



Don Kollar

TOOMEYVILLE JR GAZETTE

By...For...and About
RESPIRATORY POLIOS

A LEISURELY QUARTERLY
Volume II, Number 1
SPRING 1959

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Jean Lang



EXCLUSIVE COLLECTION OF

TYPEWRITER ADAPTATIONS FOR RESPIRATORIES

BY ELECTRIC EYE To operate this typewriter, the individual wears a small parallel-beam headlight which he or she focuses on a photo-electric panel board containing a specific target area representing each key of the typewriter.

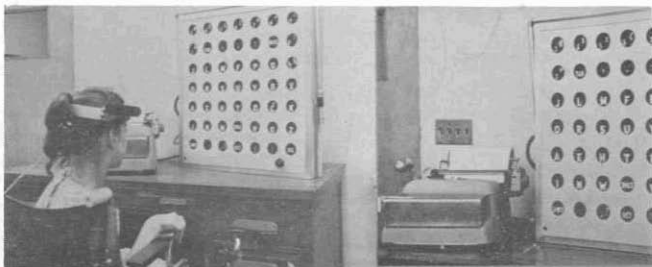
Behind each letter is a photo-electric cell. This is coupled to a standard electric typewriter through an easily attached solenoid box placed over the typewriter keyboard. By flashing the headlight on the letter, the patient depresses a key on the typewriter. A fairly rapid speed can be attained with this mechanism.

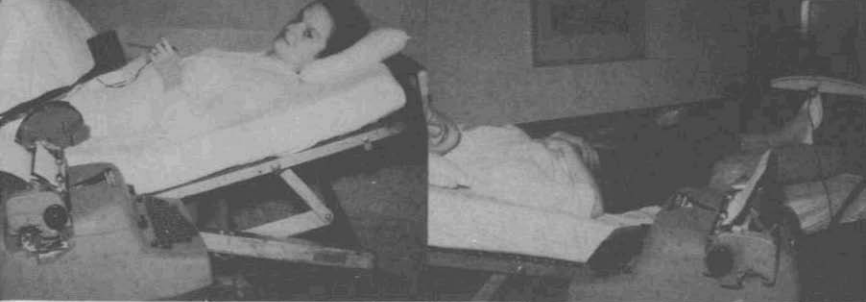
This typewriter is the brainchild of Dr. Alan Ziskind, resident in Pediatrics, Boston City Hospital, and a graduate of the Boston University School of Medicine. Dr. Ziskind spent

three months planning the typewriter and, with his brother, five months building it.

One of its unusual features is the ease with which it can be repaired. Should any letter cease working, it can be repaired by removing the front panel and replacing the single letter unit. Another feature is that it can be reproduced at a not unreasonable price.

Other devices which Dr. Ziskind has in mind are a photo-electrically operated court stenographic machine so the paralyzed students could take notes in class to be transcribed later on the electronic typewriter, and photo-electrically operated devices for opening doors, using the telephone and turning on and off household appliances.





BY FINGER OR FOOT Typewriting by remote control, using a special "Slave" machine was designed by IBM and adapted for our readers by Mr. Robert D. Essert, engineer at IBM, Poughkeepsie, N.Y.

These remote control adaptations can be operated in a reclined position by a limited foot movement or limited

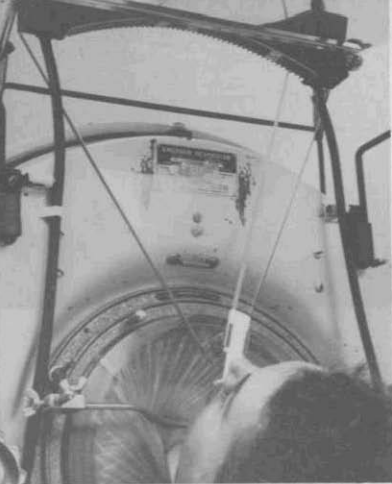
finger movement.

A stylus, when touched to contact points individually labelled to represent each key of the typewriter, closes an electric circuit and sends an impulse to the proper key on the typewriter. (For more detailed illustration, see August cover.)



BY MOUTHSTICK To many of us, typing with a stick in the mouth is something we have seen or done, but we include this picture for the benefit of some who perhaps may not have thought of it.

We know from personal experience that many people are surprisingly accurate and rapid typists by this method.



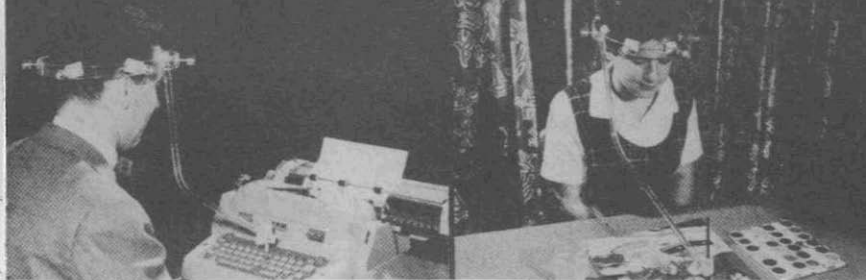
BY TONGUE "Jo" Sherrill operates her electric typewriter from the iron lung with her tongue. It was created by Wesley Pattison, model maker in the Industrial Design section of General Electric in Louisville, Kentucky.

Pattison had a piece of clear plastic shaped like a pie slice. Mounted at the bottom is a white piece of plastic which controls a pointer through a special pivot. The top curved end of the clear plastic holds a metal housing on the front of which are engraved, in a single curving line, the characters of a typewriter keyboard.

Miss Sherrill wiggles the end of the pointer into one of the slots in the metal housing and closes an electric circuit.

IBM, through H.W. Miller, a Vice President, donated a special "Slave" typewriter designed for remote control operation by a master typewriter. The electrical adaptations came through the cooperation of Thomas Barrett, supervisor for Southern Bell.





BY HEAD The method, shown above, of no-hand typing was created by Joel Barg, requires no special fitting. This light weight durable device can be adjusted to any head size. Easily and comfortably worn, it enables an individual to write, turn pages, type

or paint with slight head movement. This apparatus is most desirable because it is the most immediately available of all pictured. The price is around \$60 and is exclusively sold by Joel Barg, 1517 McGregor Street, Suite 43, Montreal, P.Q., Canada.



C. Robert Wisler

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Wesley Pattison

A tribute to men and women all over the country whose interest and enthusiasm go far beyond the call of duty to help create devices and outlets for respiratory people.

Men like these two, pictured above, and Dr. Alan Ziskind, Mr. Robert D. Essert, and Mr. Loreman Harris typify the spirit of many to whom we will ever be grateful.

Mr. C. Robert Wisler, Sales Manager, Commercial-Special Services, Ohio Bell Telephone Co. worked with respiratories all over Cleveland to perfect the phones shown on pages 6-8.

Mr. Wesley Pattison, a model maker with General Electric at Appliance Park, Ky., did a great deal of study and research on the tongue typewriter.

EXCLUSIVE COLLECTION OF
TELEPHONE ADAPTATIONS FOR
RESPIRATORIES



(3)

There are several very good commercially made special telephones on the market. (See page 9). Most of these are quite expensive and occasionally interfere with the workings of the local telephone company.

We are, therefore, presenting these adaptations created by Mr. C. Robert Wisler of the Ohio Bell Telephone Company for individual needs. They are all common because they stem from four basic parts, three of which are supplied by the Telephone Company: (1) Operator's Head Set, (2) Off-On Key and Jack, (3) Dial, and the fourth part is a simple Pulley. Most are patient-dialed. They all require minimum muscle power.

The pulley is soldered to the central point of the dial plate and with various arrangements of lever and string, dialing may be accomplished with the toe, finger, a nudge or a bump. The degree of pressure determines the number chosen to dial.

The connection is opened and closed in all cases with switch on jack box.

The cost of one of these adaptations is comparatively quite low. Normally, it would include the prevailing rate of an extension in your area plus possible small additional charges monthly for the type of equipment you choose.



(1)

Wood, an attorney at Central National Bank, has a string attached to the dial pulley that is extended through a plastic tube. To the end of the string is attached a rubber ball. Bill is able to dial his number by placing his second and third finger over the tube and giving the rubber ball a slight pull. (Fig. 2). His earphone speaker is held by an old armsling holder mounted to his desk. (Fig. 1)



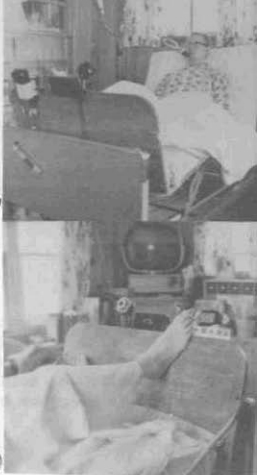
(2)



Ben Gerson, a manufacturing executive, has a 1-A key illuminated system which enables him to pick and hold five lines. It was adapted to Ben's pulling strength as opposed to pressing strength by reversing the key box. (Figs. 3 - 4). Ben has two types of phones. A

set of keys was provided for each type. One set of keys is for use with his headset and position dial. The other set is used with his hands free telephone

(5)



(6)

The on-off switch and jack are mounted at the top of Don Kollar's footboard. (Figs. 5 - 6). Don, who is an inventor and printing salesman, opens the connection with big toe. He then moves foot to the right where lever is operated by slight pressure of the foot to pull string connected to pulley on dial. The degree of pressure determines the number dialed. His headset is connected by gooseneck to head of bed as a permanent fixture. Call is terminated with flick of switch on the jack box.

The telephones shown to the right (Figs. 7 - 8) are mounted similarly to Don's above, with the exception that the young lady uses direct toe dialing. She has two complete telephone sets, one on the footboard of the bed and another, specially mounted, to be placed on the floor and used when sitting up.

(7)



(The Ohio Bell Telephone Company supplied these three basic units, at prevailing telephone rates, and the countings and special gimmicks to facilitate the handicap were supplied by the patient or a friend and are not standard telephone equipment.) Photographs on pages 6-8 were taken by Mr. R. T. Beck of the Ohio Bell Telephone Company.

(8)



Ruth Davis (Fig. 9) has her phone mounted on footboard, basically the same as those on previous pages, with the exception of her lever which utilizes a side to side motion of the foot. The standard earphone mouthpiece is held by a specially made stand.

(9)



Sue's operator headset (Fig. 10) was attached to a steel rod with a plastic handle. The position dial was mounted on the top of the key and jack box. A pair of clips was soldered to the bottom to hook on her belt to keep the box from slipping when dialing or rocking.

(10)



Jean Lang (Fig. 11) and Ida Brinkman (Fig. 12) use regular operator headsets. Dial and bell are mounted on the wall and attendant-operated.

(11)



(12)



Susan Armbrecht's dial and key were mounted on a raised platform (Fig. 13). (Bell box underneath). She operates her magazine subscription business by phone. A nudge of the wrist on angled stick pulls pulley and dial to proper number. She uses a standard headset mounted for comfort and steadiness on (of all things) a teddy bear.

(13)



Ruth Meckler's dial switch and bell box are mounted on a board which can be used on the over-bed table, at her side on the bed, or a wheelchair lapboard. Ruth uses her phone as a representative for a slip-cover and drapery company. (Fig. 14)

(14)



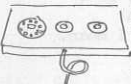




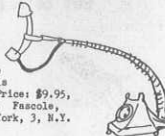


We have been hearing rumors for a year about a fellow with an interesting telephone "somewhere in the West." Our Detective Service finally found these pictures and story of Ross Mudge of Portland, Oregon. The system was devised by Loreman Harris, installer-repairman, and Harry Banks, assistant engineer of Pacific Telephone. Installed at the foot of Mudge's rocking bed is a loud speaker case, mounted in the case is a 10-volt motor, the components of a telephone dial and a plastic disc that simulates the telephone dial face.

By pressing a pedal at the foot of the bed, Ross first selects his business or residence line. Then he presses on another pedal with his foot to start the motor. The motor spins the dial until the desired letter or numeral of the telephone number appears in a lighted slot. He releases the pedal and the dial spins back. To dial the succeeding digit of the number, he presses down on the pedal again to bring the next number in view.

Ross works at home by phone for a contractors' and architects' servicing business and also for an industrial power equipment firm.

(Photography by Deane W. Bond, Pacific Telephone Oregon Area)

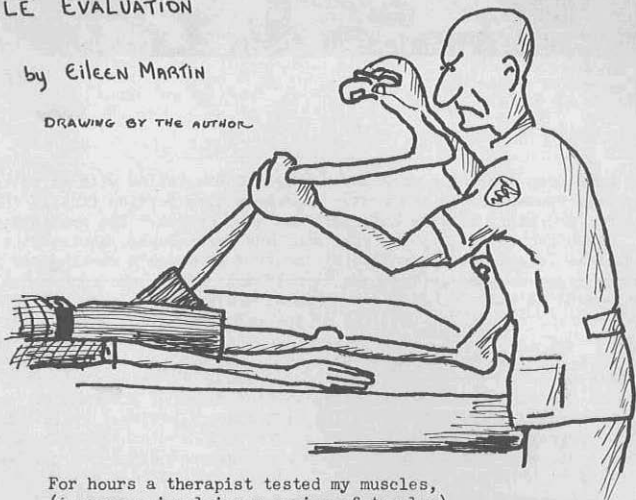
 <p>PILLOW PHONE: John Cavell of Winnipeg, Manitoba and his local telephone company created this phone with ear-piece, speaker, dial and switch built into a foam rubber pillow.</p>	 <p>TELE-MUFF: Foam rubber slip cover for earpiece. Shuts out room noises, adds comfort to the ear. 3 3/4". On sale in stationary and drug stores, in a variety of colors.</p>
 <p>REHAPHONE: Expensive (\$350.00) but quite complete. Most valuable to those without finger or toe movement. May be operated by extension of tongue against cheek, puffing out cheek with air, or winking. Seeger-Williams, Inc., 4 Norman St., Bridgeport, Connecticut.</p>	 <p>HANDS FREE SPEAKERPHONE: Recent Bell System development picks up your voice even across the room. Small loudspeaker at side serves same function as the earphone. Can be used as a standard phone. Consult your telephone company.</p>
 <p>TWINPHONE: Fabulous new acoustical invention. Similar in effect to a doctor's stethoscope, amplifies sound. More audible sound. Most important, gives you a second earphone. \$3.98. Scott-Mitchell House, 415 S. Broadway, Yonkers, N.Y.</p>	 <p>PHONE MATE: One of many arrangements for supporting the speaker-earphone while sitting up. Circuit is opened by a switch. Price: \$9.95, plus 50¢ for shipping. Fascola, 229 Fourth Ave., New York, 3, N.Y.</p>

See also page 33.

MUSCLE EVALUATION

by EILEEN MARTIN

DRAWING BY THE AUTHOR



For hours a therapist tested my muscles,
(A process involving a series of tussles)
I boldly spoke up, so I'd not be misled,
To ask for his findings - - and here's what he said:

"Your triceps and biceps are pretty well shot,
And a trace of the dorci is all that you've got.
Your trapezius? Sleeziest muscle I've seen!
and your deltoid is void, if you know what I mean.

"Your peroneus longus is strongest of all,
and the sternohyoid and rhomboid have had a close call!
anterior's inferior! Your gastrocs are sunk!
and so are the rest of your limbs and your trunk!

"Your pectorals, tensors, your quads and satorius
aren't what's considered in muscles as glorious!
As a matter of fact, you have gone quite to pot!
But be a good patient and use what you've got!"

Pig Slaughtering

This trip may go to show you how versatile a farmer has to be these days in order to survive in this competitive world. Also, this is the only trip we have taken.

Please spell our name right when you have it engraved on the First Prize loving cup.

We arrived at the Pence Farm shortly after noon on a Saturday. We were welcomed by the dogs, cats, chickens and, of course, Roger and Betty.

After the usual preliminaries such as greetings, etc., I inquired as to what Roger's uncle was mixing in the barrel, hored it was home brew and I would be offered a gallon. However, Roger informed me that it was to be used for slaughtering a pig. He told me he had learned a new way of slaughtering at the Grange meeting sponsored by the Indiana Agriculture Extension Program and would I like to see how it was done. Florence turned green and went into the house to see the baby. The children were thrilled, and, since I could enlarge my limited knowledge, I agreed to see it through.

Leading up to and going away from a deep trough dug in the ground was a runway fenced on both sides. If you have seen a sheeppip, you know what I'm talking about.

At the end of this runway was a gate. Roger and his uncle poured the contents of the barrel in the trough.

Roger informed me that it was a mixture of alum, lemon and lime juice plus water. The ratio of what to what escapes me now. While Roger was

driving the pig, a 600-lb sow, Uncle was hooking up four electric heaters, two on each side down by the gate. Roger drove the pig into the runway by poking it with a stick to keep it moving, until it went into the trough with a mighty splash! The pig scrambled out and ran down by the gate and the heaters were turned on.

The effect of the heaters and the mixture caused the skin on the pig to get as tight as a medium dress on a large girl! Now comes the most interesting part of this operation: When the pig's tail was as straight as a poker - Uncle opened the gate. The pig was a bit panicky now and went out of the pen like a shot out of a gun!

I became a bit alarmed because Roger was standing about 10 yards in front of the pen and the pig was heading straight for him, squealing with all its 600 pounds. Roger neatly side stepped and, as the pig raced past, grabbed her by the tail. The pig's forward motion, and the sudden jerk of the tail, the skin as tight as a drumPOP.... and that pig popped right out of her skin.

Now they have discovered that even pigs have pride and the pig ran about 20 yards before it discovered that it was undressed. Being a lady pig in front of all us men, it just up and died of embarrassment.

The pig did this act very conveniently under a large oak tree and from there on it was a simple matter of hoisting her and cutting her up into chops.



by John "Tall Story" Lambour





ON THURSDAY MORNING THE KIDDIES GO TO GRANMA'S AND BY LATE AFTERNOON GOLF CLUBS, CHEST RESPIRATOR AND OTHER LUGGAGE, AND MY HUSBAND AND I ARE OFF TO A HAVEN OF REST. OFF TO BEDFORD SPRINGS IN THE ALLEGHENIES.

LAST YEAR I ARRANGED AHEAD OF TIME THROUGH THE HOTEL FOR A P.N. WHO GAVE ME THE NECESSARY NURSING CARE, GOT ME INTO MY WHEELCHAIR, AND WAS A DELIGHTFUL COMPANION. SHE TOOK ME TO THE DINING ROOM FOR BREAKFAST AND WE ENJOYED LONG AFTERNOONS SITTING BY THE LAKE. ALTHOUGH THE P.N. ADDED TO THE COST OF THE VACATION, IT MADE IT THE BEST VACATION I EVER REMEMBER. NEEDLESS TO MENTION, JACK, MY HUSBAND, ENJOYED THE CHANGE IT GAVE HIM TO PLAY GOLF.

ON THE WAY HOME, WE DINED ELEGANTLY IN RESTAURANTS AND STOPPED TO SEE A SUMMER STOCK COMPANY AT THE WHITE BARN THEATRE.

OH WELL, WHERE TO NEXT YEAR? TAHITI OR THE CANADIAN ROCKIES?

MARY JO SANDS, PARMA, OHIO



IN OUR VOLKSWAGEN "MICRO BUS" LOADED WITH EVERYTHING BUT THE KITCHEN SINK, WE STARTED EARLY ONE SUNDAY MORNING FOR OUR MOUNTAIN VACATION.

ALONG HIGHWAY 99, NEAR REDDING, WE STOPPED AT THE SNAKE FARM TO LET PAM AND RICK (OUR CHILDREN) PET A BOA CONSTRICTOR. FROM REDDING, WE TRAVELLED THROUGH 48 MILES OF GRADUAL MOUNTAIN TURNS TO HAYFORK. FINALLY, WE REACHED THE BEAUTIFUL VALLEY AND GREENLEAF RANCH.

THE GROUNDS ARE LEVEL AND MR. GREENLEAF HAS BUILT RAMPS TO THE COTTAGES - PERFECT FOR WHEEL CHAIRS. ALL WE DID WAS RELAX WHILE THE CHILDREN SPENT THE DAY AS THEY PLEASED - PLAYING IN THE CREEK OR RIDING THE PONY OR FISHING SOMETIMES WITH DADDY.

MR AND MRS GREENLEAF HAVE BEEN WONDERFUL ABOUT INVITING DISABLED PERSONS TO THE RANCH. WE LOVED IT AND WOULD LIKE TO SEE SOME OF YOU SPEND A VACATION THERE TOO. WRITE ME FOR DETAILS.

MILLIE KALISH, 4060 BURKWALTER ST
OAKLAND, CALIFORNIA

(EXCERPTED FROM BAY COUNTIES POST-POLIO ASSOCIATION "NEWSLETTER")

HERE ARE A FEW IDEAS THAT HAVE HELPED ME WHEN I GO ON SHORT TRIPS:

- 1) I USE MY PORTABLE BATTERIES AND MOTOR ON EITHER SIDE OF ME FOR ARM RESTS AND ALSO TO PREVENT ME FROM TIPPING.
 - 2) FOR SIT UP DRINKING IN THE CAR, I USE A PLASTIC SQUEEZE BOTTLE MADE FOR SALAD OIL OR SYRUP.
 - 3) I HAVE A LARGE, EXTRA LARGE PURSE I KEEP IN THE CAR WHICH ALWAYS HAS DRINKING STRAWS, A SMALL HAND BELLOWS, PILLS, ETC.
 - 4) INSTEAD OF A COT IN THE BACK OF THE STATION WAGON, MY HUSBAND IS MAKING A SMALL HIP TO HEAD RAMP. I WILL BE PLACED ON AN AIR MATTRESS AND I WILL BE SLID UP ONTO THE RAMP.
- BETTY LEWANDOWSKI, BRECKSVILLE, OHIO

IN AS MUCH AS YOUR TRAVEL TIME IS LIMITED TO YOUR BATTERY TIME, AND SINCE THE NEW THOMPSON AND MONAGHAN RUN ON 12 VOLT D.C. AS DO MOST OF THE LATER MODEL CARS, IT IS A SIMPLE MATTER TO ATTACH A RESPIRATOR TO THE CAR'S ELECTRICAL SYSTEM. THIS WILL ENABLE THE RESPIRATOR TO CONTINUE TO OPERATE AS LONG AS THE CAR MOTOR IS RUNNING.

TO ACCOMPLISH THIS, YOU MUST OBTAIN A PAIR OF HEAVY DUTY BATTERY CLIPS, A LENGTH OF CABLE AND THE PROPER AMPHENOL PLUG FOR YOUR UNIT. 3 PRONG FOR THE THOMPSON AND 4 PRONG FOR THE MONAGHAN. THE WIRE YOU USE SHOULD BE EITHER #10 OR #12. THE FARTHER AWAY FROM THE CAR BATTERY YOU ARE, THE LARGER THE SIZE OF WIRE YOU SHOULD USE. ALL CONNECTIONS SHOULD BE SOLDERED. WE HAVE BEEN ADVISED NOT TO UTILIZE THE CIGARETTE LIGHTER FOR THIS PURPOSE AS IT TENDS TO BECOME VERY WARM AFTER CONTINUED USE.

IRA E. HOLLAND, MERRICK, L.I., N.Y.

TRAVEL: ??????????

DATE: FEBRUARY 9, 1959

POINT OF DEPARTURE: UPSTAIRS

DESTINATION: DOWNSTAIRS

PURPOSE: TO CONGRATULATE TWO-YEAR OLD SON ON HIS FIRST ACCOMPLISHMENT WITH PLUMBING FACILITIES.

METHOD OF TRAVEL: AMBULATORY POLIO WITH TWO GOOD LEGS - USING MUSCLE SUBSTITUTION - USING GLUTEUS MAXIMUS

LENGTH OF TRIP: 6:00 P.M. to 6:05 P.M. 30 SECONDS

RESULT: ONE BROKEN SHOULDER
OBSERVATION: IT COULD HAVE BEEN WORSE - COULD HAVE BEEN THE BEER DRINKING ARM BUT WAS THE ARM OF LESSER USE.

RAY OF SUNSHINE: SIX WEEKS VACATION
COMMENTS: STRETCH SOCKS HAVE LITTLE Traction ON WOOD FLOORS. GO BAREFOOT.

BOB ABARE, SAN DIEGO, CALIFORNIA

The Best of the "Bold Journeys"

TRAVELWISE, I HAVE AN ITEM. MY COUSIN'S HUSBAND HAS A DAIRY FARM ABOUT 30 MILES FROM OUR HOME AND THIS WAS THE THIRD YEAR OUR FAMILY HAS SPENT A WEEK OR MORE THERE. OF COURSE, THE MAJOR PROBLEM WAS MY EQUIPMENT, WHICH WAS ALMOST ELIMINATED WHEN OUR LOCAL CHAPTER HIRED A MOVING VAN TO HAUL THE ROCKING BED. I'M NO PROBLEM, I RIDE UP FRONT IN THE CAR. THERE WAS SOME DIFFICULTY GETTING THE BED THROUGH DOORWAYS BECAUSE JUST THE FOOTBOARD AND WHEELS WERE TAKEN OFF. THERE MUST BE AN EASIER WAY!

WE ALWAYS HAVE AN ENJOYABLE TIME. OUR BOYS WILL USUALLY WEAR THEMSELVES OUT BY TEN DAYS TIME AND NANCY HAS GOTTEN TO THE POINT WHERE COW IS A NASTY WORD. ME? I LOVE IT, TALKING ABOUT THE CROPS, MILK OUTPUT, WEATHER AND GOING OUT TO THE BARN AT MILKING TIME. (THAT'S EVENING MILKING NOT 5 A.M. MILKING.)

THERE'S A DRIVE-IN MOVIE NEAR, AND NEARBY HANOVER, PA. HAS AN ICE CREAM PARLOR WHERE A BANANA SPLIT IS KID STUFF. A PIG'S DINNER (SERVED IN A LITTLE WOODEN TROUGH) IS ABOUT EQUAL TO TWO BANANA SPLITS AND A SERVING EQUAL TO THREE BANANA SPLITS IS CALLED A "BATTLESHIP" AND COMES COMPLETE WITH A LITTLE FLAG THAT SAYS IF YOU EAT TWO OF THESE, YOU GET THE THIRD ONE FREE.

BOB FISHER, BALTIMORE, MD.

LAIDEN DOWN WITH BAGGAGE, LONG LEG BRACES, ARM SLING, PORTABLE MOTOR, BATTERIES AND MYSELF WEARING A CHEST RESPIRATOR, I WAS CARRIED ABOARD AMERICAN AIR LINES. FLIGHT #601 WAS CARRYING ME ON A BOLD JOURNEY FROM LOUISVILLE TO CLEVELAND, WHICH SEEMED HALF WAY AROUND THE WORLD.

WE WERE GREETED BY A VERY NICE AIR LINES HOSTESS WHO WAS INTERESTED IN ALL OF MY EQUIPMENT AND DID EVERYTHING IN HER POWER TO MAKE ME AS COMFORTABLE AS POSSIBLE.

THE PILOT CAME BACK TO SEE ME JUST BEFORE TAKE-OFF, TELLING ME HE WAS GLAD TO HAVE ME ON BOARD AND THAT WE HAD A FINE MORNING FOR FLYING. WE ARRIVED IN CLEVELAND IN FINE SHAPE AND HAD AN EXCITING RIDE IN AN AMBULANCE.

I WOULD LIKE TO GIVE MY PERSONAL RECOMMENDATION FOR TRAVELING ON COMMERCIAL AIR LINES. IT'S WONDERFUL.

SALLY RUSSELL, LOUISVILLE, KY.



OUR CARAVAN WAS UNIQUE BUT VERY EFFICIENT. HUSBAND LARRY WAS IN THE DRIVER'S SEAT - PORTABLE RESPIRATOR AND MOTORS HIS COMPANION. THE BACK OF THE STATION WAGON WAS WELL-FILLED WITH ME ON MY AMBULANCE COT, A MATTRESS WITH THREE KIDS AND ALL THEIR TRAVEL GAMES. THERE SEEMED TO BE PLENTY OF ROOM FOR TUMBLING, STORIES AND NAPS.

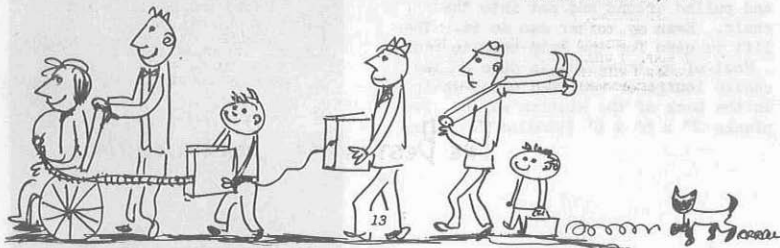
OUR TWO-WHEELED TRAILER NEATLY CARRIED - BELIEVE IT OR NOT - A ROCKING BED, WHEELCHAIR, LUGGAGE, EXTRA BATTERIES, CHEST PIECE, BEACH BALL AND INNER TUBES, AND A PICNIC HAMPER WITH CHICKEN SANDWICHES.

THE FIVE OF US WERE OFF FOR THREE WEEKS OF TRAVEL, FUN AND ADVENTURE. THE FIRST NIGHT WE STAYED AT A MOTEL RESERVED A WEEK IN ADVANCE, AND I USED MY CHEST PIECE AND ENJOYED THE SENSATION OF LYING ON A LOW HOLLYWOOD BED, TELEVISION, AND 10 O'CLOCK COFFEE IN OUR ROOM. AFTER BREAKFAST IN THE MOTEL, WE WERE OFF FOR ANOTHER LONG, HAPPY DAY OF TRAVELING. ARRIVING AT OUR SUMMER CABIN IN THE WOODS IN TIME TO SET UP THE ROCKING BED, WE ENJOYED A CAN OF BEANS AND A CAMPFIRE.

THE TRIP WAS EASY WITH A LITTLE THINKING OUT OF THE TECHNICAL DETAILS. DURING THE DAY, I BREATHE WITHOUT AID WHEN LYING DOWN, BUT HAD THE RESPIRATOR AND BATTERIES NEAR ME IN THE FRONT SEAT READY FOR A MOMENT'S NOTICE.

WE HAD CHECKED THE RESPIRATOR CENTERS OR HOSPITALS OWNING IRON LUNGS SO THAT WE WERE NEVER MORE THAN TWO HOURS AWAY FROM ONE BEHIND OR IN FRONT OF US. I DID NOT TRY TO GET OUT OF THE CAR DURING THE DAY; DOING ALL OF MY EATING, BATHROOMING AND VIEWING FROM MY COMFORTABLE COT. THE ROCKING BED THAT WE TOOK ALONG WAS AN OLD FASHIONED BURNS BED WHICH WAS ALMOST LIGHT ENOUGH FOR MY HUSBAND TO PICK UP. CHEST PIECE, LUNCHES AND OVERNIGHT CASE WERE KEPT AT THE REAR OF THE TRAILER SO THAT IT DID NOT HAVE TO BE COMPLETELY UNPACKED UNTIL WE REACHED OUR DESTINATION.

MRS. L.A. WILLIAMS, OHIO



THE HOME AND I ~ No.1

by Albert L. Holloway

ROUTE 1, HANOVERTON, OHIO

After agreeing to write something for this column, I was rather shaken to find that this section was established primarily to enlighten the readers to creative ideas in home living. This is truly a fine purpose, but goes far beyond what I am planning.

My parents and I live in an aging (1861) farm house not far from the home of Blaine Hart (see T.J.G., Aug. 1958, p. 8-11). The elderly house does have an advantage in dimensions over some with less age and size. We had an extra room large enough to install an old model bath-tub so that it is a couple of feet from the back wall and is elevated a foot from the floor. The folks use the Hoyer lift to move me from the bed to the tub and back again. The sling is left in place during the bath and is simply rehooked to the lift after the water is drained.

Steel shapes for the frame work of the tilt table were cut from an obsolete hayloader by my father. A local shop welded them into place and added an old automobile steering gear. The steering gear provides a good mechanism for raising and lowering the table without too much exertion on the part of the person turning the crank.

To move from the bed into the chair, we recline the chair until the back is just below the height of the bed. The chair is then backed against the side of the bed. I am grasped by the ankles and pulled around and out into the chair. Even my mother can do it. The lift is used for the trip back to bed.

Most of my traveling is done on the chaise lounge or reclined wheel chair in the back of the station wagon. Two planks 2" x 6" x 6' (similar to Blaine



Hart's) facilitate loading. Occasionally I ride on the front seat. The folks do the loading by backing the reclined wheel chair against the edge of the front seat; then sliding me over the chair back onto the seat, where they set me up and strap me to a back board. They have found that placing a small sheet of dacron under me for the sliding operation cuts down on friction. The dacron also helps when sliding from wheel chair to low bed or cot or vice versa.

While sitting in the wheel chair I usually use positive pressure or an abdominal respirator. For several months I used a console model Monaghan for inflating a home made plastic bag worn under my corset for my respiratory aid. The bags are made by heat-sealing polyethylene film with an iron (using paper between the iron and plastic to prevent over heating). More recently a Multilung abdominal respirator has become available.

A coaster or skate made with roller casters permits me to move my left arm on the lap board and to turn pages or do a little painting. Other gadgets which have proved useful are prism glasses and the remote control on the Zenith TV.

A considerable part of my time in the past two years has been occupied in making short abstracts of articles dealing with metallurgical subjects. Journals containing papers about metals are mailed to me by a group at

Western Reserve University. After reading the journals and selecting appropriate articles, I make a short summary and an abstract in a special form adapted to machine searching. I do this work while rocking on my bed with the help of another person, who sits on a high stool at an elevated table close to the bed turning pages and writing the abstracts as they are dictated. Later, I check the summaries and record them with a tape recorder. The journals, the abstracts



"I move my arm on a skate.."

for machine searching and the tapes are returned by mail.

The editors asked me the secret of my productivity. The secret is to have a person who is a vigorous worker helping me.



George Washington's death was caused by a breathing obstruction in his larynx. His medical treatment included the removing of several quarts of blood, laxatives and emetics. As a last resort, a young doctor suggested a new revolutionary method which probably would have saved the patient from slow suffocation. He suggested a tracheotomy. The older colleagues refused to take a chance on their illustrious patient.

Captain Ehrman of the Ft. Wayne Fire Department went to Ann Arbor and to Cleveland Respiratory Centers to study the maintenance and use of breathing equipment. In Ft. Wayne, the Fire Department, not the hospitals, assumes responsibility for respiratory equipment.

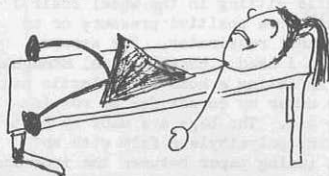


THE HOME AND I — NO.2

by Mickie McGraw

18270 GROTON ROAD
CLEVELAND, 21, OHIO

DRAWINGS BY THE AUTHOR



Being that my paralysis was not as involved as that of the writers of the previous articles, my problems were not so much adapting my home to me as myself to my home. Because we have a ranch-type house it was not necessary to add ramps for my wheelchair and outside of my portable chest respirator, which I use only at night, I needed no other breathing apparatus.

Under the supervision of the therapists at Toomey Pavilion, my parents and later my sister were taught how to give me my therapy. These exercises, which became nightly rituals, took place on our dining room table. During an exercise in which it was necessary for my father to get on the

table with me one of its legs gave way. (One of us had gained weight and I'm sure it wasn't me.) As a result of this mishap our relatives were surprised to find themselves seated around our ping-pong table to partake of their Thanksgiving Day dinner. To prevent a recurrence of a similar situation my father stabilized the table leg and my uncle commenced to build me a therapy table. The table, made of plywood and light weight aluminum pipe, when turned over was used as parallel bars, which could be adjusted to any height.

My lap board, used constantly for schoolwork, art work, eating, and just reading, never seemed large enough and was difficult to keep clean. (It seems that while painting I sometimes get more paint on myself and my lap board than on the painting itself.) To clear up this problem, the O.T. Department at Toomey built me a much larger board and my dad and a friend covered the top with formica which is very easily kept clean and doesn't scratch.

I have to lie down part of the day, so a lounge chair in the living room



is very convenient because I don't have to go to bed and am able to watch T.V. or read. (I'm also noseey and this way I don't miss anything.)

The backboard, which I received with my chair, was the right size when it arrived but as I grew it became inadequate. To remedy this situation my dad put snaps on the board and on the chair enabling the board to be lowered or raised.



Getting in and out of the car is not too much of a problem because my dad lifts me most of the time. Lately, however, as I mentioned before he has been saying that I have gained weight. So when the weather permits I am able, with help from my mother or sister, to get in and out of the car myself.

Another problem when I first came home was washing and cutting my hair. The first few times it was washed while I lay on my mother's ironing board. Later on, when my perch on the ironing board became too precarious, I was able to sit in my chair and lean over the kitchen sink, while raised by a cushion. My hair is still washed in this manner but without the aid of the cushion. Our experiments in home-hair cutting proved disastrous! My girl

friends decided to cut my hair one day but after viewing the results we decided to have it done by someone who knew how. Because of the difficulty in getting to and from the beauty parlor we now have a dresser who comes to



our house and does my hair here. My sister, who is my own personal hair-setter, does such a good job that I have no worry on that score.

I have school three days a week and an art class on one day. The telephone and television take up a great deal of my spare time. I made a try at playing ping-pong but gave it up after a few close plays. (I almost got a black eye.)

Our whole family enjoys playing scrabble, stadium checkers, and pinochle. Drive-ins and backyard picnics are very popular in the summer time. Last year we had a pig roast in our yard which was very interesting to say the least. Right now finishing high school is the most important thing to me and takes up most of my time.



Son to mother in iron lung, "Mother, you are one of the most modern dressed women in America in your space suit".

Jane Boyle Needham, San Jose, California

THE "ARTIFICIAL MUSCLE"

An "artificial muscle" that promises to put paralyzed hands back to work was demonstrated at a conference on human disability held under auspices of the New York Academy of Sciences.

OFFICIAL BULLETIN

ENABLES PARALYZED FINGERS TO HOLD UTENSILS: The device was hailed as a major breakthrough in rehabilitating the paralyzed. Dr. Kenneth S. Landauer, NFIP Director of Respiratory and Rehabilitation Center Services, estimated that thousands of people with arms and hands paralyzed by polio and other causes may eventually benefit by this discovery.

The present model enables patients with paralyzed fingers to hold such items as a pencil, a cigarette or an eating utensil. "The 'artificial muscle' is still in the experimental stage," Dr. Landauer emphasized. "We do not know how soon it will be available nor can we yet say to what extent it will be helpful to people with totally flail arms. The National Foundation is supporting immediate efforts for the further development, refinement and application of the muscle in the hope that eventually some of the thousands disabled by polio and other diseases will have at least partial use of their paralyzed limbs."

EASY TO OPERATE: Atomic physicist Dr. Joseph L. McKibben of Los Alamos Scientific Laboratory is the inventor of the artificial muscle. He conceived the new principle when his daughter Karan, now 14, was severely paralyzed by polio. His ideas were developed, with the aid of a NFIP grant, by a team of scientists under the direction of Dr. Vernon L. Mickel at Los Angeles County's Rancho Los Amigos Respiratory and Rehabilitation Center.

"The invention should be simple to make and easy to operate," Dr. Landauer said. "Every patient who can be helped, however, will represent an individual problem. Even when the aid is perfected, each will have to be custom-made and individually fitted."

POWERED BY GAS: The present model of the "artificial muscle" consists of a rubber tube enclosed in nylon that is woven in a special pattern. It is powered by compressed carbon dioxide gas. A simple valve that patients can operate with any remaining natural muscle power, controls the flow of gas. As gas enters and expands the rubber tube, the nylon cover shortens; when the gas is turned off, the rubber tube and the nylon lengthen. This simulates the action of normal muscles. A simple flexor hand splint that fits over the forearm, thumb and two forefingers, transmits this "artificial muscle" energy to the paralyzed hand.

COMEBACK FOR POLIOS: "Using this principle," Dr. Landauer said, "it would eventually be possible to make larger 'muscles' that can move arms and, perhaps, even legs."

Dr. Landauer cited the artificial muscle as a major forward step in the National Foundation's "Operation Comeback" program for polio patients. The new discovery, coupled with modern rehabilitation techniques, promises to help thousands of the most severely disabled patients return to more normal, productive lives.

Fairmont Respirator Center magazine, the "Foothill Footnotes", in covering the "artificial muscle", contained the following statement by Dr. Leon Lewis, Medical Director: "At the Texas Institute for Rehabilitation and Research at Houston, a regional respiratory center, experts have developed solenoid valves which can be operated by micro switches or other power sources to release gas pressure. I saw one of these solenoid valve-controlled muscles during a recent meeting at Nashville, Tennessee, where it was attached to an electronic device developed at the Vanderbilt Respiratory Center, the two components making it possible to activate artificial muscle by contraction or relaxation of any muscle where some motor function remained. It was quite an exciting adventure to watch two independent pieces of equipment, one developed in Houston and the other at Nashville, married to each other, as it were, and forming a perfect union on the first try."

ADAPTIVE EQUIPMENT MAN

Mr. Mike Keropian, RPT, of Fairmont Hospital said: "My suggestion to all patients who are at home is to maintain flexibility in their joints and keep their thumb webs stretched out. You never know when you may be next for an artificial muscle to help you open and close your hand."

PATIENT GUINEA PIGS

Dick Andrade writes: "I really have a very busy day, first I shave, brush my teeth, comb my hair, and also use the brush. Then I do some writing or take care of some of my insurance business. Tuesday I signed two renewals, put them in envelopes, which were in the holder, and took them over to the table ready for the mail. I really can't find enough time in a day to do all the things I would like to. It makes me feel so good doing all these things again. I will be able to do more as time goes on and Mike makes improvements on the muscle."

Please excuse all my mistakes. As you can see, I'm a little out of practice after ten years."

Louise Cellarius writes: "I was very proud, and a little hesitant to be chosen as the second patient to be given the opportunity to use the new artificial muscle. The object in my case is to give me more use of my right hand as a 'helper-hand'. I was very pleased to find that the muscle operated with comparative ease. Mike Keropian had spent many hours of hard work assembling the many parts that make up the muscle and hand brace, and when he adjusted it to my hand, I had many qualms that I would not be able to work it. Dick Andrade has used his so successfully by knee pressure - mine requires head pressure to turn the valve off and on, which I found easily grasped, figuratively and physically."

With a little practice, I found with its help I could once again sew in a way I never thought I would again. Also in cooking and in using a typewriter, it is going to be of great assistance as I will have the coordination of both hands. It certainly is a great accomplishment, and I feel more than appreciative, as you can readily understand, for this opportunity."

OTHER CENTERS

Other Centers too: "The Rocking Echoes" of Omaha, Nebraska reports: "Sharon Grensburg has donated her right hand, brace and all, for the good of the cause. . . Sharon's brace will stabilize her right thumb in a position of opposition and will allow forcible flexion of index and third fingers with automatic or "dynamic" extension upon release of CO₂ pressure."

UPON AWAITING SPRING

by D.R.McGwinn

Spring is so close
I can taste it.
I can hear its
soft voice with the promise
Of warmth and life.

I can smell its
damp, fresh fragrance.
I can see its
light hues and new buds
Brightening the world.

My spirit lifts,
faltering, then gradually
Strengthening with
hope and joy at nature's
Reawakening.

as the joyous
spirit soars ecstatically
In its freedom
from winter enclosure to
Its reunion

With nature, comes
the fleeting realization
That the stage for
human life is
Infinite life.

Life is in us,
all around us,
Inescapable.
the different forms
All blend into

The great pattern,
the magnificent work of art
The meaning of
which evades us.
Sometimes in rare,

Brilliant moments
we approach
Understanding
but, it is always tantalizingly
Out of our reach.

Each actor takes
his turn on the stage
Understanding
nothing until his
Part is over.



MEET A PEOPLE

SOLVEIG HAUG, age 23, Polio '55,
I and K, Ullevål sykehus, Oslo,
Norway

Pre-Polio: Office assistant in
Post Office Savings Bank.

Hospitals: "In this hospital, called Ullevål sykehus, in Norway, there are 12 respiratory patients. We are all good friends, feeling like a large family. Every day we meet each other in the sitting room. Some of us weave on special looms, some make baskets, do carpentry, paint pictures, etc., with a small stick in the mouth. In the afternoons and evenings I do my lessons to a correspondence school. I have taken many subjects in this way since I have had polio and I get satisfaction from it."

Residual Involvement: "We all use chest shells - more or less, some of us only at night. I need it at night and while I am working in an

upright position. The rest of the day I am frog breathing or trying to do it in the normal way as before. I have managed this much better the last two years."

At Home: "Two or three times in the year I take the little trip home to my mother and remain there up to 8 - 10 weeks each time. It is like being in paradise when I am at home and my mother loves it too. I am her only daughter. My father died when I was 5 years old so she is often alone when I am not there."

Interests: "Most of the day I am reading, writing to my friends, doing my lessons, or listening to the radio programs. A year ago I was so lucky as to receive a tape recorder as a gift and I use it in my correspondence."

Hospitals: "Massachusetts General Hospital, which graciously opened new stations to help care for some of the 3,000 plus victims of the 1955 epidemic."

At Home: "I am married and have two children - girl 9 and a boy 6. My home is in Quincy, a suburb of Boston. My husband says I manage to fill the role of boss pretty well."

Residual Involvement: "My days are spent wearing a Huxley "chest piece" and nights rocking. For some time now I've been struggling with G.P. "frog breathing" but have not yet mastered the art so would appreciate any and all suggestions."

Noteworthy: "I am a new subscriber to the Gazette and thoroughly enjoy it. My only feeble complaint is that Boston wasn't represented."



SYBIL MATTSON, Age 32, Polio '55,
7 Carter St., Quincy, 69, Mass.

Pre-Polio: "I had started my tenth grade when polio struck. I finished High School by correspondence and right now am scouting for college."

Hospitals: First, Louisville General, 13 months. Then, Southwestern Respiratory Center, 7 months. Home, June '54. Vanderbilt Center in January '58 - "a great Center".

At Home: With parents and one sister.

Interests: "I like music. I would not rule out any kind as unbearable, but I like Rock 'n Roll better than anything that has been created up to this point. Naturally, Elvis heads my list of favorites. I like to read and enjoy letters from friends. I enjoy most sports but must refuse to name any teams on the grounds that my answer might be self-incriminating. This paper goes to far too many people for me to name favorites. I guess the thing I do best and most is talk."

Noteworthy: "My free breathing was sharply reduced last year when I was on my way home after three months at

Vanderbilt. A drunk, driving on the wrong side of the road, collided head-on with the ambulance. For several months I could not free-breathe for longer than 5 or 10 minutes. Now I can do 30 or 40, but my improvement has ended there for the moment."



REGINA WOODS, age 20, Polio '52,
329 E. Oak St., Louisville, Ky.



LEONARD CARDY ("Joe"), Age 25,
Polio '57, 22 Rectory Road,
Writtle, Near Chelmsford, Essex,
England

At Home: Cared for by wife with aid of professional district nurse. Two children, Leonard, age 3 and Josephine, age 1.

Residual Involvement: Completely paralyzed except for feet and slight neck movement. Has learned to frog breathe. Uses Turnicliffe breathing jacket for eating and sleeping only.

Interests: "My favorite hobby is painting in oils using a brush strapped to forehead. My ambition is to own a typewriter and learn to type using feet and to go for a local country trip taking a hand pump for security."

Noteworthy: "Pictured with me is my "girlfriend" Heather Ruffell who is still at the hospital in Essex.

Pre-Polio: St. Helen's Commercial College, Louisville, Kentucky. Married, 1950

Hospitals: St. Joseph's Infirmary, Louisville, Ky., July '55. Transferred to Vanderbilt Respirator Center, Nashville, Tenn. Dec '55. Home August '56.

at Home: Built new home fall



ALENE O'BRYAN, Age 33, Polio '55,
1615 Ehrler Drive, Louisville, Ky.

before she was stricken. "Since my return from Vanderbilt I have been with my husband and little boy, who is in the second grade. It keeps me busy trying to help him with his homework. I have an attendant with me at all times.

Residual Involvement: Can use just neck muscles and frogs to talk louder. Only uses rocking bed when she has cold. Is able to sit up in her chair 8 hours a day with the aid of a back brace. She uses a standing board 30 minutes each day.

Interests: "I enjoy using my phone set (head set) and also enjoy visiting friends and relatives when the weather permits. My spirits are good and I am happy I can be at home".

Noteworthy: One of my greatest pleasures is my monthly club, when some of my good friends come to my house and play cards.

Pre-Polio: "I had a year of college, eloped and was married by a Justice of the Peace. Received my P.H.T. (pushed husband through) four years later."

Hospitals: Los Amigos, at Los Angeles County Respirator Center. Six days after she was stricken and placed in an iron lung her third child, Dixie Jean, now 4, was born.

At Home: Dorothy lives in Loma Linda with her daughters Dixie Jean, Carol 10, Mickey 8 and husband, Frank. Concerning pets, she says: "We had a parakeet, but the cat ate it. Our collie was jealous of the cat, and chased her away. So now we are left with a dog and he has several quirks in his personality."

Residual Involvement: "Before I got pneumonia in October, I used a rocking bed during the day. Since then I have had my trach reopened and use positive pressure thru it most of the time."

Interests: "Enjoys children, adults, books, selling projects, music and sports, in just about that order." She has built up a cosmetic business which she manages by phone. The girls help dial the phone and deliver merchandise.

Noteworthy: Dorothy has been successful in selling children's stories. "The stories that I have written were very simple ones. Anyone could write, I've always said that. My biggest help has been the 'Writer's Market'. One can obtain a copy by writing to 'Writer's Digest', Cincinnati, 10, Ohio. It gives listings of every magazine, periodical, newspaper, etc. It gives the kind of material each wants and how much they pay for accepted material. The book is well worth the price of \$3.50, I believe."



DOROTHY NEWGARD, age 32, Polio '54, Box 421, Loma Linda, Calif.



a three year old reporting her first visit to her respiratory Mama in the hospital: "I have been to see my Mama and you know she was wearing a Mama-hand".

Mrs. Lessie Beam, San Antonio, Texas

Six year old daughter of a respiratory brought a new friend to meet her mother. New Friend, "Is your Mother sick?" Six year old: "Nah she's not sick. She's just limp."

Jean Lang, Cleveland, Ohio

As the result of a polio attack during childhood, Dinah Shore wears a size 5 shoe on one foot and a 7½ on the other.

In the name of Dr. Schweitzer I thank you very much for your kind letter and the "Junior" you enclosed.

What a wonderful work you do. I think you will be for lots of polio's a source of new inspiration and courage.

As we have here very very seldom polio (and I never saw a respiratory polio case), I really couldn't give you an address of one.

With my best wishes, also for Junior, that he may bring new joy of life to those seriously handicapped.

Tony van Leer (a dutch nurse), Hôpital du Docteur Schweitzer, Lambarène, Gabon, Afrique Equatoriale Française

BRITISH EAST AFRICA

I would be very pleased to receive copies of your very excellent magazine "Toomeyville Jr Gazette".

I contracted Polio in November '55, and have lost all my mechanism including breathing. Unfortunately I still have to sleep in the lung, as or some reason or other I find it impossible to sleep on the rocking bed, perhaps it's the altitude, as Nairobi is pretty high. Anyway I don't know, perhaps your readers may have a few ideas.

I spend the day alternately froging and in the cuirass (you call it a shell or chest piece). My hobbies or interests are: Painting (by mouth), Bridge and chess. Recently my painting has been yielding good dividends as I have sold quite a number, and last week I had the honour to present one of my pictures to her Majesty, the Queen Mother, who at the moment is touring our country.

My Father has bought a D.K.W. van, into which the wheel chair fits comfortably. Nairobi is very fortunate in having one of the National Game Parks right on it's doorstep, so of course I'm always going for rides around it. I have a very good knowledge of the wild life of this country so if any of your readers are interested just tell them to write to me.

I'm very thrilled at the moment as they have just opened a drive-in cinema here in Nairobi. But unfortunately the standard of films there has been rather poor.

If you have any back issues left of "Junior" perhaps you would be able to send them onto me. I would be very pleased to pay for postage, etc.

P.S. I am almost 21 years old.
Ian M. G. Bompas, Infectious Diseases Hospital, P.O. Box 205, Nairobi, Kenya Colony, British East Africa

BELGIUM

We are in charge with the acute cases and usually, after the fever has subsided, we send the patients, if necessary, to Dr. Housa (Centre de Traumatologie et de Réadaptation, Hôpital Brugmann, Place Van Gehuchten, 4, Bruxelles) where I am the Chief Neurologist, or to Ecole Clinique Provinciale des Estropiés, rue de Lodelinsart, Montignies-sur-Sambre, (where the Chief Physiotherapeutist is Dr. Dumoulin).

Dr. Guy Noel, 2, Rue Ferrer, Charleroi, Belgium

J'ai bien reçu votre premier exemplaire du Toomeyville Jr Gazette et je vous en remercie.

Je vous félicite de l'allure dynamique de ce périodique et vous souhaite une très large diffusion.

Croyez, Messieurs, en mes sentiments très distingués.
Dr. Michel Scalais, 38, rue Montigny, Charleroi, Belgium

(Amateur translation: I have received your first example of the Toomeyville Jr Gazette and I thank you for it. I congratulate you for the great appeal of this periodical and wish you a very large distribution.)

SWEDEN

May I say again how thankful we are that You will send us Your good publication.

I am now able to send You the complete list of respiratorpatients (and some doctors) here in Sweden, who should be very glad to receive Your magazine.

My best regards to everyone of You.

Dr. J. Pejme, Epidemiskhuset, Stockholm, Sweden

ENGLAND

The Institute of Orthopaedics Poliomylitis Centre extends a cordial welcome to the Toomeyville Jr Gazette, which our patients found of considerable interest and help.

Dr. A. B. Kinnier Wilson, Colindale, N.W.9, England

ITALY

(Translation by Consolato D'Italia)

We wish to inform your association that the boy TIZIANO Messori, son of Carlo and of Lucia Ferretti, born on May 2, 1947, stricken with poliomyelitis to the respiratory system on July 21, 1953, was immediately brought to the Policlinic S. Orsola of Bologna and put in a steel lung.

The fact that he was put in the lung helped the boy but only partially, because he is still stricken in the respiratory system and therefore is completely unable to make any physical effort.

Aderiamo a questa associazione in attesa di avere da parte vostra ulteriori disposizioni e chiarificazioni. Ringraziamo anticipatamente per tutto quello che farete per il ragazzo vi oseequo.
Carlo Messori, Castelnuovo Setto (Reggio Emilia), Italy

(Translation by Mrs. Plank:) Excuse me for writing in Italian since I do not know English properly. I am sure you will find somebody who will be able to translate it. We received your review, which we find quite helpful. We are very grateful to have been included on your mailing list, and we would like to get future numbers as well. We admire the wonderful spirit of cooperation and your serenity. We will send you the names of respiratory patients who would benefit by receiving your Gazette. We are sending it on to the Hospital A. Bassi in Milan where there are actual new patients with respiratory deficiencies who came there during the last year.

Anno mille grazie, e complimenti per la vostra bella iniziativa
Dr. Silvano Boccardi, Maggiore Hospital, Milan, Italy

DENMARK

As an "already old polio patient" (in my fifth year of polio) I will thank you very much, Mrs. Williams, for your great work with the Gazette, and I will send you a Merry Christmas and a Happy New Year from all Danish polios. I wish you good luck with your Gazette. I like to read the magazine very much myself.

Svend Due, AII, Marselisborg Hospital, Aarhus, Denmark

INDIA

We are glad to receive a copy of the Toomeyville Jr Gazette published quarterly by you. Please continue to send it to us. Dr. D. Abraham, Hon. Superintendent, Bombay, India

CANADA

I contracted the "bug" in September, 1953 and spend the next 5 months in an iron lung. Then each day, for longer periods I came out on rocking bed. By June of 57, when I was allowed to go home, I was spending only nights in respirator and several hours on the rocking bed during the day. I have some use of my right arm, which enables me to spend a lot of time reading.

I would very much appreciate receiving some information regarding remote control typewriter, pictured on the cover of the August issue. Thank you.

Manno Brown, 605 Jubilee Ave. Winnipeg, 13, Manitoba, Can.

Enclosed \$5 is a donation to Jr. Gazette to help out where needed, i.e. "postage or publication."

In your winter issue 1958-59, page 30 an article of Debbie Walter on construction of the Surf Side Rancho, Los Angeles, I wonder would this include any polio on vacation (who could pay their own way.)

Wishing you all the success to your world wide project.
Clifford Mullen, 372 King Edward St., St. James, Manitoba, Canada

Dear Sue: Forgive me for being so familiar, but I too belong to that elite "two-wheeled, low-V.C." group, and insist you call me 'Elaine'.

Was a tremendous thrill a couple of weeks ago to receive the August and December issues of your terrific magazine. Meant to write you immediately - to insure my name being kept on your list, but as we too have a 'paper', I've been a week bit busy with that.

My husband is an ardent 'curler' - I fear it is probably too warm in Cleveland for curling - or am I wrong?

To return to the subject of your wonderful "Junior"; your idea of sharing world-wide polio experiences is magnificent. Only a 'polio' can truly understand a colleague's feelings.

If there is anyway I could contribute to your paper, do let me know. Here's to Air!

Mrs. R. M. Allison, 11419 - 76 Avenue, Edmonton, Alberta Canada

WESTERN GERMANY

I've got a polio in October 1956 in the age of 17. I've been an O.S. on a German merchant ship. In antwerpen I came in a hospital. Three months respiration with an Engstrom.

With a policeman Dr. Donhardt flew back me to Hamburg with an airplane. In October 1952 I changed the policeman with a rocking bed. In time I need the rocking-bed only to sleep. I can do 10 steps with some help. My arms are very bad. My breath capacity is about 500 ccm.

Please write me something about the work in the polio-centers of the United States.

Jürgen Erbsleben, Hamburg-Altona, Allee 164, Allg. Krankenhaus Altona, Western Germany

Ich danke Ihnen sehr für die zugeschickte Zeitschrift Toomeyville Jr Gazette.

Die Idee, eine solche Zeitschrift für die Pat. selbst und durch diese selbst zu organisieren ist recht glücklich und verdienstvoll.

Ich erlaube mir Ihnen einen Bericht über unsere Arbeit hier beizulegen.

Dr. U. Gruninger, Bad Oeynhausen, Germany



NORWAY

Every day I must have a look at my Gazette where many new friends are smiling from the pictures, and I must read it again and again - almost each time I am finding some new things there. Thanks!

Just now I am at home and I have it very well! (arriving the 20th of Dec.)

We have a lift here and by the help of this my mother is able to take me from the bed to the chair without any troubles.

In the Winter issue I saw the letter from Mr. John Prestwich where he was asking for information on Portable Moutores or Batteries for chest shell. I have today sent him information on our Norwegian "Sima" which is both good, simple and inexpensive. I have used my "Sima" for more than three years - and all the other patients at Ulleval sykehus use it too.

Jeg ønsker deg og de andre alt godt! Og fortsatt tillykke med Toomeyville! Mange hilsener.

Solveig Haug, I and K, Ulleval sykehus, Oslo, Norway

KOREA

I see that the Rehabilitation Center in Pusan is one of the recipients of your magazine.

In Seoul and in the area where I am stationed I have as yet not been able to see any evidence of facilities for respiratory patients.

The only polio patients which I have seen are our own personnel and old polios among the Koreans who had never been hospitalized.

I will continue to be an inquiring reporter and keep my eyes and ears open. (Write to me: 121st Evac. Hospital, APO 20, San Francisco, Cal.)
Capt. Helen Jackson
Seoul, Korea



CALIFORNIA

You will have to pardon the haste and brevity of this note. I am at the moment simply swamped with activities concerned with the book's publication, but I could not let your thoughtful letter go unanswered.

I hope you will manage to get a copy of "Looking Up" and nothing would please me more than to have you yourself review it in the Gazette if you consider it worthwhile. I think it will answer most any question you have to ask about me and my life.

Your wonderful Dr. Eiben is surely a true good Samaritan - a rare find in these troubled times. I would be so honored if he would read my book. Jane Boyle Needham, 118A, Martin Ave., San Jose, California

(Editor's note: **BE SURE TO READ JANE'S BOOK, "LOOKING UP!"** It was written with Rosemary Taylor, author of "Chicken Every Sunday". G. P. Putnam's Sons, 1959, \$3.50. Jane is a respiratory polio. We will have pictures and more about her in our Summer issue.)

CALIFORNIA

Our group is named Bay Counties Post-Polio Association and we have a Newsletter which is gotten out each two or three months. We feature interesting articles by the members on such subjects as Gadgets Helpful Hints, Getting To Know You, etc. With limited facilities but dedicated hard work on the part of one couple in particular (who prefer to remain unnamed) we are able to get news and inspiration around to the "gang".

Charles R. Lyser, 717 Liberty St. El Cerrito, California

CALIFORNIA

Your Gazette is 'plumb wonderful' For a number of years the Program Dept. of our Respiratory Center here has helped us publish what we fondly call the Weakly Breather, but with plans for an all-hospital paper, the Program Dept. can no longer help us. Our Alumni association is considering carrying on with the Weakly Breather, perhaps as a quarterly.

Floy Schoenfelder, 11808 Havy St., Los Angeles, 66, California

ILLINOIS

..... It is so obvious that your staff have not devoted any space in your magazine to a "cry to the world" philosophy.

So we have a handicap - so what, let's all work together to maintain our dignity (actually no one has taken it away from us) and concentrate our efforts in such fields of endeavor as the education of employers to the possibilities and benefits they get when they hire a physically handicapped person at regular and normal wages.

I am anxious to be of assistance to you wherever possible and look forward to working together with you.

Raymond C. Cheever, Publisher & Editor, "Accent on Living" Magazine, Bloomington, Illinois

VERMONT



I have been in this tank for a year now without much success in my attempts at getting out. If you do get out of this darned thing, where does it get you?

Some of the people I have seen pictures of in your magazine may be sincere, but I really don't like Pollyannas.

I have been unable to lead a normal life for a year. I've not been able to find anything to do where I could help myself or anybody else.

Dean Surface, Vermont

ILLINOIS

I am interested in more information on the following subjects: Mucus trouble and Trac trouble.

When I go out I take my aspirator with me in the car. I will give you a little information about myself. Age 26, got polio September 17, 1949 at the age of 17. I have been paralyzed from the neck down ever since. I was in the hospital for a year and a half. I am now living at home with my mother and father. I love T.V. and records and have 5 parakeets. I can go out 3 or 4 hours.

Lois Malmstedt, 209 E. Quincy Riverside, Illinois

MINNESOTA

Dear Sue: Noticed in the paper that quite a few of the polios are from 1952. That's my year too.

The picture of yours looks very like mine. I can use my hands enough to write, feed myself, read, - things that don't take shoulder muscles. I live with my aunt, uncle and two of their three children. (Both are teen-agers and keep us up with the times.) For-got to mention that I'm 23 years old and single. I love music, books, television, pen pals and crossword puzzles.

Helen M. Swanson, 956 12th Ave. N.E. Rochester, Minnesota

WASHINGTON D.C.

Dear Sue: Congratulations on the outstanding job you are doing on the "Gazette". We have enjoyed the first two issues immensely and look forward with pleasure to those of the future. Surely I must express the sentiments shared by countless others in thanking you and wishing you continued success in everything.

Wish I could be of greater assistance as I regard the "Gazette" a project to be promoted with vigor, so I shall forward clippings, brainstorms, et al.

Mrs. Roger C. Good, 6400 31st Place N.W., Washington, 15. D.C.

OHIO

I've enjoyed the Toomeyville Gazette very much, even found a couple of old friends mentioned in your pages. I see no price for your publication so how do you finance your wonderful little paper? An assortment of guardian angels perhaps? I guess everybody who "makes it" has had a counterpart of your Dr. Eiben to convince you that you can do the impossible.

Doris Coutant, Box 497, R.D. No. 2, East Liverpool, Ohio

Editor's note: We're looking for some Angels.

KENTUCKY

Thank you for sending me "T.J.G.", tho' I've been wondering who defrays the expenses of such a project.

Can't I at least pay for my subscription?

Mrs. Grace Gottbrath
3530 Michigan Dr., Louisville, Ky.

Editor's note: We'd be happy to send a subscription to non-respiratory polios upon receipt of a donation, so we can continue to send it free to respiratory polios.



WISCONSIN

This little boy and I came down with polio the same time and were in the same room together. Being as old as I was, 25 at the time, and a mother of two active children, I was rather envious of this little boy. He seemed to be improving so fast while nothing was happening to me. I was spending almost 24 hours in a lung, while he was sleeping part of the time at night on a rocking bed. Slowly, so slow I didn't notice, I started using a shell, then a rocking bed. When I finally was able to get rid of my lung Kenny was out of all respiratory aids.

After 18 very long months of disappointments but gaining in wisdom, Kenny was sent to Warm Springs, Ga. and I to Ann Arbor Respiratory Center where they did a wonderful job in showing me how to live with my disability and proving to me that a mother can come home after two years of hospitalization and pick up the lost threads and be a mother to my children and wife to my husband.

To Kenny things didn't turn out as good. He returned to a home of many small brothers and sisters who also needed a lot of care. After a few months of home life, he was back in the hospital with pneumonia. He has tried home life several times after that and it was finally decided that the best place for Kenny was the hospital. He goes home on special occasions or holidays.

After seeing Kenny's pictures and reading this article (Editor's note: picture above from "Commonwealth Reporter") I think back to those long months in the hospital when I was very depressed and wished so many times I was a boy of 10 called Kenny.

Betty Mielke, 115 Bischoff St.,
Fond du Lac, Wisconsin

NEW YORK

Due to the policy of our paper, my editorship has expired as of this month but I will be at your service should you want any additional information.

I enjoyed the issues that I have already seen and would like, from time to time, to contribute some articles myself. "Breathlessly" yours,

Roger Duell, Goldwater Memorial Hosp. Welfare Island, N.Y.

INDIANA

Just a day or so after I had received this last issue, I received a letter from one of the patients you interviewed in the Gazette. I answered it right away and hope to hear again soon.

About two weeks ago my friends and neighbors brought a portable TV and a very nice car blanket. I thought it was very nice of them. Of course the portable is in my room and takes up all extra time. In the P.M. I have 2-3 hours to use for writing letters or reading or painting, all mouthstick.

Lowell Weissert, R.R.2, Box 23
Bourbon, Indiana

TEXAS



I live each day as it comes and thank God for each new dawn I see and live and enjoy it to the best of my ability. Naturally, I would prefer being up and around but since I cannot I am happy and thankful just for God's wonderful gift of life.

Leslie Beam, 120 Emil Rd.,
San Antonio, 2, Texas

ILLINOIS

I have seen a couple of familiar faces in the T.J.C. already. Here is a bit of information on yours truly to show my interest: got the bug in September, 1954, lieutenant in Uncle Sam's army at the time, spent six months at Walter Reed Army Medical Center, in Washington, eleven months in Hines V.A. Hospital (Chicago) and Indianapolis V.A.; then, six weeks at Respiratory Center of University of Illinois (my Alma Mater, incidentally), in Chicago. Later, spent eleven weeks at Georgia Warm Springs Foundation. Quite a journey in four-and-a-half years!

Involvement: Nearly normal below waist, nearly zero above. Lots of respiratory difficulty. Rocking bed for sleep. Walk without braces or aid.

Interests: Hi-Fi and music (classics and good jazz), art, reading, stock market, agriculture, even bird-watching!

Robert L. Smith, 603 West Main St.,
Carmi, Illinois



TEXAS

I have been reading your Gazette with much interest. I always think there are so few like me until I read papers like the Gazette.

Like so many of you, I have so much to be thankful for and so many people to be grateful to.

Thanks again for sending me your paper. It may be of interest to some of you to know what I am doing. (See our "yellow" page). I would like to correspond to some of you and maybe we could exchange ideas.

Tommy Robertson, 1720 Miller Mission, Texas

NEW YORK

My name is Joan Helen Wyme. I am still going to school. I am a junior in high school. I got polio in August '56. I was flown to the Respiratory Center in Buffalo. I came home the first of December. I use the rocking bed two nights a week. My breathing is not quite normal but I am without assistance most of the time.

My arms came back so I have very good use of my arms. I go to school by a special telephone system.

Joan Wyme, 1200 State Street
Ogdensburg, New York

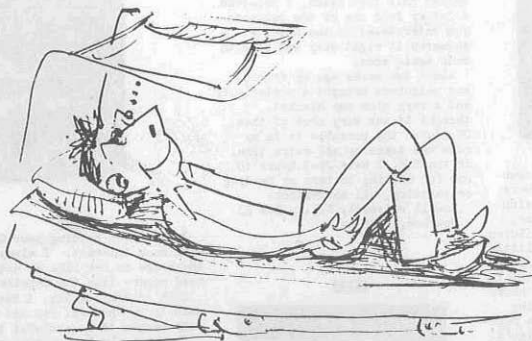
CALIFORNIA

I appreciate how much you depend on your readers because I write local news for a neighboring weekly and I have to dig it up each week. It isn't easy to find something interesting always.

I am typing on my electric IBM which are now practically standard equipment for polios, aren't they? I spend 3/4 of my time in a respirator but when I'm sitting up in a chair, I want to be busy with what I can do.

I spent my hospitalization, three years, at Rancho Los Amigos where I made many friends. I agree with you that it would be a wonderful thing if all polios were in touch with each other.

Juanita C. Pusateri
Three Rivers, California



THE READING RACK

Ruth Davis reviewed the following:
MAMA'S BANK ACCOUNT. By Kathryn Forbes. Harcourt, Brace and Co., 1943. The setting is San Francisco. The characters are a family of Norwegian descent. Sound familiar? If you remember "I Remember Mama" on T.V., was its inspiration. A collection of incidents (each about 4 pages long) from the author's girlhood that makes light reading for the whole family.

THE WRECK OF THE MARY DEARE. By Hammond Innes, Alfred A. Knopf, 1956. John Sands, with 3 companions, was in the English Channel for their first trip aboard the SEA WITCH after salvaging her off the French mudbanks where she had lain for 3 years. Suddenly out of the dark a huge ship bears down on them, swamping them. After they are righted, they all have the same impression-- it was the MARY DEARE and apparently unmanned. Adventure, excitement of a sea story in the English manner. Has been serialized in SATEVEPOST.

EMPLOYMENT SECURITY REVIEW. Oct. 1958. A section is devoted to program for special applicant groups, one of which is the handicapped.

Discusses aptitude testing, counseling, job opportunities information. Copies are available from U. S. Superintendent of Documents, Washington 25, D.C. at 20¢.

Viewed by Jaskela

SWORD AND SCALPEL. By Frank Slaughter. Doubleday 1957. The book opens on the eve of Captain Paul Scott's trial for treason. He is an outstanding surgeon who was captured while serving in Korea. The evidence against him is formidable because he signed a bacterial warfare confession and because of the testimony of Colonel Hardin, Commanding Officer of Scott's unit. Mr. Slaughter has woven the drama of the Korean battlefield and the drama of the courtroom into an absorbing novel.

NATIONAL SOCIETY FOR CRIPPLED CHILDREN AND ADULTS, INC., 2023 West Ogden, Chicago, 12, Illinois. Send for their FREE "Catalog of Publications". Study those which interest you and get in touch with your local or state Society for Crippled Children to secure the reprints.

We are repeating the following three magazines. They are excellent publications written by and for the handicapped.

ACCENT ON LIVING. 12 Ryan Drive, Bloomington, Ill. Quarterly. \$2 per year.

CALIFER. Quarterly. \$1 yearly. 153 Lyndhurst Ave., Toronto, Ont.

PARAPLEGIA NEWS. Monthly. \$2 per year. 240 Lee Ave., Stroudsburg, Pa.

GOVERNMENT BULLETIN: 48B "Help for Handicapped Women" - tips on how to make full use of their remaining abilities managing home and caring for children. 40¢.

ARTHRITIC SELF-HELP DEVICE OFFICE, New York University-Bellevue Medical Center of New York University, Institute of Physical Medicine and Rehabilitation, 400 East 34th St., New York, 16 N.Y. Send your name and address and get on their FREE mailing list (also ask for back numbers) of an interesting collection of gadgets and devices. Their publication is titled: "Device News".

PAPERBACKS: Complete library at your disposal. Order all paperbacks from ONE catalog!

Editor's note: You have to see this to be impressed. It seems to me that nearly every book ever printed has been printed in paperback, classics, non-fiction, how to do books,--everything. 6,000 books listed- (only \$2). Paperbacks, 210 East 39th St. N.Y., N.Y.



MILES OF MUSIC

by Dick Jaskela

ALBUMS. The best of the new record releases just happens to be Frank Sinatra's COME DANCE WITH ME on the Capitol label. Johnny Mathis has a new album called A CAMPFIRE TWO GUITARS AND JOHN SINGS not up to the standard you have come to expect from Mathis. On Columbia. SOMETHING COOL by June Christy is one of my favorites in my own collection. Another is Nate King Cole's LOVE IS THE THING also on Capitol. He has a new one out entitled THE VERY THOUGHT OF YOU.



Pamphlet listing wheelchair traveling accommodations will be ready for distribution on or about April 1, 1959. It will contain between 800-900 listings in the U.S. Write to: Paraplegia News, 240 Lee Ave., Stroudsburg, Pa.

BOB FELLER, FORMER CLEVELAND INDIANS
PITCHER, VISITS THE HOME OF OUR OWN
DOROTHY NICHOLSON DURING JANUARY



Mr. Feller is the National Foundation state chairman and Dorothy was chairman of Eastlake, Ohio, Mother's March. Along with many other respiratory polios across the United States, we are proud of the good job Dorothy did in the March of Dimes.

ORIGINAL MONEY MAKING IDEAS
ACROSS THE NATION FOR NFIP

Louisville, Ky.: The teenage club of Parkhill Recreation Center solicited door to door, sold popcorn, and gave a benefit dance. Other teenagers carried a "peanuts for polio" campaign to suburban shopping centers.....

Lexington, Ky.: Had a "polio airlift" carrying passengers on a penny a load sightseeing tour of their home town. (about 25 tons of people were airlifted).....

Manhattan, Kans.: The Beta Iho of Beta Sigma Phi had a "Kick off Coffee" and style show.....

Phoenix, Ariz.: Teenagers of the high school and members of the Rabbits in Our Hat Club gave a benefit show entitled "around the World in Eighty Trips". Plane rides over the desert

were called "Flight of Dimes". A "race for life" drag program was held.St. Louis, Mo.: Former Mayor, Bernard F. Dickmann had thousands of bowlers in the March of Dimes Bowling Sweepstakes.....Tampa, Fla.: John Pemberton, polio victim made a giant "Join the March of Dimes" sign containing slots to hold dimes and put it in his front yard. Youngsters from City Playgrounds were stationed at 44 shopping centers distributing balloons and taffy to contributors. Teen centers had rock and roll contests, chose a King and Queen by selling votes for a penny.....San Diego, Cal.: The tenth annual March of Dimes parade contained 150 units, including a patient in an iron lung. Clown-suited volunteers circulated in the crowd collecting donations... ..St. Lawrence County, N.Y.: A successful teenagers march highlighted by dances and a business men's march were added to the Mother's March....Cleveland, O.: The 13th annual spaghetti dinner put on by the parents of a polio in a manufacturing company cafeteria.

UNLIMITED TRAVEL POWER

The father of one of our favorite respiratories, Janet Ruehling, has worked out a neat little auxiliary power source in his new Micro Bus. He incorporates in the car motor a generator and 12-volt battery which is independent of the car's ignition system. "As long as the car is running the respirator motor is running."

We will feature details of this idea in the Summer Gazette.

RESPIRATORY CENTER OPENED IN D.C.

Without fanfare last September, a new 14-bed Respiratory Center was opened at George Washington University Hospital in Washington, D.C.

RESPIRATORY BRIDE



Calvin Leonard, 30, leans over his polio-stricken bride, Margaret Schreiber, 30, after their wedding at New York on Sunday, February 22. Margaret has had polio since 1951. They met in the hospital where she was a patient and Calvin a volunteer.

WRITES WHEELCHAIR GUIDE TO NYC

Sandra Schnur visited local points of interest from Broadway theatres and night clubs to the Marriage Bureau and Coney Island. Then she wrote a guide book for handicapped persons.

The book, "Guide to Enjoyment for the Handicapped in New York City", is available for \$1. See ad on our "Yellow Page").

Miss Schnur, who is 23 years old, lives with her family in the Bronx. She did much of the research in art galleries, restaurants, churches, etc herself.

In a statement made to Mary Prime, UP writer, she said, "Lots of people think you are a brave, courageous person because you are handicapped."

But I'm the opposite of a Pollyana. You either sink or swim when something like this happens...I made a slow adjustment, but I discovered that obstacles aren't so overnowering. I'm still me - 'but slightly older."

She told us, "My interests are people, books and music." The Editors recommend this handy little booklet even for the fun of just reading it.

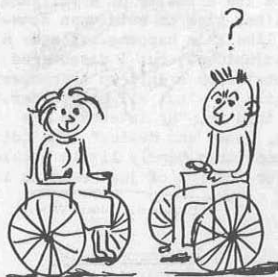
RESPIRATORY MAKES WHO'S WHO



Carol Kneebusch will appear in "Who's Who among Students in American Colleges and Universities."

Carol is majoring in speech at Baldwin-Wallace College, thinks she wants to go on for her Masters in Speech Therapy. She is a member of Zeta Tau Alpha sorority.

She is living in the dorms this year and prefers it to commuting. Wheelchair living on campus is simple - even without elevators - for such a pretty girl. There is always plenty of male help.



BRAINSTORMS

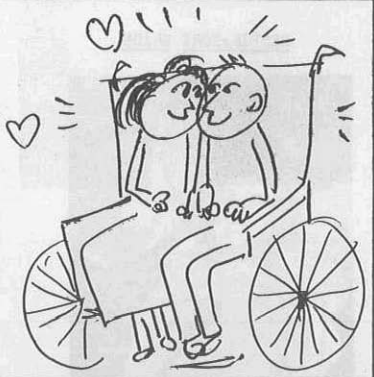
Just thought I would tell you about my latest helpful piece of equipment. I purchased a Niagara Cyclo Car Pad. It plugs into the cigarette lighter and really stimulates the 'rear'. I like it very much. You might try one sometime if you need stimulation.

Lowell Weissert, Bourbon, Ind.

Door Brakes. If your doors slam shut while you're struggling through, little bronze friction plates go on the hinges, hold doors where you want them, don't interfere with normal use. 2 for \$1. Magnolia, 618 Magnolia, Elizabeth, 4, N.J.

Reacher - I got a long-handled barbecue fork for 29¢ in the five and ten. We bent the tines at right angles about a quarter of an inch from the ends. Also, we flattened the tines somewhat and wrapped some foam rubber tape around them so I could reach papers as well by turning the fork over.

Mrs. Ivan Angel, Bath, N.Y.



Non-Slip Ruler. National Rule Co., Rochester, N.Y.

Electric Eraser. About the size of an electric razor. A great help. One-arm Pencil Sharpener. Inner-spring pulls the pencil in. The "Boston Champion". Sold by Montgomery Ward.

Charles Lyser, in Bay Counties Post-Polio Assoc. "Newsletter"

Girls, do you envy the boys? Are you tired of the struggle of the pants and the pan? I use a urinal (Woman's) combined with a long zipper in the crotch of slacks. If at first your aim is wrong, try, try again.

Liz Arnold, Bourbon, Indiana

Cutout plywood under chair seat cushion to relieve pressure and to keep legs together.

Mrs. R. C. Good, Washington, D.C.

Also, I have a regular car safety belt fastened to my wheelchair for reckless drivers in the bumpy outdoors.

Mrs. Ivan Angel, Bath, N.Y.



Self-Fed Typing Paper: IBM can supply a big roll of paper which is attached to the back of the typewriter and feeds it continuously.

Short reach? Adjustics makes long handled comb, brush, tooth brush, wash cloth, safety razor, fork, spoon, etc. \$1 to \$2.50. Send for free brochure. Adjustics, Inc., 169 Thompson St., New York, 12, N.Y.

Since most of us use plastic straws and they get so stained, the easy way to clean them is to lay them in some tomato juice for several hours, rinse and they will be clear.

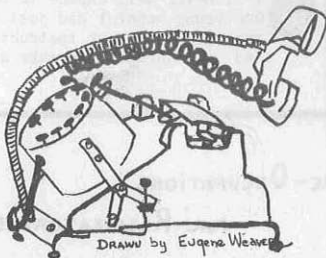
Betty Willett, Pomfret, Md.
in "Croakers Chronicle"

(Editor's note: Our old trappin' uncle does this to his hound dog when he gets mixed up with a skunk.)

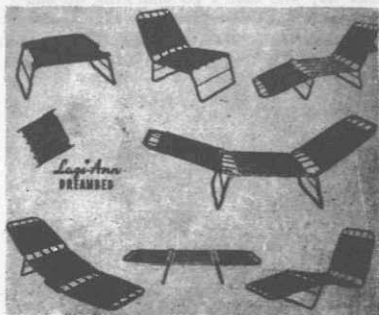
Junior Sized Wheelchairs are cheaper and smaller. Person's height does not matter. Just be under 140 lbs and have reasonably narrow hips. Saves 2½ inches in width and usually that makes all the difference.

Jan Service, Phoenix, Arizona

(Editor's note: If you don't push your own, the chrome wheel (outer) may be removed to cut down on the width of your chair)



Push-Button Telephone Dialer
attachment: I operate this phone by mouthstick, both for dialing and opening and closing the circuit. In this area it has the approval of the Telephone Co. Price \$125. Jaeco Orthopedic Specialities, P.O. Box 272, Hollydale, California
Don Heston, Bryan, Ohio



We think this Lazi-ann Dreambed is the best thing we've seen in the chaise field. It is light (12 lbs.), wide (24"), portable, and can be put in 20 different positions: contour, flat, or bolt-upright. Dreambed is made of tubular plastic in combinations of yellow, green, red or blue. Price \$25.95. Bernan Steel, Inc. 100 Worth St., New York, 13, N.Y.



I'll never tell anyone to cook a whole box of spaghetti again. One young hopeful did just that, box and all. You learn to be very exact in your instructions, don't you? Another one stirred up a three layer cake and attempted to bake it in one layer.
Mrs. Ivan Angel, Bath, New York

PRE-OCCUPATIONS FOR RESPIRATORIES

CONTESTING

Have you discovered contesting? It's the perfect hobby for those of us who can't run the four minute mile. It's interesting, educational, and highly rewarding. (I've just been notified of a ten dollar win, so feel quite pleased with myself.)

The National Contesters Association sponsors a Winsider program. Now, Winsiders are those mortals, like us, who can't go charging up and down supermarket aisles hunting down the necessary entry blanks. The Winsider director solves this little problem by assigning each of her charges to a "normal" sponsor who very graciously sends all necessary materials on to her ward.

Membership in this organization is for two years. A Winsider automatically becomes a member of the National Contesters Association. Furthermore, Mr. William Shepherd, the director of the Shepherd School of Contesting, sends each Winsider his twice monthly, eight page bulletin. Also provided are postage, contest help books, postal cards, etc. All this service does not cost you one cent! Further information may be obtained from: Mrs. Mary Hill, National Winsider Director, Rt.1, Box 45, Lithia, Florida

So come on in, the contesting's fine.

Darlene Grovanni, Walnut Grove,
California

I developed my 'CHESSMATES' for playing many chess games simultaneously by mail. I was having a deuce of a time keeping track of my mail chess moves. I finally found some pressure-sensitive labels and stamped chess characters on them. Then I painted chess boards on pieces of clear plastic 8 x 11 on underside. The pieces adhere and can be moved readily.

Charles Lyser, El Cerrito, Calif.



Bob Dickun K8JDO

"HAM" RADIO OPERATOR

Several of our readers enjoy many interesting hours by contacting each other. Read about Bob Dickun on page 28, Winter Issue of the GAZETTE. Bob recommends "How to Become an Amateur Radio Operator" which is available at most newstands. He also urges other "Ham" operators to write to the Toomeyville Jr Gazette so he could reach them on the air at their convenience.

STAFF DOINGS

Dr. Eiben went to Nashville to observe techniques of measuring ventilation in small infants and to see the new infant respirator. He also went to Columbus as a proponent of the bill for compulsory polio shots for school age children.Dr. Bender attended a medical meeting in Philadelphia.Mr. Harmon and Mr. Miller attended the Ohio Hospital Convention in Columbus.Miss Struke and Miss Gregor joined the "Footliners" of Parma, a stimulating Little Theatre group. They have been working back stage and Miss Struke has a part in a forthcoming one-act play.Ellen Schmidt, RN and Esther Nolte, OT have been a big help to JR in reaching their respiratory friends at Rancho, Southwestern, and Warm Springs.Gloria McIntyre left to do private duty.Jackie Brownlowe with her 3 children and husband, Bard, are now in Kansas City where he is serving his residency and teaching Navy personnel and expects to go into private practice soon.Mary Sweeny Deinhardt (former nurse on 27) welcomed baby #3 just before Christmas, another girl. Diane McQuilkin, our new PT, was

with the army air force and spent two years in Japan.Johnny Gray, lab. tech., in the hospital for an eye operation.Jessie Jones, PN, now working at the Marine Hospital.Ruth Goldston, RN (3-11 shift) home soon on her first leave from the air force and planning to sign up for two more years and go overseas. Mathilda Kessler fractured her left hand.Mrs. L. Thompson, PT, had the mumps and stayed home for several weeks. Mrs. Alicia Gottlieb, proud mother of a baby boy, Christopher Farrell.David Preisler is new in our adaptive equipment, but an old hand in the field - he had his own brace shop in akron.Dr. Charles Long is the new acting head of Physical Medicine and Rehabilitation. He is on the staff at Highland View Hospital.Mary Wood, former PT, sent JR a generous donation and said that she misses being with patients in her new job. For news of Helen Jackson, RN, see "Letters", she is in Korea.Mrs. Emma Plank from Child Education was chosen to be in "Who's Who of American Women".

VOLUNTEERS

Betty Henn finally recovered from the many many Christmas parties at the hospital which she engineers.Barnsie lost her good Charlie in February and is back again at Toomey, her second home.Grace Loeb, not back at Toomey yet, but coming in to Tumor Clinic.Babs Ogilvie is back, still limping after a traumatic fall down the cellar stairs.the Beta Sigma Phi's (Berea's Theta Gamma chapter), had a gay Valentine party.Dorothy Strbenac, who has been helping with JR typing, is leaving us to go to work.Flora Seielstad had a long letter from Bud Dabney, who will be here soon from Baltimore for a Spring check-up, reporting he has successfully

passed his state insurance agent tests and is now selling insurance by phone.Val Cummings and her Girl Scout Troop #1340 have kept the Thursday gals at the top of the ladders putting up exciting and appropriate decorations for every holiday season.Welcome to the two new volunteers: Ginny Hecker and Helen Gretz. They are both fabulous party-givers, so we are expecting some gay Thursdays. (Wish Jan Service were still here!)Welcome to our new crew of "out volunteers" of Chagrin Falls who are helping with JR at Sue's house: Louise Bartholomew, Mary Eaton, Lucy Guilbert and Rhoda English.Gini Laurie thinks she might be titled JR's "mobile unit".

TOOMEY ALUMNI NEWS

CAPTAIN: VERN COLBURN

VERN's house remains to frustrate him in its slow progress. We are all crossing our fingers that it will be soon. The fireplace is finished and the floors are sanded. He says he has no stairs as yet but he doesn't much care as once he gets in he plans on staying there a while.....MARLAN STIEGER got a new bicycle for Christmas.....DON HESTON back for a few days in January to have his new attendant trained. He reported a wonderful Christmas business, both advertising and cards. He said he is astounded again to taste how marvelous the food is at Toomey.....ROBERT RUCK writes, "Since my stay at Toomey and Warm Springs, I have been fortunate to return to full time employment and activity. as Circulation Promotion Manager for the Cleveland News, I am in charge of incentive campaigns, newspaper-by training, and printed materials for the 3,500 News carrier boys in the Greater Cleveland area.....SUE WILLIAMS had her three and a half year old trach stitched closed this Fall and recommends it for a miracle advancement in the fight of mucus. "Mucus was once my constant enemy and is now a complete stranger."

CAPTAIN: RUTH DAVIS

It's a new address for Andy and AILEEN PAIRC. Home is now 3307 Hancock Ave., Cleveland, 13, Ohio.January was a busy month for EILEEN KOELLIKER. She aided the Mother's March even to training a new captain. But the big job culminated on February 14 at the Cub Scout Blue and Gold Banquet for 100 people. Eileen and husband Bob were in charge. She also had a homeroom Valentine party to plan... ..Besides his fulltime job, TOM CRAIG is attending school. He is taking an 18 month course in Electronics at the Radio-Television school, E.30th and Euclid. Sounds like a tough course but mighty interesting.....EVELYN PETERS and LaVerne have set the date for their wedding. It will be June 6 in St. Mary's Catholic Church. Evelyn is busy shopping for clothes and poring over Bride Magazine.....MARY LOU HOMITZ never gets to renew

old acquaintances at check-up time, as many of us do. She would like to hear from some of her former nurses, roommates. She lives at 106 Jackson St., Vermillion, O.....DICK JASKLA writes, "If you happen to know anyone who has read "Ulysses" by James Joyce, please, if they know what the author was trying to say, have them write and tell me. Or if they know where I can get a key to the book, please tell me about it."

CAPTAIN: DONNA MCGWINN

DONNA finished the first of three courses in writing at the University of Chicago by Home Study; the time between courses spent loafing and reading. She went to see "No Time for Sergeants" at the Playhouse (Drury) and says it was very easy to get in, plugs all along the aisle if you need a motor. She also recommends the play as perfect for an evening of laughter.Lorain Girl Scout Troop



Patty Logar

#121 has a new member, PATTY LOGAR, who joined the troop in November. Because it is difficult for Patsy to attend meetings, every week a couple of the girls come to visit and let her know what was discussed at the regular meeting. They talk about their camping activities, home nursing course, etc. In the current Girl Scout cookie sale, Patty has passed her quota of 24 boxes and sold 33.....ERIC FREDERICH has a new son, born December 6th. His name is Chris Martin and he weighed 10 lbs 8 oz at birth. "My addition to our house is going very slowly because of bad weather. I am still studying accounting and beginning the job of job hunting.".....ambitious SANDY WILPULA sends word from ashtabula that she has saved the astounding number of 101,704 tax stamps totalling \$5,831.50. The stamps completely filled a bushel basket and weighed 23 lbs.JANET RUEHLING joyously reports that Santa Claus brought her long-awaited typing equipment and wonders how she ever got

along without it. She finds it invaluable for the stories and questions required from the correspondence course in writing that she is taking. The many admirers of Jan's pretty long hair will grief-stricken to hear that she had three inches cut off - it only comes to her waist now....FRANCES HUVLER spent Christmas the hospital with a case of pneumonia.

CAPTAIN: MICKIE MCGRAW

MICKIE spent New Years Eve with Donna and her friends - had a "ball" looking at some old pictures of Donna, spent the evening eating and drinking (non-alcoholic), playing records and just talking - had a fine time. Donna looked wonderful..... During Christmas vacation CAROL KNEEBUSCH paid Mickie a visit and they went to see the fabulous Christmas light display at Nela Park.....The BOB ABARE family is now residing in San Diego, Calif. They think it's the greatest. The whole family, all seven of them, moved out there via Florida where they visited Bob's older brother for two weeks. Since being in California, they have toured by car to Tijuana, Mexico for the Jal alai games, visited Disneyland (fabulous), taken a motor trip to Borrego Springs in the desert, and returned by way of the Taquna Mountains. They are convinced that California is the only place in the U.S.A. to live. (Their address: 4195 W. Point Loma Blvd., San Diego, 10, Calif.)....MIKE GOODIEL returned home from the hospital on the 23rd of December and is very glad to be there. He received a tape recorder for Christmas and enjoys luring visitors into saying a few words into the tape and then rewards them for their efforts by playing it back at high speed so they sound like "alvin". Mike tinkers with a transistor radio kit when sitting up....DIANE SALAMON is attending Brush High. She is Hm. Rn. Rep. and belongs to the girls cabinet. We had a notice of her change of address: now, 4855 Anderson Road, Cleveland, 24, O.

We report with sadness the death of Frank Gearheart on February 23rd. Frank will be best remembered and admired by all of for his great capacity to enjoy life to its fullest.

CAPTAIN: SALLY RUSSELL

The Cleveland editors phoned Sally Russell, our editor in Louisville, Kentucky and had a half-hour executive conference. Sally's good voice warmed up the wires.....HARVEY FOX is selling molding for soundproof ceilings.....JOHN LAMBOUR writes, "Our life is the same as usual - hectic: We seem to be ten minutes late for everything. I am still struggling with the accounting course and haven't yet learned to type. Florence still hasn't bowled 300. The children going to school and keeping us going in circles. Other than this, we are all fine. I caught a cold over the Christmas holidays, but managed to get over it without going to the hospital.".....RUTH SHEMA busy doing TV monitoring (loves it!) Her "baby" is getting ready to start kindergarten. Says she is going to be lonesome with both of the children in school. Her whole family just got over a bout with the "flu bug".....BILL WOOD writes that he and Ginny are well. He is working five days a week - 4-4 hours a day. Doing collection of debts work for the bank. He enjoys it very much. He said that all of his Bold Journeys are taken via Holiday and National Geographic magazines. He has made a couple of trips to Warm Springs. All three of his children are in school, so now Ginny has time for some outside activities. He and Ginny have enjoyed JR so much....DICK HASENPLUE busy being the Postmaster of the Birmingham, Ohio Post Office. His day starts at six a.m. He handles the job all by himself unless business gets too much, then his wife helps too. Dick is also doing clock and watch repairing (when he has some extra time). One thing he isn't getting enough of - sleep! Says he likes his work very much - likes keeping busy.....RITA FORD writes that she had a tough battle with "Mr. Mucus" - almost ended up having to go to the hospital and be put into a lung, but she is much better now. It was 27° below and they have had deep snows. She has been up in her chair more lately - doing some "cooking". She likes to read JR over and over, "it is just like having a good old home-coming."

CAPTAIN: IDA BRINKMAN

IDA says, "The floods in this section were terrifying. My nurse, who lives five streets away from me, had five feet of water in her basement. At the present we are at a loss for household help.....

STUART MILLER and family left for a trip to Florida the day after Christmas. His mother writes, "We made a bed in the back of the station wagon so that he could get his rest periods and we did his exercises at our motel each day. He had all the routines and conveniences of home. In a small town in Georgia, we spent a wild night searching the countryside for doctors for Stuart. What looked like a startling accident and a possible concussion, about 10 hours later, turned out to be a simple case of intestinal flu.".....KATHY HARRIGAN had her picture in the Sunday paper in a story on the services of the library.....MRS. MORRIS enjoyed a trip to California.....ALLAN SCHOENHAUER has been to Warm Springs and is doing well.

CAPTAIN: LOUISE GODEC

LIZ ARNOLD sent us floor plans and pictures of her beautiful new



Liz Arnold

home. We'll have to keep you breathless until the Summer Issue when we will feature "Homes"..... We read in Milt Widder's column in The Cleveland News: "Alpha Iota girls hold a special party next Friday night at Dyke-Spencerian to raise money to buy one of its members a wheel chair. She's LOUISE GODEC, polio victim." Louise is taking an executive secretarial course.....DANNY INNOCENZI is planning to go to Fenn College and to study business.....BOB ARNOLD is worrying about the proposed abolition of tax stamps.

CAPTAIN: DOROTHY NICHOLSON

DOROTHY's newest sport is playing poker. Really becoming quite a "shark" at it. She is trying to learn hubby Dean's way of "cheating".....Miss Wood writes that BOBBY PHILLIPS is now in a foster home and she has visited him to train the foster parents.

.....DON KOLLAR has taken time out of a busy studying schedule to start a printing business. He must figure on not only selling stocks and bonds, but will print them as well. Don has attended several basketball games.....BOB CHRISTOPHER will be graduating from St. Louis University Medical School. He is one of the high ranking students in his class.....BOB DICKUM reports that he spent a quiet holiday season battling a cold and sore throat. However, he won the battle and didn't have to go back to the tank.....JOHN BERRY underwent spinal surgery January sixth and he is now back home. Vacation is over, his tutor is back and Johnny is really going to cram so he doesn't lose another school year.....SUSAN ARMBRECHT took to the open road the end of February when she travelled to Detroit to attend her uncle's wedding there. She went to the Hanna Theatre to see "Romanoff and Juliette". She came home with an autographed picture of the star, Peter Ustinov. She reports accommodations at the theatre are very favorable for wheelchairs. Just warn the manager of your plans to attend.

CAPTAIN: MARY JO SANDS

MARY JO's baby had pneumonia this winter.....Martie Gregor spent a few days in February with ROBBIE POLLOCK. She says she is as much fun as ever.

CAPTAIN: RUTH MECKLER

CORINNE MOCK is still at the hospital and doing well. Breathes some on her own. Still has trach. Trying to plug it up and use mouth positive pressure. Neck in traction now. Stays out 3 nights a week and goes home on weekends....BETTY LEWANDOWSKI has been studying Russian on TV, reading books by the shopping-bag full, supervising the remodeling which should be completed by Easter....RUTH MECKLER well and busy with her drapery and slipcover business.

CAPTAIN: JEAN LANG

JEAN reports that they still have to tie little Bobby in bed to keep him from the midnight raids on the icebox. It was that dozen broken eggs on the living room couch that made them take action.....DONNA LATONA had surgery on her leg last Fall.....CHARLIE GRILL back for check-up, says he is kept very busy with his abstracting work in the field of metallurgy.

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TOOMEYVILLE JR GAZETTE

Vol. II, No. 1

Spring 1959



Sally Russell

United Friendship

Toomeyville Jr Gazette's long range goal is to publish a magazine of better living, where polios can help each other by sharing common problems and accomplishments.

We wish to bring to the readers stories and information that will be of real value to polios, in helping to make it possible for them to do what they can do and forget about what they can't do.

Friendship thru letter writing is a venture where polios have joined hands thru the pages of our magazine and become better acquainted with one and another.

Those who write to our magazine are people who are not satisfied with sitting back and watching the world go by. They want to join together and prove that friendship is a medium that none can live without - so with unbounding faith, let our united friendship grow and grow.

The TOOMEYVILLE JR GAZETTE is published quarterly by the Out Patients and Volunteers of the Respirator Care and Rehabilitation Center, Cleveland Metropolitan General Hospital, 3395 Scranton Rd. Cleveland, 9, Ohio

Our aim is to reach the respiratory polios all over the world, to share the experiences, problems, thoughts and adventures that would be fun to know about each other.

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This issue is dedicated

To the memory of
Mr. Charles D. Barnes, who so
graciously shared his sweet
wife, Ada, with the patients
of Toomey for so many years.

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