



Homemakers Unlimited — a specially designed and equipped mobile unit — is used for helping handicapped homemakers orient themselves to a new way of life.

NU's Mobile Unit Helps Orient Handicapped Homemakers

By Jane Palmer
NU School of Journalism

Imagine trying to wash dishes in a wheel chair with counters six inches too high and no place for your knees. Or imagine facing a row of buttons with only one hand. Problems like these face 4,600,000 physically limited people in the United States whose activity is housekeeping, 12 per cent of the nation's 40 million homemakers. An additional 320,000 are so severely disabled that they are unable to keep house at all. Little arrangements in housekeeping that we take for granted are a perpetual bother to the handicapped person. We stoop and reach for pans on a bottom shelf, or we stretch for package of cereal on top of the cupboard.

Set Culture
"Our culture is set up for people without any limitations," said Dr. Lois O. Schwab, of the family economics and management department of the University of Nebraska College of Agriculture and Home Economics. One of Dr. Schwab's responsibilities is a van equipped to show how homemaking can be made easier and safer for handicapped homemakers.

Sponsored by the Nebraska Heart Association and the University of Nebraska, the van travels on a county-to-county program, to help disabled persons, doctors, nurses, therapists, public health organizations, rehabilitation counselors, the medical auxiliary, builders and health agencies. The unit illustrates how minor changes can make a big difference for a homemaker. "A change of environment can change a physically disabled person to a physically able one," Dr. Schwab said. The unit has a mockup of a kitchen with counters 30 or 32 inches from the floor instead of the usual 36. Space under a lowered sink makes it easy to do chores while seated, and there is enough room to get the arms of a wheel chair under it.

The range has a single row of burners with controls at the front so a sitting person doesn't have to reach across a hot burner or pan for the controls.

Cupboards are shallow, and the doors are used for storage space inside.

Miss Alice Burton with the mobile unit, explained that the shelves are adjustable and that some have lazy susans so there is less reaching to the back. Many of the shelves pull out "so you don't have to stand on your head to see what you have," smiled Miss Burton.

Miss Burton, whose title is consultant in homemaker rehabilitation, showed how pans are stored on their sides so that each may be lifted out without struggling. She also showed how a homemaker in a wheel chair would be able to add an extra two feet to her arm's reach by using long-handled tongs for household work.

The homemaker with only one hand can be aided by equipment specially designed for her. There are one-handed rolling pins and flour sifters. Cutting boards securely hold vegetables to be cut, and a large suction cup holds a mixing bowl steady for mixing. The homemaker can also be helped if all the counters are the same height and adjoining so that she may slide the things that she needs and eliminate lifting.

The mobile unit also shows how the bathroom, the place of accidents for many disabled persons, can be made safer. Sturdy, specially designed grab-bars beside the tub and the toilet allow the handicapped person to get up and down safely without assistance.

Hand Shower
The tub is equipped with a seat and a hand shower with a head that looks like half a phone. The shower head is on a flexible metal tube so that the bather can use it while seated in the tub, or it can be hung on the wall at the usual height.

Water controls are at the side of the tub to eliminate reaching through the water to adjust the temperature. All these features help to make the disabled person safer and more self-sufficient.

Dr. Schwab explained that research in housing and homemaker activities have made it possible for persons who might have been "shut-ins"

to become relatively independent.

Architectural barriers are being removed, handicapped persons are offered training for independence and household equipment has been adapted to the handicapped.

Dr. Schwab said that even though these advances are being made, many problems still remain for handicapped persons due to the way buildings are constructed.

Revolving doors, steps, curbs, steep inclines and narrow doorways are impossible for a person confined to a wheel chair to conquer.

In Omaha, health agencies are campaigning to alert architects, engineers, draftsmen and contractors to the problems of the handicapped and aged when designing buildings and facilities.

Dr. Schwab said that many buildings in Lincoln are totally inaccessible to the handicapped person. "They couldn't get in the building if they had to," she said.

Specifications
The American Standards Association has developed this detailed set of specifications to serve as a simple check list in planning buildings for use by the public:

1. Public sidewalks should be at least 48 inches wide and 60 inches are needed if wheel chair traffic is heavy for passing. If a walk is sloped, the grade should not exceed five per cent, or one foot of rise for 20 feet of length.

2. If doors open onto walks, there should be a level platform at least five feet by five feet.

3. The handicapped need more parking room either at the end of a row or in a diagonal or perpendicular stall 12 feet wide. If a passenger arriving and leaving space is at curbside, the curb should be ramped up to the sidewalk

and any inclines between the parking space and the building needs ramps in place of, or in addition to, curbs and steps.

4. At least one primary entrance to a building should be ground level or ramped to be usable by individuals in wheelchairs. A doorway must have an unobstructed opening of at least 32 inches in order to be accessible by disabled persons. Thresholds should be flush with the floor or offset no more than one-half inch.

5. Ramps should rise no more than one foot for every 12 feet of length and have handrails 32 inches from the surface on both sides. Ideally, the handrails extend one foot beyond the top and bottom of the ramp. Long ramps and sloped walks would have level platforms for rest and safety every 30 feet.

6. Stairs should be made safer with rounded nosings, sloping risers handrails on both sides mounted 32 inches above the front edge of the stair tread, and step risers no greater than seven inches.

Other more minor building features can be adapted to help the handicapped person. Drinking fountains that are both hand and foot operated and which have a spout not higher than 36 inches from the floor are more accessible.

Those in wheel chairs usually cannot reach switches and controls or telephone coin drops mounted over 48 inches from the floor.

The deaf and blind person also need to be considered in planning buildings. The blind need raised letters or numbers for identifying rooms. Warning signals must be both audible and visible. Signs, lights and hazardous hanging objects should be at least seven feet above the floor.

Program Designed To Attract Physicians

Omaha—The University of Nebraska Medical Center will participate in a nationwide program to attract more physicians to the specialty of anesthesiology.

Dr. John R. Jones, professor of anesthesiology, has received a \$42,532 grant to inaugurate a training program in anesthesiology.

The grant will enable the College of Medicine to double the number of residents in anesthesiology—from two to four.

The United States Public Health Service awarded a total of one million dollars in grants to 29 teaching hospitals in 21 states and in Puerto Rico for the program.

Congress authorized the National Institutes of Health to increase its support programs in anesthesiology, including funds for clinical training.

The recipients of the grants, including the University of Nebraska, are all

accredited teaching hospitals with anesthesiology residency programs.

According to Dr. Frederick L. Stone, director of the National Institute of General Medical Sciences, there are "scarcely enough anesthesiologists for daily surgery throughout the United States."

In addition, he said, the services of the anesthesiologist are being required for patient care outside the operating room—to supervise post-operative care, to administer analgesic techniques in the relief of pain suffered by chronically ill patients.

The grants provide support for up to three years of full-time training, leading to qualification for examination by the American Board of Anesthesiology.

Candidates for the program must have received their Doctor of Medicine degree and completed an internship.

Low Income Countries Are Topics of Institute

By Ronald Schuett
NU School of Journalism
Low income countries of Asia, Africa and Latin America are losing their ability to feed their people, said Lester R. Brown, guest speaker at the conference on World Population and Food Crisis at the University of Nebraska Center for Continuing Education Thursday.

Speaking to about 100 persons, Brown said that world grain consumption now runs ahead of production and most of the available grain goes to those nations which can afford it, not to the low-income nations which need it most.

Sharp population increases, mostly in the less developed countries, are reflected in a fast-growing demand for grains for human consumption, he explained, while high per capita incomes, mostly in the developed countries, generate a rising demand for grains to be used for feeding livestock.

Brown is administrator of

the International Agricultural Development Service in Washington. He coordinates programs of technical assistance and training to low income countries and is an advisor to the Secretary of Agriculture on the world food and population problem.

Self-Help Programs
Low income countries must concentrate on agricultural development to feed their own people, he said. This will require changes in present agricultural practices in these countries, he pointed out, and will consequently affect the customs and traditions of their people.

The more developed countries must be prepared to change their own habits and traditions if they expect less developed countries to change theirs, he said.

The more developed countries must make adjustments, find new programs and make some sacrifices to meet the mounting food crisis, he said. "Food shortages (symptoms of which are rising food

prices, less food for the poor in the low income countries, economic instability, political instability and violence) can be a threat to world peace and to stable democratic government," Brown said.

The transition from traditional agriculture to modern agriculture, which required centuries in the western world, must be completed quickly in the developing regions, he said.

"Achieving a satisfactory balance between food and people will not be easy. Seldom has history required that so much change be compressed into so short a period of time," Brown said.

Bennett
Dr. Ivan J. Bennett Jr., the second speaker at the institute, said most Americans see medicine as a highly scientific profession, but fail to recognize agriculture as a scientific discipline worthy of study and respect.

Most Americans think that they could become knowledgeable about agriculture, he noted. It is considered a simple process of growing plants that anyone could learn. The failure of a low income country to produce an adequate food supply is therefore attributed to laziness, he said.

Dr. Bennett received his M.D. Degree from Emory University and is presently a member of the Board of Scientific Advisors of the Armed Forces Institute of Pathology, the National Board of Medical Examiners and the Executive Committee of the Division of Medical Science of the National Research Council.

He is a deputy director of the Office of Science and Technology in the Executive Office of the President and chairman of the President's Panel on the World Food Supply.

Adjustment Needed
A major social adjustment is needed, he explained, along with increased yields per acre of land and improved methods of transporting these grains.

Funds allotted to international assistance must form a long-term commitment, he stressed, and not be subject to renewal each year or to political pressure.

The American people must be made aware of the world food and population problem and have confidence in their governments efforts to solve it, he said.

Gordon O. Pehrson, the third speaker at the institute, stressed private industry's role in world food production and economic development.

Calling himself an optimist, Pehrson said that the economic recovery from the depression of the 1930's didn't seem possible at the time. "The United States' aid to Europe under the Marshall Plan was also cited as an unqualified success in restoring the European economy.

Mr. Gordon is a vice president of International Minerals and Chemical Corporation in New York.

Large amounts of private capital invested in low income countries by American corporations are aiding the modernization of these countries, he said. Corporations are cooperating with governments because it is in their best interests to do so, he said.

Second Roundtable To Feature Kansan

The second summer administrator's roundtable luncheon featuring W. M. Ostenberg, former superintendent of schools in Salina, Kan., will be held at 12:30 p.m. Tuesday, July 18 at the University of Nebraska Student Union ballroom.

The luncheon, sponsored by the University and the Department of Educational Administration, is open to the public and reservations may be made through the Summer Sessions Office.



W. M. Ostenberg

Ostenberg, presently the vice-president of the National Bank of America in Salina, graduated from Bethany College in Lindsborg, Kan., and received his Master's degree from Colorado State College of Education in Greeley.

A teacher of English, speech and journalism in Eureka, Kan., Ostenberg later became the principal of the high school and superintendent of the public schools. He also became dean of the junior college in Coffeyville, Kan.

Bethany College presented Ostenberg with an Alumni Award in 1956 and with an honorary doctorate of education degree in 1962.

Past president of Kansas State Teachers Association, Ostenberg was also president of the Kansas Council on Economic Education and President of the Kansas Association of School Administrators.

Ostenberg was also a member of the first European Flying Class room sponsored by Michigan State College visiting many European countries.

Senators Will Lead Conference

Key Nebraska senators serving on the Education and Budget Committees will participate in the Nebraska Association of School Administrators Conference Thursday at the Center for Continuing Education.

The conference, which centers upon matters of educational legislation in Nebraska, will begin at 9:30 a.m. with Senator Lester Harsh, chairman of the Education Committee, speaking on "Legislation Killed in Committee—Out of Committee."

Senator Calista Hughes will tell about bills affecting education that have reached the floor but may or may not have passed.

The luncheon speaker is Senator Richard Marvel, chairman of the Budget Committee, who will speak on "Finance at the State Level."

The participants will break up into six discussion groups after the luncheon and members of the State School Board will be present at each acting as "resource people."

Applications Due For Institute

Applications from college faculty members who wish to participate in an educational media institute must be submitted by July 15, announced Clive C. Veri, University of Nebraska Teachers College staff member.

The institute, sponsored jointly by the University and the U.S. Office of Education, is designed for college teachers interested in up-grading their instructional skills.

Through federal support participants will receive an allowance to cover their expenses at the institute, less travel.

The initial sessions of the institute will be held at the Nebraska Center Aug. 28 to Sept. 1. Other sessions will be held periodically during the year at times convenient for most participants.

To be eligible, applicants must be a member of a college or university teaching staff.

Application forms and information are available from Dr. W. C. Meierheyer or Veri at the University of Nebraska Teachers College.

Grassland Exhibits Vary

Mead, Nebraska is the site for the Third National Grassland Field Day July 12-14, according to P. H. Cole, University of Nebraska Extension dairyman.

Cole is chairman of the Educational Exhibits Committee for the Field Day. Exhibits will be displayed at the University's Field Laboratory there.

Displays will range from "Producing Forages for Profit" by the University of Kentucky to "Ultrastructural and Chemical Relationships Between Alfalfa Leaf Chloroplasts and Bloat" by Iowa State University, Cole said. Eight Universities, including Nebraska, will have exhibits

at the Field Day. Others are Oregon State, Purdue, Texas A&M, Missouri and Tennessee.

Non-university exhibitors include the American Potash Institute, American Society of Animal Science, Tennessee Valley Authority (TVA) and the U.S. Weather Bureau. The TVA exhibits will be on "Nutrient Deficiency Symptoms in Forage Crops" and the Weather Bureau exhibit will be on "Weather-Data Collection and Dissemination, Services to the Public with Emphasis on Services to Farmers and Ranchers."

The Nebraska Crop Improvement Association will have an exhibit on "Pure Live Seed."

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