

The HANDICAPPED and their REHABILITATION



Edited by

HARRY A. PATTISON, M.D., F.A.C.P.

Director of

The Potts Memorial Institute, Inc.

INTRODUCTION

By

MAJOR GENERAL MELVIN J. MAAS

USMCR Ret.



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The HANDICAPPED
and their
REHABILITATION



Dedicated to
DWIGHT DAVID EISENHOWER
for his
Unflagging interest in and
Services to Handicapped Persons
Everywhere

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Preface

THE PREFACE is a useful device by which an author or an editor may tell his reasons for producing another book. Nearly 3,000 years ago the PREACHER said, "of the making of books there is no end" (Ecclesiastes XII, 12). But the production must still go on with rapid acceleration, for in the fields of science, including medicine and allied subjects, progress through research is so great that many books five years off the press need revision. Moreover, a new work on the same subject may be needed, approached from a different viewpoint and for different types of readers.

This is a new book on a comparatively new subject—new in its rapid development as a widely organized movement. In 1925, Dr. William J. Mayo, closing his essay on "Contributions of Pure Science to Progressive Medicine," said, "Rehabilitation is to be a master word in medicine" (*Journal of the American Medical Association*, 84:1465-1469, May, 1925). His prophesy was justified, for it was immediately after World War II that rehabilitation as an art and a science began to expand rapidly. He was right, for *rehabilitation* and *antibiotics* are today the master words in medicine.

The practitioner of medicine combats the causes and the immediate manifestations of active disease, or the immediate results of injury, either of which may destroy his patient. In this combat specialists within the profession are involved.

The rehabilitation worker strives to remove or mitigate the end effects of disease or injury. In this effort many disciplines are involved. It is men and women highly trained in their specialties who constitute the *rehabilitation teams*.

Colonel Frank Billings, Chief of Rehabilitation Service in the First World War, said, "Every hospital needs a physical therapy department as much as an operating room."

As in other realms of human progress, a new system of semantics is evolving. Some words used in this field of rehabilitation, like normalization, restoration, adaptation and readjustment, are al-

ready in dictionaries while others, like *habilitation*, *holistic* and *holiatry*, are given no connotation in reference to rehabilitation of the handicapped in present dictionaries. Because of frequent usage in this new field they will probably find acceptance in future editions.

In brief, the purpose of this book is to inform all those interested in rehabilitation, especially the members of rehabilitation teams, about the numerous disabilities involved and the requisite training, duties and responsibilities of the several disciplines. It is believed that with knowledge and understanding better integration and co-operation will be fostered. Teamwork is that work "done by a number of associates, usually doing a clearly defined portion, but all subordinating personal prominence to the efficiency of the whole" (Webster).

Those who peruse this book will see that, throughout, in reference to the team, the key word is *cooperation*; and that, with reference to the patient, the key word is *individualization*. The reader will be convinced, I am sure, that the rehabilitation program is a scientific organization of convalescence to hasten recovery and guide the disabled to purposeful living. It helps to restore self-confidence and mental equilibrium; stabilize emotions; to find incentives to get well and to increase earning power. It lengthens life; enhances the joy of living; pays social dividends to families, industry and the State. It reduces sick benefits and unemployment payments.

Man is the only creature on the globe which throughout the long eons of the evolutionary processes has consciously striven to climb upward, intellectually and spiritually as well as physically. Individuals and nations lapse in morals and ideologies but among them are always those who strive to reach higher levels. This concept of the Upward Climb of Man is illustrated by Victor Dowling, the children's artist, as the symbol of this book. He contributes his drawing in tribute to his blind mother and a brother who for nearly fifty years was sadly disabled by cerebral palsy and recently died from another scourge of mankind—cancer.

H. A. P.

Acknowledgments

THE EDITOR is deeply grateful to the forty-four co-authors who have contributed of their time and experience without remuneration. Any royalties accruing from the sale of the book will be paid to The Potts Memorial Institute, Inc., of Hudson, New York, and used for research in the field of rehabilitation. Grants will be made on recommendations of special committees comprising specialists in the fields under consideration.

We wish to thank Major General Melvin Maas for his gracious Introduction. We are likewise grateful for the sympathetic advice and assistance of the publishers. It has been a real pleasure to collaborate with them. We wish to acknowledge our indebtedness to Miss Heath Babcock and Miss Joyce Macdonald, Medical Librarians in the New York State Education Department, for their ready assistance in numerous ways, especially in supplying source material. Our thanks to Willis C. Gorthy, Director of the Institute for the Crippled and Disabled, for information about the early development of organized rehabilitation. We cannot forget the vast amount of work accomplished in all good will by our secretaries, Mrs. Florence Laraway and Miss Kathryn Holmes. Our thanks are due also to the United States Veterans Administration for clearing the manuscripts of its staff members and for permission to quote freely from its Bulletins; also to the following official agencies for clearing manuscripts: the President's Committee on Employment of the Physically Handicapped; the Office of Vocational Rehabilitation; Department of Health, Education and Welfare; the Bureau of Labor Standards; the New York State and New York City Health Departments.

We wish to express our thanks to the J. B. Lippincott Company for permission to quote extensively from *Fundamentals of Psychiatry* by Edward A. Strecker; and to the McGraw-Hill Book Company, Inc. for permission to quote from *Practical Clinical Psychiatry* by Strecker, Ebaugh and Ewalt, 1951; also appreciation to Williams & Wilkins for permission to use the two charts in the chapter on The Human Constitution.

Finally, but by no means last nor least, my sincere appreciation is given my wife who spent so many tireless hours helping to make this book possible.

H. A. P.

Introduction

NOT SO MANY years ago when I came across the word *rehabilitation*, it was always vaguely associated in my mind with the spiritual: the lost soul who was restored to good repute—the law violator who was brought back to the path of righteousness through kindness, guidance and understanding.

The whole world of physical rehabilitation, and I have come to realize that it is a small universe in itself, had never been too clearly defined in my mind's eye. I led an active life, as a law maker, a Marine flier, a business man. I was vigorous and unconcerned with physical setback.

Then it happened. Within a few short days I became totally blind. Overnight the world of physical rehabilitation began to unfold to me. I only came to know it and to see it in all its clarity after I lost my eyesight.

My experiences at Hine's General Hospital near Chicago, Illinois, were a revelation to me. The thorough, scientific approach they utilize at Hine's to restore the blind to a condition of self sufficiency and usefulness made me vividly aware, not only of the existence of rehabilitation services, but of the high degree of excellence that has been achieved.

Since that time my entire life's work has been wrapped up in the problems of rehabilitation and placement. With the passage of the Vocational Rehabilitation Amendments of 1954 I realized that, now as never before, the entire machinery of the rehabilitation process was to go into high gear. New centers, new therapists, new counselors would join the ranks. There would be much greater demand on the services of seasoned workers. It also struck me with great force that this upsurge in rehabilitation activities, the obligation to provide job opportunity for the ever increasing number of those to be rehabilitated, would place still greater demands on the placement program in the nation.

It is a pleasure to know that the experts in the field of rehabilita-

tion have realized the need for new tools to meet the steadily increasing workload. This fine book, *The Handicapped and Their Rehabilitation*, I consider a major contribution to the huge task that lies ahead of us all.

I am proud to know many of the contributors personally. They assure the quality of this book. I am certain that those I do not have the pleasure of knowing are of equal stature. May this book be a lasting aid to those who will carry the burden of our great responsibility—both the old and the new workers in the field. The theory is covered well. The practice, equally so. I hope it is read and studied by all who are to participate in the great work that must be accomplished in the years to come.

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