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"PEACE ON EARTH, GOOD WILL TOWARD ALL MEN"

As the clock strikes twelve and the old year passes, we welcome the sounds of the joyful bells ringing in the New Year, a time when much is undertaken in good stride with ever so much fervent intention and true good will spirit.

Now is the time to look back at the old year and analyze what we did with it or the last five years, perhaps the last ten, twenty, or thirty years, the good old days. You know, when the Negro "knew his place." When students stayed in the classroom. When poverty was kept off page one. Ah! the good old days of yesteryear.

But who is fooling whom? Was it really a better world? Or just a quieter, not necessarily a more peaceable one? A few years ago it was easy to hide from the evils around us. To turn our backs and pretend it really was not so. But God knows, it was. All that our modern communications system has done is bring it all out into the open. And about time!

The fact is, God has probably been much too patient with our world, "Love your neighbor" and you shall have, "Peace on Earth" because you will have, "Good Will Toward All Men", He told us long ago. Not enough of us were listening and that is what today's turmoil is all about.

You can say anything you want about the world. You can say it is beyond help. That man is more evil than good. That you never asked for the world you got. And you know, you could be right. You can say anything you want about our great country, America, and its do-gooders; but, it does not help make peace. That it has not made any difference. The government is not disagreeing. That is not what it is all about. America does not shout, "Come make peace, let us have peace and then there is peace on a golden platter." Peace does not come that easily. It is more of a separate peace, a peace which comes from within which tells you, that you are doing the right thing at the right time. Maybe you are already. No bands. No banners. No marches. No medals. America might be for you if you enjoy freedom for yourself, your children, your relatives, your friends, the country. Or, if you enjoy repairing a tractor, teaching school, building a home, even if no one ends up using it, or enjoy going to work, or your job whatever it happens to be, or traveling, or whatever you enjoy doing!

PEACE HAS NO DELUSIONS OF GRANDEUR. Ask anyone who has been through it! But there are enough people who are living with the Peace they have been able to attain over the years through experience, a certain gracious-giving in their own lives which they can not forget; because, it is not what they have read in a textbook or remembered along the way from their formal education.

Good things, of course! There are more ways than you can find to help America and the world. Peace is just one small but truly significant way. Our world therefore is for someones who would rather do something. Anything. Instead of nothing. It could be your new way of life for 1971.

Start making your life with your fellow patients, fellow staff members and fellow employes a little more peaceable by starting with yourself First! Changing the things we can change, accepting the things we can not or are stuck with, then the super-wisdom to know and be able to distinguish between the two and know the difference, and then do it.

A challenge --- 1971? You bet! Make it work to your advantage! Peace on earth then, will be achieved when we have Good Will Toward All Men.

May each and everyone of you have a beautiful and truly happy New Year. Good Luck on your new ventures whatever they may be or wherever they may be. And Oh! Please don't close the stable door after the horse is gone!

Anne

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Vol V Issue 22
Dec. 31, 1970

CUE'S CREED: It is the individual's duty to hold out for what he knows is right
and it is society's duty to listen to him.

RESOLUTIONS

I have to make a resolution or two because this year's date is new. I'll have to toss out bad habits which means no more drinking, too. How I'll keep from swearing, I do not know, for it is a wind that continuously blows. There is so much that I shouldn't do, including how I relate with other people. I used to hold all my feelings inside and that would end up in a turbulent tide. But now when I say something when they get me mad, it always seems as if I am bad.

So what to do, I do not know. I'll make a few resolutions and see if that will help me benefit. How to relate with others in the proper way will be hard to do --- but it really pays. I'm not even quite sure of what I'm doing wrong, hopefully, it will not last very long, I do know that I am quite touchy, so I probably shouldn't let every little thing get to me. What else to do, I am not sure --- maybe I should take a worldwide tour and see if that helps. Yes I'm going to make that one of my resolutions, too.

Another one would be to stay on my diet, with no snitching between meals. I'll be glad when I get out so I can prepare my own food as I like it. I've often said "I'll quit smoking" but it just doesn't work, so I can't very well say I'll quit smoking. I can make one saying; that I hope they hand me my release papers soon, as I feel that I'm ready to return to the outside world. I'll ask to begin my life anew, as the happy years so far have been very few.

I'll have to keep in close contact with my relatives so I'll know how their life really is. I should make a resolution to try to get unrestricted but I'm not going back to the place they want me to, so I'll have to try something else. I wish that I could be out of the hospital so I would be able to have a life of my own. There are so many resolutions that I should make but not enough time or space to list them. Anyway, Happy New Year!

Vivian .

NEW

HAPPY

YEAR

CUE'S EDITORIAL DEPARTMENT

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Four Years Old, But New Every Two Weeks

Ann
Vivian

Gloria
Tom

Gene
Bob

Lucie Jeffers
Chuck Lemieux
Advisors

* * * * *

reader's RHYMES

WHAT IS LOVE?

Two hearts that beat and throb as one;
Two bodies with the same nature's
rhythm.
Two minds that work the same;
Four hands that work together.

Long walks without words;
Sentences that need not be finished.
Two that drift together --- to sleep
as one.
Tender sweet caresses;
That wake at dawn's early light.

Love is soft --- gentle words spoken;
Wanting arms that drive away the fears
There's laughter that lifts your
spirits up;
A totalness that makes two one;
Faithful to each other - alone forever.

Love sometimes is walking way down the
path - even when it hurts;
And just plain waiting for someday
to come.

By Harriet

MY NEW YEAR'S WISH FOR YOU

It is my wish for your good fortune
and for your happiness.
It is my wish for your fulfillment;
that you may do that which you do
best and do it to your utmost.
It is my wish that you may love,
and in loving, be loved; that you
may know and hold true love in mar-
riage, and love of your children, yet
not alone yours; but those of the world.
These, then, are some of the things
that go into the love which we
manifest for our fellowman.
This is my New Year's wish for you!

On this New Year's Eve, I would that
there were love among all mankind,
For then truly, and only then, would
there be peace on earth.
Therefore, we might all begin by loving
our fellowman, thus casting out our
hatred, replacing it with kindness;
Casting out darkness which clouds our
vision and mind, replacing it with
light and thus begin the New Year
on our right foot with hope, charity,
and faith in our heart.
Yes, this is my New Year's wish
for you!

By Anne

THE COMING OF A NEW YEAR

Peace on the earth, good will to men
Is a heavenly thought to send.
All God's creatures, from all around
Work hard to keep earth's music a
soft, sweet sound.

Sometimes we send, by the way of
a dove
To all good men, a shower of our love.
With the beginning of the new year,
We become closer to those who are
dear.

We'll have to behave better than the
year past,
And see how long our cheerfulness
lasts.
What the year will bring, we do not
know.
We'll just take what this year will
bring.

By Vivian

A 1971 NEW YEAR'S MESSAGE

Today this New Year's Message is for
only 5 small things.
Five priceless commodities this New
Year's Message brings:

Firm faith that gives to life
a golden key;
High courage that goes forward
dauntlessly.....

And joy exceeding great, that
springs and swells,
Within the soul where patient
meekness dwells.....

And gentle love that seeks for
everyone,
The noblest freedom that our race
has won.....

And peace that spreads across its
lovely light,
Like candles in the window, warm
and bright.....

No better wish could any man
contrive,
No sacred gifts more precious than
these five.....

So take them friend, for these great
commodities are FREE.....
And give them room in your busy
schedule in this year of 1971.

By Anne

CHAPLAIN'S MESSAGE

MAKING A START

At New Year, the time of new beginnings, it is helpful to realize that the kind of change we hope for almost never comes by a sudden and dramatic act or transformation. Yet change is not therefore impossible. We may well ask ourselves in what areas we would like to change, and how we may make the small beginning that opens the way to larger change.

No area is more important and sensitive than that of relationships. Is it difficult to trust? Then look for the one person in your life whom you can really imagine trusting, and then go on from there.

Is loving hard for you, because you have not had much of it, but you are realizing lately how much you have missed? Think back to someone in your life to whom you wanted to be close and maybe could have been. Perhaps you can go back and let it happen, and there make a start. (Don't think that you have to start by being able to love everybody!)

If you have trouble being honest about your feelings, or being able to share your inner thoughts, find the person who most seems to you to have a warm heart and listening ear. This kind of sharing is good, and healthy.

In all these starts, God is with us. He is here Himself, and He puts people in our lives from whom and with whom we can learn trust, love, honesty and sharing. With a little trust we learn a greater trust; with a little love, a greater love. In that sense, people are here as stations along the way to God, mediators of His love and blessing. For God has given to each of them, and to us, the ministry of reconciliation and of caring.

May you have a really new and deeply gratifying kind of year!

Chaplain Van Deusen

CHRISTMAS SPECIAL

A DELIGHTFUL TOUR OF A CHRISTMAS FAIRYLAND

At 6:30 p.m. on Friday, December 18 1970, twenty-nine patients and two aides, Mrs. Pauline Gauger and Mrs. Rita Schoni from 2 West, Kempster, enthusiastically hopped aboard the State bus bound for Fond du Lac Park. Admiring the exquisite decorations along the highway, we soon entered the entrance to the park to what seemed like a Christmas Fairyland down Santa Claus lane.

First, we all admired a toyland forest with a happy Santa waving all good wishes; then a "Merry Christmas" Locomotive; Frosty the Snowman; The Night before Christmas with Dasher, Dancer, Prancer and Vixen, Donner, Cupid, Comet, and Blitzen, and Jolly Old Santa Claus; Rudolph, the Red-Nosed Reindeer; the Candy Cane Tree. Little Elves, Santa's helpers, were busily working at the Northpole. The conclusion of toyland was Up on the Housetop. You could almost hear the click, click, click.

Then we made our way further down the snow-covered roadway to see In the Chapel by the Moonlight, the quaint, little, country-type church in all its splendor waiting hushed and still for that all important night when Christ was born. There, to our wondering eyes, we saw a Babe wrapped in swaddling clothes lying in a manger, bringing the waiting earth New Hope, New Joy and New Meaning in our mixed-up world of today, by His Incarnate Birth.

Onward down the lane in our antique bus, we traveled to gaze upon the bright Star of Wonder, the beauty of the Eastern Star which guided the Wise Men in their journey. The carolers made their appearance to hail this Blessed Night while the Choir Boys sang by the organ melodious tunes familiar to everyone for this lovely season.

Departing from the park, we took a last, final look at the tall, glimmering, glistening trees with silvery snow draping their graceful branches in this forestlike playground and made our way down Main Street in Fond du Lac in our ancient "1930" State bus.

(Continued on Page 6)

DENTAL HYGIENE

What You Should Know

Many patients have some questions about dental care while in the hospital. Therefore, Dr. Frey has answered questions garnered from patient interviews.

Question. Does a patient get called automatically, after initial examination of teeth and gums, for needed dental work?

Answer. Generally, no, with the following exceptions. (A) If there is evidence of infection or pain. (B) If patient's stay at the hospital will exceed six months.

Question. Can anything be done to correct teeth malformation?

Answer. Preventive orthodontics is done for adolescent patients. If adults need similar service, it can be done privately.

Question. My dentures are loose. How can I get them to fit better?

Answer. If possible, return to the dentist who constructed the dentures. He has the important records, and can outline a satisfactory procedure. If patients are here for a long time, they may be evaluated for this service which is dependent on the type of commitment and length of stay at the hospital. Important: do not use relining material purchased in drug stores. Improper use harms the ridges, and future proper fit can not be assured.

Question. I need dentures, but do not have money to pay for them. Does the state pay for the dentures?

Answer. Need for dentures are evaluated and provided dependent on length of stay and type of commitment.

Question. Are X-rays taken before teeth are extracted? Are X-rays ever taken before teeth are filled?

Answer. Yes, to both questions.

Question. What do I do if I get a toothache during the night?

Answer. The situation should be reported to the nurse who will contact

the physician on duty. If the ache can not be controlled by aspirin or antibiotics, the dentist is called.

Question. Do you cap teeth and is this method expensive?

Answer. Yes, teeth are recapped, if the situation warrants. The procedure is seldom more expensive than any other major dental procedure.

Question. If a bridge is necessary, how long does it take to make and fit one?

Answer. Two weeks.

Question. Does the time a patient spends at the hospital make any difference if dental work has to be done?

Answer. Yes. The type of commitment and length of stay are determining factors.

Question. If I make a dental appointment on my ward, how long will it take to be called? At present, it has been two weeks since I asked at the nurses' station.

Answer. If pain is present, prompt treatment is available. A consultation slip is necessary for a routine evaluation, and these are processed almost immediately. If there has been a delay, check to make certain a consultation slip has been submitted to the dentist.

Question. Do you pull a tooth that is abscessed?

Answer. Yes, in combination with antibiotic therapy.

Question. If I suffer a toothache, will I be called the same day for treatment?

Answer. Yes.

Question. If I lose a filling, how long will it be before I am called to the dental clinic?

Answer. This depends upon the amount of discomfort; nevertheless, it will be within two days.

(Continued on Page 6)

What you should know, (Continued)

Question. If my teeth need cleaning, do I make my request at the ward?

Answer. Yes, but not every one admitted can have their teeth cleaned.

Question. Should I use a fluoride dentifrice? I am 30 years old; how often should I brush my teeth?

Answer. Fluoride toothpaste can be used at any time. Teeth should be cleaned after each meal and before retiring for the night.

Question. Can a person damage his gums by brushing up and down?

Answer. Yes, if too stiff a brush is used.

Question. Should I use a paste or powdered dentifrice?

Answer. Brushing one's teeth is most important procedure. Whether paste or powder is used, is immaterial. However, fluoride toothpaste is indicated for young people.

Question. Can I brush my teeth with ordinary baking soda, and is there any harm by doing this?

Answer. Prolonged use of baking soda is not recommended.

Question. Should a person rinse his mouth after eating?

Answer. If teeth can't be brushed after a meal, rinsing is good.

Question. Does the regular use of dental floss harm the gums?

Answer. Proper use of dental floss is advocated, but patients should have instructions in its proper use by a dentist.

Question. Does an acid condition result in the mouth when a person has both gold and silver fillings? I was told that I had galvanism resulting from such fillings. How can this condition be corrected?

Answer. Either all gold or all amalgam would correct the condition.

Question. What are the more common types of diseases of the mouth, and do you treat these at the dental clinic?

Answer. The most common type of disease is dental caries; the other is gingivitis. These conditions are treated at the dental clinic.

Question. Can an abscessed tooth cause arthritis?

Answer. And abscessed tooth can be a contributing factor.

Question. What makes an abscess?

Answer. Dental caries--decayed teeth.

If you would like to have Dr. Frey talk to your ward group, ask him to attend. He will be pleased to give you instruction on the proper care of teeth and preventive measures to maintain healthy teeth.

Clifford A. Frey, D.D.S.

AWARD WINNERS

Six judges, lead by Art Cusinier, toured the wards and cafeterias on the morning of December 22 to pick the winners in the Christmas Decorations Contest. The winners, who will receive copper tooled plaques as awards, are:

WARDS

1st place	Hughes Hall BI
2nd place	I West, Kempster

CAFETERIAS

1ST PLACE	Gordon Hall
2nd place	Sherman Hall

Christmas Special(continued)

Many small and large store displays ranged from lavishly-decorated Christmas trees to inexpensive displays of simplicity. But in their simplicity, beauty reigned, as in one small shop window, the Nativity scene was plainly but properly and attractively laid out, a work of art in itself.

That is what comprised our delightful bus trip to Fond du Lac Park and all its wonders. So, with the evening drawn to a close, these little things remembered will help keep up the spirit of the Christmas Season in our hearts for another year.

W I N T E R F I S H I N G

WINTER FISHING

THROUGH THE ICE

Winter is the time to bundle up the family and go ice fishing. The sport is booming through the entire northern zone of cold states, as well as in seven bordering Canadian provinces. States especially noted for great ice-fishing lakes, rivers, and farm ponds include Michigan, Wisconsin, Minnesota, Iowa, both Dakotas, New York, Vermont, New Hampshire, and Maine.

Most ice fishing is for panfish: bluegills, sunfish, crappies, perch. But veteran ice fishermen also try for Northern pike, walleyes, bass, and trout. Except for cold-weather clothing, ice fishing is inexpensive. Five or ten dollars will get an angler started with the basic equipment.

As soon as ice reaches a thickness of four to six inches or more (check it near shore), it is considered safe for walking and snowmobiling, and that is when the fishing begins. Safety rules recommend leaving automobiles on shore until ice freezes to ten inches.

The first question, always is where to cut the hole in the ice. Your favorite summer fishing spot will do. Fish are creatures of habit and often will feed in the same area year-round. Another rule of thumb is to "go where the crowd is". Ice fisherfolk know the best areas and are gregarious, and the number of dangling lines seems to make little difference to winter fish. Normally, these "best spots" will be off shorelines or points of islands where water is from 8 to 20 feet deep, deeper in reservoirs. Avoid areas of thin ice immediately adjacent to islands, shores, protruding rocks, or in channels with currents. Look for clear, blue ice--it's strong and tough. Avoid black, gray, or cloudy ice. It's likely to be rotten, thin, or brittle.

To cut the hole, you'll need a heavy ice chisel (spud) for chopping or an auger, either manual or motor powered, for boring. The manual auger is a large brace-and-bit. Its half supped, sharp-edged steel tip bores a hole six to eight inches in diameter.

A motor-powered auger is easier and, of course, faster.

When the auger or spud plunges thru the last layer of ice, water rushes up to fill the hole. The slush ice must be skimmed off then and frequently thereafter. A perforated spoonlike dipper or a wire basket will do the job nicely.

Choose light tackle, for fish are more lethargic in winter than summer and probably will not hit hard. However, lake or rainbow trout, and sometimes northern pike, often strike viciously. But heavy tackle, without wave action to cloak it, is quickly spotted and ignored.

The easiest-to-handle rods are stubby and flexible, rigged with monofilament lines (that won't freeze) of six to ten pounds test, 15 to 20 for large trout or pike. Since most fish are hauled out hand-over-hand, reels may be makeshift spools to wrap the line around. Only when large fish are expected are conventional reels needed. Hooks should be only large enough to fit the bait and still hook the fish. Tie the lure directly to the line except in waters containing sharp-toothed pike. There, wire leaders are best.

Other tackle items needed are (1) a bobber or cork that will float on the surface to hold the lure at a desired depth as well as signal--when it goes under--the bite of a fish; (2) a lead sinker, frequently split-shot, to hold the line straight down from the bobber, yet not drag it under.

Widely used in place of rod and reel are "tip-ups," and there are many variations. One of the more popular is a wooden device with 18 inch arms crossing at right angles. One arm lies on the ice. The lower end of the other arm, to which an aluminum reel with line is fastened, sticks into the ice hole below the water surface.

Ice fishing provides an excellent opportunity for winter fun and enjoyment. Side benefits include plenty of fresh air and exercise in addition to an occasional meal of freshly caught fish for the successful angler...

Mrs. Julaine Farrow, R.N.

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF JAN. 4 - JAN. 10, 1971

Jan. 4 Monday	9:00 am - 4:15 pm	CANTEEN OPEN*
	9:30 am KH Wards	Book Cart
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	4:30 pm GH-AT Area	Canteen Social Chairmen Dinner Meeting
	6:00 pm SH Wards	Book Cart
	6:30 pm Barracks	Woodworking
	7:00 pm SH 7-8	Outagamie Red Cross

Jan. 5 Tuesday	9:00 am - 4:15 pm	CANTEEN OPEN
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	7:00 pm 2W	Grey Men

Jan. 6 Wednesday	9:00 am - 8:00 pm	CANTEEN OPEN
	1:15 pm 1-W	Appleton Red Cross
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	1:30 pm GHS	Lutheran Ward Service Rev. Winter
	7:00 pm Canteen	SING-A-LONG
	7:00 pm Chapel	Lutheran Service Rev. Winter

Jan. 7 Thursday	9:00 am - 8:00 pm	CANTEEN OPEN
	10:00 am GHS	Protestant Ward Service Rev. Windle
	7:00 pm SH 7-8	Oshkosh Vocational School of Homemakers

Jan. 8 Friday	9:00 am - 4:15 pm	CANTEEN OPEN
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Jan. 9 Saturday	10:00 am GHS	Favorite Hymn Recital Mr. Korn
	11:30 am - 8:00 pm	CANTEEN OPEN
	2:30 pm HHA-3	Women of 1st English Lutheran Church

Jan. 10 Sunday	8:45 am Chapel	PROTESTANT SERVICE Rev. Van Deusen
	11:45 am - 8:00 pm	CANTEEN OPEN
	7:00 pm Chapel	CATHOLIC MASS Fr. Pierce

*ALL activities in CAPITAL LETTERS are for all patients.

Patient Library - SH Basement open Mon. thru Fri. 9 - 4
closed Tues. at 2:00