl and, since we had not been forewarned, my wife was enrolled in summer school when the baby came. How the devil do you pin diapers on a baby when you can't use your hands???? Well, the need arose, and I did manage to get the pins off and the baby washed with kleenex, wash rags, towels, soap, and water. Applying powder was easy but how to get a diaper back on???? Then I remembered the story of Jesus being born in a manger. They had no pins then. They "found the babe wrapped in swaddling clothes lying in a manger." That was the answer -



"wrapped." I folded one diaper in a narrow rectangular shape and draped it between her legs; then left another diaper unfolded and laid it beside her; then rolled her over and over and rolled her right up into it; the one thus wrapped around her held the first one in place very nicely. When my wife came home she "found the babe wrapped in swaddling clothes lying in her crib." Later we discovered that there were diapers with a magic tape fastener that were quite convenient, too.



I don't do housework, or cooking, very often anymore, but it sure is nice to know that I can when and if I want to or need to. For instance, this summer, my wife was gone most of each week day attending summer school; our daughter who is 5 now, and I, got along quite nicely by ourselves.

I do think that severely handicapped people need to specialize somewhat and capitalize on their greatest talents. For some, it might be a waste of time to try to knock themselves out trying to be a housekeeper or cook all their lives when they could earn a better income using some specialized skill. However, housework can be fun; and it's something that all homes have to have done; so it's mighty handy sometimes to be able to pitch in and help. Also, for those who are not gainfully employed, it certainly is a chance to help out in some way. It's a thousand times better than doing nothing even if you can't perform efficiently at the tasks. For me, it's often fun! It can be a challenge, a hobby, a change from your regular job.

WE ARE PRACTICALLY INDEPENDENT...



"Our den is our real activities area."

by Diane and Bob Smith

We hope that our descriptions of our situation and our specially-built home will be of interest and help to some *TjC* readers. Briefly, our background is this: Diane, a '49 polio, received her rehabilitation at Warm Springs over a period of many years and countless visits. She had a year of college at Southern Illinois University before our marriage in 1959. After graduating from the University of Illinois in 1954, I was on active duty as an Army lieutenant when I contracted respiratory polio. My rehabilitation took place at Walter Reed, Indianapolis V.A., Illinois Research Respiratory Center, and Warm Springs.

Diane is ambulatory with one long leg brace and two long hand-wrist splints. I am chair-bound due to low V.C. and need for ball-bearing feeders, but I can stand and walk for transference activities. I rock all night and for rest periods.

As my disability is service-connected, my compensation and allowances have made it possible for us to build this special home and to have attendant care. The latter has proved to be our biggest problem as good help is very difficult to find or afford.

We planned and built the house before our marriage and had our wedding in the new living room. Aside from the usual wheelchair home features, no steps or thresholds, wide doors and halls, and large rooms, we added some features to fit our special problems. We knew that our privacy was important, so our bedroom, bath, living room, and den are at the opposite end of the house from the room, bath, and sitting room of our help. The areas are connected by the kitchen and hall.

My rocking bed was placed in a "well" in the floor of our bedroom, so it is twin bed height. This enables me to get in or out of bed without anyone lifting, as the rocker is quite high. This feature has been the most important to me as it has made us practically independent and more self-assured about my respiratory problem. Being able to lie down and rock quickly with a minimum of assistance is most important.

Beside the bed is a post with light controls, TV switch, and call buzzer. Our bedroom TV is mounted on a turntable which can be turned to the adjacent den and be viewed after opening small doors in that room. This eliminates the need for two TV sets. All windows are crank-operated casements which Diane can operate with her weak uppers or I can with my foot, in a pinch.

Our bathroom is extra-large, one lavatory has foot-controlled water faucets, our toilet is a wall-hung model several inches higher than normal, and our shower can accommodate a plastic cot for lie-down showers or hair washing for me and a metal chair for sit-down showers for Diane.

All electric switches, aside from those in our den, are 33" high - low enough to be tapped or kicked by us, still high enough to be convenient for the able-bodied. The thermostat for the air-conditioner and furnace is also at this level.

Diane will add some notes on her kitchen, but I will mention the push-button stove, floor-pedal on the left-handed refrigerator, lever-controlled faucet, low-level oven, lazy susans in the cupboards and different level work areas. All

these features can be used conveniently by non-handicapped.

Our den is our real activities area. Specially built desks of different heights - 27" for Diane and 30" for me - are used for our reading, typing, correspondence, and study. Foot-level switches control the lights, call buzzer, and TV, radio, TV, and positive pressure blower. We use an extended phone arm for calling. We have found the "Tensor" hi-intensity desk lamps quite easy to handle. I use a "Panasonic" electric pencil sharpener often because of my art work and it is both simple and efficient. Another handy device is my heavy metal music stand which I use primarily for a book rest or to prop up material to copy. It can be adjusted to any height and the music or book rest can be tilted to any angle or even used flat as a base for eating, for example.

Most of my time is spent reading or working at my art. My training was furnished by the Veterans Administration vocational rehabilitation program and it has enabled me to sell occasional drawings, cartoons, and paintings. Diane's chief interests lie in her reading, recipes, and grapho-analysis.

After living several years in our respective homes before we were married, where things could not be adapted so ideally, we have learned to appreciate this wonderful setup and hope our ideas will help others. Our address: 206 Cameo Lane, Carmi, Illinois 62821.

Diane's notes on her kitchen....

I have no upper arm muscles, a pretty fair left hand, and a poor right hand. I wear long handsplints and keep the buckle straps extra long. I can raise my arm by grasping my upper forearm strap in my teeth. I can carry nearly anything I need up to about 4 lbs. For closer reaching or lifting, I use the wrist strap. I discovered this method myself and have found it extremely functional for me, and it has made me much more independent.

I do not use a regular wheelchair but have a castor-wheel office-type chair which I find of invaluable use. It elimi-

nates much getting up and down and still I am not stationary as I would be in a regular chair. I use this at my desk and to watch TV, etc. I stand when I am cooking.

Prior to living in our adapted home my biggest problem was not having a work area my special height. (I had a wheelchair then.) Now my work space is a large pull out board, 24½" from the floor, which fits in the cabinets like a drawer. When not in use it is pushed back out of the way. The height of my work board is very basic to my being functional. Our kitchen is a "split-level" with part of the counters low for me and part normal level for our attendant.

I find the one-lever faucet most convenient. I can reach the lever by holding the handsplint in my teeth. To fill a large pan or kettle, I relay the water from sink to stove with a glass measuring cup. If small, I hold the vessel in my hand under the faucet and the handsplint strap in my teeth until it is full, then transfer it.



"Our kitchen is a 'split-level' with part of the counters low for me and part normal level for our attendant."

Our GE refrigerator has a left hand door as my left is my "good" hand. Advantages: swing-out shelves, foot pedal to open, door storage, ice bucket for cube storage in freezer above. Disadvantages: an ice-maker type would be much better as it is very difficult to empty ice trays. I would prefer the freezer below.

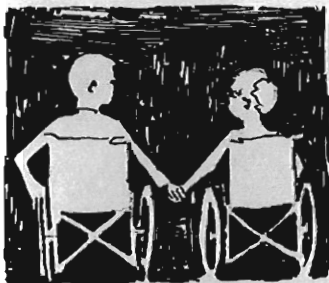
Electrical appliances: The push buttons are low and easy to push on the built-in GE table top range. The GE oven is built in low so I don't have to reach up. I would prefer a side-hinged oven door. The disposal switch is low and accessible. The controls on my Hamilton Beach portable mixer are easy for me to operate. It is lightweight and has a handy beater release. Unfortunately, I have found no easy way to open cans. I have tried several electric openers but I cannot work them.

A long handled bottle opener gives much more leverage. I hold the bottle between my knees when opening. I use a long handled reacher for picking up some things. I can bend over and reach lightweight things.

All corner cabinets have lazy susans so nothing is stacked. All upper cabinets have hardware on lower edge of cabinet. A pull out pan holder eliminates stacking. Built-in wall pantry has sliding doors; canned and packaged food is at the front of the shelves; seldom-used things in back. In the broom closet the mops, etc. are hung on low nails.

My most difficult tasks are peeling, slicing, opening cans, and handling milk cartons for pouring. They are difficult and time-consuming.

Although I do not do our weekly washing and ironing there are times when, because of lack of help or help's vacation, I do load and unload the washer. It is a 1959 GE automatic top loader. I find it very convenient. Using a lightweight GE travel iron (which has temperature and fabric control) and my all-height ironing board lowered to a very low level I can easily press or iron a few things. Even though it is not necessary to do this tiring task, I enjoy doing it myself! ☼



...NOW MR. AND MRS.

by Alice Gleason

Alice Wysong (that's ME!) and Walter Gleason became Mr. and Mrs. Walter Gleason August 20,

1966, in a small and pretty church wedding. Our new home, in Glenville, Minnesota (a village of approximately 650 population) was SUPPOSED to be ready for us to move in; but it wasn't! So, we moved into Walt's 8 year old rambler. It was a sweet house, but not quite roomy enough for two wheelchairs.

We are both professionals with wheelchairs; I've had mine for 17 years (polio), and Walt has used his for 8 years. I have paralysis from the neck to toe, but there is also quite a little movement from thither to thither. I am up all day, and do not require any specialized equipment. Walt is paralyzed from the waist down - but, say! does he get around!

Back to the house! and our ways! We moved in at the very end of September 1966. Our house was pretty much unfinished so the next year was spent turning a house into a home.

For the next many weeks, my handsome, talented Walt was busy tiling floors; putting on baseboard and quarter round; varnishing all the woodwork; and building our beautiful birch cupboards. I was the "interior decorator," choosing colors and materials for drapes and walls. My sister-in-law was my curtain maker and hanger. The painting we hired done. How lovely to watch a house grow under your hands and ideas!

Walt is completely independent having lived alone before. He is a good "house-husband" wielding a wicked broom, vacuum cleaner, and dust cloth. The army taught him to make a neat bed. Since he was used to doing all these things before, his marrying me did not cause any great change in that department.

Cooking is a mutual thing for us. The stove is too high for me to reach and lift things onto so I prepare things and Walt transfers them to the stove. He teases me that I like to "deco-

rate," and I do. I enjoy making "pretty" food dishes. We entertain a very lot - dinners, suppers, and evenings.

We both like to read, with Walt knocking off two and three books a week. He also does exquisite woodwork and loves to putter in his well-equipped workshop (a part of our double-size garage). Walt also has a green thumb and a variety of cactus plants, and other plants, to prove it. I am the "letter writer" and "other writer." I also tape record textbooks for the blind students (a volunteer service through State Services for the Blind in St. Paul, Minn.). Another interest is art; a few of my paintings are hanging in our home; and I design and hand make greeting cards - on order.

We both enjoy music, and our stereo phonograph, AM or FM radio is running 85% of the time. We do not have any children but we have one spoiled brat-cat. He is a tiger kitty, a year and some old. He thinks we are very lucky to have him! And, he entertains us with silly antics in return for his food and lodging.

We putt-putt around a bit in our car, rigged out with General Motor's factory hand controls. Walt made a bridge board to use for me getting in the car. I drive up next to the car seat with my chair, and Walt pulls me in across the board... Durable material and well sewed clothes are a must! Walt puts our chairs in the car.

I have here an "extra curricular" thought, and maybe it isn't so extra curricular! I feel very strongly about it...it concerns the handicapped housewife. The handicapped housewife should be admired for what she is. She should endeavor to do the best and all she can; but as we have sometimes seen, she gets carried away with her "I do everything myself" attitude when there are many things a husband's hands, and many other hands, do to help. We should not neglect to give credit to these wonderful people who help us in such an easy manner we almost think we have done the thing ourselves! We must be proud of our accomplishments; but not ashamed of what we cannot do.

We are fortunate to have good family relationship on both sides of the house. And, this is "OUR STORY" - if anyone would like to correspond with us, we'd love it - She-male or He-male! Address: Rt. 2, Box 268A, Glenville, Minn. 56036 ●

MY KITCHEN IS BUILT SO I CAN DO EVERYTHING MYSELF...

My husband and I were married shortly after his two years of Army service. I continued working as a nurse for five years, at the end of which time we adopted a beautiful baby boy. Of course I resigned my nursing duties and became a full time wife and mother. It seemed all my dreams were fulfilled. Then about a year and a half later I was in an iron lung and so alone. From Flint's Hurley Hospital I went to University Hospital in Ann Arbor after my first month of illness. Then after four months I was able to go home with the aid of a live-in attendant. Our house was much too small and through the loving kindness of a bachelor uncle, who had always been like a father to me, we built a new ranch home which is especially designed and constructed so that I can do for myself as much as possible..you see I am much more fortunate than most.

In the beginning my vital capacity was a little more than 400 cc and I could only wiggle my toes on my left foot and move my arms slightly. As the years have passed I've gotten stronger and needed less and less help until about 2 years ago, when we lost our live-in housekeeper to a factory, we decided to try having someone help a few mornings a week. We began with three mornings and now I just have a neighbor do my heavy weekly cleaning.

My kitchen is built for me so I can do everything myself. I have an automatic dishwasher so dishes aren't much. My utility room is near the kitchen where I have an upright

by Monalee Chambers



The only real barrier for me to function quickly in my kitchen is that I must use my hands to move.

freezer and my washer and dryer. This is a small room so I have my ironer, iron and ironing board and sewing machine in the bedroom formerly used by our housekeeper. My husband is an accountant so his office job in industry calls for white shirts and he thinks I do them better than a laundry so I spend about three hours each week just on white shirts. Of course, there is always mending, too, and in between, clean up jobs. I find carpeting so much easier for me to care for than tile floors. I have my kitchen carpeted also. The once in two months or so shampooing is easier than daily mopping. I have an electric rug shampooer and can run it myself.

My counter tops may be higher than most but I sit on 4 inches of foam rubber in my chair so I don't get so tired sitting because I'm up all day.

There is enough room under my oven so I can face it and the door under my sink opens back so I can roll under.

The top burners and my oven, with French doors, are at a convenient height.

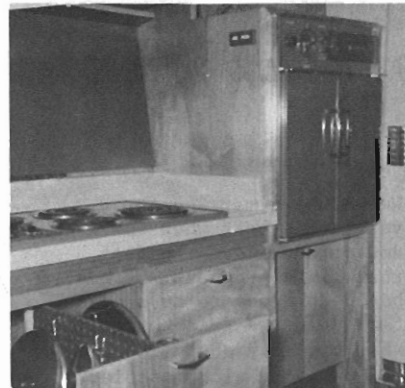
My refrigerator is a Frigidaire. It is frost proof and I



(l) All table dishes, toaster, etc. are on shelves behind the folding wooden curtain. Lazy susan in each corner. Drawers hold bread, cereal and silverware. (center) My baking area.



(r) Oven doors are French - no reaching over a hot oven door. Cooking utensils are hanging in big drawers under burners. There is also a part which drops down over the burners.



like the slide-out shelves. Unfortunately, the top freezer door opens from the top down and I must reach over the door.

All of my bottom cupboards are drawers and lazy susans. The space between my top and bottom cupboards is closed by an accordion type wooden door. One side of my kitchen has two shelves for storage of table dishes, the other side is a baking area with flour and sugar bins, little steps for spices and a shelf divided vertically for cake and pie pans.

My cooking pans and utensils hang from a hook on pegboard in the center of a big drawer just below my burners.

The only real barrier for me to function quickly in my kitchen is that I must use my hands to move. I don't really feel that any task is difficult for me but the most unpleasant probably is washing dishes. I am so thankful for my dishwasher. Dishwashing by hand takes so much time.

I am now driving my own car, a Christmas gift from my uncle, which means so much living in the country. It enables me to be even more self sufficient and to do all kinds of errands such as take my son to town for a haircut or to Cub

Scouts or ball practice. I get in and out of the car by sliding across my sliding board and I transport my wheelchair in it by folding it and rolling it in between the front and back seats although I do not have enough arm power to do this by myself. I have an old chair that I leave in the car all the time just to use when I'm away. The problem of leaving the garage by myself, pushing the chair out of the way, and getting it back to me when I came home was solved by my uncle. He made me a hook on the end of an old broom stick which I keep under the edge of my front seat.

I am so happy and thankful to be able to do my own housework. I love to cook and wash and iron. It just is a thrill to me to see my clothes sparkling white and ironed smoothly and the pleasure of seeing my family nicely dressed and to know I've done it myself. Then to cook a meal and see my husband's and son's eyes and hear their comments of pleasure as they enjoy the food I have prepared myself. The old saying of not missing the water until the well is dry is so true.

Address: R R 3, Box 39, Unionville, Michigan 48767. ☼

A CHILD ADDS SO MUCH...

by Jean Legried

We had been married for a year and a half when our doctor confirmed the fact that I was pregnant. We had hoped some day to have a family but we felt there were too many obstacles.



I was born with muscular atrophy. It is a progressive, supposedly hereditary, disability that affected my feet and hands. It progressed to my knees and to my elbows and when I was 13 years old (1952), I got a wheelchair. From then on, though, I didn't get any weaker. I have a certain amount of general body weakness but it is almost unnoticeable and I do almost all my own housework - all except some heavy cleaning.

When I found out I was pregnant, though, I started realizing the things I couldn't do. Safety pins and buttons were at the head of my list so the next few months were spent trying to find substitutes and easy ways to care for a baby.

My pregnancy was normal and I encountered no difficulties. A big stomach isn't as unhandy as you might think!

Virgil Peder was born on July 17, 1964 and weighed seven pounds and seven ounces. My mother stayed with us for six weeks after we came home from the hospital. When she left I had to use all those ideas I had been thinking of and invent new ones as new problems arose.

First, was food. I wanted very badly to breast feed our baby but it seems I wasn't given the proper equipment! Actually, the canned formulas, the terminal sterilization method and a helpful husband simplified everything. As soon as possible (around six weeks), I put Virgil in his infant seat for feeding. When he was five months old, he started holding his own bottle so than feeding was a breeze. I burped

him in the ordinary "over the shoulder" method.

Diapers were another problem. I cannot handle snaps very well and safety pins not at all so I used diapers with Velcro nylon tape fastenings. My arms were strong enough to lift Virgil even when he was over 30 pounds. He always lay still for diaper changing so I never had problems there. He was a strong baby, too, which made handling him so much easier.

When Virgil was tiny he wore drawstring nighties and kimonos. Until he was a year old, he wore terry stretch pajamas with a zipper, which I could work with a pull-chain. Then I found Simplicity pattern #3497 and adapted it to summer sunsuits and winter denim pants, all made with Velcro tape.

I am unable to put on my own shoes and socks so Virgil's were an equal problem. He would not keep his shoes on at home so often he went barefooted!

Until he was four months old, Virgil "lived" in a sturdy, big second-hand buggy. Then he progressed to a Montgomery Ward nylon mesh playpen and from there to a walker.

The thought of toilet training bothered me but it wasn't bad. I started when Virgil was a few days under two years old. By this time a child has a very independent streak and he started taking off and putting on his pants in no time at all. Soon he didn't even want me in the bathroom with him!

Playing outside became a problem in his second summer. Virgil loved to be outside but we don't have a ramp for me to get outside. Also, we have a big, bumpy farmyard so I doubt if I could get around well. So we put hooks on both outside doors and Virgil had to stay in until Daddy came home. When Peder came in the door, Virgil went out!

Peder has always been most helpful. HE ALWAYS bathed and dressed Virgil and made his formula when he was tiny. He washes clothes, too, but drying, folding, and putting away always has been my job. Raising a baby would have been more difficult without his help!

Having a child in the family is a delightful experience! They are always doing something new and charming - and often mischevious! A child can add so much to your life. You'll never be out of work and his sunshine fills the darkest corners of your home. Besides - where else can a child find a mother with ready-made monkey bars to climb on?!?

REFERENCES

Books

Booklets

Catalog sources

A FEW CAREFULLY WINNOWNED BOOKS AND BOOKLETS HIGHLY RECOMMENDED to all disabled homemakers who are building, remodelling, or just looking for new ways of cooking and managing:

KITCHENS FOR WOMEN IN WHEELCHAIRS. By Helen E. McCullough and Mary B. Farnham, College of Agriculture, University of Illinois, Urbana, Illinois 61803. Circular #841. 1961. 31 pgs. Free. Full of photographs, detailed drawings, and plans.

PLANNING KITCHENS FOR HANDICAPPED HOMEMAKERS. By Virginia H. Wheeler. Rehabilitation Monographs, The Institute of Rehabilitation Medicine, 400 East 34th St., New York, N.Y. 10016. 82 pgs. \$2. Photographs and plans for new kitchens as well as adaptations of existing units. Most helpful.

Also from the Institute and free. Three informative booklets: A SEVERELY HANDICAPPED HOME-MAKER GOES BACK TO WORK IN HER OWN KITCHEN. THE FUNCTIONAL HOME FOR EASIER LIVING. THE HELPING HAND. For \$1, HOMEMAKING AND HOUSING FOR THE DISABLED IN THE UNITED STATES OF AMERICA. By Julia S. Judson, Elizabeth Wagner, and Muriel E. Zimmerman. 1962.

DO IT YOURSELF AGAIN. American Heart Association, 44 East 23rd St., New York, N.Y. 10010. 1965. 47 pgs. Free. Though planned for one-handed, this well-illustrated booklet has helpful ideas for all types of disabilities.

FOR THOSE WHO WANT TO DELVE MUCH DEEPER, the following have comprehensive bibliographies and lists of the concerned agencies and universities.

THE PHYSICALLY DISABLED AND THEIR ENVIRONMENT. International Society for Rehabilitation of the Disabled, 219 East 44th St., New York, N.Y. 10017. 1962. 208 pgs. \$2. (Request a list of their other publications so that you may discover those of Denmark, France, and Sweden, etc.)

Free blueprints, "Model Housing Units for Paraplegics," Veterans Administration, Veterans Benefits Office, 2033 M. St., NW, Washington, D.C. 20421.

LIST OF KITCHEN EQUIPMENT. This beautifully organized free booklet was compiled by Lady Hamilton's Disabled Living Activities Group, Central Council for the Disabled, 39 Victoria St., London, S.W. 1. For English disabled this Council is a bonanza of information on specific problems and on the many excellent English publications on aids.

For a free list of inexpensive reprints, write: The National Easter Seal Society for Crippled Children and Adults, 2023 West Ogden Ave., Chicago, Illinois 60612.

REHABILITATION OF THE PHYSICALLY HANDICAPPED IN HOMEMAKING ACTIVITIES. Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. 1963. 233 pgs. \$1.

HOMEMAKING FOR THE HANDICAPPED, by Elizabeth Eckhardt May, Neva R. Waggoner, Eleanor M. Boettke. Dodd, Mead & Co., N.Y. 1966. 206 pgs. \$7.50.

CATALOGS OF ITEMS LISTED IN "PROBLEMS & SOLUTIONS" are all free and contain many more helpful items:
 B/K Sales Company, Box 32, Brookfield, Ill. 60513
 Better Sleep, Inc., New Providence, N.J. 07974
 Breck's of Boston, 700 Breck Bldg., Boston, Mass. 02210
 CLEO Living Aids, 3957 Mayfield Rd., Cleveland, Ohio 44121
 Downs & Co., 1014 Davis St., Evanston, Ill. 60204
 Here's How Co., Inc., 59 Tec St., Hicksville, N.Y. 11801
 Miles Kimball, 41 W. Eighth Ave., Oshkosh, Wisc. 54901
 Sunset House, 104 Sunset Bldg., Beverly Hills, Calif. 90213

HOME-BASED BUSINESSES

This special thirteen-page feature is a sampling of the experiences and opportunities in home-based businesses by readers who are severely disabled.

If their examples set emulative wheels whirring in the minds of other ambitious and creative readers they should investigate the growing wealth of guidance, assistance, and information.

The Rehabilitation Services Administration (formerly VRA) is ready to assist with trained counselors and financial support through the vocational rehabilitation offices of each state.

The Small Business Administration works closely with RSA to help people who are disabled become successful businessmen. The SBA has many services to offer, including loans, seminars, and SCORE, a volunteer project of advice by retired executives.

A good start in planning would be to send for the

lists of hundreds of SBA publications. Write to their local field office or the Small Business Administration, Washington, D.C. 20416.

Additional sources of free and inexpensive material: U.S. Government Printing Office, Division of Public Documents, Washington, D.C. 20204; U.S. Department of Commerce, Washington, D.C. 20425; The President's Committee on Employment of the Handicapped, Washington, D.C. 20210.

An up-to-date guide and source of further references: *Employment for the Handicapped: A Guide for the Disabled, Their Families, and Their Counselors* by Julietta K. Arthur. Abingdon Press, Nashville, Tennessee 37202. 272 pages. 1967. \$5.95.

If you qualify for the energizing Talking Book program (see page 71) you can borrow free records or tapes of these materials and many other helpful and pertinent books and articles.

EXPERIENCES . . .

STOCKBROKER

Thomas Rogers, 1001 25th Avenue Court, Moline,
Illinois 61265

"'Home-based businesses' - Gini wrote me and asked if I would write a bit on my business. I've never met Gini, but I like her spirit - and if I can help



"The securities business is a telephone business...I am able, by pressing buttons on a collar I wear around my neck, to receive incoming calls, initiate outgoing calls, turn pages, and record messages on my tape recorder."

her or any of you, it's well worth my time to take a few minutes to tell the brief story.

"Polio hit me in September 1953. I was nineteen at the time, and had finished just one year of college at Cornell University - I was headed for an engineering degree. You all know - polio changes things.

"But we can dream - and when the pain is gone and the immobility remains, that's the time when dreams are born. 'What can I do?' We've all asked ourselves this. Mathematics was my best subject in school - and business has always been of great interest to me. How to make a start, how to make it grow - and go. Briefly, here's the sequence.

"I took 25,000 imaginary dollars, and with my nurse, while still in the hospital in 1954, we made mental investments and charted our progress over the months.

"In the fall of 1954 I came home to live. Together, with my parents, I started a small mail order firm which never got off the ground - but I learned that that kind of business was not for me. No - I had to find something that I could do and could manage.

"In 1959, I had an opportunity to work from my bedroom for a nationwide underwriter of Mutual Funds - no guaranteed salary - but strictly on a commission basis. I picked up a lot of information, all of which led me into new channels and larger horizons.

The days did not have enough hours for the fascinating reading which was available to me.

"After six lean but growing years, I was ready for something bigger, with a longer reach. In 1966 I was ready to apply for a license, and the door was open for me to start my own firm, Thomas Rogers Company, and within this set-up I broadened my activities to the full spectrum of investments.

"No one does anything all alone. There are wonderful friends who help. The Illinois Bell Telephone Company developed for me, from a simple, reading device I had been given, an elaborate and efficient system of communication that has made my business possible.

"As I sit in my chair - with an electric book reader in front of me, my telephone on my desk to my right, and a tape recorder at my left - I am able, by pressing buttons on a collar I wear around my neck, to receive incoming calls, initiate outgoing calls, turn pages, and record messages on my tape recorder.

"My office is my bedroom in our home. I have a staff of four part-time secretaries who keep the paper work current. The securities business is a telephone business and involves the dissemination, interpretation, and evaluation of information. I find it a fascinating, fast-moving business which offers an outstanding opportunity 'to the home-based.' My friends and clients are obliging enough to come to me by appointment, and I spend many hours in conference with them.

"I'm glad I found this opportunity, or did it find me? No matter - we're together. This business is exciting, profitable - and the days aren't long enough."

TYPING SERVICE

Joan Letulle, 3035 - 19th St., Port Arthur, Texas 77640

"I have been paralyzed from below the arms since January 1953 when my fifth and sixth cervical vertebrae were broken in an automobile accident...On an electric typewriter, with the aid of a hand splint on my right hand, I do dictaphone transcribing and typing for an orthopedic surgeon several hours each day and also type research papers for students.

"During the school year, I have done volunteer work on many various projects for the Crippled Children's School. After completing three creative writing courses, I have won two short story contests, sold two short stories and several articles. Although I did not write it, I was involved with a recently published book about handicapped people. The title is TEN WHO OVERCAME and the authoress is Pat Dishman of Midland, Texas. It is a book of 10 chapters and each is the life of a handicapped person; I am the subject of one of the chapters. I enjoyed the publicity immensely. ('67 *TjG* - page 23)

"Briefly, this is me. It would take many more pages to cover every phase of my life as I have many diversified interests but I feel I've hit the high spots."

INCOME TAX AND BOOKKEEPING SERVICE

Sara Ann Stroud, Route 3, Box 25, Swainsboro, Georgia 30401

"I have had rheumatoid arthritis since childhood...Last year my uncle built me an office here at home in a spare room. The desk and cabinets all are built for my convenience in the wheelchair. Since then my income tax work has increased and just recently I have started keeping a set of books for a paving business. This covers most phases of bookkeeping including the weekly payroll. I still do part-time telephone interviewing for market research companies and surveying for an insurance company."



Sue Smith's winning entry in TjG's 1965 MONEY-MAKING JOBS BY PHONE CONTEST

(1) Operate answering service for doctors or salesmen. (2) Sell Christmas cards, greeting cards, stationery, wedding invitations, address labels, favors, etc. (3) Make appointments for salesmen. (4) Take orders for businesses of advertised products. (5) Sell advertising for programs, etc. (6) Take "trouble" calls for utility companies. (7) Make appointments for insurance representatives. (8) Run baby sitting service.

(9) Be correspondent for newspaper. (10) For clubs, civic organizations, and churches: (a) Schedule and plan programs. (b) Call to remind members of meetings. (c) Sell tickets for card parties, dinners, etc. (d) Sell raffle tickets. (e) Plan and arrange fund raising events. (11) Take orders for homemade bakery goods. (12) Do typing at home, taking dictation over the phone. (13) Make TV and advertisers' surveys. (14) Call to get out votes in political campaigns. (15) Check on "skip" accounts for collection agencies. (16) Sell magazine subscriptions. (17) Plan tours for students and organizations. (18) Solicit orders for floral shops before holidays.

(19) Take appointments for beauty shops. (20) Run a "Wake-Up" phone service. (21) Make pre-interviews for school registrars, etc., etc. (22) For individual stores, investigate applicants for jobs and check on credit references. (23) Arrange for wedding receptions. (24) Prepare genealogy trees of local families. (25) Do research work for newspaper reporters.

(26) Solicit customers for dressmakers. (27) Make arrangements for "pet sitting." (29) For conventions, reunions, and county fairs, plan and arrange events and make room reservations for out of town visitors. (30) Check alumni addresses for reunions. (31) Run collection agency for small businesses.

(32) Make appointments for photographers. (33) Run a rental agency. (34) Operate a travel agency. (35) For dentists, oculists, etc., remind of appointments due. (36) For teachers,

grade test papers. (37) Arrange parties for children, plan games, etc. (38) Sell cosmetics, candy, etc. (39) Do public relations work for businesses. *Reprinted from 1966 TjG*

TELEPHONE ANSWERING SERVICE IN ENGLAND

John A. Stewart, 47 Greeba Court, Marina, St. Leonards-on-Sea, Sussex, England.

"I read with great interest the article on a "Telephone Answering Service" (i.e. a reprint of Sue Smith's "Money-Making Jobs by Phone Contest") in the Christmas, 1966, M.S. NEWS as I have been operating such a service for a few of the local doctors, physiotherapists, vets and a local film company.

"The permission of the P.M.G. was obtained and with the help of the Post Office Telephone Sales department, suitable installations were made. Packpoint plugs were installed in my lounge, bedroom and toilet/bathroom. The latter installation has caused a great deal of amusement but I can assure you if the phone has been quiet all day a visit to the toilet will 'ring a bell.'

"Initially business was very slow in coming along, it takes time to convince people that you can be relied on to be ready at all times (round the clock) to take accurately and most important, discreetly, the incoming calls. After two years I am sure that the greatest asset to running such a service is patience! Nothing must surprise, startle or shock.

"Do not plan to operate such a service if you are looking towards making your fortune, but if you are looking for a sense of helping in the community, contact with people and the many chuckles with the doctors when you pass on the many strange and often hilarious messages that come in, this is for you.

"Finally, anyone thinking of starting this service and who feels that I may help please write to me. Advice to M.S. members free; others a donation to the research fund."

TELEPHONE REGISTRY SERVICE FOR NURSES AND CALLING
FOR CLUBS - RADIO COMMENTATOR - PRIVATE TUTOR
Maurine Seale, 2703 S. Taylor Ave., Amarillo, Texas 79109

"A cord injury in an automobile accident in 1945 left me paralyzed from just under the arms. I have complete use of my arms and shoulders. My body is bent and twisted so I am very uncomfortable and I don't have a sense of balance sitting up. I do about everything lying on my back. At the present I am pretty well self-supporting as long as I live with my parents and I don't have to hire any help except to relieve me every now and then with my telephone jobs.

"I have seven telephones, all for different purposes. Also, I have a tape recorder, record player, TV, radio receiver and broadcasting equipment. My over-bed electric typewriter is suspended from a mechanical device bolted into the ceiling, so counterbalanced that I can glide it to me or out of the way very easily.

"I have a 24-hour registry service for the Professional Registered Nurses Association and the Licensed Vocational (Practical) Nurses Association. I work for the associations and, therefore, do not have to have a license to operate a business nor do I have to be bonded and I am paid a salary according to the number of nurses. I am listed in the yellow pages and the hospitals and nursing homes all have my phone number. When a patient wants a private duty nurse they call me and I call the nurse.

"My job is very interesting and very confining. I feel that it is a good one for a handicapped person and a job that almost every town of any size at all has for someone. Many cities have several and some are operated by the hospitals themselves for the lack of anyone responsible to run them. I am very happy with my work and hope that others will try it too. If anyone wants further information, I will be happy to help in any and every way I can.

"I also feel that my little telephone service for clubs and

organizations is a good one for the handicapped. I now have ten clubs that I call at least once a month and about 3 or 4 that I call just now and then to remind them of their regular and special meetings. I charge according to the number of members called. Most of my clubs say that they get a better response with my calling because I usually keep trying until I reach a person. It is wonderful fun and I feel that I am in on about everything that goes on in town. I have also made many fine friends through this work.

"My Sunday morning radio program of gospel hymns is a one-hour program of requested favorites. The recordings are played from the studio and I make brief comments into the mike by my bed before every hymn.

"I have one third grade student whom I am tutoring now for one hour every school day. I hope to have more pupils and to finish my college education and get a teacher's degree so that I could be a private tutor, employed by the school."

REAL ESTATE TELEPHONE SERVICE

Eleanor Billmire, 816 E. Lake Ave., Baltimore, Md. 21212

"I preform three functions for a real estate broker. One is taking calls for rentals of apartments which are advertised in the newspaper. These I write up and mail in. Another duty is telephoning from a prepared list of real estate brokers inquiring about homes for investment purposes. These calls are reported to my boss by phone and are also written up and mailed in. Also, I serve as his general answering service. In addition to a small base salary, my monthly pay depends on the number of incoming and outgoing calls.

"I had polio in 1954 and use a chestpiece at night. I have an operator's headset, with an off-on switch and dial which are mounted on a board. I dial and activate the phone with my toes. If I receive calls and don't have the phone on, there is always someone to hand me the phone."



*"For 15 years
I owned and
operated a general
insurance agency
from my home."*

GENERAL INSURANCE AGENT

Juanita Conrad, 405 Maple Ave., Falmouth, Kentucky 41040

"In June 1945 I was thrown from a horse and received injury of the spinal cord, C5-6.

"For 15 years I owned and operated a general insurance agency from my home. The main way I sold was by telephone. My hands are closed as if I were trying to make a fist. In this way I can do several things including dialing with a pencil or a stick, typing with wooden pegs, and writing.

"It was certainly trial and error when I first started but I felt like a professional when I was forced to quit because of my mother's and my own health problems. When I sent the notice of my retiring to my insureds I was deluged with their telephone calls. I was really surprised to learn how much they had liked doing business with me and how pleased they were with the service I had given. It was a great feeling to stop under these circumstances. I still have many call me for advice and help.

"If a person does not like to work and deal with the public they should not consider this type of business. If they are willing to learn about the different types of insurance and can cope with other agents who are competitors, I say full steam ahead. If any other handicapped persons would like more detailed information, I will be happy to answer and help in any way I can."

TYPIST AND TELEPHONE SALESWOMAN

Bettye Erickson, 2519 Barnes Bridge Rd., Dallas, Texas 75228

"I came down with polio in July of 1966...By telephone work, typing, and sale of Christmas cards, I earn most of my living.

"I write with a pencil in my teeth and type with a rod in my mouth. While on the rocking bed, I operate the tape recorder and dial the telephone with my toes.

"In the lung, I dial the phone with my toes by counting around the dial to the proper digit. Also, I have a fan in the lung for nothing is so hot as an iron lung in the summer.

"I live alone in my own home. My daughter now lives in another state. I have a maid for eight hours during the day. Friends formed a team to take turns putting me in the lung each night. Then it is just me and God and the telephone."

GREETING CARD SALESMAN BY MAIL

Lee Hale, Crockett, Virginia 24323

"I was stricken with polio August 7, 1944, four days before my 32nd birthday. I was in the hospital for over a year. I had to stay in the iron lung all the time for several months, then I learned to stay out a little at a time. I could stay out of the lung as much as 16 days and nights when I came home. After I came home I sold part of my farming land, bought me a panel truck, and started going to church in my wheelchair. I have been in a hundred different churches.

"At that time my wife made a living raising pigs and milking cows, besides waiting on me. That was too hard. So the Lord gave us a job selling all kinds of greeting cards by mail. We now make our living that way.

"I haven't been able to go to church for nine or ten years for I can't stay out of the lung but three or four hours a day. Then I rest on a rocking bed. We have two girls both married to preachers. I have been raising ponies for four years. I have 14 at this time. If anyone would like to write to me, I would be very glad to hear from them. If anyone wants cards, I will be glad to receive the order."

A summary of the RSA-supported project for 16 male quads aged 20 to 35 at the Texas Rehabilitation Hospital written by one of the participants. See also "Quadriplegics Can Work" in REHABILITATION RECORD, Jan.-Feb. 1967 by Dr. Marjorie Kirkpatrick, herself a quad and the project's first director.



CBSA instruction. (l to r) Joe Macrander, shop supervisor; Denny Ball, 3M representative; Alan Matzinger; Dudley Staton, project coordinator; Freddie Mays; Paul Bucholz.

HOSPITAL-BASED GROUP BUSINESS PROJECTS

by JOE MACRANDER [C-6 quad], WARM SPRINGS WORKSHOP, TEXAS REHABILITATION HOSPITAL, BOX 58, GONZALES, TEXAS 78629

The Warm Springs Workshop opened its doors on September 1, 1966. This sheltered workshop setting provides housing, care, and work under one roof, for the severely involved quadriplegic who is dependent on others for total personal care. Each client receives an A.P.T.D. or Social Security check and has to pay \$35 per month; the remainder of his expenses are subsidized through a Federal Research and Demonstration Grant, administered by the Texas Rehabilitation Hospital.

All clients are under the care of doctors and nurses. Occupational and physical therapy, and counseling services are available, as well as brace work, x-ray, and laboratory.

The main objective of the Warm Springs Workshop is not to train and place clients, but they are encouraged to master certain projects where they may show particular interest or ability. If one shows he is capable of handling a job in a certain area, every effort is made on his behalf to place him. Several persons who have left, and returned to their homes are working or going to school.

After working hours each person may come and go as he wishes. Several clients own their own cars. Supervised recreation facilities, with movies, color T.V., sports outings, bingo, crafts, church, and special programs are available to those who want to participate.

Breakfast and dinner are brought to the building on weekdays. For the evening and week-end meals clients go to the dining room, except in bad weather.

The shop first started working in ceramics when it opened. The trial and error method proved that a low quality item produced in volume wasted time and materials, and now an experienced supervisor strives for quality in a limited number of items, which has proven more successful. Ceramics are still the primary project in which clients pour, clean, sponge, stain, and glaze, depending on what the individual is best suited to do. The demand for our floral ware, which far surpassed any competitor we have encountered, has outgrown what we are able to supply.



Ceramics - a good group project. (l to r) Troy Jones, Tommy Lera, Juan Aparicio, Elmer Stubblefield.



Handsplints are used by some to glaze ceramics. (l to r) Juan Aparicio, Freddie Mays, Harold Pounder.

Special handsplints and gadgets are used by some to enable them to do certain jobs. This is a well suited project for the severely disabled to work on in a group, because there always seems to be something a person can do regardless of how severely involved he is.

The Community Business Service Association (CBSA), which some may better recognize as the 3M project, is another one of several training programs. This business service is good for someone who has sales ability. A severely involved person should have some back up help in his work, whereas someone who has some dexterity and is able to get around, may find it a very suitable source of income.

Radio dispatching is a project we recently started, after discovering that there is a great demand in both rural and metropolitan areas around the state. The equipment is easily adapted to the special needs a severely involved person may encounter. The confinement of such work seems to make this an especially suited job for people in wheelchairs. We haven't

had placements in this field as yet, but law enforcement agencies are enthusiastic about the possibilities.

Photo finishing also offers a good paying, secure job for the handicapped who have developed some skill, for there is also a shortage, thus a great demand for trained personnel. We have had some success in this training project and it looks promising for future placement.

Instructions in income tax preparations, basic art, and plastic molding are available to those who show interest, ability, and desire to learn.

Institutions like our workshop may be the answer for those severely involved people who need a place to live, personal care, and something to do. We definitely would discourage anyone, who can possibly work and care for himself independently, from coming to the workshop. Anyone having the problems mentioned, and no other alternative could benefit a great deal from what we offer.

OPPORTUNITIES . . .

WANTED: IMPORTS - EXPORTS

Harold Woodhouse, Woodhouse International Company,
958 East 25th St., Long Beach, California 90806.

"Prior to my injury in 1964, I was employed with a research laboratory in northern California as a design draftsman at a good salary. For awhile I believed I would recover from my injury to the point I could return to work. Finally I realized I would not be able to do drafting again. My left side is close to normal but I have very little use of my right side. I am a C5-6 incomplete cord injury. I can feed myself with normal feeding equipment.

"When I was in the VA hospital I met a quad who had retired from the Air Force. He was injured after he retired. The hospital was sending men out to rest homes and we felt there should be a way to fight it. This man got a ground floor apartment and selected good quads - those able to do their own oral care and push themselves. We have two connecting apartments. There are six of us - three on each side. We had to widen the bathroom but this was done on a share basis. A housekeeper comes in six hours a day and she cooks. We have a male live-in attendant.

"With the limited funds I had saved while in the hospital I was able to obtain franchise trade agreements immediately with suppliers in France, Mexico, Germany, Hong Kong, and Japan. These suppliers



*"I am seeking
export oppor-
tunities to
add to my
current line
of imports."*

accept small and large orders for advertising cigarette lighters, princess jewelry, hand-tooled leather purses, perfume, cashmere sweaters, and other giftware. My largest expense is advertising since I sell to stores and wholesale outfits and I do not have to carry any stock.

"I am seeking export opportunities to add to my current line of imports. I have been fortunate to secure the right to export veterinary preparations, minerals and tonics, insecticides, stock and poultry preparations. With information supplied by the U.S. Department of Commerce I am currently seeking potential buyers of these products.

"My import-export business was started in June of 1967 and most of this year has been used to make new contacts with suppliers here and abroad. I do look for a better 1968 and the means to become part of a productive society again."

WANTED: AUDIO AND VIDEO CHECKERS

Richard Drost, President, Air Check Services Corporation of the World and Videochex, Zoro Circle, Roselawn, Indiana 46372.



by Tom Loehr (*traumatic quad*)

At one time, Richard Drost had dreams of becoming an opera singer. When, at the age of sixteen, muscular dystrophy confined him to a wheelchair, he began exploring other roads to earning a living. Today, sixteen years later, as president of Air Check Services Corporation of the World and Videochex, he has traveled a long way along one of those roads.

His company employs over 2,000 people who are spread over four continents and nearly fifty countries. From a modest beginning as a one man operation recording radio shows for a commercial recording firm, the business has grown until it now covers over 1,200 national and foreign radio-television market areas. Aircheck/Videochex offers fifteen distinct monitoring services to its customers. Advertising and public relations agencies use its services to keep abreast of current programming and advertising on the airwaves. An individual advertiser can check its vast files to determine when, where, and how many times a competitor's product has been advertised. The National Association of Broadcasters, as well as NBC, ABC, CBS, and MBS have designated Aircheck/Videochex as their official recording service.

But this is much more than a personal success story. It is also a story of opportunity for hundreds of home-bound, handicapped individuals who want to earn a living. Of the 2,000 employees who record program assignments from their own homes, approximately 40% have physical handicaps and 20% have visual handicaps. Handicapped persons are given preference because, according to Richard, they usually do a better job than the non-handicapped.

Employment is open on two levels. People are needed to do the actual monitoring, and Aircheck/Videochex is looking for people interested in working on a franchise basis. Monitoring requires a television, a radio, and a tape recorder. Wages are approximately \$1.75 per hour.

For those living in large metropolitan areas and able to make a larger commitment, the franchise basis is a possibility. A list of franchise areas available as of January 1968, spans the globe from Memphis to Melbourne and from Portland to Paris. A telephone, typewriter, television, AM-FM tuner, and at least one audio tape recorder are necessities.

Initial costs for the franchise and direct mailing advertising vary between \$250 and \$500 depending on the size of the metropolitan area. In addition, there would be a monthly franchise fee of from \$35 to \$75, and some miscellaneous expenses for office supplies. Aircheck/Videochex will supply all the necessary instructional material, their entire categorical listings of commercials, and publicity in trade journals. Although there may be no income for the first few months, an aggressive person with an ability to learn can make it extremely profitable.

WANTED: ADVERTISING SPECIALTIES SALESMEN
Art Criswell (Cerebral Palsy), 1406 Orchardview
Drive, Pittsburgh, Pennsylvania 15220

"Creative thinking and advertising go hand in hand. From an early age I have always read magazines which contained new ideas and innovations. Even when traveling about other parts of the country I am quick to observe new ideas. While visiting in Washington, D.C., I discovered a telephone book cover which was unique in that it had a detachable index tab. Since I knew that Pittsburgh had nothing like it, I purchased a few to bring back with me. This new item appealed to law offices and banks. From the manufacturer I ordered a quantity of this new "TEL-INDEX." When they arrived, I placed my own business sticker inside the back cover, as distributor. Soon I received many phone calls from people I didn't even know. This made me very happy. This was my introduction to the advertising field, which I have been in now for over 16 years.

"My mailing list from the sales of the "TEL-INDEX" proved to be full of prospects for many other items from then on. As I became known, it was easy to make contact by phone whenever I had a new item which I thought would appeal or tie in with a certain type of business.

"I know this preamble is rather lengthy, but it leads up to the point I want to make. For some time it has been my hope to be able to reach other handicapped persons and to explain to them the advertising specialty field as a workable home-based business. First, I would explain that there are thousands of items in the advertising specialty field and new items are being introduced almost every day. And there are hundreds of specialty firms promoting these new items through trade magazines, jobbers, and salesmen. With this in mind I, as jobber, could

from time to time select new items suitable for promotion by any handicapped person who contacted me. So, if you are interested, write me and furnish me with the following information:

1. Your name and address
2. Give information about yourself: disability, schooling and other training.
3. Approximate population of your community.
4. Do you travel within your community? Walk? Drive? Have use of phone?
5. Do you use a typewriter? What other types of office equipment could be made available for your use?

"After receiving this information, I will evaluate your particular situation and will help the best I can. I firmly believe that any of you with an interest in other people can be a success selling advertising specialties in three ways: direct mail; phone; personal contact.

"I will send you free samples for your first mailing and a suggested sales letter for enclosure in the first mailing. As a start, for your mailing list, I suggest you study the yellow pages of your local phone book and select a certain category. The time of year I hear from you will determine the type of advertising specialty item I select for your first promotion. At that time, I will advise you concerning the commission you will receive after each sale you make. One last thing I want you to understand: after you have made a sale and have sent the order to me, your work on that order is finished - no delivering or collecting. I will be responsible for ordering the item and having it shipped direct to your customer. The customer will be invoiced when his order is shipped. You will receive all these details along with your first samples."

WANTED: ADVERTISING AND FILM SALESMEN

Robert G. Dicus (Amyotrophic lateral sclerosis),
President, Cinema Pictures, Inc. 1408 N. Van Ness
Avenue, Hollywood, California 90028

"We might have an income producing opportunity for disabled TjG readers who are knowledgeable in selling advertising exposure in family type theatrical films which we produce for Paramount Pictures.

"Commercial firm names of products within these films are permitted to be shown in a subliminal way. For example, if the story line action calls for an actress to drink a soft drink, we contact Pepsicola, or others, to use their product in the scene.

"We guarantee world wide distribution to 70 million viewers over a three year period. Our clients pay us anywhere from \$1,000 to \$5,000 for this exposure which consists of positive, on-screen identification of their product with no other conflicting products. Clients paying \$5,000 or more receive one 16 mm reduction print of the film for their non-commercial use.

"Persons selling these product tie-ins receive a commission of up to 25% of the gross income. On a \$5,000 sale the commission would be \$1,250.

"We supply sales personnel with the following:

1. Story synopsis of film.
2. A list of the types of product tie-ins which can be used.
3. A letter from Paramount Pictures endorsing the project.
4. Product tie-in contracts to be signed by the firm.
5. Sales kits illustrating past films, etc.
6. Rate card.

"This type of selling requires persons familiar with both the film industry and advertising, especially the latter. In the most part, the firms who advertise by this method are not local firms but rather those with national and international markets.

"We are also franchised Technicolor dealers in their exciting 8 mm continuous run cartridges and projectors. Commission arrangements are available in this phase of our business and also in the area of finders fees for persons delivering new film production contracts."

WANTED: TUTORS

Terran Services, Inc., 153 Centre Street, New York, New York 10013.

A new national network which offers tutoring services on almost any subject matter, ranging from elementary through college, is looking for tutors and pupils. The service is now available in 23 cities in the East and Midwest. The rates per hour vary according to local standards. No credits are given. Tutors need not be certified. Each tutor is chosen for a specific student.

WANTED: SALES REPRESENTATIVES

Stainless Specialties, Inc., 1604 Monrovia Avenue, Newport Beach, California 92660.

The manufacturers of the new lightweight wheelchair, Vanguard 28, are looking for direct sales representatives all over the country. They are particularly interested in capable people who themselves are in wheelchairs.

WANTED: BUSINESS SERVICES OWNER-OPERATORS

THE 3M COMPANY, working with state agencies for vocational rehabilitation, has established nearly 600 disabled persons in 42 states in their own home-based businesses. This rapidly growing program is called Community Business Services Associates (CBSA).

The state rehab agency establishes the owner-operator in his new business. Preparations include an intensive business training program conducted by the 3M representative, along with bookkeeping and accounting systems, promotional material and followup services. The representative also organizes the community behind the new owner-operator and provides additional instruction. The state rehab agency, in most cases, also arms the new business with equipment, including an infra-red copying machine, dry photo-copier, overhead projector, illuminated display boxes and an inventory of supplies.

The owner-operator offers a wide variety of services to businessmen, organizations and individuals in the community. These include copying documents or laminating them in plastic film, monthly billing services for merchants and professional men, short run duplication, mailing services, point of purchase promotion and overhead projector rental, along with aid in preparing projection transparencies.

For additional details, contact your local vocational rehabilitation counselor and Mr. Hugh J. MacLeod, Visual Products Division, 3M Company, 2501 Hudson Rd., St. Paul, MN 55119.

COLORADO CBSA owner, Penny Powers, reports enthusiastically: "The pride and sense of accomplishment I've experienced by becoming a CBSA owner has given me a deeper insight on life and its goals...I'm not among the 'severely handicapped,' I'm a double amputee, 1-AK, 1-BK. In 1964 a car came up on the sidewalk and pinned me to the wall...Let me warn those who might be looking for or expecting this to be a get rich quick plan - it isn't. My wealth lies in the fact that I'm anxious to get to 'the office' every morning. It's nice if you're a 'self-starter,' but if you're not, you will be after

their training period. The secret: it's YOUR business. If you want it to go badly enough it will....To be a member of the community and its active clubs gives me the feeling of belonging and being needed. If any readers would like first-hand information, I'd be happy to give a description of the goods and not-so-goods of the business. My address: 712 Thirteenth St., Golden, Colorado 80401."



(l to r) William Herbein, Supervisor of Field Services BVR, Dick Terrett, Vice President Ohio CBSA, Hugh MacLeod, 3M Company, Helen B. Jones, Secretary-Treasurer, Joseph Alley, President, Ohio CBSA

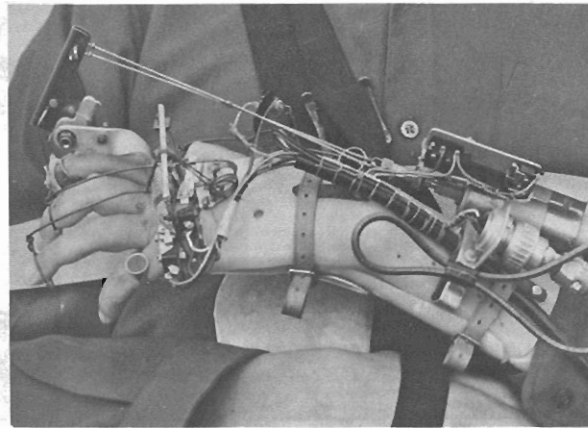
OHIOAN Helen B. Jones who is secretary-treasurer of the Ohio Community Business Services Association and editor of their newsletter is equally enthusiastic. "Business is getting better all the time, but it will be a while yet before I am really on my feet. The meeting photographed above may help some. This meeting was held in February and got Ohio CBSA off to a good start. I cannot say enough about how great it is of 3M Co. and BVR to help the handicapped help themselves. It isn't any give away program and anyone getting into it has to work hard to make a success of it. But the "Sweet Smell of Success" is well worth every effort you put into it.

"I am 39 years old and I live alone in a house built just for wheelchair living. I have the business in my home, so I have no problem getting to and from work. I have a Lectro-Lift so I am able to go to stores and the post office in our village. I like to sew, knit, read, watch TV (when I can find time) and GO. I have many wonderful friends and I come from a family of six, so something is happening all the time."

Address: 860 South Troy Ave., Glendale, Ohio 45246.

EQUIPMENT

A FOURTEEN PAGE FEATURE ON QUAD DRIVING . . . WHEELCHAIRS . . . REMOTE CONTROLS . . . IDEA PARADE



Photos: John Jackson and John Cleave

QUAD DRIVING: WITH REMOTE CONTROLS

The harrowing story of Paul Bates' bout with respiratory polio that began while he was a subaltern in Malaya is told in his book, "Horizontal Man," (*TjG*, 1966, pgs. 71-72.)

Formerly a keen driver, he worked for four years on ways to be able to drive again. In 1967 he passed his driving test and took to the open roads with a converted electric milk float and remote controls, without even having to be moved from his special bed/chair, which is equipped with a portable battery-operated respirator.

The controls were designed by Reg Maling and his POSSUM (Patient Operated Selector Mechanism) team at his Aylesbury workshops.

A splint is strapped to his left forearm and on this are mounted micro switches and a potentiometer. His finger tips are passed through wire loops and, by pulling down on these loops, contact is made with the micro switches.

His thumb steers right.

His forefinger operates the accelerator, transmission brake, and direction switches.

His middle finger steers left.

His next finger operates a miniature POSSUM selector which controls emergency brake, horn, flashers, and lights.

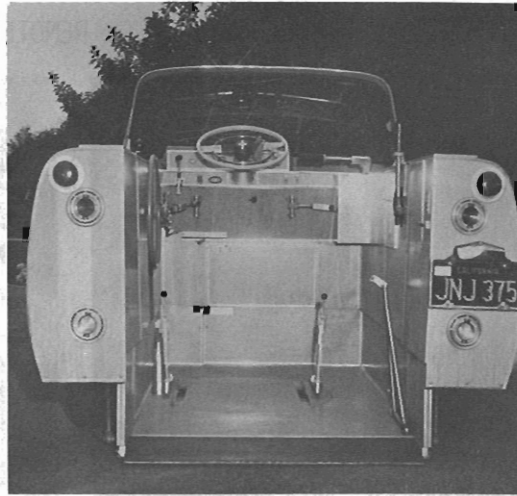
The car has a top speed on the flat of seven miles per hour. Its range is 20 miles between charges. At present, the car can be used only in fine weather, but a "top" is being made for year round use.

Address: The Coppice, Tower Hill, Horsham, Sussex, England.

QUAD DRIVING: IN AN ELEVATING CAR



Wheelchair turntable and auxiliary controls facilitate parking



Two positive sets of driver-operated locks secure wheelchair



To this prototype will be added rear door, enclosed top and windows

California mechanical engineer Fred Taberlet has invented a car for quads, named the "Para-Car." On a basic Citroen 2 CV chassis with front wheel drive, a new body similar to a panel truck was built.

A moving platform which can be lowered to street level is the floor of the car. It is attached to electric motors which raise the floor to chassis height. A track for a wheelchair is incorporated so that the driver can wheel onto the car from street level, touch a button, and raise the platform for driving. Electrical controls facilitate feather touch driving. Throttle and brakes are controlled by hand.

If the driver has trouble turning his neck when parking, he can turn his wheelchair on a built-in turntable, and face the

rear. An auxiliary set of controls, including a side-mounted steering wheel which is linked to the front steering wheel, makes parking as simple as driving forward.

Future plans include the addition of an enclosed top and windows and rear door. Seating for passengers can be introduced and special hand controls for those requiring it are available. Safety features normally used in the new 1968 cars can be incorporated. Also, the driver is secured in the wheelchair with a safety belt and the wheelchair is locked into position for driving with two positive sets of locks, operated by the driver.

For further information, write: Mr. Sanford L. Arkin, 12500 E. Firestone Blvd., Norwalk, California 90650.

QUAD DRIVING: IN A SPECIALLY ADAPTED VAN

The "Odyssey of a Bavarian Scholar" in the 1966 *TjG* recounted the start of the trek by Adolf Ratzka, a respiratory polio quad, to the U.S. and to the University of California. By 1968 the combination of a German benefactress and California technicians and friends had accomplished this exciting adaptation of a Step Van of which Adolf is "The Happy Driver." All would-be quad drivers will find invaluable the free illustrated brochure detailing specifications and prices. Write: Adolf Ratzka, 401 Wolfskill Avenue, Dykstra Hall, Room 136, Los Angeles, California 90024.



Special side view and curb view windows



Fold-down gate with push-button control



Gate stops automatically at car level



Wheel wells guide and position chair



Citizens band radio for emergency calls



Seat belts fastened to chair lock to car

QUAD DRIVING: WITH QUAD-DESIGNED AIDS



Ernest Trujillo demonstrates his automobile equipped with all automotive aids necessary for safe and independent driving by quad drivers. 1. Automolift: Wheelchair-to-Car Quadriplegic Lift. 2. Universal Hand Control. 3. Quadriplegic Steering Spinner. 4. Safety Harness.

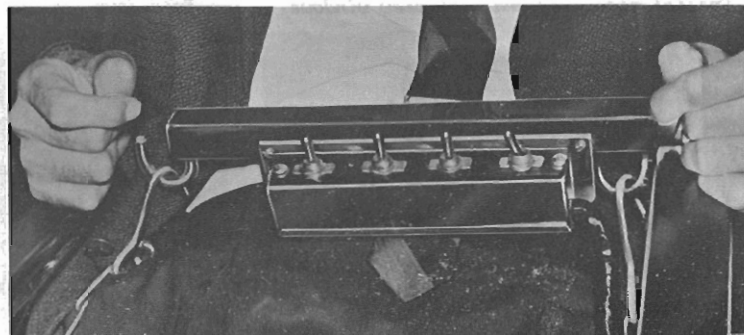
Ernest Trujillo, a C5-6 quad since 1949 operates a successful mail order business of automotive and many other self-help aids. Every quad should send for his free brochures!

Brochure No. 1113 describes various steering spinners, hand controls, safety harnesses, helper straps and bars, gutter hooks, disabled driver distress signals, slide boards, and the remote-controlled wheelchair-to-car lift pictured here.

This Automolift, at \$945 provides independent means for quads and other individuals with poor arm strength, to transfer themselves between wheelchair and car and to lift their wheelchairs into and out of the rear seat area of a two-door model or center-opening four-door hardtop.

Officially-recognized organizations of handicapped, and rehabilitation institutions, can obtain a lift on a prepaid refundable basis for installation as a demonstration and evaluation unit. An 8-mm movie film is available to show operation of lift.

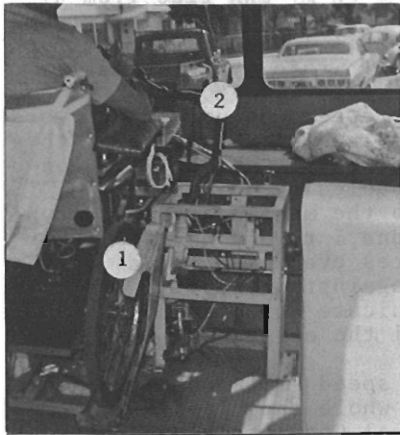
Trujillo Industries, P.O. Box 217, San Clemente, California 92672. Phone: (714) 492-6207.



Nerve center of the Automolift is this control box mounted on the universal arm within fingertip reach. By actuating three toggle switches on the control box, a quad gains complete mobile independence. Control box detaches instantly for remote operation to lift wheelchair in and out of car.

QUAD DRIVING: WITH ONE-HAND CONTROL . . . ODDMENTS

ONE HAND CONTROL has been built by Joe Miconi, war veteran, for a Chevrolet step van. He drives his electric wheelchair onto the hydraulic lift-



gate, then flips a switch and rides up to the truck bed. He guides his wheelchair on two tracks under the unused steering wheel. His knees kept under the steering wheel prevent his turning over backward. A steel curved clam (1) fits over the rear portion of the large wheels; he actuates the clam by a brake type lever on the dashboard. All control is routed onto a single column. Both left and right turns, throttle, and brake are maneuvered with the column (2). The structural

work was done by the M & M Shop in Glendale, California. Some design was done by UCLA's prosthetics research director, Charles Scott, and Ward Utterbach of Burbank. The cost was around \$1500 plus the step van truck. For more information, write: A. G. Garris, Dept. of Rehabilitation, 107 So. Broadway - Room 7005, Los Angeles, California 90012.



A SLIDING-ARM WHEELCHAIR LOADER with an electrically operated hoist (1) and a detachable seat extension have been developed by General Motors. For descriptive report (GMR-741), write: Mr. William F. King, Head, Electro-Mechanics Dept., General Motors Research Laboratories, Warren, Michigan 48090.

- THE DISABLED DRIVERS' ASSOCIATION publishes a quarterly magazine, *The Magic Carpet*, 10 shillings per year. Write: Blue Star House, Highgate Hill, London N.19., England.
- VETERANS with service-connected disabilities should check the new VA regulations on obtaining an automobile grant.
- VEHICLES FOR THE SEVERELY DISABLED. National Society for Crippled Children and Adults, Inc., 2023 West Ogden Ave., Chicago, Illinois 60612. Reprint DR-38. 25¢.
- U.S. DEPARTMENT OF TRANSPORTATION's Secretary, Alan S. Boyd (800 Independence Ave., SW, Washington, D.C. 20590) reports ABT Assoc. of Cambridge, Mass., will conduct a \$94,000 one-year study of the transportation needs of the disabled.
- DRIVING WITHOUT TRICEPS is the title of an informative article by C5-6 quad, Tony Northmore, driver of a V.4 Ford Corsair, in the English paraplegic magazine, *The Cord*, Autumn 1967. Write *TjG* for a photocopy, or Tony at a home for paraplegic war veterans, "Chaseley," South Cliff, Eastbourne, Sussex, England.
- CITIZENS' BAND TWO-WAY RADIO is a "must" for quad driving.
- FLAT-FLOORED FRENCH RENAULT adapted to in-wheelchair driving for polio Carl Habermann, 3336 Sycamore Knoll Dr., Columbus, Ohio 43219. See 1967 *TjG*, page 32.
- MEDICAL DEDUCTION - Howard A. Rusk, M.D., *The New York Times*, March 3, 1968. "The cost of an automobile itself and its operation is not deductible when the costs are incurred primarily as a means of transportation to and from work. A court, however, has ruled that a taxpayer unable to walk unaided because of a spinal injury was allowed to deduct as a medical expense the full amount it cost to drive to and from work in a specially equipped automobile. This was allowed because the taxpayer's physician had recommended both equipment and the use of such an automobile as a therapy for the taxpayer."

REMOTE CONTROLS: THREE ENGLISH UNITS
AUSTRALIAN INVENTION
U.S.A. SIGHT AND SOUND



Dick Boydell, athetoid C.P., communicates from his home at 4 Hanyards Lane, Cuffley, Herts., England, with his ham radio rig, his typewriter, and his tape-recorder with the foot-operated POSSUM.

POSSUM (Patient Operated Selector Mechanism) Because of his speech defect and inability to use his hands Dick was unable to communicate with anyone but his parents for the first thirty years of his life. He was unable to attend school and was educated by them at home.

Then The Spastics Society asked him to try out operating a typewriter with POSSUM equipment. Dick reported to the Society as follows:

"It may be of some interest to other spastics who are just starting to use POSSUM controlled typewriters if I describe my experiences with one of these wonderful machines over the past two year.

"To me, an outstanding feature of the POSSUM control system is that a severely disabled person could operate it with any part of the body where there is sufficient control.*

"The typewriter I started with was controlled by

two switches which I operated with my foot, using audible clicks to select the letters etc. from a simple grid code. At first this required a great deal of concentration, and I found it absolutely essential to be in a room on my own free from all noise or distraction. I began by practising groups of letters and figures until I had mastered the code. Within a fortnight I wrote my first letter and you can imagine what a thrill it was.

"After eight months my speed was up to four words per minute, and a little later I changed over to a more complex four-switch control which, with continuing practise, has doubled my speed.

"I have got so used to the machine now that typing is quite automatic and I rarely have to think about the switch sequences even when demonstrating in front of a crowd or against noise.

"The ability to communicate has opened up a whole new world for me and all the early hard work has been well worth while."

Dick's current typing speed is 18 words a minute. He has demonstrated the whole range of POSSUM controls at the International Congress of Occupational Therapists in London, the 10th World Congress of the International Society for Rehabilitation of the Disabled in Wiesbaden, Germany, a National Congress in Rouen, France and a recent conference organized by the British Council for Rehabilitation at Roehampton, England.

As a result of the success of these trials the Spastics Society now has a number of typewriter controls in its school and centers.

In 1967 Dick went to the Spastics Society's Further Education Centre - the first of its kind in the world - at Kelvedon, Essex where he is studying solid state electronics.

*For more information on POSSUM, which may be mouth-operated by sucks and blows, write: Mr. R. G. Maling of 34, Queen's Park, Aylesbury, Bucks., England.

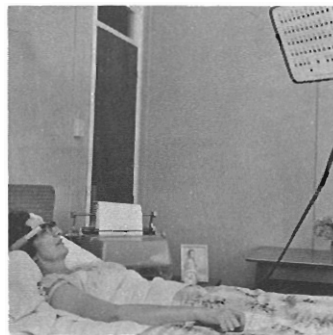


AUSTRALIAN ENGINEER, horizontalized by respiratory polio in 1965, has invented his own suck/blow system to control his phone, reading machine, and call alarm. Ron King, is shown here with his beautiful wife, Shirley, and their children, Paul and Gayle.

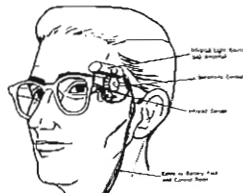
"All my equipment was made by Colonial Sugar Refining Co. employees where I was assistant chief engineer...even my iron lung has fittings of stainless steel which did not polish up to the manager's satisfaction, so were all removed and chrome plated.

"I would be interested in contacting someone or a research body familiar with the latest a) treatment and care of post polios of maximum incapacity. and b) research in post polio treatment and rehabilitation." Ron's address: 7 Angus Ave., Peakhurst, New South Wales, Australia 2210.

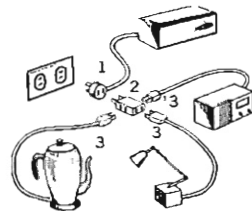
ENGLISH PILOT (Patient Initiated Light Operated Tele-Control) consists of photo-electric cells activated by a light beam to operate any appliance powered by electricity. With its module system one can remotely operate a typewriter, answer the phone, open doors and windows, etc. The system can be adapted for use in America. For brochures of PILOT, a page turner, and "Lively" hand splints, write: Hugh Steeper Ltd., Queen Mary's Hospital, Roehampton Lane, London, S.W. 15., England.



ENGLISH A.D.A.6 is another new unit that provides the control of six appliances by simply blowing down a tube. Write: Lanes Electronics Ltd., Englands Lane, Dunstable, Beds.



NASA SIGHT SWITCH, which controls electrical devices by eye movements, was described on page 91 of the '66 *TjG*. For latest descriptive literature write R. A. Allen, Administrative Engineer, Hayes International Corp., Missile and Space Support Division, 204 Oakwood Ave., N.E., Huntsville, Ala. 35811.



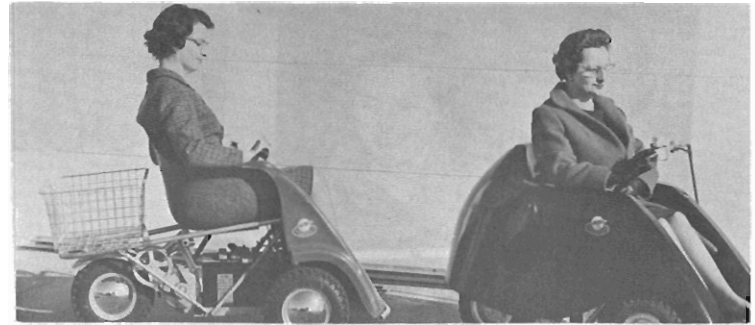
P.S. If you want an inexpensive sample of such magic, if you want to control three electrical things by the sound of your voice, double hand clap, a special whistle or other noises, try the \$29.95 Sonuswitch made by the Sonus Corp., 15 Strathmore Rd., Natick, Mass. 01760. Write *TjG* for more information.

WHEELCHAIRS: ACCESSORIES
NEW MODELS
ODDMENTS AND ENDMENTS



PORTA-RAMP, ELECTRIC WHEELCHAIR CARRIER. Easily mounted on most standard cars. Made of aluminum and steel. Weight - 35 lbs. Tilts down automatically; chair rides up under its own power. Ramp locks automatically; chair is secured with clamps. Optional weather cover. Easily disengaged for use on stairs. Free brochures from designer/engineer, quad Eugene Nelson, 699 Blackthorne Ave., El Cajon, Cal. 92020.

EMERGENCY NARROWERS. A wire coat hanger looped around the pushing handles. Or a garrison belt tightened around the chair back.



REDDYGO ELECTRIC CHAIR. This versatile, indoor/outdoor chair was featured in the '65 *TjC*. Recently its operation has been improved and its price reduced. Utility Model (L) \$495. Regal (R) \$595. Solenoid System for one-hand control \$42. Batteries and freight extra. New brochures. American Battery Car Inc., R.R. 2, Box 126, Bristol, Indiana 46507.



ENGLISH CHAIR CLOSER (NARROWER) and CAR-TOP LIFT. Closer narrows width by 3" and fits most folding wheelchairs. £13. 18. Car-Top Lift requires only two pounds force to lift a 20 stone person. £62. Lanes Electronics (Luton) Ltd., Englands Lane, Dunstable, Bedfordshire, England.



DROP-BACK DOLLY is a paired, attachable device that turns a standard wheelchair into a lounge chair and makes curb-climbing and navigation over rough terrain easier and safer.

It can be attached to the handles of almost any metal wheelchair in about 10 minutes and it does not interfere with collapsing, storing or transferring. The dolly is extended and retracted manually. With it one can go off a 15" curb frontwards or backwards. It is priced below \$60.

The device is described in detail in the December 1967 issue of *Archives of Physical Medicine and Rehabilitation* by H. Franklin Coffey, M.D., Lovelace Clinic, 5200 Gibson Boulevard, S.E., Albuquerque, New Mexico 87108.

It is manufactured by Mr. Sam Powers, president of the Aztec Manufacturing Co. In addition to the dolly, Mr. Powers has, in the testing phase, a simple, inexpensive, safe CURB-CLIMBER that can be attached to a wheelchair in about 30 minutes.

WHEELCHAIR SURFBOARD consists of a wooden platform hinged at the center and fastened to a standard wheelchair. The device aids healing of pressure sores and restores wheelchair mobility.

Lightweight, it can be folded for storage or transport by car. It maneuvers with practically the same ease in handling and turning as a wheelchair. Reasonably comfortable, it offers good weight distribution. An extra tray can be fitted on to use as a writing desk or work surface.

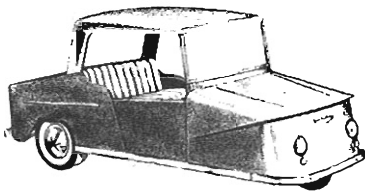
It was first developed at the VA Hospital in Memphis and written up as a special project. Cost of construction is minimal and the appliance is issued in lieu of the "Walk Alone" and other devices.

A copy of a sketch plan is available from Robert E. Craig, VA Hospital, 1030 Jefferson Avenue, Memphis, Tennessee 38104.

The user in the photograph is Ernie Ramstead of Manitoba, Canada. After many months in bed with chronic pressure sores, Ernie is delighted with his new mobility and reports the "end result" is most encouraging.



*After many months
in bed with
chronic pressure
sores, Ernie is
delighted with
his new mobility
on the Surfboard*



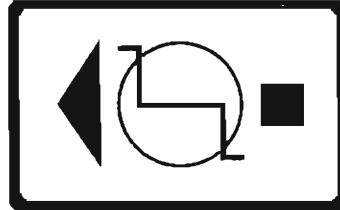
ELECTRIC SPORTS RIDER. No longer than standard cars are wide. Hand or foot control. Free brochures. John's Electric Cars, 411 W. 3rd., Santa Ana, Cal. 92701. \$1220, including five 130 amp. batteries.



VANGUARD II SUPER SPORT, the new stainless steel wheelchair designed especially for use by wheelchair basketball players and other athletic competitors has been introduced by Gilbert Fink, director of marketing and new product development for Stainless Specialties, Inc., P.O. Box 1014, Newport Beach, Cal. 92663

ODDMENTS AND ENDMENTS

- SIGN TO INDICATE WHEELCHAIR FACILITIES. Brilliant yellow, black and white. Free. Two or more, 20¢ each. Massachusetts Assoc. of Paraplegics, 34 Farren Rd., East Weymouth, Mass. 02189.
- STANDARD WHEELCHAIR ELEVATOR. Three foot rise. From October through January special orders taken for 18 inch and 6 foot rise elevators. Vince LaMielle, East City Limits, Bad Axe, Michigan 48413.
- SAFETY STRAP to prevent falling out of wheelchair while en route is made of 2" wide Velcro covered webbing. \$6. Free catalog of other supports, heel pads, etc. J. T. Posey Co., 39 South Santa Anita Ave., Pasadena, Calif. 91107.



- WHEELCHAIR ICE-SNOW GRIPPERS. Complete traction on any slippery surface. Attached in seconds, can be kept on chair when not in use. For standard size tires \$14.95, custom-made slightly higher. Specify make, model of chair, wheel diameter. Albert Leathers, 52 Nantucket Dr., Mystic, Connecticut 06355. Tel. (203) 536-3165.
- TIRES MARKING FLOORS OR CARPETING? Minnesotan Jeanie Vien discovered scuff proof tires: Cycle Tire Dept. U.S. Rubber Tire Co., 549 E. Georgia St., Indianapolis, Ind. 46206.
- "WHEELCHAIR SELECTION: MORE THAN CHOOSING A CHAIR WITH WHEELS." Comprehensive and illustrated. Appendix includes plans for a sliding board, lapboards, seatboard and a ramp. 56 pgs. 1967. Publications Office, American Rehabilitation Foundation, 1800 Chicago Ave., Minneapolis, MN 55404. \$1.25
- Esthetic Bargain! "MAKING FACILITIES ACCESSIBLE TO THE PHYSICALLY HANDICAPPED" is a free, exciting and artistic publication. 40 pgs. 1967. State University Construction Fund, 194 Washington Ave., Albany, New York 12210.
- SUMMARY OF ENGLISH POWERED INDOOR CHAIRS by Paul Driver. Summer 1967. *Cheshire Smile*, Liss, Hants., England.
- "FUNCTIONAL WHEELS" by A. G. Garris of California DVR is a valuable, free, 69-page booklet. 1967. Documents Section, Dept. of Gen. Services, Box 20191, Sacramento, Cal. 95820.
- "TRANSPORT FOR THE DISABLED IN WHEELCHAIRS" by R. Cavendish. *The M.S. News*, Autumn 1967, 10 Stratford Rd., London, W.8, England.
- POWER DRIVE UNITS. Write: Rosenthal Mfg. Co., 5033 N. Kedzie Ave., Chicago, Ill. 60625. Beverly Elec. Mfg. & Eng. Co., 100 N. 6th Ave., Upland, California 91786.
- PONCHO. Heavy-gauge vinyl, fits men and women, has a parka and a carrying case. In taupe or yellow. \$2. Miles Kimball Co., 41 West 8th Ave., Oshkosh, Wisconsin 54901.

READERS' IDEA

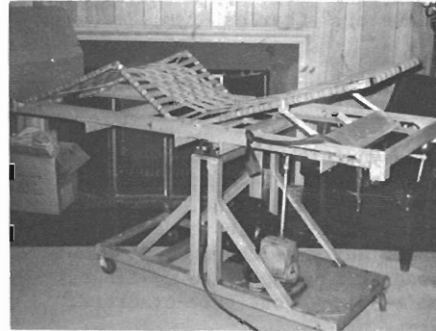


PORTABLE LUNGS. "It has been surprising the number of responses Nelson Brock has received since the article about the portable respirator appeared in the 1967 *TjG* on page 35. My son, Larry, an engineering student, and I made Nelson's portable respirator of fiberglass reinforced with lightweight material. He operates it at 22 lb. negative pressure which could be increased if it were necessary. It will go through a standard door, fit into a station wagon, and weighs about 80 lb. The motor was furnished by The National Foundation; our price is \$279." C. Ray Jones, Box 488, Clyde, Texas 79510.

For do-it-yourselfers, *TjG* has the instructions and blueprints of the Australian fibreglass lung. 1963 *TjG*, p 44.

To loan for vacations: a narrow and short (5'2½") fibre glass lung built from the Australian plans. Motor not included. If you are little enough to fit it, write *TjG*.

THERAPEUTIC SHEEPSKINS exported by an Australian respo are dyed a vibrant peach and are carefully washable. 12 x 12 pad \$5.50; 18 x 20 cushion \$12; heel pads \$7.50; slippers \$10; full skin \$20. Postage: \$1.20 for full skin, 80¢ for smaller articles. Mary Guy, 125 Derwent Park Rd., Moonah, Hobart, Tasmania, Australia.



PORTABLE ROCKING BEDS. "My bed was made approximately 6 years ago so I am unable to find any of the blueprints. I have simplified it to keep maintenance problems to a minimum. I set my respiratory rate by pulley size and I am unable to adjust it without changing

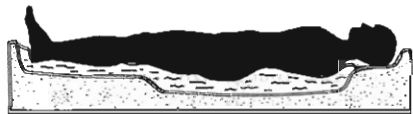
the pulley. I strongly suggest that the connecting rod not be made of aluminum, as in my case, because I'm already experiencing abnormal wear and tear. Instead go to your local Chevrolet dealer for a front end tie rod assembly. One further suggestion off the top of my head is that you do not use a chaise lounge for your bed as it is weak and it does not bend in the proper places. The cost was about \$700 and that is less than manufacturers charge." Dick Ashley, Maryland.

The blueprints of David Young's bed, which was described on page 75 of the Spring '64 *TjG*, are available from *TjG*.

BAMBOO MOUTHSTICK. "The lightest yet firmest one I have found is a thin bamboo plant stake. It is about 22" long with a pencil eraser on one end and a Montgomery-Ward plastic tool-handle cover on the other. These tool handle covers come in different colors and sizes." Tom Meath, Jr., 34 Deep Spring Lane, Stamford, Conn. 06907.

MOUTHSTICK WITH ART GUM TIP. "My mother made me two of these and I like them better than any other for turning pages and moving papers and newspapers around. For heavier jobs I use tips made from baby nipple bulbs. My sticks are all 3/8" diameter." Charles Kram, Jr., Route 1, Shiner, Texas 77984.

HINTS FROM HELOISE, the syndicated column, had the following tip from *TjG* reader Esther Hammil, disabled by multiple sclerosis. "When I became blind, it was obvious that I would not become a fast braille reader because my finger sensitivity is not quite as sharp as it might be. I find that a light sanding is helpful to my fingers — a trick picked up from reading about safe-crackers."



WATER-FILLED MATTRESS makes more body surface available for weight-bearing and thus reduces the pressures that cause decubiti (bedsores). Cost: about \$400. For free brochures, write: Scott Paper Co., Medical Products Division, Aberfoyle Bldg., 4th and Caldwell Sts., Chester, Pennsylvania 19013.

A NOVEL SOLUTION FOR BED PAN PROBLEMS. "After 15 years of complete misery over the bed pan problem - I finally had a colostomy done, with complete and wonderful relief from all the pain, enemas, bleeding, etc. Initially the idea seems ridiculous but I swear I should have had it done the first year instead of the 18th!" - Duncan A. Holbert, M.D., respiratory polio quad, allergy specialist, and *TjG* medical consultant.



FEMALE URINAL. Its white, smooth sealing contours designed for "body fit" make a comfortable contact. \$3.25 from CLEO, 3957 Mayfield Rd., Cleveland, Ohio 44121. Their free catalog is full of many valuable aids.



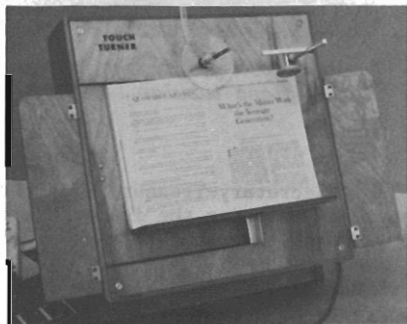
FRACTURE BED PAN FEMALE URINAL. After unravelling miles of red tape and price changes Gini managed to get the Sears model to Mary Guy in Tasmania and Mary reported, "The urinal avoids a lot of lifting. I and my Grandmother highly recommend it." A similar one is available in aqua or white plastic from CLEO for \$3.45. (See above)

DO-IT-YOURSELF FEMALE BP's & URINALS. An ice tray can be a BP by making a rear ledge of adhesive tape. Plastic detergent or bleach containers can be urinals by cutting to contour and binding the edges with tape.

CORRECTION TYPEWRITER RIBBON. 2-way ribbon that is 1/2 white so you can back space to correct mistakes. Fits manual or electric. State model and manufacturer when ordering. \$3.15 including postage. Spellright Corp., 335 Cedar St., N.W., Washington, D.C. 20012.

CRUTCH ACCESSORIES. Jean Stange, *TjG's* eagle-eyed Illinois correspondent found a story about a crutching pastor who organized volunteers to manufacture his varied creations to utilize the empty spaces on crutches and make them useful carriers. So, crutchers, why not exchange ideas with Rev. Paul Bussert, 7423 Milwaukee Avenue, Niles, Illinois 60648.

ELECTRIC SPINNING REEL. Ralph Dosch, *TjG's* equally eagle-eyed California correspondent, sleuthed the battery-operated Reel-Lectric fishing reel. Available in large sporting goods stores for less than \$150.



PAGE TURNER. This one handles all sizes of magazines including *Life*, and books up to 1½ inches in thickness; this includes paperbacks. Only 3 simple adjustments are necessary to set it up. A sensitive switch activates it, turning a single page and holding the magazine or book until

the switch is again touched. It is contained in a double-vinyl covered box 14 inches square by 4 inches deep. A detachable bracket in the back provides reading positions of flat, 30 degrees or 60 degrees. The "Touch-Turner" weighs 10 pounds (shipping weight 14 pounds), operates on 110 volts, A.C. current and is priced at \$75 f.o.b., Seattle, Wash. VA tested and approved. Touch-Turner Co., 1134 Broadway East, Seattle, Wash. 98102.



MOUTHSTICK-OPERATED TOUCH TONE PHONE AND THREE-OUNCE HEADSET. "My Touch Tone phone looks like any other but there is a connection for the headset on the back and an on/off switch on the dial face which activates the headset. My brother



made an elongated, plastic knob which fits snugly over the original on/off switch to give me the needed leverage to turn the knob with my mouthstick. The Mountain States Telephone Co. furnished the headset which is a three-ounce marvel. It can be worn on a band which fits over the head or fastened to the side of my glasses frames. The mouthpiece has a good sound pick-up and is small enough that it does not get in my way when I'm using my mouthstick to dial or type." Clair Jo Schnitz, 2114 Arizona Ave., El Paso, Texas 79930.

BINOCULAR HOLDER for quads was invented by Butch Fair: "Using a front-surfaced mirror, it provides extreme comfort and excellent viewing of landscapes, bird watching and astronomy. One may look down to view landscapes and straight ahead to view up. The viewing image will be inverted but your mind soon adjusts to this and it will look right-side up to you." Butch has also invented a **BED HEIGHTENER.** His address: 2103 Clairemont Drive, Cocoa, Florida 32922.



music...music...music

by Doris Brennan
C4-5 quad, Ohio



Orchestra of handicapped musicians rehearses in a hangar at the American Air Base in Essex.



Barbara Cook playing her unique set of glass tubular bells.

In the world of music, there are two categories of enjoyment — listening and performing. Up to now, we handicapped people have been relegated to the ranks of listeners, exclusively, simply because to most of us, playing a musical instrument seems to be beyond our physical capabilities. The error of this line of thinking has been exposed by the success of the Wingfield Music Club at Walthamstow, England. Under the leadership of the club's founder, Herbert Lyon, a businessman and amateur musician, more than three hundred handicapped individuals (mostly children) have learned to play musical instruments and have been members of the club orchestras. By moving into the ranks of performers, the Wingfield students not only gain satisfaction and pleasure from their musical experiences, they also achieve a higher degree of psychological and physical rehabilitation. This latter achievement is accomplished by choosing the right instrument for each student. The instrument must not only fit the disability, it must also serve to

overcome it.

The achievement of Wingfield Secretary-Treasurer, Barbara Cook, is only one example of how matching the instrument to the student has helped to increase that student's physical capabilities.

The first thirty years of Barbara's life, spent in a wheelchair as a result of the effects of a form of muscular dystrophy, were by no means unproductive. She tutored children in her home and pursued her hobbies of embroidery, reading, and listening to music. She even was a Girl Guide and, subsequently, a captain of a handicapped Guide group. A fall from her wheelchair about twelve years ago, which resulted in a double fracture in her leg, curtailed her activity for a while. But this "ill wind" did manage to "blow some good." While in the hospital, Barbara was introduced to Mr. Lyon and Wingfield. This happy meeting changed her life.

As a member of the Wingfield Music Club, Barbara would a-

chieve her full potential of physical rehabilitation. Based on Barbara's then present physical state, Mr. Lyon chose the drums and xylophone as her instruments. Up to that time, she had been using her two hands as one; therefore, a program of muscle re-education lay before her. As a drummer/xylophonist, she would have to coordinate her muscles and her brain to use her two hands separately and rhythmically. When Barbara mastered the technique of using her two hands as separate entities, Mr. Lyon presented another challenge to her. If she were to be a drummer, she ought to stand while playing her instrument. Although this seemed to be an impossible task after thirty years of sitting, Barbara embarked on a program of exercises using the Quadrant Exerciser, designed by Mr. Lyon. Eventually, she was able to stand and to increase her balance enough to "let go" to play her drums on cue. With the aid of the Exerciser and a goodly portion of determination, she has even managed to learn to walk. To quote Barbara, "All this improvement after 30 chair-bound years is little short of a miracle."

Barbara has now advanced from the drums to a unique instrument, a set of glass tubular bells fashioned from medical test tubes cut to length and ground to pitch. According to Mr. Lyon, her public performances on this instrument rate as her most outstanding achievement.

At present, Barbara, who incidentally keeps house for her father and brother, devotes 90% of her spare time to the Wingfield Music Club. Besides her duties as Secretary-Treasurer, she is also in charge of arranging transportation for club members and coordinating the work of the five branches of the club. Each new club, which like the parent club is free of charge, has been started by experienced members and helpers from Wingfield. By branching out, the club is able to make its services and ideas available to a wider number of handicapped people.

This aim to reach an ever-widening number of handicapped people received a boost when the 100-member club orchestra presented its long-awaited Orchestral Concert at London's Royal Festival Hall on May 26. Sponsored by the Carnegie United Kingdom Trust, this free concert had as its underlying theme, "What we can do, you can do."

English handicapped musicians will also find their avenues of musical pursuit more accessible now that a Music Panel has been formed. As reported in the November 1966 issue of *The Bulletin of British Polio Fellowship*, the Music Panel is yet another facet of the Disabled Living Activities Group of the Central Council for the Disabled. With Lady Hamilton as its chairman, the Music Panel consists of representatives from the fields of education, welfare, music, and from the ranks of the disabled. The aim of the Panel is to make some contributions to all areas of music for handicapped people.

As a first step toward accomplishing its aim, the Panel is conducting a three-area survey in England to ferret out problems which the handicapped face in their various encounters with the world of music: Are teachers, instruments, or funds unavailable for those who wish to study? Are concert halls or theaters inaccessible? Aside from investigating and hoping to solve such problems, the Panel is also gathering information about instruments which can be adapted or played with limited movement. To augment their study, the Panel would appreciate your comments and suggestions. Write to Miss Monica Young, 91 Lakeside Road, London, N.13.



Jam session of the quadriplegic band at the Pennsylvania Rehabilitation Center in Johnstown.

PHYSICAL DISABILITY—A PSYCHOLOGICAL APPROACH
by Beatrice A. Wright, Ph.D., Department of
Psychology, University of Kansas

1960. Harper & Row, Inc., 49 East Thirty-third Street, New
York, N.Y. 10016. \$6.00

It would be a good idea for every person with a physical disability to read a psychology book about its effects on oneself and others. The result would have to be increased self understanding and acceptance as was true in my own experience. An example of the form of this education can be found in the first sentence of this review—I was persuaded to think of myself as a person with a disability rather than as a disabled person. Try the thought. Notice the difference in feeling?

This is a broad look into somatopsychology. Somato refers to the physique and psycho to the mind; it is a study of the interaction and interdependence of appearance and personality. Dealt with are such questions as how important is appearance in determining self and others' concepts, and what type of personality, if any, adapts best to disability.

The answers aren't always simple. For instance, to the first

GAZETTE BOOKSHELF

*By Miss Donna McGwim, a respiratory polio
quad since 1953, who studied the art
of writing via correspondence courses from
the University of Chicago and has had
articles published in national magazines*



question is given the explanation that while appearance is a vital determinant of opinion your values can alter and physique be placed lower on your scale, in which case you will very likely influence the opinions and values of others accordingly and hence change your entire psychological environment.

If you subscribe to any myths about disability, this is the book to debunk them. When someone views you with unmistakable dislike, do you recall tales about animals destroying their imperfect members and start to believe that might be what society wants to do with you? In some human societies you would be absolutely right, but aversion to deformity and disability is not inborn in all living creatures. Consider sharks. It has been popular belief that they attack and kill a wounded member of their species simply to rid their ranks of an imperfect fish. Wrong. The attack is instead provoked by chemical signals from the wounded shark that trigger feeding impulses in the other sharks.

Another interesting attitude discussed is that labeled the requirement of mourning. Have you ever wondered why people pitied or discounted you when it was evident your assets far outnumbered theirs? It seems they are protecting the system

of values that makes them most secure, and many systems include physical perfection. When these people encounter a person who is physically imperfect but happy and successful nonetheless, they must try to force him into suffering, in admission that the physical values denied him are indeed worthy. They would otherwise have to admit that their values, and possibly themselves, were inferior.

An absorbing chapter is devoted to the reasons why physically handicapped adults are so frequently consigned to the status of children. Adulthood implies economic independence and marriage, and without these society insists you are dependent as a child and in that manner to be regarded. With our inevitable evolution, however, could come true one of the conclusions of the book, that "The handicapped person should be regarded as a whole person, physically, mentally, socially, and emotionally, rather than within the narrow confines of his handicap."

THE TROUBLE BUSH
by Earl Schenck Miers

1966. *Rand McNally & Company, Box 7600, Chicago, Illinois*
60680. \$5.95

"If all of life's troubles were hung on a bush, you'd still pick your own."

This was the philosophy Earl Schenck Miers heard at least once every week of his childhood. So attached to the image did he become that he used it to title the story of his life. And what a life it is—warm and funny and loving and expansive and ambitious and successful. How better could a life be?

Until he was forty years old Earl thought he shook just because he was nervous. Then he learned that medical science

pinpointed and labeled this type of shakiness as cerebral palsy and athetosis. Fortunately, Earl's parents did not hide him in the closet as was sometimes the custom with afflicted children in 1910. They treated him as normal and expected the rest of the world to do the same.

Earl absorbed this belief, expecting, working for and obtaining the best in both his personal and professional lives. Frequently he had to fight for what he wanted, using the rebellion he considered a necessary ingredient, "that streak of impudence without which no handicapped person can rise above the ignorance and superstition surrounding him."

And rise Earl does, living up to the prophecy of his Rutgers University graduating class as the man most likely to succeed. One of his most satisfying successes was to direct the launching of the Rutgers University Press and lead it to a respected, highly competitive position in the university publishing field. As a writer he has over 70 books to his credit and is a recognized authority on Abraham Lincoln and the Civil War.

Like all truly human men, Earl Miers has Causes. One is civil rights for Negroes. The other is civil rights for the physically handicapped. Toward the latter cause he feels the unexplainable compulsion that drives so many volunteers, both disabled and non-disabled, to dedicate great chunks of their time and energy to bring fulfillment and independence to handicapped human beings. One of his podiums of influence is the executive committee of the National Society for Crippled Children and Adults.

From this small sketch of his life you might guess that Earl Miers likes people. He has a special way of feeling about them, and a special way of writing about those feelings that touches and involves the reader. You will find yourself caring about everyone and every cause in the book.

As for love, this wise man has a definite conviction that "the key to rehabilitation for any disabled person is a love that produces a good marriage and a good family." Earl proves this conviction in his long romance with Starling. Through many years, three children and one grandchild they continue the love affair marriage that is the bright blossom on the Miers trouble bush.

THE NARROW SHORE
by Louis Battye

First published 1964. Martin Secker & Warburg Ltd.
Paperback published 1967. Pan Books Ltd., 33 Tothill Street,
London S.W.1, England. 3s. 6d.

Because this reviewer was bedazzled by Louis Battye's mind as revealed in one of his essays, this book was begun with great eagerness. Not as exciting as his intellectual dissertations it is nonetheless an interesting treatment of that most fascinating of all subjects - love.

The protagonist of the book, Jack Umpleby, is a 28 year old post-polio who spends most of his time in a wheelchair. He can walk with braces and a cane, and drive the small car that England provides for the handicapped. It is the incidents resulting from a breakdown of this car that lead Jack into the throes of romantic involvement.

While his car is being repaired he is entertained by the wife of the garage owner. Freda Smailles is blond and beautiful and Jack promptly falls in love with her. She invites him for a return visit, but he hesitates to accept without a justifiable excuse.

Through a series of happenstances that the human mind can contrive to gain its desires Jack manages to create an acceptable reason to return to the scene of his heart's captivation. He revives a jazz group in which he plays saxophone, and of course every jazz group needs a singer. By strange coincidence, Jack recalls that Freda once sang with a band, leaving no alternative but to ask her to join his group in the same role.

The resulting romantic relationship is the structural theme. From its spiral auxiliary themes familiar to every handicapped person who has risen and fallen on the gales of love. There is the uncertainty about sex and how disability will affect participation. And always there is the doubt about the motivating feelings of the physically normal partner in the relationship. Jack is not at first sure whether Freda has invited him to her bed out of love or pity, and both his appetite and passion are defeated by the mental chore of interpreting mo-

tives. These psychological complexities augment any other handicaps involved and often for the disabled love becomes a frustration rather than a joy.

From this agony of uncertainty and inadequacy comes the book's title, taken from the words of Thom Gunn, "I almost wish I had no narrow shore, I seek a pathway to the country's heart." The narrow shore depicts what Battye considers to be the place of the disabled person in society, a position at the edge of life, unaccepted as a complete human being and therefore not completely a part of human life. But Battye leaves no doubt a narrow shore is better than not being part of the island at all.



THE LONG WALK HOME
by Leonard Kriegel

1964. Appleton-Century, 60 East 42nd
St., New York, N.Y. 10017. \$4.50

*"At the cost of legs,
I had won a self."*

A regret filled reviewer admits that this book lay on the shelf for two years before its pages were sampled.

The excuse weakly offered for this oversight is that its title suggested it might not be of the keenest interest to our readers, for most of whom walking is not even a wild dream. This assumption, however, was a mistake. In this book is vividly and intimately expressed the universal human reaction to physical disability. It is a masterpiece of introspection on the psychological adjustment to paralysis.

Leonard Kriegel was 11 years old when he got polio. During

his two years in a rehabilitation hospital he rages against God, schemes and fights with his ward peers and leads twelve of them in a wheelchair charge from a hill into a startled and unreceptive town. These years are full of personalities and conflicts that act and talk and clash throughout the interval. Many of the characters will be familiar--the loner and the leader, the bully and the scapegoat--all so real you will feel you know them if you haven't already met them during your own hospital days.

For four years after his return home to the Bronx Leonard tries to escape the actuality of being disabled. He sits on the steps and watches life or stays in his room and reads. All the passive poses society thrusts upon the disabled, such as the sympathetic ear or the object of scrutiny and sympathy, Leonard enacts unquestioningly.

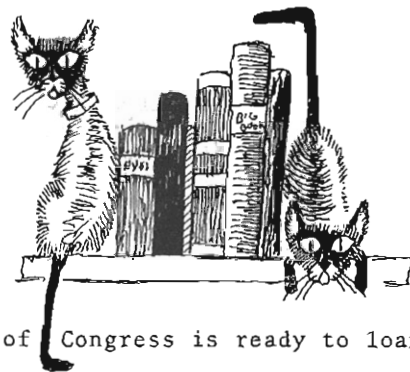
Suddenly, when he is 17, the impact of the fact that he is crippled hits him. Despairing and enraged, he lashes out at the world and all its people. With a vengeance he vows to surmount every challenge his foe has to offer. He drives himself to exercise, hardening his fat into muscle and movement. One of the tests of his newly developed athletic ability was to swim across a lake in the Catskills. Of another test of his prowess as a lover a result was, "I kissed her hard, and then, with a quiet grace all my own, I fell down."

Fortunately, Leonard is saved from his role as the Great Cripple, the magnificent man who outwits the world's scheme to conquer him. It is Harriet, the girl Leonard eventually marries, who teaches him to love and need another. To function in a mutually fulfilling relationship with her he must necessarily shed his absorption with being the G.C. He learns the world has not singled him out for praise any more than it has for defeat.

His battle against the world and his fate finished, Leonard accepts himself as a man and his handicaps as just handicaps, not all-important star features to be continually justified. Holder of a doctorate degree he now teaches at City College of New York. This revelation of how polio affected his life ends with the wise acknowledgement, "At the cost of legs, I had won a self. How much cheaper a price could I have expected to pay?"

TALKING BOOKS

IF YOU ARE TURNING THESE PAGES WITH A MOUTHSTICK OR A PAGE TURNER OR RELATIVELY USELESS HANDS YOU ARE ELIGIBLE FOR THE EXCITING TALKING BOOKS PROGRAM,



The Library of Congress is ready to loan you a FREE record player and send you FREE recorded books and current magazines. FREE mailing included.

All you need to qualify is a brief statement of your disability from a competent authority.

Contact your local library or write: Division for the Blind and Physically Handicapped, Library of Congress, Washington, D.C. 20540.

HOUSING

The 1966 and 1967 *TjG*'s contained summaries of U.S.A. housing for the handicapped. Photocopies of these pages will be sent upon request. Following are some recent developments in Mexico and England.

DESIGN FOR LIVING . . . MEXICAN STYLE

Dr. Antonio Duncan Williams describes a new housing project in Guadalajara

"It has recently been decided to open here, in Guadalajara, a brand new, medically supervised, facility for disabled, or partially disabled people, which will be something more than an ordinary 'rest home.' The idea is to produce an establishment under thoroughly responsible management which, while providing 'total care,' will offer what might be called a forward-looking 'design for living.' Apart from the medical aspects, such interests as University extension courses, art classes, concerts, lectures, etc. will be offered.

"The main building, to be completed in May 1968, will consist of a large central dining hall, together with a recreation room. The actual accommodations will consist of two bedroom bungalows, each with its own well-furnished living room, properly equipped bathroom, and plenty of storage space for personal effects. The whole is set in a planned garden area, with plenty of lawn space for such amusements as croquet, horse-shoe pitching, etc.

"I shall myself be responsible for the general direction of the project - which, incidentally, will be known as 'Villa del Sol' (Sunshine Village). I may, perhaps, be allowed to mention here that, as a qualified medical man, I have had some years of experience in caring for paraplegics and quadriplegics in whose problems I have considerable interest. I have, for several years, been on the list of recommended doctors at the American Consulate-General, and am, as a matter of fact, Hon. Vice-Consul for Great Britain in this area. I mention these matters only so that you may appreciate that when I speak of 'responsible management,' the phrase is not being used loosely.

"There will be a visiting staff of specialists in such fields as cardiology, physio-therapy, psychiatry, surgery and neurology. A supervisory nurse, fully-trained and experienced, will be in attendance, while trained attendants with an adequate knowledge of English, who can function also as guides and chauffeurs, will also be provided.

"However, although we intend to produce first-class medical facilities, we shall certainly avoid a 'hospital atmosphere.' On the contrary, the atmosphere will be entirely informal, and the guests (who will be treated as such) will have all the freedom permitted by their particular disabilities. In addition to the recreational and cultural facilities organized by ourselves, there are those offered by Guadalajara itself, ranging from the best in American films shown in modern first-class theatres, to ballet and opera on the stage of the quite beautiful municipally-owned Degollado Theater; from splendid art galleries and symphonic concerts, to exciting spectator-sports such as boxing, soccer matches, bull-fights, etc. Our main purpose can be summed up pretty simply: maximum care, plus maximum opportunity to make life interesting.

"The project is ideally located amid rather charming scenery on the outskirts of Guadalajara, the second largest city in Mexico, well-known for its remarkably fine climate, which is perhaps best described as 'sub-tropical.' We are actually in the tropics here, but being at an altitude of some 5000 feet, never experience tropical heat, and there is only a relatively minor variation between summer and winter. Humidity is negligible, and there are actually not many days in the year in which the sun does not shine.

"Equally, and possibly more important is the low cost of living in Mexico, which enables us to make available facilities as indicated in this letter at a cost which veterans can comfortably handle.

"The price per month will be \$180 for each guest who will be in a private room sharing one living room and one bathroom with another guest. It will be very easy to accommodate couples. They could occupy one bungalow complete, that is, each one could have a private room and the use of the living room and bathroom for the two of them. If the two of them are disabled the price would be as I mentioned, \$180 each. If one is not disabled he should pay \$140 monthly.

"The price includes lodging, food, laundry and general nursing care. If somebody would like to have an attendant only for himself he would have to pay an extra amount of \$40 a month.

"When I was attending the 'Spinal Cord Injury Conference' last September, one of the speakers made a particular point of the difficulty of finding well-organized and responsible facilities of this nature at reasonable cost. Though I have, for some years, had in mind the establishment of something of this kind in Guadalajara, it was actually this particular address which was the deciding factor. It is quite apparent that we can here fill a serious need."

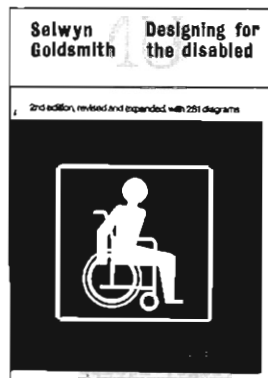
[Villa del Sol, Pedro Moreno 856, Guadalajara, Jal., Mexico]

THREE OTHER LOW COST PLACES FOR VACATIONS OR YEAR-ROUND LIVING IN MEXICO FOR THE SEVERELY DISABLED. Rates range from \$125 to \$180 per month and include attendant care, meals, laundry, chauffeur service, etc. Write to:

Lawrence Kegan, Calle San Antonio 67, Frac. Las Fuentes, Guadalajara, Jalisco, Mexico

George E. Ray, Cubilete #147, Col. Chapalita, Guadalajara, Jalisco, Mexico (No accommodations for lady paras or quads)

William Coe, Circunvalacion Sur 62, Las Fuentes, Guadalajara, Jalisco, Mexico



DESIGNING FOR THE DISABLED. By Selwyn Goldsmith, MA (Cantab), ARIBA. 1967. 207 pgs. 2d ed., revised.

Royal Institute of British Architects, 66 Portland Place, London W.1, England. £3 10s. (U.S.: \$9)

This second edition has been entirely rewritten and expanded following three years of extensive research. A comprehensive presentation, it contains drawings and dimensions for the able-bodied, caners, crutchers, and wheelers. It is an invaluable guide for individuals remodelling their homes or architects designing public buildings.

HOUSING FOR ENGLISH WAGE-EARNING DISABLED

Stuart Burden, a staff member of the Regional Hospital Board and a journalist, is seeking other wage-earning people who are disabled who would be interested in forming a non-profit Housing Association.

The project would be run on a cost-rent basis for those able to pay weekly rents of £5 to £6 but dependent either on physical help or equipment to assist them at each end of the day. Two attendants would be employed, with free accommodation and a wage, the cost being borne by all the occupants.

The exact nature of the accommodation will depend on the site and professional advice, but Mr. Burden envisages a terrace or cluster of bungalows, each consisting of a lounge/dining room, one bedroom, kitchen, bathroom and w.c. combined, with all necessary special equipment (electric hoists, shower baths, suitable floor finishes, wide doors and adapted kitchens). The premises would be suitable for either single people or married couples.

Write to: Mr. Stuart E. J. Burden, 42, Princes Avenue, Gunnersbury Park, London, W.3.

FRIENDS - AROUND - THE - WORLD

TRAVELLING IS MY PASSION

In 1950 my wheelchair enlarged to a three-wheel-motorcycle. To shelter me against rain I had let make a folding (tip-up) roof, so my vehicle became a motorized carriage. Equipped by such luxurious monster with maximum permitted speed 28 miles per hour, I decided to traverse Czechoslovakia zigzag through its memorabilities till High Tatra Mountains. I did not want to sleep in hotels or motels. I also had no tent about me. In those days we had a nice warm June weather, therefore I had only two light blankets and minimum tourist dress about me. I slept in the open air near the roads (highways) on grass "carpets," often woken by passing auto drivers inquiring whether I need no help. Sometimes I had hardly to convince them that I only need sleeping.

Near Holice I drove into a forest to sleep there. The covered stars were compensated by a fascinating carnival of lightning bugs. I awoke at dawn and noticed wildly looking men hidden behind trees and then coming nearer to me. I contemplated if my life had been rich enough to be finished in that wood. But my romantic martyr idea evaporated soon. The men were woodcutters who wanted to offer me a cup of their warm coffee with cakes and watched before I awake myself.

A tent would have been unnecessary. I already spent eight nights in the open air and no rain came. In the case of a night rain I planned to

stop my sleep, to sit quickly into my carriage and to go on in my drive. If it would have been a hopeless long rain, I presupposed to aim home. But the weather was without blemish so that I reached the planned High Tatra Mountains.

As till this time I "camped" beside the road on a hill. Not only for the sake of a better landscape outlook, but also for the sake of starting of my vehicle. It had no electric starter, one started it with a starting lever by hand or driving the vehicle downwards. The second method was much more certain.

The last night in the Tatra Mountains I evidently slept like a top. When I awoke at dawn I did not rest on grass, but in a wild mountain torrent fed with a cloud-burst accompanied with fantastic thunderstorm. No one piece of my textiles was dry and I felt cold. I undressed all and threw it on the ground. Erecting of the vehicle roof was too late. How to dry the wet textiles? On the hot cylindre head of the vehicle motor! But I had to start it. By hand? Impossible. Therefore I released the brake and drove downwards. Naked, because I left all my wet textiles above to return there with running motor. I was driving more and more to the valley, but the motor did not start. My situation was desperate. In the most last moment my motor started. I saw nobody. Notwithstanding, it is possible



*"I surmounted stairways
on my hands (fourfooted)."*

that the people in the High Tatra Mountains narrate a story of a naked ghost driving in a carriage.

In last years my passion for travelling extended to more distant countries. I have fallen in love with aeroplanes, although getting in through the relatively low door I have the impression that I let my head outside. I hardly bend forward because I use high crutches and unelastic supporting orthopedic leg-armours. During the flight I feel heavenly light though I weigh about 220 solid pounds. An aircraft compensates us disabled for an outlook of mountain climbers, although I already feel like an alpinist getting in sightseeing coaches. But it is not the worst thanks to different handles. On the other hand architects cannot imagine monumental buildings without wide stairways of course not limited by railings. Some years I surmounted such stairways on my hands (fourfooted) and many people thought that I tanked strong drinks. Then I invented that I can surmount stairways on crutches backwards. But like this I am not much courteous turning my back to persons inviting me upstairs.

One of my first flights aimed to the lovely Yugoslav littoral. When our jet-plane was landing I saw a fire-engine with firemen coming near. Fortunately we burnt only of curiosity. Our tourists hurried up to the airport-bus that transports the passengers from the aeroplane to the airport-building. When the firemen caught sight of me on crutches, they "forced" me with prudent gestures to get into their automobile. The firemen explained "You - no control" and delineated with friendly gestures that they will transport me around the airport-building to spare me from entrance controls. They really put me down outside the airport close to the bus which transports passengers to the littoral. But the good men forgot that my luggage was transported to the airport-building with suitcases of other tourists. Unfortunately even my suitcase was chosen randomly for customs-control and the per-

sonal presence of the luggage-owner was required. So I had to go back to the airport-building, but when the custom-officer saw me, he waved great-heartedly his hand and my suitcase passed unopened.

My longest journey till this time was a fortnight in Egypt. I wanted not only to see old Egyptian cultures, mosques, granddaughters of Nefertiti, but also the magic submarine life between coral reefs in the Red Sea. Unfortunately no shark liberated the orderly mankind from me. Of course I saw many camels. One of them knelt very temptingly. His saddle was too little for me but low. No wiser idea came to me and so I sat down on it. But the camel was not used only to kneel with tourists and stood up. The illiterate animal did not know that polio stole from me all muscles which a Bedouin needs for sitting high on a camel. My camel in addition to it began to walk and not slowly. The desert was calm but I had the impression to be in a stormy sea. I perhaps kept my balance with my ears. When the camel's "gasoline" ran out, he was going to kneel again. I flew down forwards, embraced the camel's neck and was very afraid. But I was not afraid of me. I feared that I throttle the innocent animal. But all turned out well. My camel only shook and nor spat in my face.



"Polio stole from me all muscles which a Bedouin needs for sitting high on a camel."

Alois Wokoun would like to correspond with U.S. handicapped persons who enjoy the creative arts, photographs, travel, and submarine life. He will exchange magazines, View-Master reels, books, and records. His address: Pavlisova 9, Kladno, Czechoslovakia.





THE KORN KRIB'S KERNEL
Ruth Erickson, 1405
South 4th St., Moor-
head, Minnesota 56560.

"Today is another busy day!! I press my automatic garage door control and me and my little red rambler are on the way. Perhaps today I'll dash out for groceries for the week, or go visit one of the members from The Red River Valley Handicaps Club. No matter what the day brings you can be sure it will be a busy one. At four this afternoon I must hurry to work for this is my week to work nights - from 4:30 p.m. to 11:00 p.m.

"So," I hear you saying, 'What's so great about that?' Nothing so great, except that no one ever believed that I, with such a severe case of arthritis, would ever do anything but perhaps sit and feel sorry for myself. But as it has been said, I was born a Swede and a stubborn one at that, and nothing, no nothing was going to hold me back! All my life I wanted more than anything else to be independent, as much as physically possible. Now I feel that I have independence.

"But let us turn the pages back about 29 plus years.

"My folks were of Scandinavian descent and were the proud parents of seven healthy children - five boys and two girls. We were born of common folks, but were richly blessed with understanding, love, and a Christian background.

"When six years old I became very ill several times. At first it was the flu, a common cold, or just minor pains, they thought. After a year of treatments, doctors, pills, etc., they diagnosed it as arthritis. It was terribly painful and more so as the days passed. After my first year in school I could now only attend on my so-called 'good days.' By the end of the second grade my public school days were over.

"For about the next ten years the only life I knew was in and out of hospitals, operating rooms, clinics, treatment

centers. There was much pain but much reward too, for after seven years of wheelchair living I could now master crutches! I was on my way.

"My formal education consisted of about one and a half years in public school. Five years were spent hit and miss in hospital schools. And for two years dad struggled extra hard so that one day a week one hour at a time I could have a tutor. But education like that is rather dull for a child. Now there was nothing! How I wanted to learn! But the folks couldn't go on spending so much on one when there were six others that were dependent on them.

"But one day I wanted to shout 'THE SKY IS FALLING,' for it seemed that from out of the blue the news came. A school for crippled children was going to open its doors in Fargo, North Dakota, which was only across the river, about three miles from Moorhead, Minnesota. Dad took his noon hour from work and walked the entire three miles back and forth. I was accepted. The next three years were indeed busy for I completed seventh, eighth, and high school. So busy, such fun, I had never really known before! Such proud parents you have never seen as mine were when I got my eighth grade diploma, then my high school diploma, and finally my college one. It was a day for much rejoicing!

"Now I was on my own. My first position was in a crippled children's school. For four years I taught, but did not feel that this was just what I liked. I made such hard work of it. So I gave up teaching and decided to look for work in Moorhead again, so I could live at home and be of some company to my now ageing parents.

"As a small child I, along with my brothers and sister, used to play around the campus of Concordia College, which started at the other end of our block. Later I found work there. For many years I cashiered in the college cafeteria. The college has grown from 600 when I started to 2400 today. A few years ago a little store opened up in the Student Union and I expressed my desire to work there - so I have. The store is called THE KORN KRIB and I am the KERNEL. We deal strictly in KASH. My work is very enjoyable and I keep young with the students.

"Money never came easy for us and therefore this was always

a problem. So there were no expensive gadgets around to make things much easier. The gadget that is in use every day is an old fashion button hook (don't ever let anyone throw one away - they are almost non-existent). With the hook I button buttons, zip zippers, lace my shoes, reach my light, pick up small objects, and dozens of other things. A 25 foot cord is attached to my phone so wherever I go the phone follows. It is placed on a sturdy serving cart that is wheeled all over the house. With arthritis one doesn't reach too much, so instead of a washcloth I use a regular sponge dishwasher on a long handle. Try it, it's great!

"Hobbies pulled me through many a long day as a child and I still have many. I'll only mention a few. My oldest one is foreign dolls of which there are around 300 from all over the world. Since cashiering was my job for years where would I have a better chance to study coins? Next came traveling. Although I have not done a great deal of this it has brought me much pleasure. But arts and crafts is where I shine. It not only relaxes, teaches, and inspires me, but it also gives me a little extra cash. Each summer I would teach crafts at a different place. There were two summers at the Minnesota Easter Seal Camp for Crippled Children and Adults, one session at the North Dakota Easter Seal Camp, one summer at Sioux Valley Hospital in Sioux Falls, South Dakota, in the orthopedic wards, two summers at a Baptist Bible Camp, one night a week for two years under the adult education program, and teaching to homemakers' groups in and around our town. My latest project is Rosemaling on enamel ware. Won't you join me?"

FIFTY FRIENDS WANTED by Miss Betty Staker, 714 West Thrush Avenue, Peoria, Illinois 61604.

"I would like to acquire a pen friend from each state of our country. I am a girl of 20. I am a Junior in high school. I am behind in school because of cerebral palsy.

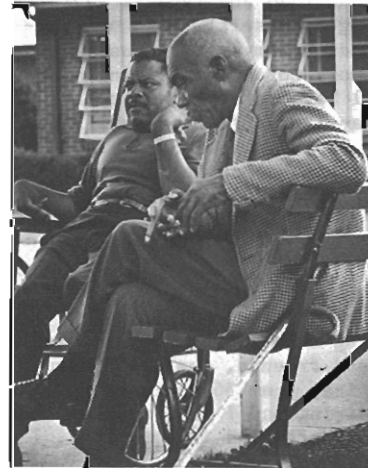
"I am very lonely because there are few my age in my neighborhood. I appreciate mail, and want to possibly become a friend of someone who is also lonely. My hobbies are reading, guitar, and pen pals."

ST HELENA AGAIN. Mrs. F. Willes (Muriel), "Kingshurst," St. Helena Island, South Atlantic.

"I would like to thank you most sincerely for having published my letter in the '67 *TjG* and thereby bringing some very nice people into contact with me here on this lonely little island. Some of the very kind people who wrote to me, also sent along some very interesting reading material, which I was delighted to have.

"We are only too grateful for any sort of reading matter. If the postage is not too high it will be more than welcome not only in our home, but many others too as we always pass on reading matter to those less fortunate than ourselves.

"I am sorry to say that recently I had a breakdown with my chair, which has immobilised me to a very great extent. Many of the wire spokes of the wheels are broken and the main framework is rusted through at the rivetted joints which makes the chair dangerous to use. Unfortunately nothing can be done about this locally."



HALT AND BLIND, UNBEATABLE TEAM Albert Larkin (?), disabled by polio, and blind Percy Madison are a synchronized team at the Delaware Home and Hospital for the Chronically Ill, Smyrna, Del. 19977.

"Percy is my legs and I'm his eyes because I can't walk and he can't tell night from day. It's as simple as that.

"I would love to try chess by mail. It would be wonderful to have some *TjG* people write to us."

SINGAPORE COLLECTOR OF QUOTATIONS, Stephen Sng Hock Lye has a collection of three hundred sayings. He is self-educated and very interested in religion, psychology, and philosophy. Stephen is 24 years old and disabled by cerebral palsy. His address: 15 Woodsville Rd., Singapore, 13.

"Collecting quotations is one of my most interesting hobbies. The American missionary with whom I corresponded some years ago introduced this hobby to me. You see, he began every letter he wrote to me with a quotation. Then I became interested in the quotations because they are wise sayings and definitions aptly, succinctly, and subtly put. I found in them sources of cheers, comfort, advice, and sometimes a few laughs.

"Though I don't have a proper education, I may be the luckiest handicapped person in Singapore who can read and type (I learnt typing by myself). I am not satisfied with myself because I cannot work for my own living and still have to depend on my father.

"May I ask *TjG* readers if they know of any disabled people in Singapore to let me know of their names and addresses?"



SPANISH QUAD seeks pen pals, preferably Spanish speaking, with whom to trade stamps.

"I am 28 years old and 4 years ago I had a cervical 5-6 cord injury in an accident of traffic. I am trying to learn English and French idioms for giving lessons to others. I think it will be an interesting job for me.

"I am fond in reading good books and listening classic music. When the program is interesting I go at

my local cinema. I am a fanatic of the cinema. Recently I have a hobby that helps me very much to spend my time; I am collecting stamps. I should like to have pen pals in other countries for changing stamps. My address: Juan Ruis, Carretera 12, Bellvey (por Vendrell) Tarragona, Spain."

ENGLISH university student, Christopher D.I. Hewitt, wheelchair'd by brittle bones, deplors the lack of higher education facilities.

"I have osteogenesis imperfecta (brittle bones), am of small stature (3' 8") and am at present studying French and English for an honours degree at Birmingham University.

"Although the free accommodation for the disabled is wonderful, it exists at present in only two of all Britain's universities i.e. Reading and Birmingham I believe. I wish this were publicized better in this country as perhaps then more universities would provide it."

Hobbies: Stamp collecting, photography, playing piano, the arts in general, the countryside.



Address: Crutch Beams, Newbridge Green, Upton-on-Severn, Worcestershire, England.

JAMAICAN: Clement G. Donalds, 5G Pouyatt St., Kingston 12, Jamaica W-4, West Indies.

"I take great pleasure in writing this letter. I have been introduced to you by one of my good friends, Charles Graham of the Polio Rehab Centre in Jamaica. I am 36 years of age. I am a Christian. I do watch repairing and I love reading and to study. My back is broken so I am crippled in both legs. I would like to have some foreign friends."

OREGON ARTIST, HOBBYIST, AND PHILOSOPHER, utilizes her teeth and feet to pursue her hobbies and to support herself as a member of the Association of Mouth and Foot Painting Artists.

"Fifteen operations enabled me to walk well in spite of arthrogyrosis, a congenital deformity of upper and lower extremities. I was married and raised a normal son. I cook and do housework and all my hobbies with teeth and feet. I enjoy all nature, art, singing, swimming, hiking, dancing, movies, taping, T.V., stereo, plays, and concerts. I am interested in all races, creeds, and religions. I compose poetry, write music, and paint with my teeth. I will write to any who have specific questions on physical, mental, emotional, moral, financial, spiritual, E.S.P., etc." Address: Viola M. Henne, 2326 N.W. Roosevelt St., Portland, Oregon 97210.

CZECHOSLOVAKIAN TEEN-AGER is eager for correspondents who are also about seventeen years of age. Greta Horvathova is trained in five languages besides her own: German, Russian, French, Latin and English. Her address: Armenska 4, Bratislava IX, Czechoslovakia.

"I must thank you in first time for having sent me the *TOOMEY j GAZETTE* because I can join now your organisation which is able to help us in so many ways. Being very happy about it I wish to enlarge now some answers to your questions. I attend secondary school in a wheelchair and want to go on to university after passing my leaving examination next year. I am very interested in literature and languages, especially in English and I should be very glad if I could correspond with other polios in my age - in order to improve my learnt English.

"I was very impressed by reading the different necessary vital - power for our future life and was surprised about so many modern equipments show there, I am firmly convinced that technic will help to the most of us not to lose neither our hope nor our strong optimism which both we need so much in order to subdue our difficulties."

HELP *TjG*. Send your cancelled postage stamps to South Africa. Mrs. Gillian Ruffie Smith formerly worked with physically handicapped children in England. Mildly affected by cerebral palsy, she and her partially blind husband have a shop in which they buy and sell records, books, and stamps. Mrs. Smith is president of the South African branch of the world-wide women's friendship club, "Internationally Yours." Address: P.O. Box 3165, Cape Town, South Africa.

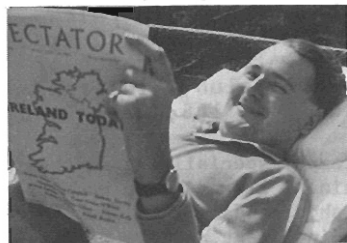
"I have a good collection of stamps, specializing in the African countries and Great Britain. I also make up packets to sell in the shop; and deal in the wholesale trade, sending great parcels of local South African stamps still on paper, over to dealers in England, U.S.A., Australia, and the occasional swap parcel to Canada, India, Pakistan, etc. I buy our local stamps on paper from all the local charities, paying a few shillings per lb weight. If any of your members would like to collect and send stamps to me, I can use anything on paper, and will make an appropriate donation to *TOOMEY j GAZETTE*."



FRENCH POLIO QUAD DISABLED in 1966 would be glad to correspond with an American disabled interested in economic and financial problems.

Andre Messin, a graduate of the Institut d' Etudes Politiques de Paris, was a Contrôleur at the Banque de France. He hopes to work again within the year. He is now living at home with his wife and four children aged 12, 10, 8, and 6. His address: Residence Emeraude, 7 Rue de Brest 35, Rennes, France.

AMATEUR PSEPHOLOGIST (student of elections) would like to receive election oddments from around the world. Geoff James, 33, has been horizontalized by muscular dystrophy since 1950.



"Elections have always fascinated me. Quite apart from following the fortunes of one's own political philosophy and party, the whole drama of the campaign at the hustings, and, at the end, the decisive counting of the votes, I find tremendously exciting.

"It is not British elections alone which interest me. Television has brought elections in America and France very near. I vividly recall the great Kennedy-Nixon confrontations, the near-hysterical scenes at the Republican Convention which nominated Barry Goldwater, the robust campaigning of Ronald Reagan, and the spirited challenge of M. Jean Lecanuet to General de Gaulle. By means of sound radio I have followed Irish General Elections for many years. All these events I have found absorbing, and as exciting as any football match or television serial. Even the result of an obscure election in the Philippines or British Honduras reported in a corner of a newspaper immediately catches my eye.

"All this has turned me into an amateur psephologist of sorts, and I try my hand at forecasting election results. I correctly forecast the result of the 1966 British General Election with an error of only three seats on the Conservatives and Liberals, and one on Labour and 'Others' (I did not foresee the Republican Victory in West Belfast). Incidentally, I was hopelessly out on the result in my constituency, which goes to show I am very amateur indeed!

"My great interest in elections means that politics are never boring. The appearance of any politician on television has my attention. Every newspaper or news-bulletin may contain a political bombshell, from a surprise Ministerial resignation to an unexpected by-election."

Address: Meadow View, Hartland, Bideford, Devon, England.

U.S. & U.K. FRIEDREICH'S ATAXIAS seek others with whom to correspond. Roy Graham (4645 Giles Road, Cleveland, Ohio 44135) is particularly interested in those in the U.S. Sydney Lewis ("Spring Wood," Cheshire Home, Spring Wood Ave., Liverpool 25, England) wrote of his interests:

"I have had F.A. for some 10 years now, and I am wheelchair bound. I am 32 years old. I like reading mostly, plays, musicals, etc. But I like to write best, so if any pen friends with F.A. would like to write to me, I am always very interested and would be glad to write to them. I have always been, God willing, very optimistic that a cure will be eventually found for F.A."

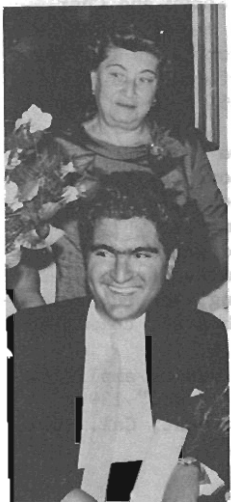
SCOTSMAN who gets around in his invalid chair by an original "relay system" wants to correspond with Americans, aged 35 to 46, who have also had polio.



"I live on a very busy main road in the north side of Glasgow. My mother pushes me to our gate and leaves me. As there are always plenty of people passing by, I ask several of them, to push, in any direction that I wish to go. In this way I am able to go into the centre of our city (which is 6 miles from my home) and I use the same system to get back home again. I call this method my 'relay system' and through it I meet many nice people and make many friends!

"I am 46 years old. I have been disabled with polio from birth. In spite of this, however, I lead a happy life. For I have many interests including art, classical music, literature, animals, drama, and psychology. I would be happy to correspond with any American (male or female, aged 35 to 46), and my disability." Gordon H. Dawson, 1330 Springburn Rd., Glasgow N 1, Scotland.

GRADUATION CONGRATULATIONS to Josef Čada, Prachnerova 10/642, Praha 5 - Košiče, Czechoslovakia.



"The 1967 *TjG* was so interesting for me because I found there many people with similar life experience as mine. You know I am disabled since my two years due to muscular dystrophy and that I have studied theoretical physics on Charles University in Prague. I hope you will enjoy seeing also the picture of me and my mother from my graduation on July 4, 1967. Now I am working in the Czechoslovak Academy of Sciences, Institute of Solid State Physics and studying to complete my Ph.D. degree program simultaneously.

"I applied for graduate study at UCLA and obtained a fellowship but unfortunately I did not solve the financial problem fully (I need an attendant from Czechoslovakia with me), having no own resources in US dollars. So I am to hope only that some better opportunity to come to U.S.A. will arise for me in future."

TAPESPONDENT. Helen Cooksey, Sligo Star Route, Salem, Missouri 65560.

"Please list the following so that I may tape to other *TjG* readers: Webcor - 1-7/8, 3-3/4, 7-1/2 i.p.s. 2 track and Wollensak 15, 1-7/8, 3-3/4, 7-1/2 i.p.s. 4 track. Polio para. Early 40's. General interests, people, photography, sewing, designing, leather and jewelry crafts, music, church.

KENYA SCHOLARSHIP WINNER. 16-year old Mary Wanja was awarded a scholarship by the Association of Mouth and Foot Painting Artists, V.D.M.F.K., Kasperigasse 112, Vaduz, Liechtenstein. This good news was received from Miss E. M. Shaw, Sister i/c, Kenya Red Cross Society, Dagoretti Childrens' Centre, Box 24756, Nairobi, Kenya, Africa.

"We are very pleased that Mary is now receiving 100 Swiss Francs a month. She is painting pictures for Liechtenstein which we forward to them at regular intervals.

"Ian Pritchard (the well-known artist who paints with his mouth) and his wife, Dulcie, came specifically to see her and he was very impressed with her paintings and gave us advice regarding a painting board, length of paintbrush, etc.



"Mary was given encouragement when the Nairobi-South Rotary Club chose one of her pictures for their Christmas card and Dagoretti Childrens' Centre received the proceeds from its sale.

CALIFORNIA ARTIST, Jean Cook, uses a custom-built easel.

"The easel has a palette that works like a lazy susan, special clamps hold brushes I move with my mouth. I can paint for hours independently without having to ask anyone to help me handle the equipment."

Jean, a respiratory polio, drives a mouth-operated electric chair. She lives with five other quads at the Bell Vista Rest Home, 5001 E. Anaheim St., Long Beach, Cal. 90804. Photo: *Independent-Press-Telegram*.



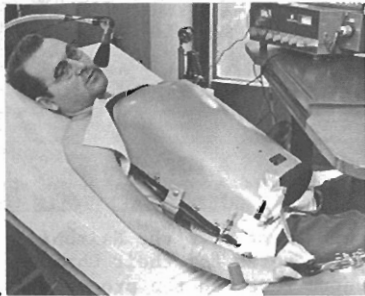


HAMS IN PEARSON POLIO PAVILION were organized by the Canadian Paraplegic Association and instructed by the Canadian Pacific Airline Amateur Radio Club. Bob Gordon reported:

"Dr. Robb, the dentist at Pearson Hospital, has made a tooth mounted transmitter key for those people unable to transmit by hand. This is an improved version of a similar device described in the Spring 1965 edition of *TOOMEY & GAZETTE*.

"The photo above shows our 'Hams' studying and practicing: (l to r) Bob Gordon, Chester McKellar, Brian Fitzgerald, Brian Forshaw, Roger Dawdy, Brian Cruickshank, John Walford, Clarence Smith. We are interested in hearing from other 'Hams.' Our address: 700 West 57th Ave., Vancouver 14, B.C., Canada."

CALIFORNIA HAM was instructed and equipped with special hand controls by neighbors. Russ Beeson (r), a former motor boat racer, has operated a nurses' employment agency for 10 years. Address: 1925 Meadow Road, Walnut Creek, California 94529. Photo: *Oakland Tribune*



ROSTER OF HANDICAPPED HAMS in *TjG's* '62 Communications issue.



PRESIDENT OF MONARCH PRODUCTIONS, William D. Troute (polio quad), with the team of Sonny and Cher.

"I am presently engaged in concert and dance promotions featuring rock and roll performers. I started in business in 1961 from my home and have expanded to an office location in addition to my home.

"Pacific Telephone Co. designed and installed an excellent telephone device for my use which I and they have improved and modified.

"Hobbies & volunteer activities: hunting and fishing, record collecting, painting, cub scout committee member, CORE, A.C.L.U.

"If any readers desire amplification, please contact me." 13914 Fairlock Ave., Paramount, Cal. 90723.

COUPON-REPOSE INTERNATIONAL

International Reply Coupon

This coupon is exchangeable for a stamp or postage of the amount of postage for a letter destined for

15 C

Ce coupon est échangeable contre un timbre-poste représentant le montant d'une lettre ordinaire de destination de

INTERNATIONAL MAIL. Share postage expense with friends around the world. Send these International Response Coupons. 15¢ at U.S. Post Offices. Exchangeable in any country. Air mail rates for ordinary letters: South America, 15¢; Europe, 20¢; Asia, Africa, and Australia, 25¢. If no enclosures, 13¢ aerogrammes can be sent to all countries.

Etats-Unis d'Amérique - United States of America

STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS

Receipts:

Gifts:			
General fund	\$ 9,828.39		
Disabled staff salary fund	1,265.00		
Christmas card fund	2,405.89		
Used motorized wheelchair	500.00		
Prize money fund	300.00		
Dr. Fern memorial fund	15.00	\$14,314.28	
Interest income		<u>143.94</u>	\$14,458.22

Disbursements:

Salaries:			
Part-time secretary	\$ 2,095.55		
Five disabled staff correspondents	1,620.00	\$ 3,715.55	
Printing and mailing supplies		3,948.48	
Christmas card expenses		1,240.61	
Postage		740.14	
Office equipment, supplies and service		669.25	
Payroll taxes		151.78	
Donation of donated motorized wheelchair		500.00	
Prizes		150.00	
Books and periodicals		114.42	
Insurance		70.30	
Dues and conventions		<u>39.50</u>	<u>11,340.03</u>

Receipts in excess of disbursements	\$ 3,118.19
Fund balances 1-1-67	<u>6,417.53</u>
Fund balances 12-31-67	<u>\$ 9,535.72</u>

STATEMENT OF ASSETS AND LIABILITIES ON A CASH BASIS

Assets:

Cash:			
Checking Account	\$ 8,208.87		
Savings	<u>1,434.62</u>	\$ 9,643.49	
Deposit - Workmen's Compensation		<u>5.00</u>	9,648.49

Liabilities:

Payroll taxes withheld	\$ 112.77	
Funds:		
General	\$ 7,796.25	
Dr. Fern memorial	1,430.22	
Prize money	<u>309.25</u>	<u>9,535.72</u>
		<u>\$ 9,648.49</u>

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Vice President	Mrs. Joseph S. Laurie
Secretary and Legal Counsel	*Alan Arnold
Treasurer	Mrs. Michael W. Carlton
Educational Consultant	Paul L. Essert, Ph.D.

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Mrs. Harold F. Banister	*Miss Mickie McGraw
Mrs. Michael W. Carlton	Charles L. Pettibone
*Charles A. Dilley	G. E. Tenney
*James E. Kenny	*A. Wilson Wood

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Robert H. Bartholomew		Mrs. Oliver A. Reynolds, Jr.
Mrs. Joseph S. Laurie		G. E. Tenney

Term expires September 1969

*Alan Arnold	*Benjamin S. Gerson
Mrs. Michael W. Carlton	*Miss Mickie McGraw
Beth H. Fowles, Ph.D.	Charles L. Pettibone

Term expires August 1970

*Charles A. Dilley	Judge William K. Thomas
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*Iron Lung Polio or Multiple Sclerosis



The Bulletin Board

P O T P O U R R I

1968 TjG CHRISTMAS CARDS

\$3.70 for packet of 25 cards and matching envelopes
(Ohio residents add 15¢ for 4% sales tax)

Send for more free sample cards and order blanks

Mail to: TjG, Box 149, Chagrin Falls, Ohio 44022
(Deadline: October 15)

SHOE INFORMATION EXCHANGE for mismates or amputees. \$3 a year. National Odd Shoe Exchange, 1415 Ocean Front, Santa Monica, California 90401.

NEW SOCIAL SECURITY DISABILITY BENEFITS cover many young people not previously eligible. If you were disabled before age 31 and have work credits, check this out.

MYASTHENIA GRAVIS FOUNDATION, 2 E. 103rd St., New York, N.Y. 10029, would like to hear from its "members."

TOYS FOR HANDICAPPED CHILDREN. Suggestions wanted regarding special toys and hints welcomed on commercially available toys. Mrs. Claire Söderberg, Secretary, ISRD Information Centre on Technical Aids, Fack, Bromma 3, Sweden.

THANK YOU for TjG's wonderful tenth birthday R.\$.V.P.'s.

OLD CHRISTMAS CARDS can be put to good use by Sister Caedmon, O.S.A., Convent of Saint Anne, 18 Claremont Ave., Arlington Heights, Massachusetts 02174.

1968 KENNY INTERNATIONAL ART SHOW for disabled artists opens September 22. For details, write: Mrs. G. Ahern, 4801 Folwell Drive, Minneapolis, Minnesota 55406

FREE USED EQUIPMENT: Cartop lift, and portable fibre glass lung (see page 63). Send detail of needs to TjG.

IBM USED ELECTRIC TYPEWRITERS are available to disabled at happy prices. Contact your nearest IBM sales office.

NATIONAL FOUNDATION RESPIRATOR EQUIPMENT POOLS. Polios east of the Mississippi River, and Louisiana: Carlton Bishop, Medical College of Georgia, Augusta, Ga. 30902. Those west of the Mississippi: Clyde W. Sharpley, 2500 West 5th Ave., Denver, Colorado 80204. Minnesotans: Larry Rambo, 1826 Roblyn Ave., St. Paul, Minn. 55104.

READER'S DIGEST. Available: all issues since the 1940's. Mrs. V. Burrows, 3610 Dwight Ave., Riverside, Cal. 92507.

WILL SHARE TAPE OF TjG with other readers. Rose Dore (blind and arthritic), 913 East 140th St., Cleveland, Ohio 44110.

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CONTEST! Prizes to TjG readers who sell the most Christmas cards! First Prize - \$75. Second - \$50. Third - \$25. Again, thanks to Mr. Anonymous!

PARALYZED VETERANS of AMERICA IN MEXICO are collecting used clothing to distribute to underprivileged children. Send to: PVA Club, 226 Las Palmas, Ciudad Granja, Guadaluajara, Jalisco, Mexico.

EDUCATION

EDUCATIONAL & CULTURAL EXCHANGE OPPORTUNITIES all over the world are listed in free booklets from the Council on International Educational Exchange, 777 United Nations Plaza, New York, NY 10017, in a big 683 page publication in French, English, and Spanish for \$5 from the United Nations, and at all U.S.A. consulates and embassies.

1968 DIRECTORY OF ACCREDITED PRIVATE HOME STUDY SCHOOLS. Free. National Home Study Council, 1601 - 18th St., N.W., Washington, D.C. 20009.

THREE UNIVERSITIES EXPAND WHEELCHAIR FACILITIES. University of California at Riverside is going way out to recruit more students in wheelchairs. It has added ramps, a wheelchair mechanic and tub lifts. ('67 *TjG*, p. 44-45) University of California at Berkeley has more hospital facilities for live-in students. ('67 *TjG*, p. 42-43) University of Wisconsin is establishing a program of counseling and educational services and adding dorms with attendants, elevators, etc. 

EXCITING NEWS: TESTS translate self-acquired knowledge into COLLEGE CREDITS. This revolutionary concept is known as the College Level Examination Program. Already nearly 150 colleges and universities have agreed to accept the test scores as a basis for advanced credit. For instance, an auto upholsterer in Chicago took one of the college level general tests and scored in the top 95%. He never had a day of college in his life but Roosevelt University awarded two years of college credit. The fee is about \$15 for each battery of tests. For information and list of testing centers, write: College Entrance Examination Board, Box 592, Princeton, New Jersey 08540.



Roy Cary (l) and Dana Stanton, respos, were photographed by *The Denver Post* when they tied for the "Handicap of the Year" award of the N.P.F.



Canadian Sandy Burgess, a traumatic quad of Edmonton, received the 1967 Copnick Memorial Award when he graduated in law from the University of Alberta.



Ruby Heine, a Nebraska respo, was the recipient of *TjG's* Quad Hall of Fame award, a cut glass vase donated by a Czechoslovakian para, Vladimir Kvapil, for triggering the extension of the talking books program to include those who are severely disabled.



Doris Page, a respiratory polio quad, was awarded the Order of the British Empire by Queen Elizabeth II for editing the quarterly, *The Responaut*.



Max C. Rheinberger, Jr., a polio quad of Duluth, Minn., was named Handicapped American of the Year by the President's Committee.

PUBLICATIONS

Spinal Cord Injury Handbook. 34 pgs. 1968. Free. Write: N. Elane Wilcox, Ph.D., Rancho Los Amigos Hospital, East Imperial Highway, Downey, Cal. 90242.

A FASCINATING QUARTERLY JOURNAL of art in education, rehabilitation and psychotherapy. *Bulletin of Art Therapy* Box 4918, Washington, D.C. 20008. Quarterly. U.S. \$5 a year. Foreign \$5.50.

INTERNATIONAL ELECTRICITY. Characteristics of electric current and type of attachment plugs around the world. *Electric Current Abroad*. 1967. 81 pgs. 30¢. U.S. Govt. Printing Office, Washington, D.C. 20402.

The Journal of Rehabilitation in Asia is an invaluable guide to the many facets of rehabilitation in Asia. Its honorary editor is Mrs. Kamala V. Nimbkar, The Amerind, 15th Road, Khar, Bombay 52, India. Quarterly. Per year: Canada & U.S., \$2.50.

GUIDE TO WILLING BODIES, EYES, etc., and to inexpensive funeral arrangements through Memorial Societies. *A Manual of Simple Burial*. The Celso Press, Burnsville, North Carolina 28714. \$1.

VIRGINIANS WITH SPINAL CORD INJURIES will benefit from the three-year Federal grant of \$450,000 to their DVR's Woodrow Wilson Rehabilitation Center. A total of 55 paras and quads are now enrolled at the Center; this grant will allow about 40 more to be served per year. The Virginia Department of Vocational Rehabilitation has an excellent free monthly publication, *The Challenge*. Apply to: Box 11045, Richmond, Virginia 23230.

TjG still has copies of "Report on a Survey of Respiratory and Severe Post-Polios," by Saad Z. Nagi, Ph.D.

BACK ISSUES OF *TOOMEY j GAZETTE* ١٠٠٠ \$3 per copy to non-disabled; \$1 (if possible) to disabled: (1) QUADS ON QUADRANGLES; (2) COMMUNICATIONS; (3) HOUSING; (4) QUADS INTERNATIONAL; (5) TRAVEL AND MEDICAL ENGINEERING; (6) VOCATIONAL REHABILITATION AND WHEELCHAIRS; (7) HIGHER EDUCATION AND EMPLOYMENT.

"Where To Get Help For Your Family." A directory of 118 national service agencies, from AA to UCP. 75¢. Abbey Press, St. Meinrad, Indiana 47577.

TRAVEL

1968 USA TRAVEL GUIDES: 1) *Where Turning Wheels Stop*, by Ernest Sawyer. \$1. PVA, 3636 Sixteenth St. NW, Washington, D.C. 20010. 2) *The Wheelchair Traveler*, by Douglass R. Annand, Box 169 Woodland Hills, California 91364. \$3.

DIRECTORY OF CAMPS FOR THE HANDICAPPED lists 250 camps. \$1. National Easter Seal Society for Crippled Children and Adults, 2023 W. Ogden Ave., Chicago, Ill. 60612.

EUROPEAN HOLIDAYS FOR THE PHYSICALLY HANDICAPPED. TjG will photocopy this excellent summary printed in *The Bulletin of The British Polio Fellowship* of March 1968. Also we can give you information on securing guides to London, Edinburgh, Cambridge, etc.

ENGLISH HOLIDAY CENTRE FOR SEVERELY DISABLED FROM ABROAD and a residential centre for disabled attending nearby schools and universities. Within 50 miles of London. Fees range from 15 to 50 guineas a week depending on what is wanted. Write: David Atterbury, Saxon Court, Hadlow Down, Near Uckfield, Sussex, England.

This may be the last issue of *TOOMEY j GAZETTE* unless more readers help with donations and Christmas card purchases.

The services of the editor are volunteered but printing costs are spiralling and circulation is expanding.

We ask you to think about our problem and help if you can.



Toomey J is deeply appreciative of the donations from its individual readers and from the following, received from April 15, 1967 - April 15, 1968: The Harry K. Fox and Emma R. Fox Foundation, Ohio - \$3,000; The Cleveland Foundation, Ohio - \$650.48; Plymouth Church, Ohio - \$600; The Dinsmore Foundation, New York - \$600; and the O'Neill Brothers Foundation, Ohio - \$300.

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

Jane Blanke, New York
Caroline Brown, Ohio
Mrs. Harriet Campbell, New York
Will Carlton, Ohio
P. W. Close, Ohio
Arnold DeShong, New York
Samuel S. Fern, M.D., New Jersey
Harry Gershenson, New York
William Gilges, Ohio
Barbara Cory Good, Illinois
Jerome Halle, Ohio
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Mrs. N. Schmidt, Ohio
Mrs. Ray R. Sher, New York
Herman E. Smith, California
Clarence Thomas, Ohio
Lawrence H. Upton, D.C.
Richard Woesthoff, New York

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.