

The Five Minute Attitude Adjustment Hour

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I was given this chore, by one Reilly Glone, to deliver herefore, in five minutes, no more, so as not to bore. But the time we'll ignore. Just enjoy what's in store. An idea we'll explore. But if you've heard this before, and repetition you abhor, then sleep, but don't snore. I'll get right to the core. Let me tell you what for, I have come to Kansas City.

If there is one practice tip I can share with you, one idea that has made more of a difference in my veterinary practice than any drug or procedure, it is this: Attitudes influence events in your life, and no one can alter your attitudes without your permission. Good attitudes can actually attract good events. Positive attitudes produce positive experiences. Attitudes come from a state of mind that you can learn to alter and control in just a few minutes.

"Attitude adjustment hours" or cocktail hours were created to alter attitudes. Certainly, attitudes can be substantially altered by drugs like alcohol but caffeine, sugar, and nicotine can also influence your emotions and attitudes. There is a way, in 5 minutes, that you can develop attitudes that need no adjustments from a shot of booze, a cup of coffee, a candy bar, nor a cigarette. Now whether or not you believe you can control your attitudes, you are entirely right. You will control your attitudes only when you believe you can.

For so many years you have relinquished responsibility for your attitudes. I'm sure you have said, He makes me mad. She makes me glad. The death made me sad. People, animals, and events can't make you anything. You may choose your emotions because of events and actions of others, but they can't make you mad, glad, or sad. The client who refuses to pay your bill can't make you upset. The employee who is always late for work can't make you ticked off. The cow that kicks can break your leg but can't make you lose your temper. The associate who leaves your practice to set up his own down the road can't control your emotions or your attitudes, unless, of course, you let him.

How can you control your attitudes? Start by observing what influences your attitudes. Most people start each morning with a neutral attitude and let the events of the day alter their state of mind. If it is raining, it will be a bad day. If farmer Jones calls, the day will be ruined. If a patient dies, you'll be depressed. If this, then that. If that, then this. If you start your day with a positive attitude, your state of mind will alter the events of your day in a positive way.

Before you relinquish your emotional responsibility to outside forces, before you blame your attitudes on others or resort to using drugs, take five minutes to make a positive adjustment to your attitude. It only takes five minutes or less, but you'll need practice and you have to find your

own way. Here are five factors to consider in creating a positive mental attitude.

Consider attire. The first thing you should dress yourself with in the morning is a smile. Exercise the muscles of your face and build up the muscle tone needed to make smiling effortless. The clothes or uniforms you wear do influence how people treat you and how you feel. Your attitude is also projected in the snap of your walk and the zest of your talk. Is your speech clear and enthusiastic? Do your boots fit or do your heels always drag?

Consider your actions. Exercise by running or walking, doing pushups, sit-ups, or isometrics. Take five minutes to exercise in the morning and whenever you feel a lack of energy or slight depression. People pay more attention to what you do than what you say. Your actions, your body language, speak louder than anything you might verbalize. Petting a dog and stroking a cow, as well as hitting and kicking, are forms of body language that others read clearly.

Consider nutrition. Have you ever discussed the results of feeding excess fat, salt, energy and unknown additives to cattle while you are consuming a sweet roll and coffee or a soda and chips? If you believe nutrition is important for your patients, Doctors heal themselves. What you eat does influence your life and your attitudes.

Consider vocabulary and delete negative words from it. It is possible to change your vocabulary and use positive words most of the time. Give the odds of positive things happening rather than the negative. A patient might have a 20% chance for survival rather than an 80% chance of death.

Consider your self-esteem. You can hardly be happy with the world if you are not happy with yourself. Without becoming self-centered and conceited, become your own best friend. Realize that it is okay, if not imperative, for you to like yourself. A more positive attitude toward yourself will create a more positive attitude toward others. Remember that you are not what you think you are, but rather, what you think, you are. It is just as easy to visualize yourself as successful as it is to see yourself as a failure; and it's much more interesting.

Here is an example of a situation I'm sure you have been in and how you can alter your attitude. You are with friends at a party Saturday night, you get an emergency obstetric call and have to leave. Instead of cussing and telling people you have to go to work, say, "Please excuse me. I have to go deliver a baby." What you actually do will not change, but you may feel better about yourself and what you are doing if you look at it from the proper perspective.

Start immediately to wake up, dress, groom yourself,

stand up straight, act and speak like the person you want to be. Pull your own strings. You are not a marionette. Accept responsibility and take control. Alter your attitude so that you see problems as challenges, opportunities for

future improvement. It is a great life, if you remain strong, and always maintain a proper attitude. No one can alter your attitudes without your permission.

Dehorning: No Hole Bared

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I am going to explain our technique of dehorning at the Hillside Veterinary Clinic in Maryville, Missouri. We like this technique because there are no open sinuses and no blood oozing.

Equipment you need are a propane tank and torch. We use five gallon propane tanks and obtain our torches from Zeitlow Distributing at Booneville, Missouri. These torches cost approximately \$70.00 each. Also needed is a burner box, and this we make ourselves. It is 14 inches by 10 inches and 12 inches deep. A pipe is put at one end to place the torch in. It can be lined with fire brick to help keep the heat in. You need at least four dehorning irons and we make these out of two inch round steel rods, one inch thick. We weld an 18 inch by 1/2 inch rod on for a handle. A spring is then placed on the distal six inches for a grip and to keep the handle cool. A miter box saw 12 inches long is used to cut the horns off. A For-Most head table is used at our clinic.

The first thing we do is start our torch and begin to get the irons ready. It usually takes five to ten minutes to get them red hot. We restrain the animals in a chute and tie their heads down with the head table. We then use the saw to cut the horns off at the hairline. The cut needs to be flat, but can be tipped to shape the poll. If you have yearlings with big horns you need to cut them lateral to the hair line so the sinus will not be entered. This usually is 1 and

1/2 to 2 inches from the head. This is done on yearlings going into feeding. On calves, cutting at the hairline usually leaves a closed sinus.

We then take the hot irons and place them on the cut edge. We stop the bleeding and burn the horn until it turns white in the center. We then move the iron around the outer edge and burn the skin back approximately 1/4 inch, forming what I call the brown donut ring. This keeps the horns from regrowing. The branding scab will fall off in three to four weeks.

Some of the advantages of this method of dehorning are no open sinuses and no blood or oozing of blood after the procedure is completed. Also, after performing the procedure, the calves have no blood running down the side of the face and the cattle are more attractive. It is also very quick and easy to do. Another advantage is that your dehorning season can be extended over a longer period of time with no worry of fly problems. We usually start around September 15, and quit around April 15. Very small horns can be removed year round, if some kind of fly control is used.

Some disadvantages of this procedure are that the equipment costs are higher than some of the older procedures. Also the equipment is bulky and hot to handle when hauling around on country calls. Lastly, the smoke can be annoying.

Monthly Herd Report Card: RX and Extra-Label Forms

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Production medicine veterinarians endeavor to manage the whole picture. To ensure that we cover all the programs involved during our scheduled visits, it's best to have some flowchart method to work from. We continually tell the client he can't manage without records; I believe records are equally important in our efforts to assist his management. I use a two page report that takes me through each management area. In addition to this report's benefit as a checklist for me, there are several other valuable reasons for its use.

1) The report gives me a method to reinforce my recommendations be reiterating my verbal suggestions in writing.

2) This written record also documents my recommen-

dations. This can be very valuable in those occasional cases when a client is seeking a scapegoat for his problems.

3) A few days after the farm visit, the client is reminded that my work didn't end when I walked out of the milkhouse.

4) Information is easily retrievable for later graphing.

Because these reports are stored on a word processor, we only have to retype the data that has changed from the previous report. The questions and labels on the report, (the standard document in the word processor), are in regular print, and the data is in bold print. This makes the report quite easy to read.

Before mailing these summaries, good and bad (opportunity) areas are highlighted with a red pen. I don't