

==== Reply to ID 7x3v (tenzintenzin)=====

Hi tenzintenzin!

Thanks for the note and encouragement!

We do get flu shots in prison here. Unfortunately, they're usually given too late or early and sometimes aren't really effective. Of course this gets compounded as they're optional and a lot of guys skip them.

Sorry to hear about your friend's girlfriend. I've had asthma since I was a kid. Every time I'd get put in the hospital they'd give me latex gloves or balloons to blow up and that ball in the tube thing. I guess balloons are a good method to exercise for expelling air. Most advanced breathing issues seem to be from being unable to expel air from the lungs so it's a good time to take up balloon animal making!

Man, sounds rough about your place. Guess it's better that you at least know about the issues now rather than being caught by surprise in the middle of winter. Does the UK have grants/loans from the government to help with stuff like that financially? I know we have some of those over here thru the US Department of Agriculture and the Dept of Health and Human Services and the state governments.

Yeah, the legal system really doesn't respect the rights of prisoners over here. There's so much procedural crap that an experienced lawyer could get a lawsuit through easily but gets people knocked out of court and sanctioned so that it makes no sense whatsoever.

Well, chin up then, yes? And yes, that's my best approximation of a British accent in written form. :)

Keep yourself well my friend!
Tony