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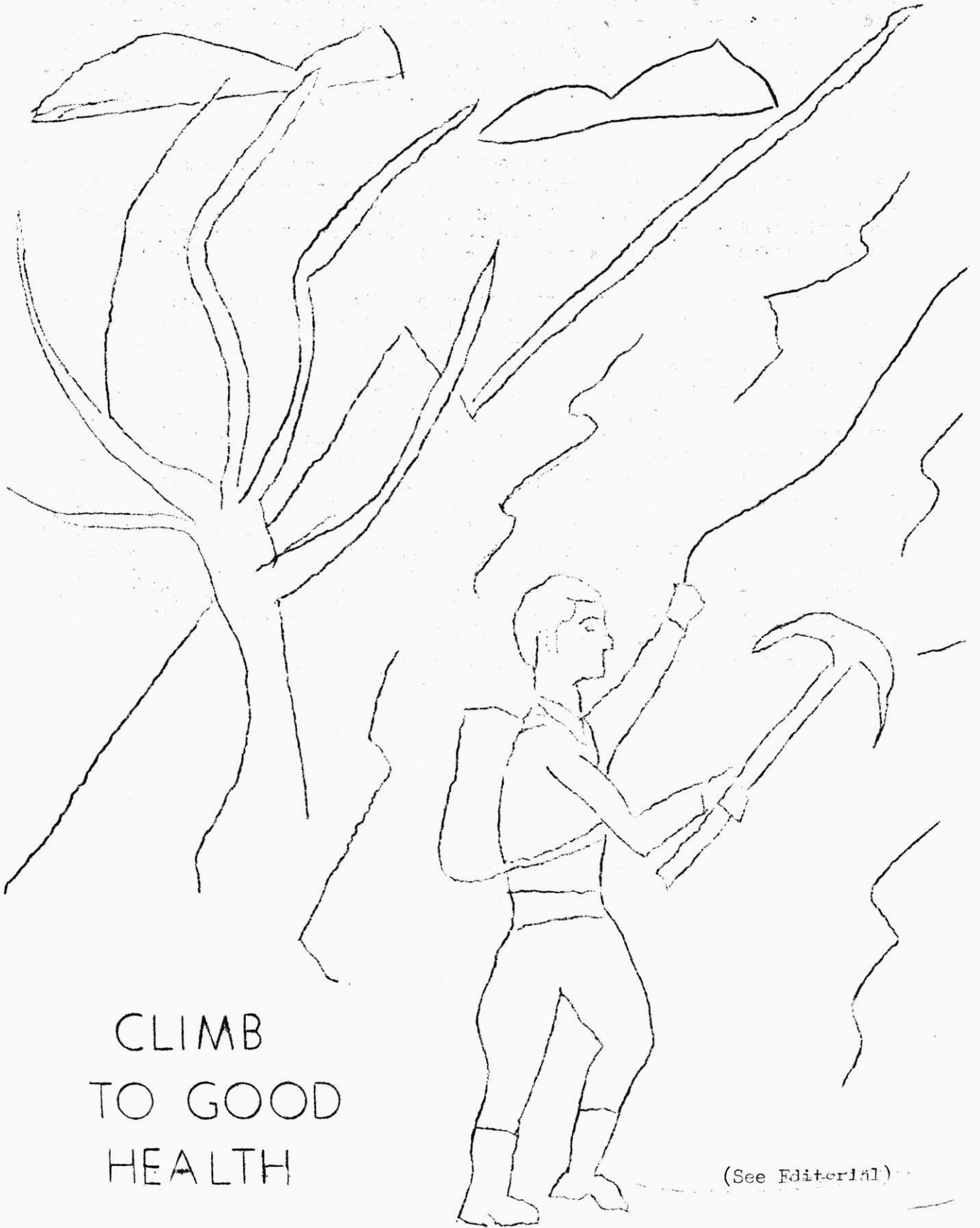
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CUIE



CLIMB
TO GOOD
HEALTH

(See Editorial)

EDITORIAL

DESTINATION: HEALTHY DIET

The general opinion survey concerning diet, food selection and weight changes, was successful in getting a range of various responses. The purpose of this brief editorial is simply to wrap up a few of the more interesting opinions and report what most of the responses implied. To begin with, diet is a subject most people can talk freely about which may not always be the case in other areas; most people that is, unless it is a problem. Perhaps most of the people who did make some effort to contribute in this area for CUE need a special handshake for accepting an invitation to make their views known concerning the question, "What effect, if any, has your hospitalization had on your diet?"

Generally speaking, the younger set indicated a larger fluxuation of weight loss and gain. This was contrasted with the older people having less change in their weight distribution over an extended period of time. This could once again be due to a more established routine concerning eating habits especially since exercise is a factor also!

In conclusion, it appears that most people did not have to struggle very much to think of what to say concerning a very important part of their life, whatever they may be doing in the world of work, or wherever they may be situated; diet! Proportionally, one's diet may influence how he feels, thinks and behaves for a good share of the day. It is a subject of immeasurable concern. In another way, our diet may not in any way affect our weight, but there are still important changes occurring. For example, having weight distributed proportionally, or in the proper places has much to do with diet as well as activity and exercise. If one were to be on a ten week diet, he might imagine himself taking a ten week mountain climbing adventure, especially if having to lose weight during this time. He might visually think in terms of a gross of egg plants being reduced by ten per cent. This compared to his weight alone would mean that he would have to have the weight of fifteen egg plants less after eight weeks if they weighed a pound each. Probably he would attempt to stabilize his weight pattern the remaining two weeks. The hospital seems to be cooperating with the effort toward better weight control and general matters toward a flexible program.

CUE EDITORIAL STAFF

Adviser:
Chuck Lemieux

ISSUES ANSWERS

WHAT EFFECT, IF ANY, HAS HOSPITALIZATION HAD ON YOUR DIET.

The food provided isn't enough.
(Anonymous)

I got real fat at first but now I'm on a diet and feel fine.
(Anonymous)

The food is alright. It's better than jail food. The bakery is super fantastic because I work there.
(Anonymous)

The food is good. I have no kicks.
(Anonymous)

The food is very fattening. I've been putting on weight. Some is good, some poor and some rotten.
(Anonymous)

There's too much. I've gained weight.
(Anonymous)

As far as I know, there has been no change.
(Anonymous)

No complaints except there should be more fruit.
(Anonymous)

The meals have caused me to gain a little weight. The food is a little too starchy, but overall it is below average. I do understand that there are many patients and the state can't afford better meals.
(Anonymous)

The food has made me gain weight and I need all the weight I can get.
(Anonymous)

I think the food could be improved a lot over what we have been getting.
(C.J.S.)

Hats off to the Food Department. I think the food served at this hospital is excellent and that's exactly what I tell any of my fellow patients who I might overhear complaining about it.
(Anonymous)

The food in general is pretty good but starchy and fattening. I think it would be more nutritional if more vegetables, salads and fruits were offered.
(Student Nurse)

I think the food is pretty good here because I don't gain weight or lose weight.
(Anonymous)

I like the food but it causes me to gain weight.
(Anonymous)

The food is as good as one could expect in such a large hospital. It could be less greasy and less starchy though.
(Anonymous)

The food is good and quite ample to meet my needs.
(Anonymous)

I find the food plentiful and wholesome.
(Anonymous)

I found that I easily gain weight on this particular diet. Perhaps a better selection with greater variety could be offered.
(Anonymous)

Too much food is available for the amount of exercise one gets. This is why many of us gain weight.
(Anonymous)

Here at the hospital I am eating 3 squares a day. I gained from 10 - 15 pounds immediately but now have leveled off.
(Anonymous)

I eat better at home. Here there is less to eat with no seconds. And then after a meal a truck load is thrown out.
(Anonymous)

For the most part I am dissatisfied with the food here. The chicken and turkey are good and should be served more often. The other meats are usually fatty.
(Anonymous)

I've found that I have absolutely no problem controlling my weight since entering the hospital.
(Anonymous)

I would like to take this opportunity to comment on the fine job that the hospital food service staff is doing. Especially when you consider the number of people who are on special diets. Since I entered the hospital I have lost five pounds so far. My husband says that I look much better.
(Anonymous)

Since I entered the hospital I have been on a diet. I never dieted at home.
(Anonymous)

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. (D) 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 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.

Question. If my teeth need clean-

(Continued on page 5)

A LAUGH + A HALF

NO CAUSE FOR ALARM

There was once a man who owned a large chicken farm that he guarded with his life.

Early one morning, he heard an unusual rumpus in the chicken coop, so he ran out with his shotgun in hand.

"Come out immediately, whoever you are he shouted. But no one did, so the man angrily started to count to ten, when he explained, "If you don't come out I'll shoot every blasted thing in this coop; one, two, three..." His alarm was then interrupted by a weak voice crying out. "There's no one here, honestly, except us chickens, please don't shoot.

Did you know that at the age of seventy-five there are 18 percent more women than men? But at that age, who cares?

Youngsters don't seem to realize that it is just a matter of time until every young kid winds up as an old goat.

The way we figure, the difficult age is when you're too tired to work and too poor to quit.

FACT: It's never too late to mend, because the older we get the more repairs we need.

You can figure your youth is gone beyond all doubt when you've got the money to burn, but the fire's gone out.

Most of us start out when we're too young to find the pot at the end of the rainbow, but as the years advance, all we've found is the pot.

Many a girl becomes blue at the first sign of gray.

At sixteen we think only of fortunes; at sixty we think only of pensions.

Men: Be glad you've passed forty. Women are still interested in you, but the army isn't.

library corner

NEW BOOKS

The Tunnel Back: Synanon
616.86 YAB Yablonsky, Lewis

A penetrating look at a community of ex-drug addicts who help one another through the exhausting experience of withdrawal and rehabilitation by using radical "haircutting" sessions in which members of the community probe their problems with savage candor.

Young People and Drugs: Cain, Arthur
613.8 Cai

Drug use is probably the most important social pitfall faced by young people today: not only are mind drugs themselves a possible threat to mental and physical health, but their use has evolved into a cult which holds a morbid fascination for young men and women. Dr. Cain is not a moralizer; he writes directly to young people in plain English about the facts of mind drug use and what each alternative entails - including the alternative enjoying life to the fullest without drugs.

Alcoholism: Its Facets and Phases
610.86 B o Block, Marvin

This book is intended as a source of help for those who seek information on the subject of alcoholism. It is written in simple, non-technical language, easily understood by anyone who is concerned personally or professionally with the care and treatment of the alcoholic, and with the prevention of alcoholism. This is probably the most complete book dealing with the problems of alcoholism ever published.

Guidebook for Alcoholics: How to Succeed Without Drinking
157.61 We Weston, Drake

This book is written by an arrested alcoholic who stopped drinking more than eight years ago and has no desire to resume drinking. His purpose is to help other alcoholics by showing them how they too can stop drinking.

POETRY

EQUALITY

At the foot of Christ
A soldier, my sword in hand
To watch the mad die.

A worm lives in ground
He goes away at sun rise
Unwilling to see

Who can say who's right
When you abuse, God's holy power
To prove your just right.

In a way of life, In the
heart of a man lives ever

For the death may be next
Only one person dies, to give
this world its forever world
without sin, Home.

JMO

UNTITLED

It wouldn't be the truth
For me to think or say
There are no special memories
To draw my heart away
I touch the fingers of a hand
That holds the key to love
And once again I try to reach
The silvery stars above
But these are only memories
And when the night is gone
I must face an empty day
And somehow carry on.

RESERVOIR OF FRIENDSHIP

To hold back our feelings, or thoughts,
or fears and anger is building a wall.

To bring forth and to share our
feelings, thoughts, fears and anger is
uniting a reservoir of friendship.

To mend a falling wall takes dili-
gence, patience, and sometimes fore-
sight, but to

Retain the confidence which a Friend-
ship Reservoir require means to save a
way with a falling wall or beaver-
like reservoir!

VICTORY

The sky was pitch black like the smut
of man's sins.

That memorable hour on Good Friday,
And hell was in turmoil when Christ,
by His death,
Fulfilled a hard bargain to pay.

Up to the end, as he patiently suffered,
Love stayed engraved on His bruised,
weary face;

And each precious drop of the blood He
had shed

Was of infinite worth to the whole human
race.

Dear Saviour, we'll answer Your Cry from
the cross.

We were thoughtless and weak and unglor-
ious.

We'll surrender our wills to be one Love
with You

To arise from our death as victorious.

Creator, let me never be
So old and tired I shall not see
The loveliness of singing streams,
The bannered beauty of a tree.

When springtime floods the waiting earth
With fairy green and witches' gold,
And every brown and naked bough
Becomes a marvel to behold --

When autumn clothes the forest trees
In multi-colored tapestries,
Let me see all. Life passing by
Stirs my soul like a battle cry!

Yet not alone, O God, I ask
At beauty's altar fires to bask;
Show me the joy of common things,
The glory of the daily task.

Creator, this my prayer shall be;
While I shall live, grant that I may see
The inner loveliness of life
As well as beauty of a tree! Amen.

Author Unknown

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF FEBRUARY 28 - MARCH 5, 1972

Feb. 28			
Monday	9:00 am - 4:15 pm		CANTEEN OPEN
	1:30 pm	SH 1-2	CATHOLIC DAUGHTERS
	3:00 pm	2-W	Book Cart
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	4:30 pm	GH-AT Area	Canteen Social Chairmen Dinner Meeting
	6:30 pm	HH Boys	Woodworking
	7:00 pm	SH Basement	Outagamie Red Cross

Feb. 29			
Tuesday	9:00 am - 4:15 pm		CANTEEN OPEN
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	3:45 pm	2-E	Book Cart
	6:30 pm	SH 1,2,3,4,7,8, 2E, 3K	UWO Student Volunteers
	7:00 pm	KH	CHOIR

March 1			
Wednesday	9:00 am - 8:00 pm		CANTEEN OPEN
	1:15 pm	1-W	Appleton Red Cross
	1:30 pm	GHS	Lutheran Ward Service Rev. Winter
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	3:45 pm	2-E	Book Cart
	7:00 pm	Chapel	LUTHERAN LENTEN SERVICE Rev. Winter

March 2			
Thursday	9:00 am - 8:00 pm		CANTEEN OPEN
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	7:00 pm	Canteen	SING*AND-SWING
	7:30 pm	SH 7-8	Oshkosh Vocational School of Homemakers

March 3			
Friday	9:00 am - 8:00 pm		CANTEEN OPEN
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING

March 4			
Saturday	12:00 - 8:00 pm		CANTEEN OPEN
	10:00 am	GHS	Favorite Hymn Recital Mr. Korn

March 5			
Sunday	8:45 am	Chapel	PROTESTANT SERVICE Rev. Winter
	12:00 am - 8:00 pm		CANTEEN OPEN
	7:00 pm	Chapel	CATHOLIC MASS Fr. Barrett

*Activities in CAPITAL LETTERS, are for all patients.

PATIENT LIBRARY, SH Basement: Open 9:00 - 4:00 M thru F

Mrs. J. Farrow R.N. Nursing