

MOUNTAIN AIR

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OKLAHOMA STATE
TUBERCULOSIS SANATORIUM
TALIHINA OKLAHOMA

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EDITORIAL

WILL POWER

Will power is of as much importance as any other one factor in getting well and staying well of tuberculosis. It does not require the kind of will power that keeps you going when you do not feel like it. That is not will power but plain foolhardiness. It does take will power and plenty of it to stay in bed most of the time when you think you feel like being up. If you do not have this will power you will not get the full benefit of the time you are compelled to stay in bed.

In most any sanatorium you will find outstanding cases. I would like to cite a case we have here at the present time. On October fourth, 1923, at the age of sixteen Miss Audrey Lambeth came to this sanatorium. She has spent all the time from that date until March 8th 1928 as a bed patient in the hospital. She has overcome a tuberculous infection of the throat and at one time was a pneumothorax patient.

This month Miss Lambeth was moved to

the Pavillion where she is allowed to get up and dress for meals. During the years she spent at the hospital she was cheerful and contented and seldom succumbed to the blues. How different this is from the attitude I have seen taken by some patients. After a few weeks or months they tire of the sanatorium regime and say they cannot stand it any longer and are going back into active life and have a good time as long as they last.

Another place where a large quantity of will power is indispensable is among the ex-patients who are working. Many of their friends think they should go on as they always have and work and play and if there is any time left for rest, all right. Authorities tell us that an ex-patient can work and rest or play and rest but must not work, play and rest. Most ex-patients know this and when they choose work and rest they know play must be left off.

So much for the ex-patients attitude but the real job comes when they try to get this across to their associates. In many instances they are the recipients of razzing for being so scary as to keep up their regular rest hours and examinations. Still, if you expect to keep your hard-earned quiescence, arrest or cure, you will have to turn a deaf ear to such suggestions.

Getting well of tuberculosis and staying well are man-sized jobs and require real will power.

—Vivian Dean.

Sanatorium News

Misses Susan Taylor and Elma McConnel and Mr. John Lipscomb of state sanatorium Arkansas, visited Dr. and Mrs. Baker March 18.

Miss Mary Kathleen Stubbs won first place in voice and third in piano in the preliminary contest of the grammar grades held in Talihina recently. This makes her eligible to represent Talihina Grade school in voice at the County contest at Poteau April 6th.

Miss Mary Baker won first in eighth grade