

POMO NEWS

TALMAGE, CALIFORNIA

VOL. 1 NO. 1 Published Every Tuesday May 11, 1948

MSH PUBLISHES FIRST NEWSPAPER

CLINICAL DIRECTOR EMPHASIZES NEED OF INSTITUTION PAPER

Dr. Goodstone, Clinical Director of MSH stated that for several months Dr. Williams has been very anxious to have such a newspaper established for the benefit of patients and ward personnel. It was not however, until one of our patients with energy, knowledge and initiative expressed himself willing to assume the burden of starting this difficult and time-consuming project that this first issue is ready to appear.

The Pomo News has been sorely needed at Mendocino State Hospital for a number of years and is just the beginning of an expansion program of activities which Dr. Williams is inaugurating.

It is our hope that from this little mimeographed copy a much larger newspaper will emerge. This will happen if the whole hospital, particularly the patients, get behind the venture and give it their full support and cooperation.

OCCUPATIONAL AND RECREATION GIVEN "GO AHEAD SIGNAL"

We all recognize that MSH has been deficient in providing occupational and recreational facilities for patients. This is in the process of being corrected. In the near future it is hoped that there will be athletic equipment of all types on all wards. For occupational therapy there will be rooms; leather work, weaving and any other art or craft which a particular patient may express an interest in.

DOUBLE HEADER BALL GAME THIS WEEK END!

The Talmage Sluggers take on the Ervington, Calif., Fire Department's team Saturday and Sunday. This is the first time the Sluggers have played the Ervington Firemen.

With the first edition of the Pomo News marks another milestone of the forward march of Mendocino State Hospital to take its place among the progressive institutions of the state.

A short time ago Dr. David B. Williams, Superintendent desired that a weekly newspaper be published and along with many of his progressive ideas towards the betterment of the some 3500 patients here at MSH, you are now reading the first edition!

True, its future success is dependent upon your interest, on your contributions and the happenings here at MSH will be revealed to you week by week. We will have correspondents from the various wards, and we want you to feel that each one of you are welcome to contribute news, articles, poetry or suggestions.

EACH WEDNESDAY, on letter writing day will be your opportunity to express your views regarding any matter.

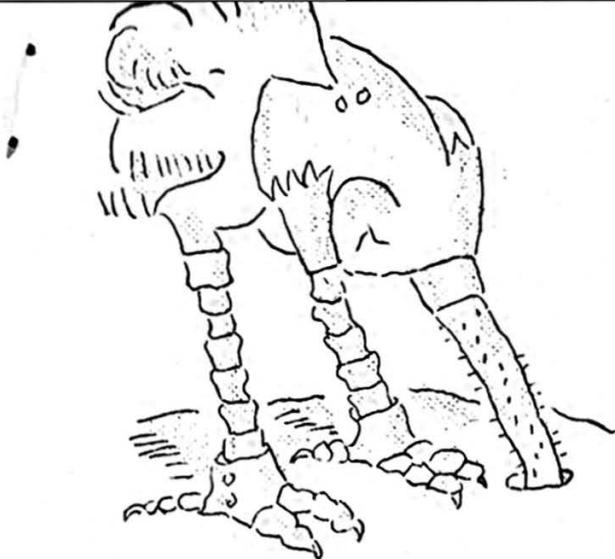


IT'S IN THE BAG.....

World's Champions just seem to grow up at MSH and another of its dairy herd takes the limelight in the World's Dairy News,

Mendocino Annette Star, freshening at 2 years, 5 days of age, has recently completed a record of 3 time milking of 26,940 lbs of milk, 3.6%, 969.3 lbs fat in 365 days carrying calf 5 months of the record. This is a new national and world's championship performance for both milk and fat in the junior two year old class of the 3 time milking division. The previous U.S. Record in this class was held by Miss Triune Julia Dutchess with a record of 857.1 lbs fat, bred and developed by E.E. Freeman, Modesto, Calif.

REMEMBER TO GET YOUR CONTRIBUTION INTO THE POMO NEWS ON WEDNESDAY!



The Pomo were expert basket weavers and all of their household and farming utensils were of basket work. This art still survives among the remnants of the tribe.

 "When men are rightly occupied, their amusement grows out of their work, as the colour-petals out of a fruitful flower."

ADVERTISING RATES UPON REQUEST!

WE MUST FACE THE FACTS ON ALCOHOL!

We have recently started a new program for the treatment of alcoholism. This should offer renewed hope for the several hundred alcoholics admitted to this hospital yearly.

The treatment is based on the principal of the conditioned reflex and is called the Conditioned-Reflex Therapy. The purpose is to instill in the patient an aversion for alcohol.

Numerous reports have appeared in medical journals recommending this form of treatment highly. It has been stated that after taking the treatment 85% of all alcoholics do not drink for 6 mos or longer; 70% for one year or longer; 60% for 2 years or longer; 55% for 3 years or longer. If the same results are obtained at this hospital, the alcoholic patient should feel highly encouraged and hopeful.

Before establishing our present unit, Dr. Lechon visited the Shadel Sanitarium in Seattle, where the treatment has been used for many years, and received a full course in instruction in how to administer it.

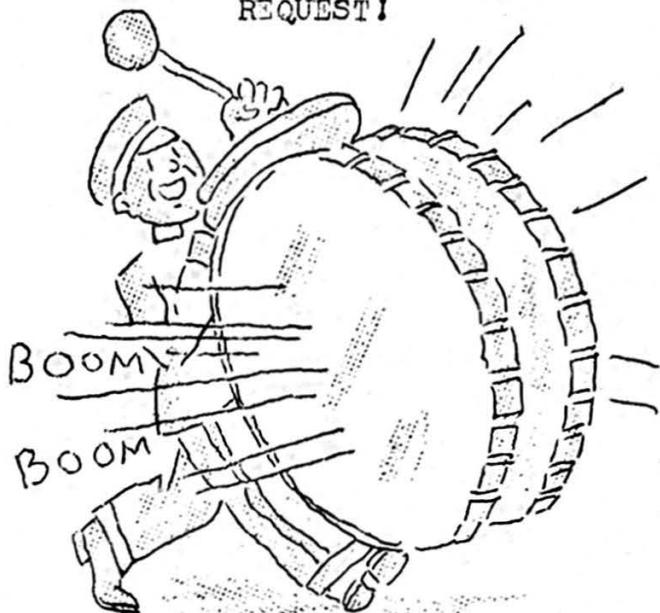
We are fortunate too, in obtaining two excellent technicians who are assisting Dr. Lechon.

We are all waiting the results of the Conditioned-Reflex Treatment and hope that it proves as successful as others claim.

WHY THE NAME.....POMO NEWS ?

On the suggestion of Dr. Williams we checked on the word and found this definition:

POMO- Referring to the Pomo Indians, an American family formerly dwelling in northwestern Calif. There were numerous small tribes still existing early in the 19th century, but in 1903 only a score of survivors remained, these residing near Ukiah. (See next Col)



CAN YOU PLAY A MUSICAL INSTRUMENT?

Whether you play a mouth-organ, a Jew's harp, a saw or any instrument that gives music, get on the BAND WAGON and read on:-

ATTENTION PATIENTS IN WARDS!

Any patient who can play and read orchestra music and has his own instrument or can have one sent him...and would be interested in playing in an orchestra at MSH PLEASE FILL IN THIS BLANK

POMO NEWS ---Care Dr. Goodstone MSH

NAME _____

Ward _____

Instrument:- _____

DO THIS NOW!

We want Music!



CAMERA FANS!

We have a full line of everything for your needs
Ph-174-J

PERRY'S

Ukiah E. Standley



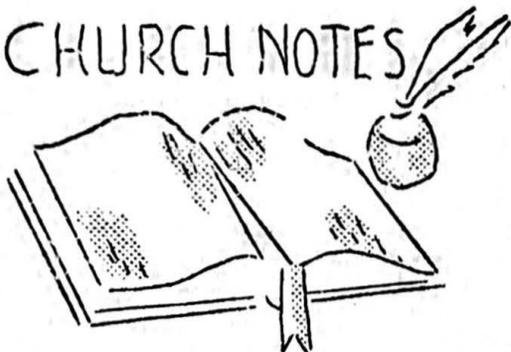
"YOU'VE GOT A GOOD POINT THERE SON-"

"YOUR NEIGHBORHOOD STORE."

THE TALMAGE STORE

Fountain-Magazines-Tobaccos and Meats-dry goods

CHURCH NOTES



Inspirational thought for this week. By Rev. Willie K.

PROVERB 3:6

In all thy ways acknowledge him, and He shall direct thy paths.

Living in a century that has produced war torn countries, hunger, fear, strife and hatred, ones life at times grows weary and its pathways rocky. When such events occurs many of us look for consolation and release from the toils of life.

There are always two pathways in front of us, the first one leads to the left, the bright glittering road of debauchery, the never ending road, the road that plagues and taunts us until we find the short cut back to the right road, the Lord's pathways.

Now the right road is the road for believers, if you follow this road and trust and have faith in brotherhood and receive your condolences from your Lord, the pathway will become smooth once more and you will attain the greatest blessing of mankind... Peace of Mind.

All you have to do friend, is close your eyes and lift your heart and whisper, "I believe."



WHY DON'T'CHA READ A BOOK PAL?

Maybe you didn't know it, but they got books here at MSH. Due to lack of building space, they are stored away... BUT LISTEN!

On Wednesday when you write letters, jot down on a piece of paper what kind of books you would like to read... and we'll see that you get books on your ward. Attendants will please turn in the requests to Dr. Goodstone's office.

Editorial

WE'RE HEADING IN THE RIGHT DIRECTION!

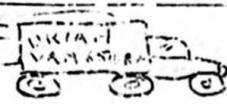
Under the capable leadership of Dr. Williams, Dr. Brankamp and Dr. Goodstone, Mendocino State Hospital is making steady improvements which in time can make it second to none. Formerly state hospitals were simply strong houses where the only idea was to keep the patients under lock and key, to protect the community from the patient and with little or no thought for the patient beyond tending to his immediate physical wants. Little if any effort was spent on curing the patient beyond hoping that work on the institutions farms and beautiful vistas would somehow magically cure the sick mind. This was the old "keeping" hospital where patients were kept under lock and key and above its door should be written "All who enter leave hope behind."

Things are different now! It is no longer felt that mental disorders are punishment by God or inherited or incurable. It is obvious that everything including nervous breakdowns and mental trouble has a cause. That cause can be found in talks with the modern psychiatrist who are simply doctors specializing in studying the human mind. Modern psychiatric treatment can bring about cure to the majority of our patients. This is the modern curing hospital where patients enter with hope for cure and leave as happy normal men and women again... cured.

The key to such cure is of course the doctor and hospital personnel who handle the patient. For too often in the past millions would be spent for fine new buildings in which the patients languish for lack of the few thousands of dollars it would have cost to attract trained doctors to cure them. Formerly no effort was made at such institutions to adequately train even the doctors and hospital personnel who were at the institution. All this is no longer true.

It is known that it costs less to cure a patient and have him taking a useful productive place in our society than to allow him to be a burden on the country, locked in an institution for the rest of his life (this is purely from a dollar and cents angle and aside from the natural human desire to return another human being from mental sickness and misery to mental health and happiness)

(continued to page four)



SHIPPING-PACKING
CRATING-STORAGE
& PHONE 440-J
LURIAH VAN AND STORAGE



Just a sketch of the coming week-end games at MSH.

NEW SCOREBOARD BEING BUILT!

No longer will you need your field glasses in order to read the score on the board... and according to Sam Ray of the Carpenter shop...the work order was signed by Dr. Williams and Sam says the letters will be 12 inches high...no reason why you can't see 'em

POSSIBLE PLANS FOR TENNIS AND CROQUET COURTS

The final word has not been made but serious consideration is being given both projects.

MSH EMPLOYEES NEEDED FOR BALL TEAM

Employees of the Mendocino State Hospital who are interested in playing ball will please contact Foggy immediately.

Knott and Shott fought a duel. The result was that they changed conditions, Knott was shot and Shott was not. It was better to be Shott than Knott.



It would seem that such things are obvious but anyone who cares to institute change in any field or who asks for a few dollars now from the state pocketbook to save millions later on, has a hard time ahead and needs be a man with a lot of fight in him.

Dr. David B. Williams is such a man. In addition our legislators throughout the country and in California particular are aware of the great steps which study and care of mental disorders has made in the last five years. Mendocino State is fortunate to have a combination of able men guiding the hospital, together with intelligent far-sighted and kindly men governing the state and generously appropriating sufficient funds for a truly modern hospital for nervous and mental sickness....patients WE WANT YOU TO KNOW that no one at MSH....doctor, nurses, attendants, office workers, and others will ever be content with a "KEEPING HOSPITAL"Mendocino State is a..... CURING HOSPITAL!

Time....time and women drivers wait for no men.

Early to rise...ditto to bed.... makes a man healthy...but socially dead.

Rich relatives are the kin we love to touch.

God made Women with a sense of humor....so that they could love men instead of laughing at them.

There is far more hunger for love and appreciation in this world than there is hunger for bread.

The big things in life are never done by fussy people. Poise is one of the earmarks of mental strength.

Some girls will scream murder at the sight of a mouse...and go right out and climb into an automobile with a wolf.

Exercise will kill germs but the trick is to get the things to exercise.

Never shift your mouth into high gear until you are sure your brain is turning over.

A most unique political party would be one that was on the side of the privileged class and SAID SO!

No one is useless in this world who lightens the burden of it to anyone else.

INDUSTRIAL SHOP



Under the helpful direction of Instructors W. A. Elliott and K.G. Williams, patients employed in the industrial shop are now winding up some two months' work on a large redwood burl....a gift from Dr. Lochen, recently.

From the knot evolved approximately 40 knick-knacks-ash trays, candlesticks, fruit bowls, etc.... all to be displayed soon in the lobby of the administration building.

As has been the custom in the past, the articles will be offered for sale to the public and the proceeds will go to the hospital amusement fund.

Numerous other odds and ends of wood and metal work are nearing completion. The shop has 23 patients, each engaged in his respective duties, and all hailing from either ward 14 or 15. The shop's personnel embraced ward 15 only until last summer when representatives from 14 were permitted participation.

At the moment a group is hard at work finishing the erection of a public address system central control panel. It should be ready for delivery the middle of this week, according to Mr. Williams.

Brush making seems to be a dominant product here. Scrub and floor brushes and stable brooms are produced in profusion and furnished the hospital. Wicker furniture, manufactured by the patients supplies the entire institution. Repairs, too, are an everyday routine and take up much of the patients' time. The intricate detail of metal and wood inlay is one of the trades schooled patients by Mr. Elliott and Mr. Williams. The construction of venetian blinds is an interesting part of the shop.

But it's not "all work and no play" in the industrial shop! When work is slack or a brief respite from toil necessitates itself...patients relax at cards, chess or ping-pong.

Patient at dentist's: Are there many cavities in my teeth, doctor?

Doctor: There are so many that every time you talk, I hear an echo.



Congratulations
to the
newest arrival at
M S H

THE P O M O N E W S

From your local office
equipment dealer...UKIAH

EMPIRE OFFICE MACHINES CO.

Movies

What's playing this Saturday at the MSH movie house.....here tiz' and by the way we'll soon be having movies on the wards at nights ...got the 1942 World Series movie coming up....watch for it!

JEANNE CRAIN STARRED IN "MARGIE"

Stamped as one of the most delightful screen offerings to come out of Hollywood in years.

The Technicolor movie combines with the virtues of a musical, stark comedy and real-life drama.

This Saturday at MSH theatre is the warm-hearted story of fun-loving teen-agers in the late twenties. High school life in a Midwestern city in which Jeanne Crain, falls in love with Glenn Langan, who plays the part of a high school French teacher.

Actually, Jeanne, who considers the part her greatest to date, plays a dual role in the film. She is both a modern, 34-year-old 1946 mother and a 16-year-old awkward, adolescent girl who shy though she is, manages to get into more than a normal number of escapades.

You'll find plenty of the old time song hits in this Saturday movie. "I'm Always Chasing Rainbows".."April Showers".."Diane" .."My Time is Your Time".."At Sundown".."Three O'Clock in the Morning"....and many others.



After All
Is Said And Done
There Is
Really Only One
MARGIE!

DARRYLE ZANUCK
presents

JEANNE CRAIN
as

MARGIE

in TECHNICOLOR!
with

GLENN LANGAN - LYNN BARR
ALAN YOUNG

Saturday at MSH
Theatre

20th
Century Fox

