

**Takahiro HONO and Yo MIYATA : The Study of Sleep Behavior in Visually-impaired Children and Adults — Its Significance and Perspective — 223—236**

The purpose of this article is to report the significance of studying the sleep behavior of visually-impaired children and adults, to introduce a historical background for this study, and to present a perspective for the future.

It is important to study the sleep behavior of visually-impaired persons in order to understand their psychological and physiological characteristics with respect to sleep. Through the study of their sleep behavior, we can also examine the relationship between visual input through the eyes during the daytime and sleep regulation in humans. However, we systematically have not studied their sleep behavior of visually impaired subjects, although we did some studies on the content of dreaming and its relation to REMs. Recently, much attention has been paid to their circadian rhythms such as sleep-wakefulness and hormone secretion.

However, little is known about their EEG sleep structure. A systematic examination of nocturnal sleep using polysomnography is needed. We hope to provide more fundamental data on sleep behavior in the future.

**Makiko YAEGASHI : Current State and Problems of Children's Halls in Okayama City — Comparison with a Survey Study of All Children's Halls in Japan — 237—249**

In an effort to probe for ways to implement the "Engel Plan in Municipalities" for children's halls, I examined the current state and problems of children's halls in Okayama City. I especially considered their physical condition and activities and provided and compared the findings with the results of a survey of all children's halls in Japan. I concluded that two factors are very important. Future children's halls should be strategically located to accommodate all children who need the service, and their functions should be reviewed on a regular basis.

**Kanosuke SAITO : A Study on the Measurement of Equity in the Medical Care Service — An Analysis of Medical Care Costs among Income Groups — 251—260**

Considered from the viewpoint of welfare policy, medical care service should be delivered equally to persons in equal need of medical treatment irrespective of age, status, income level, etc. This paper offers some methodologies to measure the equity in the delivery of medical care service among income groups. After a presentation of a theoretical model, which contains a sort of Lorenz curve of the cumulative proportion of medical care service, Gini's coefficient and Atkin measure, the equity in the medical insurance system of Japan is examined as an empirical study.

This paper shows that the Japanese system has succeeded in achieving equal treatment in medical care. This paper also shows that the determination of equity depends on the value judgement about each individual in the society.

**Shinji MIYAHARA : Outcome of Countermeasures for Smoking — Experience in Nishitosa-mura Village, Kochi Prefecture —** 261—272

“Countermeasures for smoking” in Nishitosa-mura Village, Kochi Prefecture, was not merely an ant-smoking/non-smoking campaign but was a part of comprehensive strategy for health promotion. Self-motivated behavioral modification was promoted by encouraging people in the community “to promote health and cope with the disease” and urging them to make an informed choice between smoking and non-smoking.

After a decade of such activities the percent of smokers and also tax revenues tobacco have decreased remarkably, and the medical costs reduced under the national health system.

Empowerment of people in the community for health promotion plays an essential role in realizing success for the “countermeasures for smoking”.

**Kyoko SASANO, Tomohisa SASANO and Shigeru SUEMITSU : A Study of the Service for the “Movable” Severely Mentally and Physically Handicapped — through Surveys in three Hospital-homes —** 273—284

The purpose of this paper is to report on a current investigation of the “movable” severely mentally and physically handicapped people in three different hospital-homes. Studies were conducted on the condition of residents, recent admission and discharge policies, respite care and the variety of the services. The result shows that most of the residents need a great deal of daily care, but new and incoming clients need a much more complex service for daily care, medical problems and behavior disorders. In conclusion, we suggest the following changes be implemented to improve the care system for these people: 1) Co-operation among the concerned organizations in the area. 2) An information network among the hospital-homes involved. 3) A revision of the criteria for the institutionalization of the severely mentally and physically handicapped in hospital-homes, 4) Reorganization of the function of the department for “movable” people in hospital-homes.