

FATHER'S DEATH MAKES TRIP EAST MANDATORY

A 7:40 plane took Dr. D.O. Prasser to Milwaukee, Wisconsin last Wednesday evening, July 7 to be present the following Friday at last rites attendant interment of his father, Otto E. Prasser, of that city, who succumbed Tuesday, July 6.

The late Mr. Prasser was retired and had been in failing health since an operation performed nearly two years ago. He was about 78. The doctor is expected to return sometime the first of this week.

AN EYESORE REMOVED

The new brick and stucco receptacle at the rear of ward 9 built to house hospital refuse and swill is finished so far as E.J. Veronda, MSH Masonry shop boss, is concerned. With the installation of doors on the structure's front by the carpenter shop crew, the job will be completed and the unsightly garbage cans will be out of view of passers-by.

EXPLAINS FUNCTIONS

OF AMUSEMENT FUND

"The Patients' Amusement Fund comes from the sale of articles made at MSH in the Industrial and Art shops and from the profits derived from the cigarette and Coke machines," responded Mrs. Gertrude Elliott last Wednesday when questioned by a reporter as to the source of the fund's maintenance.

"It supports such activities as the Pomo News, the MSH band, the Talmage baseball team and it supplies prizes (Cont'd. pg. 9)

BACK HOME MONDAY

MSH Superintendent and Mrs. David B. Williams will return from a two weeks trip through Yellowstone and Glacier National Parks next Monday, July 19. The former Navy Commander and his wife left here by car July 5 and included in their itinerary a brief call on old friends at Evanston, Wyoming where the doctor was State Hospital Superintendent from April 1931 to June 1935.

ALCOHOLICS ANONYMOUS GROUPS HERE SUNDAY

The Santa Rosa and Sonoma chapters of Alcoholics Anonymous conducted the weekly meeting in the MSH auditorium at 6 p.m., Sunday evening, July 11. Smitty, Loren, Hazel, and Willard, the entire membership of the newly formed Sonoma chapter, made the trip along with Doc, Dick, and Hap of the Santa Rosa group. The first four steps of the AA recovery program were interpreted by the visitors and many helpful ideas developed.

Alcoholics who are sincere in their desire to be an "ex" are urged to attend these meetings regularly. The next session here will be Sunday, July 18 same time, same place.

POMO NEWS TO ROOM 9

The Pomo News office moved last Wednesday, July 7, from Social Service headquarters, room 4 to room 9 in the administration building. Lawrence Samsoe, hospital plumber, who is substituting for Chief Engineer G.O. Walden during the chief's (Cont'd. pg. 2)

22 NEW MSH ATTENDANTS HERE JULY 1

STATE EXAM ELIGIBLES ASSIGNED RELIEF DUTY TEMPORARILY

Twenty two new attendants have joined the ranks of MSH employes since July 1, this year. The 13 women and 9 men are a part of the 1800 applicants who fully passed state civil service examinations last March qualifying them for employment at state hospitals throughout the state of California.

All have been designated as "relief" attendants and they will be appointed to no particular ward but to various ones throughout the hospital. Nor will they be assigned to any certain shifts at this time.

Their coming should (Cont'd. pg. 2)

NEW ADDITION AT DAIRY UPS MSH MILK SUPPLY

The new addition to the milking barn, that the State Dept. of Works is building for the MSH dairy, is taking shape. The foundation is practically complete and the wall of the old building to which the new wing will be joined has been torn out to make possible the enlargement.

The improvement will result in a substantial increase in milk production as the addition will accommodate an extra string of milkers.

Donald Richard Frost, son of Dr. D.R. Frost, MSH dentist, is helping "do the heavy" alongside other construction (Cont'd. pg. 9)

... (Cont'd. from pg. 4) ...

The Penn News staff takes this opportunity to thank...

... (Cont'd. from pg. 4) ...

TUNNEL ESCAPES

... (Cont'd. from pg. 4) ...



Advertisement for Empire Office Machines Co. featuring a cartoon character and contact information.

(Tunnel Echoes, Cont'd.)
 etchings-in-ivory have caused many to pause, listen a moment and be enchanted "I'M A LITTLE late with the hedge trimming this year," apologized Pete Carmichael, assistant MSH groundsman, last week. The job is done twice annually with electric trimmers powered by a mobile unit belonging to the institution fire department and takes about a month each time, according to Pete who has been a hospital employe the past 84 months. He's Ukiah born THANKS, WARD 8 for your help each Tuesday with assembly of the Pomo News. Also, for your cooperation weeks past regarding posting of bulletins concerning band rehearsals and coming events in conspicuous places about the ward. Maybe neighboring wards followed your example. We hope so 'cause it's "little" things like that that denote how "big" we are ... "BEEN HERE 15 years and have never had a ward haircut yet," clips Robert Babcock, night charge ward 8. And Bert C., patient-barber, who has been trimming locks since 1936 stands behind nodding approvingly BEING NICE just comes natural to some people. And Mrs. Mary Sanford, PDR charge, doesn't act any way but EDDIE A., WARD 8 hands us a music magazine with instructions from Jake, the "coke man" to see that it gets to the MSH band. It did. All such thoughtfulness is heartening to Bandmaster Bob N. who's had kind of a tough time getting hornstootin' A PATIENT upon leaving the institution remarked that "conditioned reflex and MSH" was "the turning point in his life". OK, but don't "turn clear 'round" and come back Sincerity personified: a patient proffered us a quarter last week with the remark, "This is all I have right now but I sure want to subscribe to the paper" WE'RE NOT sending this to Ripley but: Clarence Jensen has been on the same ward 8 and the same shift nights for the past 18 years AND JUST TO prove that newspapermen aren't infallible, as some would have them, Herb Caen's Monday Medley department of "It's News to Me" column in the S.F. Chronicle contained a brief mention recently of MSH's "Duffy's Tavern" and referred to its locale as "up at the state hospital in Ukiah" 'stead Talmage "WE THE PATIENTS, wonder why the Pomo News boys can't post the name of the picture show every Friday - after it's shown at ward 12 - on their tunnel bulletin board when Tuesday's paper fails to list it", queries Stanley P., ward 8 recently. His inquiry was retrieved from the depths of the Pomo News contribution box next the board and after due deliberation, time and meditation we answer: "Why sho."

AMONG OUR EMPLOYEES

'CHIEF' GOES FISHING

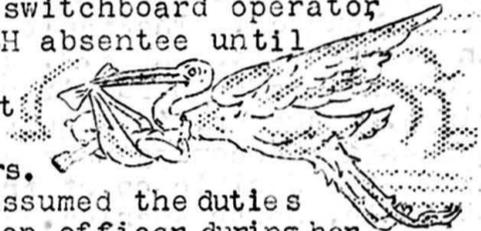
MSH Chief Engineer and Mrs. Walden are expected back from a ten day fishing trip at Clear Lake the last of this week. The institution engineer and his wife left Saturday, July 3. Lawrence Samsøe is substituting for him during his absence.

BACK FROM OKLAHOMA

Dr. and Mrs. E. L. Lochen returned Wednesday night July 7 from Okeene, Oklahoma where they have been visiting Mrs. Lochen's father who has been seriously ill. Mrs. Lochen reports her father's condition still grave..

SUPERVISES 'BLESSED EVENT'

For fifteen days Elwin Cornell, hospital switchboard operator, was an MSH absentee until her return to work last Saturday, July 10. Mrs. Cornell assumed the duties of a liason officer during her absence. She was kept busy maintaining contact between home and the Ukiah general hospital where her daughter, Jackie (Mrs. Richard Brunton) became the mother of a "fourth of July" baby at one o'clock Sunday afternoon. "Stephen Cornell" Brunton weighed in at 6 Lbs., 12 Oz. and mother and son were discharged from the hospital the following Wednesday, July 7, both "doing fine."



RETURNS FROM TRIP

Mrs. Eleanor Eby returned to work at the Msh switchboard in the administration building last Friday after a three weeks vacation which took her through Nevada, Utah, Colorado, Wyoming, Montana, Idaho and Oregon. She visited while en route the Mormon temple at Salt Lake City, Reno, Yellowstone National Park and its far-famed geyser "Old Faithful", and numerous other scenic wonders.

AT ELK MOUNTAIN OVER 'FOURTH'

MSH Carpenter Joe Addor and three of his younglings, Janet, Tommie and Benny drove 37 miles to Elk mountain over the "fourth" to see his son, Gene, a government "fire suppression" employe who has been working in the Mendocino forest region the past three years. The Addor's eldest son, Felix has been in Mannheim, Germany with Uncle Sam's "forces of occupation" since 1945. There's a faint hope that he may return to the States this fall, according to Joe.

DUE BACK FROM TRIP EAST

Mark Eglin, MSH laundry worker was due back from a vacation in the east yesterday (Mon. July 12).



Address all "letters to Editor" to Pomo News..Care of Dr. Goodstone

KNOWS HIS EARTHQUAKES

Here's more information regarding earthquakes from F.W.O. on ward 2. He says, "Many of the hospital's occupants are not aware of the fact that they are living on top of an earthquake fault known as the "San Andreas fault." It extends along the coast from about this vicinity to a point south of San Francisco and is approximately 150 miles long. The quakes along this fault are of short duration and light intensity. Geologists have no absolute confirmation as to the cause of the quakes. The fault begins as an aftermath of the S.F. quake of 1906 and has been rumbling ever since. However, in recent years quakes are becoming more numerous along the Pacific coast from Alaska to Chile, South America. It is believed the high mountain ranges along the coast and their new formation are the cause of them. Settlement of these mountains seems to add greatly to the cause of quakes, along with erosion from many rivers depositing sediment leaving a concentrated heavy weight upon the earth's crust. It is believed the San Francisco quake of 1906 originated from three sources, possibly four. Settlement of high mountain ranges, erosion *** and a gradual cooling of the earth which has a tendency to contract causes the earth's outer crust to buckle. Earthquakes are also quite prevalent in volcanic areas."

OFFERS SERVICES TO POMO NEWS

Mary Eva de S. on ward G tells us that she read our appeal for help in a recent issue of the paper and she says that inasmuch as she is an ex-newspaperwoman from the S.F. News and a Portland, Oregon paper she considers herself eligible for employment on the Pomo News. -- Thank you for your offer, Mary. We have another helper since last Friday but in the event another vacancy occurs, we'll contact you.

WANTS HELP TO 'HELP HIMSELF'

Robert C., ward 12 informs us that he has a price list for harmonicas and is interested in one "with 10 holes, most any key" and costing \$2.50. Bob says if he were permitted to have one of these instruments he would like to play at MSH church services since ward 12 isn't allowed membership in the hospital band. "I like music," declares Bob, "but how can one help

themselves if they're not allowed to have an instrument or play one?" -Your letter has been turned over to the hospital social worker, Bob. Something will be worked out.

NEW SPORTS EQUIPMENT GOOD THING

"This is to let you know," writes H.R. Jr., ward 12, "that everybody on this ward is very pleased with the new sports equipment and the MSH doctors can be sure that there will be less trouble between patients than before as a result of their purchase." H.R. inquires as to the subscription price of the Pomo News to Mexico City. -- We'll make it the same as in the states, H.R., \$2.00 for a year. If it's a few cents over we'll take care of it. Thanks.

BETTY'S SO RIGHT

"Dear Editor" starts off Betty C., ward H. "We would like to know why the womens' wards can't attend the Blues softball games. We understand there was a game here Sunday, July 4 but only the men's wards were allowed to attend we would be very happy to be allowed to see them we read in the Pomo News that they (the Blues) felt very discouraged because they never have an audience of doctors or patients to cheer them on. We think that it would make the players feel as though they were accomplishing something if we were there to encourage their playing and we'd enjoy it." -- No, Betty, you've been misinformed. There was no game as MSH last Sunday. But you are dead right about being allowed to attend. Arrangements are scheduled to be made for both men and women patients to attend the softball games evenings as soon as more attendants arrive at MSH. The Pomo News suggested this to their superiors weeks ago but were told that the plan wasn't workable because of the current shortage of help, needed to escort patients to the MSH diamond. But we think the accretion of new help since then will make possible patient attendance soon now Betty also tells us that Mrs. Von Kegler, ODR relief cook, started her vacation last Thursday ... that the ODR crew will miss her during her two weeks' absence but welcome the substitution of Mrs. Dolly Abbott and "are happy to have her" during the next fortnight.

HOW TRUE, HOW TRUE!

Relative to a Pomo News editorial last week in which the uncertainty of the future was mentioned, a "well-wisher" and "on-looker" from ward I says that the future is bright for all mankind", as she sees it and if the Pomo News continues as it has "we patients will be victorious in the end and a won- (Cont'd. pg. 5)

(Mail Bag Cont'd.)

derful change is in store for us as a result" she concludes with "know you are right then go forward with your paper which is good and interesting to all who care anything about us patients. The 'rest' don't matter". -- A.R.G.

ODDS 'N ENDS

More contributions to the Pomo News art contest: Marion O., and Margaret B. from ward I submit drawings, 2 from the latter C.W., ward F says she wishes their ward had a garden. That they'd enjoy pulling weeds and planting dissa 'n datta come spring. She also offers her "congrats" to Dr. Ruth Green re: passing her state exam for psychiatrists recently. And closes with the query "Why does a black



cow give white milk after eating green grass that makes yellow butter? (Huh?) A note to Dr. Goodstone from Dave D., ward 14 that he is familiar with newspaper work. He has been a reporter, columnist on country weeklies. Thanks, Dave, for your interest Another message, same kind, from James W.P., ward 15. Sit tight, fellers. We're situated OK for the time being but there will be need for more soon. ----

'MRS. MILLER HERE 24 YEARS'

Receiving ward M tenders us data this week. From the pen of Nancy McK. comes, "We are receiving new patients every day; 'alco's' anxious to take the cure having heard what splendid results others have had Mrs. Miller, our 'Hydro' lady completed 24 years service at MSH last July 1. She has a 'full house' every day but she's never too tired to greet you with her gracious smile Mrs. Trimeloni is one of us again after being away for a week because of the death of her mother in law Ward M seems more like a hotel than a hospital. Visitors all the time. And how happy their calls make the patients here!" ----

MSH NEEDS CLOCKS, MR. GARVEY

Frieda S. of ward E is to be commended for her correct interpretation of the word "news" as embodied in her following correspondence: "You have a very nice paper. I appreciate it, anyway. It would be so nice if we had a clock on this ward; there isn't even one in our office. The ward needs more and better ventilation, too Some of my flowers are beginning to bloom: marigolds, petunias,

roses, etc. I was on the losing side in the tug-o-war last Sunday but I still got cigarettes and candy. I thought that nice of the officials I wondered what that big airplane thought July 4 when it flew over the field when those little planes were doing their stunts below?" -- Apparently new clocks are a "must" around MSH, Frieda. The Pomo News needs one badly, too. And we have reports from several other wards that their old clocks are worn out, broken. How's about some new ones, Mr. Garvey?

He's the immovable object!
She's the irresistible force!
It's the incomparably entertaining movie!

RONALD COLMAN

The
LATE GEORGE APLEY

FROM THE PULITZER PRIZE NOVEL

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This is a page of text that is extremely faint and mostly illegible. It appears to be a standard page of prose or a list of items, but the characters are too light to transcribe accurately.

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TALMAGE STONE
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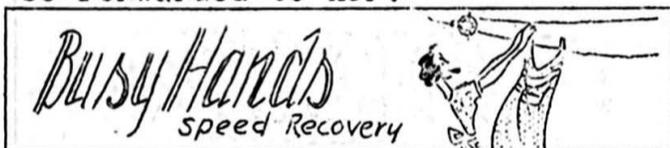
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**NEXT THURSDAY LAST
CHANCE TO SUBSCRIBE**

Next Thursday, July 15 will be the last time hospital employees or outsiders will be able to subscribe to "The Psychiatric Aid", a monthly magazine for state hospital attendants, through the medium of Edith Morgan, MSH employe.

Mrs. Morgan will be available for subscriptions immediately before and after In-Service Training lectures held in the auditorium today (Tuesday) and next Thursday. But attendants' inclusion in the "club" membership drive, handled by Mrs. Morgan, whereby a regular dollar-a-year subscription may be had for only 85¢ will not be possible after the Thursday meeting.

She advises that all potential subscribers to the magazine make it a point to see her at one of the above times. However, in case subscribers-to-be should fail to contact Nurse Morgan before July 15, they may leave their names at the Pomo News office, room 10 administration building and the list will be forwarded to her.



JAKE T., POMO NEWS REPRESENTATIVE, INVADED THE MSH LAUNDRY LAST THURSDAY - "ironed out" a few things with J.H. Birdsey, manager and hung the following up to "dry":

It's debatable which of the two places is the busier right now, Supervisor Miller's office with its recent swell of attendants or J.H. Birdsey's laundry which, consequently, has more personal linen to wash. Probably it's a tie but here's some facts about the latter that every patient should know.

Nearly 100 Workers

For instance, it requires the labor of some 90 patient-workers and 8 paid employes to put approximately 7,000 pounds (dry weight) of laundry "through the mill" every full working day plus the washing and ironing of linen belonging to about 450 MSH employes. From the receiving
(Cont'd. pg. 8)



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PSYCHOTHERAPY

THE MIND IN THE MAKING

Attitudes Toward Mental Illness --

MENTAL ILLNESS IS NOT UNLIKE ANY OTHER ILLNESS is important to relatives whose loved ones are convalescing in private sanitariums, rest homes or state hospitals as a result of mental disorders.

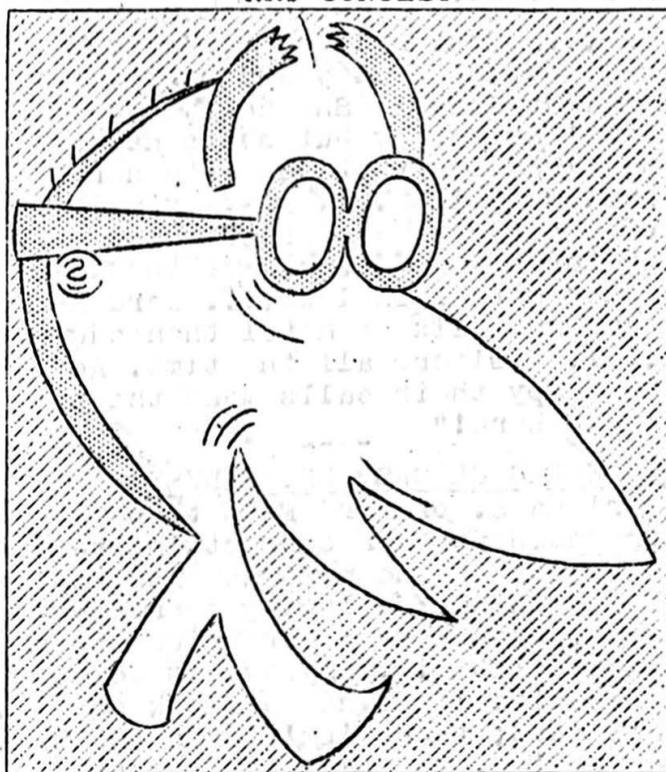
Once kin have accepted the fact that their loved ones are "sick" (not hopelessly unbalanced mentally) they will cease becoming exasperated by their eccentricities and quirks of nature.

Then, they will disregard any abuse he may vent upon them. Relatives' sentiments towards the sick have a lot to do with his or her future therefore they should attach no more stigma to his disease of the mind than they would chronic indigestion or continued high blood pressure.

Relatives should remember, too, that modern mental hospitals such as MSH are not fundamentally a place of detention but a health center, a clinic to which the sick may come when in need of treatment. MSH is fortunate in that it has qualified, properly schooled psychiatrists on its staff and houses the latest in psychiatric equipment such as the Electroencephalograph, a recent addition costing \$3,100. The instrument records the electrical activity of patients' brain waves which facilitates the diagnosis of various types of mental disorders.

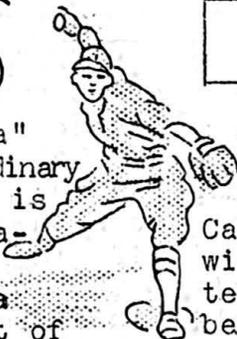
In next week's issue of the Pomo News: "Benefits Derived From Shock Treatment". An intimate explanation of the procedure involved.

ART CONTEST



The winning drawing for the week - "A HEP CAT" - submitted by Marion O., ward I.

SPORTS



ERNIE MOSNA, a new "papa" and third baseman extraordinary for the Talmage Sluggers, is still on a three weeks' vacation but expects to be back behind the wheel of a MSH laundry truck the last of the week.

LET'S GO-MSH!

The following appeared in the June 29 issue of the Patton Progress, official organ of the Patton state hospital, at Patton, California. If it works there it will work here -- how's about a team, employes? The MSH Blues have been ready, willing and able to "take you on" for some time:

MSH BLUES DOWN WARD 15 SATURDAY

Through the efforts of Charge Attendant "Tok" Cornell and the cooperation of the supervisor's office, an unscheduled softball game between ward 15 and the MSH Blues was played on the hospital diamond last Saturday, July 10 starting at 9:30 a.m.

Not all the Blues' "nine" was present so the fourteen patients from the ward substituted their own men to fill unoccupied positions. But, regardless of the handicap the hospital team defeated the lads from "15" by a 7 inning score of 16-11. However, unofficial comment was that the Blues will have to watch their laurels soon if the Cornell Nine continues to execute plays as skilfully in the future as they did last Saturday morning.

"The introduction of soft ball at PSH is being lauded by both employes and patients. All agree it is producing fine effects in more ways than one. It provides sport for those who play and creates enthusiasm among spectators -- both employes and patients -- which seems to mount with every contest.

In a very short time several teams have been organized within the institution and additional teams are in the making.

Outstanding is the keen interest the attendants are taking in the playing and teamwork of the boys of their various wards and cottages. One cannot help but note that during every contest played between patients and employes the employee spectators are rooting for the patient team; they show every indication that they want them to win.

The appearance of attendant players on the same field with patients tends to develop a better understanding amongst all. This is certain to promote cooperation.

The introduction of soft ball here -- just one of the many new projects added during the past year for the benefit of patients -- is ample evidence that the wheels of progress are still vigorously in motion at PSH.

Congratulations to Dr. Gericke and other officials!"

'LAKERS' DUNKED

The scoreboard below tells the tale of the Slugger-Upper Lake baseball game last Sunday afternoon, July 11 at the MSH diamond.

INNINGS	1	2	3	4	5	6	7	8	9
VISITORS	0	0	1	0	0	2	0	0	2
TALMAGE	0	1	0	1	7	3	0	3	X

SLUGGERS PLAY K. C. NINE

"Foggy" Ottosen, the Sluggers' diamond tutor whose nine pupils continue to hold first place in the "twilight" league, reports his signature to be one of two affixed the bottom of a Wisconsin agency's baseball contract calling for a meeting Sunday, August 8 of his boys and the Kansas City Monarchs.

"It should be one of the best games we have ever staged on the hospital diamond," said Manager Ottosen, recently. "Arrangements were made through the Witte agency of Beloit, Wisconsin," he concluded.

WE'RE SHORT SPACE BUT HERE'S YOUR ANSWER, HARRY!

"Why do we not have a payroll deduction for bonds here at MSH?" was asked the Pomo News Editor last week. The answer: Bond deductions were discontinued here upon orders from Sacramento April 1, 1947 to "reduce clerical expense for handling same".

H A D T O 'R E G R E T'

The Ukiah Athletic Association-Blues diamond softball fracas scheduled for a week ago tonight, July 6, at the MSH baseball park was necessarily postponed when a belated discovery was made that the Ukiah team had slated a previous engagement with Richardson's Market for "donkey baseball" same evening.

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Church News

Sunday, July 11, Rev. C.G. Lindemann, Methodist Church pastor, Ukiah, said, "Protestant Church services are held the 2nd and 4th Sundays of each month at the hospital auditorium and ward 12". Two ministers hold the two services simultaneously. Rev. Oran Bollanger, Christian Church minister, Ukiah, was at ward 12 last Sunday.

Rev. Lindemann officiated in the main Auditorium. The morning prayer included such thoughts as: "Sometimes we forget to pray until we get into difficulty - then we look for help - this has been the characteristic of human beings since the beginning - yet we have the privilege of prayer at all times - certainly we have much to be thankful for."

The scripture lesson was from Matt. 4, 17 through 20. "From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand. And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers. And he saith unto them, Follow me, and I will make you fishers of men. And they straightway left their nets, and followed him."

The gist of Rev. Lindemann's talk was as follows: The minister is often asked what does a person have to do to become a Christian? To become a Christian is simple: John the Baptist said: Repent, Jesus said to the fishermen, Repent. The first thing to remember is that "All have sinned and come short of the glory of God". Repentance is not sorrow that we got caught in our sins but that we are sorry for our sins. Confession need not be made to the minister but to God. The disciples left their nets and followed Him. It was as simple as that. An inner voice tells us when we've done wrong (unless we've stifled that voice). The minister stated that this spirit must surely have been in the disciples, one of humiliation, contrition, and confession. Jesus taught His disciples. If we want to become a Christian we should acknowledge the fact that we are sinners in the sight of God and be sorry for offending Him. ... Rev. Lindemann said that people in the mission fields receiving scriptures often became Christians merely by the reading of them before the missionary arrived.

The closing prayer was one of thanks to God for the transforming power available when we come and commit our way to Him, in answer to the call of Jesus, and for the peace which comes to mind, body, and soul.

CHRISTIAN SCIENCE LESSON FOR SUNDAY

"Life" is the subject of the Lesson-Sermon to be read in Christian Science churches on Sunday, July 18. The Golden Text is taken from John: "As the Father hath life in himself; so hath he given to the Son to have life in himself" (5:26)

The following citations are included in the sermon:

Matthew: "Enter ye in at the straight gate: for wide is the gate, and narrow is the way, which leadeth into life, and few there be that find it" (7:13,14).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "As a material, theoretical life-basis is found to be a mis-apprehension of existence, the spiritual and divine Principle of man dawns upon human thought, and leads it to 'where the young child was,' - even to the birth of a new-old idea, to the spiritual sense of being and of what Life includes" (p. 191).

(Band - Cont'd. from pg. 2)
will call them soon. Rehearsals will be held Mondays, Wednesdays, and Fridays of each week.

The band acquired a new instrument through the courtesy of Attendant H.A. Jenny, ward 1, who left a Ludwig Song Whistle in the Pomo News office Friday night, July 9.

Mr. Jenny also donated a racket for the MSH tennis court to be. Arrangements for laying the court's foundation are underway but the order to commence work is yet to come.

(Busy Hands - Cont'd. from pg. 6)
room, where the laundry is sorted into bins to the employes checking room where tidy bundles are dispatched, the work proceeds unhurried but with rapidity and precision.

Lotta Nighties

To give you some idea as to the magnitude of the laundry's operation: in one 13 week period 96,000 sheets, 63,000 bath towels, 38,000 pillow slips, 23,000 shirts, 21,000 nightgowns and 11,000 pairs of overalls were but a few of many items returned clean to the wards.

Modern machinery is kept in constant operation to handle this prodigious amount of work. Equipment includes four stainless steel washing machines, five extractors, three dryers and a huge eight roll American flat work ironer capable of handling 600 sheets an hour. Every three months 1600 pounds of soap, 1200 pounds of soap-builder, 1500 pounds of soda ash, 100 gallons of bleach and 700 pounds of starch are used.

Dependable Crew

Laundry Superintendent J.H. Birdsey says she has a dependable crew
(Cont'd. pg. 9)

BUSY HANDS (Cont'd. from page 8) working for him including, Donald M., ward 15, a patient in the sorting room, Nelson B., ward 15, a first class helper on flat work, Harry C., ward 14, and Jim W., ward 15 in the patients sorting room.

The ironing room is operated by women patients under the supervision of Mrs. G. Hildreth and Mrs. L. Thompson. This department turns out 600 shirts, 400 uniforms and 1,400 dresses each week in addition to many other items. Nine individual presses and 27 hand irons function steadily to guarantee articles' neatness.

Some Worked 20 Years

Some of the women in the laundry's ironing department have been effective, reliable help since as far back as 1928. Frances C., ward I, whose poems we intend to print some day has been a plant employe 7 years; Minnie A., ward I, is responsible for the laundering of all the MSH doctors' shirts and has been in the ironing room twenty years; Ethel D., ward I, has been pressing out wrinkles for two decades, too and Emma W., ward I, who operates the collar and cuff press has been one of the establishment's most reliable and conscientious workers for the past 18 years.

In the employes checking room a handful of women under Mrs. C. Johnson's charge, undertake the sorting of bundles into proper hands. Myrtle M., ward H, Florence K. and Myrtle Z., ward I residents and others are assigned tasks in this section.

NEW ADDITION AT DAIRY (Cont'd fr. pg.1) workers on the new addition to the hospital dairy milking barn. Donald plans to resume his engineering studies at Santa Rosa Junior College this coming fall.

FUNCTIONS OF AMUSEMENT FUND (Fr. pg.1) for the Fourth of July (Patients' Day) field day, provides radios for the wards, Christmas 'extras' and Christmas decorations for the interior of the buildings," Mrs. Elliott stated at the close of the chat.

In addition to the data supplied by the MSH administrative secretary, the Pomo News is a consistent contributor to the fund via proceeds realized from subscription and advertising sales.

The Pomo News Art Editor is taking his time in selecting suitable prizes for the Art Contest. One has already been donated by Mrs. Charlotte Rogers of the Art Room. It is an attractive hand-painted greeting card done by Portia T.

NEW ATTENDANTS AT MSH (From pg.2) Leona Bowles, Clara Cecconi, and Anna Nifond. MEN: Woodrow B. Duncan, Sidney A. Dale, Axel G. Benson, Frank L. Driscoll, Frank P. Diamond, Francis Hearn, William E. Friend, Rubin H. Baker and Elbert Killingsworth.

ANSWER IS 'NO'

"I think I will wait until I have had more experience," replied Lillian Addor, MSH Sewing Room Instructress, last Monday, July 12 to a Pomo News reporter's query, "Are you going to take the state examination for the sewing room job?"

The "cub" upon his return to the News office, went on to say that Instructress Addor seemed quite content to stay at her post until "Mr. Garvey (MSH Business Manager) sees fit to appoint someone to take my place."

Mrs. Addor, wife of Joe Addor, charge of the Hospital Carpenter Shop has made a splendid substitute for Mrs. Mina Poole, who retired from the sewing room post officially July 1 but had been on an extended leave of absence several months prior to the time of her resignation.

DISCUSS ALCOHOL

Another of Dr. G.L. Goodstone's round tables for discussion of the psychological aspects of alcoholism was held last Thursday, July 8 in the conference room of ward 9.

Meetings are designed for patients who are seriously interested in alcoholic problems. There are two sessions a week on Mondays and Thursdays. The next meeting is scheduled for July 15 at 3 p.m. in ward 9.

WARD 15 WANTS MORE GAMES

The following two letters from ward 15 were mailed to Dr. G. L. Goodstone and the Pomo News last week. They illustrate the patients' interest in the intra-mural sports:

"Dr. Goodstone: Just a word or so from Ward 15.

Sure we can play ball! We played ward 8 July 5 and lost. All we need is practice. Would like to get out in the evenings for practice. After a few days' practice we can take any of them on and make a good showing. We invite you to attend our next game. - (Signed) Ward 15 Patients"

"Dr. Goodstone, Sir: We, the ball players from Ward 15, thank you for giving us the chance for the game last July 5 with the 'Blues' and for the cooperation of the attendants.

We hope in the future you can attend one of our games. There is lots of fun and errors. (Signed) Ward 15 Patients."

POMO NEWS

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Supervised by Dr. Gerald Goodstone, Clinical Director.

A.R. "Trip" Editor
J.M.S. Asso. Editor
"Woody" C. Cartoonist

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THUMBNAIL BIOGRAPHIES

(We present the second of a series of nine "thumbnail" biographies of the hospital's doctors.)

DR. ROBERT G. BRAMKAMP

Dr. R. G. Bramkamp, Assistant Superintendent of Mendocino state hospital, was born in Richmond, Indiana in the year 1905 has been intensely interested in the study of medicine all his life Doctor Bramkamp was a student at Stanford University at Palo Alto, California during the last part of 1920 graduated from Stanford in 1931 with an M. D. degree practiced medicine since that time and prior to his start here at MSH in 1937.

Mention of ward 15 Charge Attendant P.L. (Tok) Cornell's contribution to the successful presentation of the Patient Day celebration at the MSH baseball park July 4 was unintentionally omitted in the last issue of the Pomo News. "Tok" worked like a Trojan, according to reports received, planning and scheduling the event so that there would be no hitch or delay in its staging. And unbeknownst to many, he was instrumental in boosting the quantity and upping the quality of prizes distributed to patients that day. Both Mrs. Edith Ray, womens' matron and L.E. Miller, supervisor in charge of the men's wards are to be commended for their respective departments' cooperation and extra work concomitant the affair.

"ANY" PATIENT WON'T DO

The MSH Industrial Shop needs help. W.A. Elliott Shop Foreman wishes all patients who are skilled in ceramics (pottery making) to contact him.

Editorial - by A.R.J.

HIS ABSENCE FELT

Although MSH reins have been left in the capable hands of Dr. Robert G. Bramkamp, his assistant, the superintendent's absence is keenly felt. In the lobby of the administration building, down in the tunnel, even in the wards an emptiness prevails a feeling that "something is lacking".

It's odd that the mere absence of just one man can affect others so. But whatever there is about him that we miss - his personality, his sincerity or his presence - will be rectified when he returns to his desk. The doctor's executive ability has ranked him high in affairs of state but human reaction to the deep, warm interest he has exhibited towards patients since he became permanently one of us has embedded him in the hearts of all who know him.

FIGURES DON'T LIE

There are more than 5,000 words in this issue of the Pomo News. Each of them had to be typed stories had to be "covered", written, checked, then checked again stencils were proof-read and corrections made. Pages were laid out prior to their reproduction on the mimeograph machine, an operation which precedes the assembling and stapling of the ten pages you now hold in your hand.

Needless to say, it takes much less time to read the paper than it does to publish it. There would be more pages in this week's issue but for the time consumed preparing it for publication. Readable copy has purposely been omitted to "hold" the paper to its present size in order that all copies reach the Marking Room in time to be distributed to the various wards no later than Tuesday of each week.

Here's what we're getting at: The Patton Progress, official organ of Patton state hospital is a six page paper published weekly, same day as ours. But it's larger. Instead of 5,000 words each week they edit about 13,650! How do they do it? We'll tell you IT'S PRINTED! Printing condenses copy, , , , a full page of the Pomo News, mimeographed, would occupy only about half that amount of space if the same copy were printed.

Via our mimeograph method much time and effort is devoted to actual production. Time and effort that, provided the News was printed could be directed to the gathering of more news, the making of a better newspaper, and more complete coverage of happenings about the hospital. Work now done by us would become the responsibility of the printer and a more creditable Pomo News, a more representative organ of Mendocino state hospital and its patients would be the result.