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CUIE

RECOVERY INC.

On Sept. 7, 1972, Mr. Jerry his wife, and myself went to a Recovery Inc. demonstration held in the YMCA building in Oshkosh.

What is so important about it that we had to go? Why tell others about another off-grounds activity? Just what is Recovery Inc? These and probably many more questions could be raised, but let us answer the above three questions and light may then be shed on the subject.

What is so important about it that we had to go? Out of a world population of three billion people, only about twenty thousand are involved in a self-help group to overcome mental illness so that they won't have to spend the rest of their lives in a hospital or on a psychiatrist's couch a number of times a year. It is to aid and supplement professional treatment leading to an arrestment or cure of the symptoms of mental illness. It is for people suffering from nervous conditions or the inability to cope with trivial day to day matters. For people interested in helping themselves to grow out of their problems into an adjustment to life's situations. It is a method of self help that has been around for 35 years and produces a sincerity among its members where one realizes it is important to the individuals partaking of the method. It builds, strengthens, and sustains growth to overcoming mental illness so that the afflicted person may realize a normal and average life for himself.

Why tell others about another off-grounds activity? Because many people don't understand or realize there are methods or programs available to enable them to stay out of hospitals once they

are released from here. Also Mr. Jim Bolek will assist in providing transportation for those interest in going to the meetings and if a person does wish to go, HE OR SHE SHOULD CHECK WITH THEIR SOCIAL WORKER TO MAKE THE NECESSARY ARRANGEMENTS. Also it enables a person to draw upon the experiences of others in coping with everyday living from a viewpoint other than professional. It is on a voluntary basis and aids a person to raise or lower his standards to become an average person in the group where competition is not the rule, but rather a place of encouragement where a person can receive a pat-on-the-back for being able to adjust and cope with a frustrating or emotional situation.

What is Recovery Inc? It is a non-profit, non sectarian group of people organized to give them self help in overcoming mental illness. It was founded in 1937 by Dr. Abraham Low as a supplement to his treatment of the nervous and mental patients. With the idea that "Will Power" can help people to overcome their afflictions, Dr. Low put together a program of self-help (based on years of research and study) which he entitled MENTAL HEALTH THROUGH WILL TRAINING. This and other books by Dr. Low are made available to patients on request from the Medical Staff Library and in the near future, the Patient's Library will be getting copies of his books. In his book he sets forth guidelines for the groups and uses a language for the lay person to understand. "Muscle control," "spotting," "will power," and "sabotage" are some of the most important practices implemented in the everyday life of the person. At all times it must be remembered that the professional's advice and treatment takes precedence in understanding and

RECOVERY INC.

(continued from page 1)

only helps the person to cope with the trivialities of life.

During a regular session, which may go for two hours, a person will talk about a situation, that he spotted as a danger sign to recurring symptoms. Then how through the method of will power he was able to proceed to overcome the difficulty and then recognize that he did the right thing in his case; he sort of pats himself on the back, according to Dr. Low, it is self endorsement. After relating his experience, the other members are able to strengthen his decision or course of action or else to show him how he could better cope with a similar situation. It can be noted that a person is in no way obligated to relate an experience each meeting, but may just want to help others in supporting their controls.

Getting together once a week is allowing the person to get together with other people with similar problems or maladies, but there is an emergency program set up to help those who need it. When a person makes use of the emergency help, he should keep the problem short and be able to relate the situation within a five minute period of time, so that it doesn't become just another shoulder to cry on. Also which is very important, it allows the individual the opportunity to help himself by helping others without the need of an overseer, which, according to Dr. Low, is not allowed during the meetings as the tendency for self help is thwarted when an authority other than the group is present.

Therefore the need of the person can be realized and the sincerity of a participating member can be seen to a point of religious dedication to the concept of self-help, Recovery Inc. does benefit everyone who participates as can be attested from the results it has produced over the last 35 years. It is something that every interested person, who wishes to overcome his affliction should look into and then to give it a try. But it must be noted that a person should talk over his situation with his social worker and make arrangements to at least try Recovery Inc. before saying that it doesn't work. People who are crying to their doctors that they would like to go home and that they are able to stay out of the hospital should look into the Recovery Inc program and see if it will them to stay out of hospitals. To use a cliché from T.V. "TRY IT, YOU'LL LIKE IT."

Dave

KEMPSTER CAMPING

Following are comments from Kempster patients, men and women, who took part in a camping trip to Picnic Point on Sept. 12 and 13.

Why I like camping at Picnic Point.

"It has very nice bunk house and sleeping bags to keep warm in. It has a nice lodge with a beautiful fire place that you can sit around and tell stories or sing. All meals are prepared on the grills and out door food is great. The atmosphere of being together with a few other men and women is altogether different than being kept behind locked doors and needing pass cards. Bill is a great organizer and the life of the party. (I didn't like the bugs or the mud but than that happens no matter where one goes camping) The fresh air is most invigorating and sleep comes naturally at night."

Suggestions:

1. DISH CLOTHES AND DASH CLOTHES.
2. More utensils and pans for cooking.
3. Background music like a guitar or record players with country western music.
4. They need some Indian blankets on the walls or other "big" directions.

"I enjoyed viewing the lake and the meals we had and I enjoyed swinging and sand candle making. I would recommend camping here as others can enjoy the view of the lake and walk to the lighthouse while others can go fishing. I didn't like climbing into the top bunk of the bed that I slept in or climbing up and down the ladder. I didn't like gettin' chewed up by the mosquitoes and the many flies, we had. I didn't like the rain we had Tuesday night."

"I'm not interested in camping because of the mosquitoes and flies, but for those who like camping, the facilities are real good. It is a very nice view from here of Lake Winnebago on all three sides. They could use shower stalls."

"The recent camping trip allowed me to relax near nature; also, I forgot many petty problems that come with modern-day living. I am looking eagerly to my next outing."

"I liked camping because I had never gone before. Also because it got us off the wards for a little while. We also learned how to make sand candles."

(Continued on page 7)

WHAT YOU SHOULD KNOW

HOME VISITS

Contrary to the printed card in the "Pamphlet" (if you received one), your doctor is the person to see when you desire a home visit. Patients on the A.T.U. make their request through their social worker. While you can contact the nurses' station on your ward for an appointment with your doctor it is usually he who makes final approval of the visit.

CAN ANY PATIENT HAVE A HOME VISIT?

Ordinarily, home visits are granted when your doctor feels that it would be beneficial to you. In case of emergency, however, a home visit will be granted upon informing your doctor of the circumstances.

WHAT ABOUT TRANSPORTATION?

When you ask your doctor for a home visit, be sure you know the method of transportation. Will someone pick you up and return you to the hospital, or will you take a bus? If you are going to take the bus, jot down the following information:

Going NORTH from Oshkosh terminal:
Appleton, Green Bay:

9:45 a.m.
2:45 p.m.
6:00 p.m.
8:00 p.m.

Going SOUTH from Oshkosh terminal:

8:40 a.m.
1:55 p.m.
7:00 p.m.

HOW DO I OBTAIN PERSONAL ITEMS PRIOR TO A HOME VISIT?

If you need clothing or personal items from your stored luggage, contact your nurses station and they will make out a slip, listing the items required. You take this slip to the Admission and Discharge Office. You should have your doctor sign a money withdrawal slip if you need money from your account in the Cashier's Office.

YOUR JOB HERE

If you wonder why you are working at a particular job, it is because the assignment is planned to give meaningful and productive work with the main goal to meet the overall objectives of your treatment program.

HOW MANY PATIENTS WORK?

About a year ago the CUE conducted a survey and learned that out of 539 patients, there were 242 working in 23 job areas, including, Kempster, Gordon, Hughes and Sherman Hall cafeterias, the Food Service, Bakery and Paring Room. Other areas included the Laundry, Store, Transportation, Outside Truck, Sewing Room, Greenhouse, Outside Details, Beauty Shops, Escort Service, Music Therapy, Offices, Kempster Rec Room, South Cottage, Maintenance, Canteen and the CUE.

WHAT IS THE PHILOSOPHY OF WORK AS THERAPY?

The basic philosophy of work as therapy appears to be founded on the age old belief in the inherent benefit of work. It was Sigmund Freud who said that "work has a greater effect than any other technique of living in the direction of binding the individual more closely to reality; In his work, at least, he is securely attached to a part of reality, the human community."

DO OTHER HOSPITALS HAVE INDUSTRIAL THERAPY?

Industrial Therapy was accepted, in a survey, by nearly eighty per cent of the hospitals as being effective enough to justify its existing as a separate department. When an I. T. Therapist gives you a job assignment, it is with the hope that you'll gain more self-confidence in your abilities so you can face the "outside" world with only minimum difficulty. It is the oldest and the only form of therapy that was available to patients here for many years.

HOPE OR HELL

THIS ARTICLE WAS BROUGHT TO THE CUE BY JOHN OF SHERMAN HALL AND WAS AUTHORED BY HIS AUNT WHO GAVE HIM HER PERMISSION TO PRINT IT. IT APPEARS IN TWO PARTS AND WILL BE CONCLUDED IN THE OCTOBER 7 ISSUE.

I have tried writing the story of my recovery from emotional illness many times during the last five years. However, being an "average housewife" I felt my experience was not significant enough so never got beyond the inspired stage. After giving it more thought I decided that because I am one of the "Silent Majority" rather than a celebrity I should tell my story as average people could closely identify with me. Time has reinforced my belief that what I have to share is valuable and may give some person a sense of hope and desire to face and overcome a seemingly insurmountable problem.

Let me start with the beginning of my nervous breakdown--anxiety reaction, repressed hysteria, anxiety-depressive reaction, anxiety neurosis--or whatever term society or medicine chooses to label the situation of hitting rock bottom in one's life.

One day, after over a year of both trying to fight and hide in tense nervousness, I knew I just could not go on. I didn't have the strength to try or pretend anymore. I became panicky at what I might do if I were left alone. I felt I couldn't be trusted to handle my household and three children--ages five, two and ten months. Suicidal thoughts hounded me. As a last desperate and feeble attempt to solve my situation, I decided to visit a close friend for a few hours. I mustered up what little strength I had, arranged for a neighbor college girl to babysit, and left home. As my friend and I talked my panic increased and I seemed to go from bad to worse. I just couldn't face the thought of going home to my responsibilities. Desperately, I called Dr. Hofmann the psychiatrist my family doctor had advised I see months ago. He suggested I admit myself to the mental-health unit of the local general hospital. I called my husband at work telling him I couldn't go on feeling so bad and that I had decided to go to the hospital.

As I look back I am amazed at the emotional strength I did have left. I asked my friend to let me drive to the hospital. I didn't even cry--but inside I was begging, "Please God, let me die." He heard me but wasn't going to let me off that easy. There was a much better but longer way ahead to help me.

When my husband arrived we sat in the lounge. I could only clutch his hand. I looked at him so young and handsome and inside I cried helplessly for the stress I was putting him through. This was not in my dream of what our married life would be like.

As we sat there the dreadful-appearing future loomed before me. The very thing I had feared and had hoped to avoid was now a reality. I thought of the scars I would have to face being an "ex-patient." This would always be part of my history. I thought of the embarrassment and shame my husband and children would have to face at work and school. My heart sank when I thought of my children. I loved them so much and only I knew their special needs. I was failing them. They were so innocent and I had left them so abruptly. Could I ever work again as a professional nurse? What would our friends think? Could I get my driver's license renewed? Who would help my husband and how could we afford this financial burden? I ached at how our families far away would worry. How long would I have to be hospitalized--even worse, what was wrong with me? The situation looked hopelessly complex. And yet ironically I felt a sense of calm relief. Honest admission of the need for help is therapeutic in itself. The human

HOPE OR HELL continued

mind is marvellous. It can ease and heal so much heartache with such simplicity. Inwardly I weakly smiled as I remembered my mother quoting her favorite bit of old German philosophy, "We grow so soon old and so late schmart." In the next three years I would come to respect many old, wise and unsophisticated adages.

During the previous year I had become increasingly tense, tired, depressed, over-sensitive. I cried easily and was bothered by endless somatic complaints. Though I wanted to be a wife and mother I found the strain of raising my young children confusing and overly demanding. My family doctor had prescribed different kinds of tranquilizers hoping my old strong self would perk up and that I was tired from all the work at home. I cried to my close friends and parish priest. I read numerous articles and books on how to cope, relax, overcome, etc. Everyone's well meaning advice seemed shallow and only depressed me further. I even forced myself to go the conventional route of "getting involved." I smoked like a chimney. Nothing worked!

During this time my inner conflicts had bloomed into a typical phobic-anxiety pattern. I experienced intense fears of being with anyone except my own family or closest friends in my own home. I got to the point where I could not force myself to go to any outside social situations. My husband did nearly all the shopping and errands. Pen and paper defy conveying the internalized, irrational hysteria and claustrophobia I felt. My greatest fear was that I would lose control and commit a bizarre irrational act.

My unhealthy sense of pride and shame fought to hide my discomfort. I thought I could remove the anxiety and fear by fighting them off with pure determination. My fears were complicated by the fact that I was a registered nurse and knew I shouldn't have this attitude about emotional distress. Despite my professional training I grew up in an era and environment where a good understanding of emotional and mental illness didn't exist but was associated with self-indulgent weakness or insanity. This constant struggle was consuming a great deal of energy and taking a heavy toll on every aspect of my health. I was depriving my loved ones of the person they needed plus robbing myself of being the kind of person I knew underneath I could be. My troubled feelings were close to the surface and I could no longer restrain them.

By all objective standards I should have been relaxed and happy. I was an attractive woman of twenty-eight with a wonderful husband who held a secure, respectable position. We had beautiful healthy children and lived in a cute modest home in a lovely suburb. People would say, "You're lucky. Many poor people don't know what they are doing and can't even communicate. You have so many material comforts." I wanted to scream when someone said this to me. I was no stranger to poverty and as a nurse I knew better than they the ultimate of mental anguish while working on the back wards of a state hospital. I was acutely sensitive to others suffering and this statement increased my already exaggerated guilt feelings. To a troubled person these insensitive comments cripple natural gratitude, suffocate genuine appreciation and feed angry guilt.

To be continued in the October 7th issue

The man is a success who has lived well, laughed often, and loved much: who has gained the respect of intelligent men and the love of children: who has filled this niche and accomplished his task; who leaves the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who never lack appreciation of earth beauty or failed to express it; who looked for the best in others and gave the best he had.

Robert Louis Stevenson
Submitted by G.

LETTERS TO THE EDITORS

THE FOLLOWING LETTERS DO NOT NECESSARILY REFLECT THE VIEWS OF EITHER THE CUE OR ITS EDITORIAL STAFF.

To the CUE:

I would like to make a suggestion to the CUE. For some reason every ward in the hospital doesn't receive a TV Guide. I would like to see some kind of TV schedule that would let patients know what is on TV. If you do put a schedule in, would it be possible to have it in so that we have it for as long as it would take for the next issue to come out?

One other thing. When you put the schedule of the weeks activities, you only put in one week's activities. The CUE doesn't come out every week. It comes out every two weeks and there would be one week of activities missing. Could you put it so that there would be two weeks scheduled?

Sincerely yours,

Gary

(SORRY GARY, BUT WE ALREADY HAVE ALL WE CAN HANDLE. MIGHT WE SUGGEST CHECKING THE DAILY NEWSPAPER? AS FOR THE SCHEDULE, ONE IS SENT OUT TO EACH WARD FOR DISPLAY EVERY WEEK!)

To the CUE:

Since we started having record hops, Sept 9th was the best turn out that we had. There were 18 couples taking part in the dancing.

It was the best that we've had and we hope it will continue.

Dick
Social Chairman

(WE HOPE SO TOO, DICK.)

To the CUE.

"Greetings" from Mrs. Margret Morrow, RN, Sherman Hall, 3/4, who is home in Onro recuperating.

A sincere "thank you" for the many lovely cards, the planter and gifts of money from the patients and staff while I was a patient at University Hospital at Madison. It's so nice to know you have so many friends who are thinking of you and wishing you well.

To the CUE.

"HEAP CRAZY"

Not long ago white man run crazy,
cut down trees, make too big teepee,
plow hill, water wash, wind blow soil,
grass gone, door gone, squaw gone,
whole place gone to hell.

No pig, no corn, no pony, Indian
no plow land, keep grass, buffalo eat
grass, Indian eat buffalo. Plenty big
teepee, make moccasin all time. Indian
eat, no work, no hitch-hike, no ask
relief, no build dam, no give damn.
White man heap crazy.

Author unknown

* * * * *

KEMPSTER CAMPING

Continued from Page 2

"I think we had a lot of fun going camping. I like going camping very very much. I think you learn a lot of new things at camp. We got to go on walks. We had a lot of fun together. We did learn a lot of new things at camp before we left. I did like the rain we had Tuesday night. We got bit up by the mosquitoes at camp. All the meals were good. We got to take a walk down by the lake. We played games.

"I like going camping because it gave us a chance to get out and get some fresh air..."

* * * * *

SPORTS

TITANS DEFEATED IN OPENER

Sept. 9, 1972, three fellows from Sherman Hall went with an aide to a football game in Oshkosh, where the Oshkosh University Titans were pitted against the Eastern Michigan Hurons at Titan Stadium. With both teams acting aggressively and courageously, the game was a sort of seesaw affair, but the Titans were handed their first loss of the season to the tune of 26 to 14.

With 6 min. and 17 sec. of the first quarter gone, the Hurons drew first blood on a 25-yard play for a touchdown, but did not convert for the extra point. They led 6 to 0. With 3 seconds then remaining in the first quarter, the Titans put 7 points on the scoreboard. Then after the kick-off, each team took a turn at scoring, but only the Titans succeeded to put another seven points on the board. They led at half-time, 14 to 6.

Taking over during the half-time intermission, the Oshkosh Warriors Drum and Bugle Corps magnificently displayed their talents with many renditions of marching music, both old and new, with "Johnny Comes Marching Home" to "Bridge Over Troubled Waters. With two minutes of remaining intermission, the Titans returned to the field and put on a calisthenic demonstration which met the approval of the spectators.

Going into the third period of play the Titans received the opening kick-off, but unsuccessfully moved the ball nowhere. They punted to the Hurons who then took the ball all the way for 6 points and tied the game with a two-point pass conversion. Again the Titans received the ball and failed to move the ball. Punting for 35 yards, they surrendered the ball to their opponents, who moved the ball quite well and vigorously to rack up another 6 points. Not converting the extra point the score became 20 to 14 in favor of the Hurons, with 1 minute still to be played in the third period.

The score still 20 to 14, the Titans started the fourth quarter punting to the Hurons after still another frustrated attempt at moving the ball. Finally the Titans held, forcing the Hurons to punt, with the ball going into the end-zone. Taking the ball on the 20-yard line, fate dictated the Hurons to intercept the ball, and on their first play, they ran the ball for a 38-yard run, scoring still another 6 points against the Titans. Because of defensive and offensive penalties, there were four attempts for the conversion points, but to no avail so the Hurons led 26 to 14. Receiving the kick-off they soon brought the ball to their 28-yard line, only to be stopped, but in punting the ball, they recovered a Huron fumble on the 11-yard line; yet they were still held after four plays, so once more they turned the ball over to the Hurons on a pass interception in the end-zone. Because of a personal foul against the Titans, the Hurons took over on the 35 yard line. Then the Hurons put on an unsuccessful drive and punted to the Titans, but time ran out, causing the Titans to take one on the chin. The final score read 26 to 14.

It was a very good game for the spectators, with lots of action and scoring, but they would have liked to see the Titans come out of it with a victory, as many left with 5 seconds remaining in the ball game. The Titans have a real good team and as the season progresses, they should be able to bounce back and take home many wins throughout this season.

Dave

CUE EDITORIAL STAFF

Dave

John

Carol

Ethel

Advisor:

Chuck Lemieux

MORE SPORTS

TAYCHEEDAH BOUND

About a month ago, Jeanie put some gears into motion and on Sept. 13, 1972, the bus left the hospital with a group of girls for a picnic lunch in Fond du Lac and a ball game against Taycheedah.

Leaving around four o'clock in the afternoon, the girls went to a park in Fond du Lac to eat a picnic lunch and where they were able to practice their game, displaying their talents to the passers-by. Because it was a small park the girls could only practice their throwing and they claimed this caused many people to do a double-take.

After a vigorous warm-up, the girls boarded the bus and arrived at Taycheedah exuberantly anticipating a successful victory over the clientele. But taking the field was no easy chore, as those assigned to playing in the field found themselves in the role of mountain climber, swamp fox, or swimmer, as there was a ditch full of water and a hill in left field and along the third base line. These obstacles can be part of the reason the game ended with Taycheedah team being the victors to a score of 15 to 6, but undaunted, the girls did play a terrific game. Robyn Joyce, Jeanie Megan, Jackie and Donna all contributed in hitting, scoring, and/or cheering along the team, but the star of the game was Laurie who demonstrated how to score by sliding, as a professional, into home plate.

Taycheedah personnel furnished drinks for our girls after the game and had a mutual small confab about the game and other subjects. Then boarding the bus once more, the girls returned to the hospital with uplifted spirits for having a great and wonderful time. When upon their return, an observer, because of their attitude, would have believed that the girls did win the battle, but it can all be summed up in the words of Robyn as told to a friend. "We had a lot of fun at the picnic, ball game, and on the way back; it makes no difference to us whether we won or lost because it was such fun."

SIDELINE NOTE: Jeanie was told that she could bring another team back to Taycheedah for any sport they wish to participate in. It is requests like this that testifies to true sportsmanship on both sides.

Reported by Dave

MAKE THE MOST OF YOUR DOCTOR'S TIME

One of the most-often-asked question in a hospital of this type is "When can I see my doctor?" or "Why doesn't my doctor ever talk to me?"

Little do the patients realize, that being a doctor in a mental hospital such as ours requires much more than merely meeting and talking to a patient.

Ask your doctor some day how much of his time is spent in staff meetings and report writing, among other group activities he is part of during one ordinary day. You will be surprised at his answers. He has little spare time when all is said and done.

One thing you should know, your doctor will not ignore a legitimate request regardless how busy he may be. If you do have a problem that only your doctor could solve or alleviate, ask your ward nurse or aide as to what time he will be on your ward. Your being on time, will show your doctor that you are serious about wanting to see him.

If your problem is not pressing, write a note and have the nurse place it in the proper place so your doctor will read it when he checks the charts. Above all, don't bother your doctor with minor things that an aide or nurse could help you with. Perhaps your problem could be best handled by a social worker or a therapist, so ask the nurse and you will be directed to the proper person.

You can be assured that everyone from the doctor to an aide is here to help you recover and to help you solve your problems..

The first American car to use four-wheel brakes, which were hydraulic, was the Duesenberg in 1920. They were developed in 1918 by Malcolm Louhed.

POETRY

SEPTEMBER

SEPTEMBER

Flowers: lavender and gold
 Goldenrods and aster;
 Crisp cool air blowing,
 Through autumn trees,
 Leaves fall: drifting, then
 Sailing to the ground like,
 Interplanetary saucers
 Untold;
 Pigskin rambles in the park,
 Bar-b-ques on the beach
 After dark
 Labor Day jubilee
 Back-to-school;
 Leaves fall; the grass turns;

I smile,
 I eat more,
 September
 My delight.

Louis

BY MYSELF

Standing by myself
 By myself I'll be
 To enjoy the freedom,
 To enjoy the love
 That was given to me.
 To share with the world.

Penni

COME MAKE THE FIRE

Come make the fire
 Can't do it alone
 Return to my bed
 Your heart's not stone.
 I know you love me
 It's more than what you said
 Because of what we've shared
 I know it can't be dead
 I lost a lot that day we peacefully
 said so long.
 So come make the fire I can't do it alone.

Jeanie

ALABASTER CLIFF

Plunging headlong to its foot
 (Distance is Nature's loot)
 More empty space than otherwise,
 The owl doesn't give a hoot.

James

FAR FROM THE MADDENING CROWD

Far from the crowd the maddening crowd,
 My heart-soul are at peace with the
 rest of the world.

The crowd talk wicked,
 There soul belongs to satan,
 They live in hell,
 They are Satan's one and only.

The maddening crowds in the city
 I want to be far from the maddening
 crowd.

Penni Rae

ASHTRAY ON TABLE TOP

Green ashtray on a table,
 With butts and tips from smokers;
 habits
 Pretty in cast and full of ashes
 Not to mention the spent matches.

James

THE POWER WITHIN

This is a poem for the cue you see
 It's all about you and all about me,

We're children of God all of us here
 Yes, God is our Father so we've
 nothing to fear.

He'll help us through stress through
 anger and sorrow.
 He'll help you today and not wait
 till tomorrow.

There's some greater power, and that
 is within
 And to get that true goodness
 Through prayer you will win,

Man was not made for sickness and
 fears.
 But man's own free will has caused
 him much tears.

Selfishness and greed bring bad
 thoughts that dwell,
 But there's something else other
 than hell.

The truth it shall grow in each of
 us someday.
 God is our light he'll show us the
 way

CON'T PAGE

POETRY

"CON'T FROM PAGE 9

Now I must say to each I do dare,
To seek that great power and the way,
yes it's prayer

Bill

"YOU"

Your skin is as soft as a rose that
flutter in a breeze.
Your hair is wavy like the sky.
The color as bright as the sun.

Your eyes are mysterious like life,
which constantly watches over me
Your lips are of wine,
that are moist and soft.

Your body is beautiful like a new
born child.
But most of all, that I know your
a woman, and youre mine.

Johann

REMINISCE

My Mother is living my Dad is deceased.
Four sister and brother, the family,
increased.
Nieces and Nephews added to the human
race.
And Aunts and Uncles too-.

But now I would like to tell you a
little bit about Guess Who???

I was a teacher for sixteen years.
And shall always cherish those sweet
little deacs.

If God will permit to resum the fild,
Again I shall try to produice and yield.

And oven a housekeeper did I try,
A wife for a while, but never a Mother
Now you know why I won't be called
"grandmother"

Norma L.
(Miss April)

Poetry is a good deal of joy and pain
Wonder with a dash of the dictionary.

JESUS IS CALLING YOU

Jesus, Jesus is calling you, calling
to be his own.
Jesus, jesus is calling you to come
back home.

Will I climbed over hills and moutains
to get to Bethelham,
And when I saw the baby Jesus, he was
the same as I am.

Will I looked over river Jordan and
what to my surprise, there was a mass
there.
Thousands people waiting to be baptised.

Now there was a merry love feast,
were a couple were to be wed.
Will they had more water than bread.

Now this woman said, Pleas help them
He, said "women it's not my time".
But in his heart he knew their troubles,
so he changed that water to wine.

Now the moral of this story is to
live as best you can, and if you do
this my children then the kingdom
is at hand.

Louie

NATATION

In a department of elate
Of which there are eight
There is a psychedelic lake
Set off by shoreline from the brako
With sparkling wavelots in the wake
Of shadows in the make
Where day lasts on till late
And nights are truly great.

J.

BITTER HERBS

What kind of condiments
For bitter stew
What kind, what kind, I ask you?
The stew is in the pot, and the
pot is hot.
Bitter herbs for bit or stew.

James

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF SEPT. 25 - OCT. 1, 1972

Monday Sept. 25	2:30 - 9:00 am - 4:00 pm 4:00 pm 7:00 pm	HH Music Rm. SH Wards	CANTEEN OPEN* RECORD LISTENING Outagamie Red Cross
Tuesday Sept. 26	9:00 am - 4:00 pm 3:45 pm	2-E	CANTEEN OPEN Book Cart
Wednesday Sept. 27	9:00 am - 8:00 pm 1:15 pm 1:30 pm 2:30 - 4:00 pm 3:45 pm 7:00 pm 7:30 pm	SH 3-4 GHS HH Music Rm. 2-E Canteen 1-E	CANTEEN OPEN Appleton Red Cross Lutheran Ward Service Rev. Winter RECORD LISTENING Book Cart SING*A*LONG St. Vincent DePaul
Thursday Sept. 28	9:00 am - 8:00 pm 7:00 pm	GHS	CANTEEN OPEN Trinity Lutheran
Friday Sept. 29	9:00 am - 8:00 pm		CANTEEN OPEN
Saturday Sept. 30	10:00 am 12:00 am - 8:00 pm	GHS	Favorite Hymn Recital Mr. Korn CANTEEN OPEN
Sunday Oct. 1	8:45 am 10:00 am 12:00 am - 8:00 pm	Chapel Chapel	PROTESTANT SERVICE Rev. Van Deusen CATHOLIC MASS Fr. Barrett CANTEEN OPEN

*ALL activities in CAPITAL LETTERS are for all patients.

PATIENTS LIBRARY, SH Basement: Open 9am - 4pm M thru F

kc

Mrs. Julaine Farrow R.N. Nursing