

## Walt Lawrence on the routine of using an iron lung and rocking bed.

Walt: So people would wake up in the morning in the institution, Pearson hospital. That was the iron lung breathing centre of British Columbia. So they'd go in the iron lung all night, 'cause it was a good regime for people to to be well ventilated. A little restrictive. So then they would come out of the iron lung usually in the morning. Be lifted onto a bed and that would be a rocking bed. Now you've got some freedom, just the mechanics of the iron lung - sorry, of the rocking bed.

Your feet would go down so your tummy would fall which meant your diaphragm fell, would cause you to breathe in, 'cause now you've got bigger space, bigger - well, less pressure within the lungs because now your chest is bigger. So it forces you to breathe in and goes back, feet up. Tummy pushes into your diaphragm, space gets smaller and you breathe out. So people would be on that on a tipping motion for 12 breaths a minute for 8 hours. Get fed in bed, on the rocking bed, and sometimes they'd use the turtle shell. Many different types of breathing opportunities, but not really.

Claire: Did you use the rocking bed for a time?

Walt: I did. I did. You know when I look back on such experiences... I mean you got to remember it's not just the physical aspects of breathing right, there's the psycho-social aspects of breathing. So, now I'm talking to you on the rocking bed, Claire, and my head goes down and Claire is gone. Feet go down, head up - let's finish that sentence. Same with the iron lung - such controlled breathing.