



# Pomo News

PUBLISHED EVERY TUESDAY IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSPITAL

Vol 1 No. 11

Talmage, California

July 20, 1948

## FARM SET FOR REAL HARVEST

"When tillage begins, other arts follow. The men of the soil therefore are the founders of human civilization."

MSH ranch workers are proud of carrying on this ancient tradition. At an hour when others "call it a day", and put up their tools and head for home the ranch boys are generally hard at it completing the balance of the day's work. Heavy dew or early morning rain may cause a delayed start at harvesting or routine field work. Then machinery's hum is heard far into the evening.

### 93 Work Farm

Some 75 acres of garden vegetables and fruit are cared for by the 58 patients who live and work at the ranch. They are assisted by 35 patients from other wards of the hospital. During the winter and early spring of this year the entire acreage now under irrigation suffered from an acute

(Cont'd. pg. 7)

### TO VISIT BROTHER

Dr. G. L. Goodstone, MSH clinical director, will leave on his vacation this coming Friday, July 23. With Mrs. Goodstone, he will motor to Vancouver, British Columbia for a short visit with his brother, Arthur S. Goodstone. The couple will be away two weeks.

They intend to make it a leisurely trip stopovers included.

### WILLIAMS COME - AND GO

Superintendent and Mrs. D. B. Williams arrived back home last Friday afternoon, July 16 after completing a two weeks' trip through Oregon, Wyoming, Idaho, Nevada and Utah.

Mr. and Mrs. Roger M. Williams (he is Superintendent Williams' brother) who have been occupying the doctor's home during his vacation will return to Alhambra, California the last of this week, having been here since July 3.

### ADDED HELP TO HOSPITAL

The recently lengthened list of MSH attendants was increased still more last week by the addition of seven new employes.

Attendants Robert Sprague, Harvey Drinkwine, Frank Du Bois, James Brewer, Pearl Denham, Evelyn Merithew and Evangeline Stanley normally would up the count of lately acquired hospital hire to twenty-nine. But the name of Don D. Dale was unintentionally omitted from the roster of 22 newcomers that appeared in last week's issue of the Pomo News. So that hikes the present tally to 30.

### TO WASHINGTON LAST MONTH

Dr. Walter Rapaport, Agnew state hospital superintendent, flew east June 20 to attend the funeral of his father, who died at Washington, D. C. a few days before.

Dr. Rapaport was superintendent of Mendocino state hospital from 1939 to 1947. He went to Agnew state hospital October 1, last year and was succeeded by Dr. D. B. Williams as MSH head.

The Pomo News is a non-profit project of the Occupational Therapy Dept.

## NEW CLOCKS ON THE WAY

"The hospital should be receiving some new clocks in a couple of months," declared J.J. Garvey in the business office last Saturday, relative to the Pomo News' appeal last week for more timepieces for the hospital wards and offices.

"Items of equipment, such as clocks, have to be budgeted for a year in advance," continued the MSH business manager, "to allow the state Department of Finance sufficient time to prepare the governor's budget for presentation to the legislature."

"The clocks, for instance, are part of the equipment approved by the legislature last spring and will probably be received here at MSH in a few months, if available."

Twenty rubber foam mattresses for bedridden patients were received last month, according to Mr. Garvey. Ten of them were sent to ward 7, the balance to ward F.

Two new, three-compartment steam pressure cookers for the MSH kitchen arrived last Friday, July 16. According to G. O. Walden, chief engineer, they will be installed sometime this week.

## MORE STAFF?

Allegedly slated to augment the MSH medical staff August 1 are Doctors Joseph K. Orr, Vallejo surgeon and Paul Bittick Jr. of Santa Ana, California.

Dr. Orr is a former Navy Commander currently practicing in Vallejo. Dr. Bittick served with the army in the last

(Cont'd. pg. 3)

**SORRY!**

Beginning with this issue copies of the Pomo News will not be distributed to the various hospital departments each week as has been customary in the past. Those, other than patients and subscribers, wishing copies of the paper may purchase them in the lobby of the administration building or call at the Pomo News office, room 9 for same.

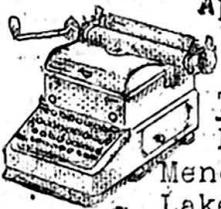
**ISN'T IT CUSTOMARY TO SIGN YOUR NAME?**

Another contribution box yield: "How's about a warm room .... a waiting room for late night and "off grounds" attendants who have no place to sit down and wait over for mail at Talmage or want to get their checks? There are lots of night attendants whose "waiting room" was taken from them for a "drug room". How about a little comfort for us who help run your hospital? (Signed) A Cold Night Attendant. (Ask others if in doubt)."

**WARD 8 TURNOVER, AVERAGE INCREASES**

"This has been one busy ward so far this month," declared Harry Johnson, charge attendant last week. "Mrs. Coffey, Bob Babcock and I have had our hands full .... one morning before ten o'clock ward 8 personnel supervised 57 separate treatments such as diphtheria and typhoid shots, patients for conference, dentist appointments, transfers, admissions (Cont. pg. 3)

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**DR. WILLIAMS SAYS:**

I'm glad to be back home. This hospital is the prettiest spot I've seen since Mrs. Williams and I left here two weeks ago. The hot weather we encountered on the trip was terrific and we were both dead tired when we pulled up at the house last Friday afternoon. Then, too, it seemed as if the roads were torn up, being repaired any direction we'd turn. Detours and more detours; not only in California but other states, as well. But the car ran fine the whole time we were away .... didn't even have a "flat!"

\*\*\*\*\*

We didn't go to Glacier National Park, as planned but we took in Yellowstone. I guess the highlight of our trip, though, was our little excursion through the Oregon Caves. It was all quite interesting. Mrs. Williams enjoyed it, especially. The Caves are in the southern part of the state about fifty miles from Oregon City and are down underground about 4,000 feet above sea level. The stalactites and stalagmites were what fascinated me. Stalactites are mineral deposits that look like huge icicles and hang down from the roof of the caves. Stalagmites are the same thing only they are upside down and are formed by water drippings from above which cause them to build up from the floor.... The "Trees of Mystery" between Crescent City and Eureka, California was another stop we made. There's an odd lot of trees there; at one place they mingle and intertwine their branches to form a natural altar of wood. They hold weddings there for visitors who decide suddenly they want to get married.

\*\*\*\*\*

Food was high priced and very mediocre all along the way. The food is much better here at the hospital and doesn't cost nearly as much, either. Mrs. Williams and I put up nights at motels whenever we could find one that had a vacancy. Cabins, hotels, motels, tourist camps, trailer lots -- all places like that were filled to overflowing everywhere we went.

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The two of us stayed at Evanston, Wyoming for four days and had an enjoyable visit with my friend, Joseph Whalen, superintendent of the state hospital there. That was where I received the July 6 issue of the Pomo News airmailed me by the newspaper's staff. We showed it to everybody we met and maybe boosted its circulation some. They all seemed to like it, anyway.

**ABSENTS HERSELF**

Mrs. Edith Ray, head matron of MSH for the past 24 years went on vacation, Thursday, July 15.

Mrs. Ray is spending her time off at home where she is being visited by her sister, Mrs. Milne from Canada. She expects to resume her duties as head of the department on or about August 1.

WARD 8 TURNOVER (Cont'd. fr. pg.2) and discharges, etc."

Ward 8's monthly turnover has been abnormally heavy of late, too. Admissions, transfers and discharges have averaged about 110 every 30 days the past few months.

MORE STAFF? (Cont'd. fr. pg. 1) World War and is at present a member of the Orange county hospital staff.

#### ADMISSIONS - DISCHARGES

MSH released 17 patients last week and acquired 15 new ones.

## MSH 'THIRST FOES' BUSY

The newly installed Coca Cola machines are coming in for more than their share of heat-combatant tactics these hot, sultry days.

According to Jake, the "coke" man, the dispenser in the administration building tunnel is being worked overtime. Its capacity is ten cases (242 bottles) and, fully loaded has been calling for a complete refill every twenty-four hours. A "cooler", sort of a reserve compartment which is part of the equipment, holds five pre-chilled cases ready for instant immersion the moment the machine's supply of Arctic-cold bottles is exhausted.

#### Office Workers Temperate

The upstairs lobby thirst-quencher isn't having the run its basement companion is having, declares Jake. The artificers' pause-that-refreshes accommodates only 83 bottles when full and its cooler refrigerates but three cases in advance. And to justify the smaller unit's placement upstairs, - its output has been averaging only 24 cokes daily.

Incidentally, Jake, the machines' custodian first saw the light of day in Holland 62 years ago .... touched upon U.S. soil about 1904 when town talk concerned "that feller McKinley and bronc-bustin' Teddy Roosevelt" .... settled in Montana and decided to visit the salt laden shores of California for the first time in 1918 and, like many more he's been a "bear" ever since.

#### OUR YOUNGEST CALLER

Robert William Foote, 9 months old grandchild of Mrs. Beulah Brown, assistant matron, in company of his "grammy" was a visitor at the Pomo News office last Monday night, July 19.

Patients wishing to subscribe to the Pomo News to be sent to friends or relatives may do so my mailing a letter of authorization to the Pomo News, signed by you PROVIDED you have money on deposit at the hospital. \$1.00 - 6 mos. \$2.00 - a year

# Among Our EMPLOYEES

#### VISITING SISTER

"Company" Margaret Hatchel arrived July 14 from Everett, Wisconsin for a weeks visit with her sister, Mrs. Winnie La Duke, MSH switchboard operator, "graveyard" shift. Like-sister-like-sister, Miss Hatchel is also a director of oral communication for the Everett telephone company and has been with the organization for the past 39 years.

#### TO BE GONE 3 WEEKS

Bert Sandkulla, in charge of the MSH X-Ray laboratory, left last Friday morning, July 16 for a three weeks vacation. But he won't be going far - just to his home in Ukiah where he will spend his vacation "daze" painting the interior of his new five room house. The X-Ray department will remain closed during his absence and will be opened only in the event of an emergency.

#### MOVE THIS WEEK

By the end of this week Dr. and Mrs. Marcus Schramm plan to have vacated Cottage 2 and be established residents of Cottage 7.

Dr. and Mrs. H. V. Bair were in San Francisco last Saturday night attending the Ice Follies. They returned to MSH next day. The weekend excursion south followed a brief fishing expedition the night before (Friday) when, accompanied by Dr. E. L. Lochen, Dr. Bair drove 20 miles north of Fort Bragg to Juan creek, on the Mendocino Coast. The pair caught a mess of 66 surf fish. "But they weren't running so well," opined Lee Lochen, M.D.

#### HERE FROM BOSTON

George H. Vose, MSH employe, with Lena B. Lord, of Boston, Massachusetts drove to Los Angeles last week-end. "Food got cheaper the farther south we went," said George last week. He is temporarily replacing Brent Searway, clinical laboratory technician, who left his post July 1 for special instruction prior to taking the state examination for technicians soon. Miss Lord is staying with Mr. Vose's mother, Mrs. Helen Vose at Yountville.

#### WITH PARENTS OVER WEEK-END

Caroline Sweeney, former MSH clerical worker has a government stenographic job in San Francisco and is sharing an apartment with a girl friend. She was here over the week-end visiting her parents in Ukiah and telephoned Mrs. Veltha Burke, MSH clinical office worker before she returned to San Francisco. Miss Sweeney had her current job previously.



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

#### SAYS HE'S AN ENTERTAINER

In answer to advertisements by the MSH band in the last two issues of the Pomo News, Henry Leon H., ward 3 says that he reads music, is familiar with the piano (tsk, tsk), guitar, drums and saxophone. His letter was turned over to the MSH bandmaster, post haste. Gratias, Henry.

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#### ATTAB OY, LESTER!

In our July 6 issue we urged Lester H., ward 3 to come out of hiding (he was signing his contributions "someone") and send in more suggestions for the betterment of patients. His answer: "Someone" writes again to say three cheers for the Pomo News. I thank you for noticing my little effort to be useful to society. Thanks, too for the encouragement you gave me .... there is something well worthwhile ahead .... did you ever hear of a patient's secretary system? AND he signs his name, "Lester H."

#### MISSES 'GREEN SHEET'

"Whatever happened to our green sheet?" is the opening sentence of C.W.'s, ward F. Her letter follows: "One day last week Eddie Veronda was at work here, removed a bath tub .... and interested us old women in croquet .... we didn't get a Dutch boy-Dutch girl plaque, either .... wish someone would loan us a 15¢ dictionary so's we could look up even four-lettered words. Better we'd page Dr. McKeever? .... Grace A. had her teeth polished by Dr. D. Frost .... They tell us that clothes room jobs are either killers or curers; we're in a position to back up the former .... A salute to Woodie, our staff artist."

#### WANTS POEM PRINTED

Dated July 13, John H.'s letter from ward 12 asks that we reprint a poem enclosed in his contribution to the Mail Bag. He says that it was scissored from an Ohio paper and emphasizes the part that "you must be honest with yourself before you can be honest with others." Limited space prevents full reproduction, John but here's excerpts:

#### "DARE TO BE YOURSELF"

By Elsie Robinson

Dare to be yourself - Dare to think your own thoughts  
And dream your own dreams - And face your own challenges.  
Do not take what others say too seriously; Do not be too greatly upset

By their criticism or their praise.

It has been said --

"To thine own self be true - 'And it shall follow

"As the night the day - "Thou canst not then be false to any man."

\*\*\*

"To thine own self be true." You may make make mistakes, You may feel remorse, You may bitterly regret

The hurt you have given -- But if you are true to yourself

No one else can cheapen you, No one can hurt you.....

The living truth within you -- Keep that alive,

Keep that untarnished, Keep that eager

For whatever may lie ahead -- And nothing else matters.

#### 'BOILING IT DOWN'

Lila H., ward I "mail-bags" us 8 pages of data relative to activities at MSH when Dr. Walter Rapaport was superintendent. Thanks for your interest, Lila but we simply haven't the room to print all of your interesting "info" during the days when things weren't exactly "looking up at MSH" as much as they are now. We're grateful for your sketch of the Indian girl, too .... "July 11, Editor of Pomo News, Dear Sir: In response to your Pomo News Art Contest I wish to submit six drawings for your judgement. Respectfully, Charles R. J. ward 12." -- They're six of the best, Charlie. You can believe that. But, of course, we haven't the final say-so regarding prizes to be awarded. The winning sketch is determined by MSH doctors.... Ward M representative, Nancy McK. favors us with a couple of pages containing highly complimentary remarks about the ward's attendants and concludes her fluent praise of their mannerliness with "It's really something to be on a ward where all the attendants are real people .... we have a lot of new ones (attendants), reliefs but they're here so short a time it's difficult to remember all their names .... thanks for the bouquet handed me on my piano playing. Wish I could play better. But if you enjoyed it, it pleases me."

#### WANTS MSH 'STUDENT BODY'

At the bottom of the Mail Bag find a note from W.R.S., ward 8 stating that a "student body" at MSH would mean a weekly meeting of representatives from each ward to discuss patients' problems; that doctors would have available information pertaining to the abilities of various men; that ward representatives would have information that would otherwise be unobtainable and that all would be a



(Cont'd. next page)

MAIL BAG (Cont'd.)

step toward closer cooperation of patients and MSH staff. Minutes of the meetings could be published in the Pomo News - (Editor's note: We'll be glad to start publishing this any week! Thank you, Bob ....what do the rest of you readers say about this?)

ANOTHER BREAD ESTIMATE

Pearl M, ward D, who is one of our consistent contributors writes that she thinks the bread situation at bakery calls for a figure of 8,176,000 instead of 9,100,000. Her heartfelt thanks to Mrs. G. Elliott for her "info" re: amusement fund on first page of Pomo News, last issue. Asks for "Song of MSH" in its entirety. Pearl feels that she is 'surplus commodity' that California Taxpayers association doesn't want. Pearl states that her last visitor was on July 13, '46.

WOODPECKER PECKS CEMENT

At north end of AD building woodpecker keeps pecking away at top of a cement electric light pole .... "needs a little psychotherapy," says Edward B., ward 2. Ed leaves us with this daily thought: "Give us this day our daily bread .... and Swift's Brookfield butter."

WHAT IS IT?

The one that made it, doesn't want it. The one that bought it doesn't want it. The one that owned it doesn't know it. What is it? You haven't got one. You don't want it. If you had one you wouldn't take the world for it. What is it? ... (Ed, note: L.D.G. .... I'm waiting to find out!)

CAN DO BETTER

Bob, you can do better than your last letter on Jack's Victory over the Bills .... come on, scratch your head and get to work and give us a couple of pages, huh? Bob C., from ward 12 writes: When Jack and Jill went up the hill, What did the little Jacks do to the 'Bills? "Yes, we won", said the Jacks after a victory 9-8 over the Bills Saturday eve. "A tough fight while it lasted, but somehow we won." The Black Wolves were defeated by the Amos' volleyball players Sunday.

THANKS DR. WILLIAMS

P.R.C. ward 12 writes another note stating that every patient, man, woman and child in MSH is deeply indebted to Dr. Williams for the addition of the Pomo News and to the movie thrill we enjoy weekly....the Pomo News' assertion that Dr. Williams is the best friend a patient can have. Bob continues by acknowledging appreciation for Dr. Williams' betterment of MSH.

'HOW TO GET ALONG WITH PATIENTS'

Frieda S., ward E states that there was a good article in the July issue of Coronet regarding "How To Get Along With Patients". (Frieda, no "savvy" your statement about we don't realize what is happening .... be looking for your next letter)

SOCIAL CULTURE IN BAD WAY

Another note from Pearl M., ward D. She states that the world seems to indicate a low estimate of the society to which she belongs... and why should human energy be wasted because of misconceptions of others.

BEING FRANK ABOUT IT

Frank W. O., ward 2 writes: Neil B. resident of MSH many years, succumbed to a lingering

illness last week. Neil was the son of a Mannite minister. His father, sister, brother and a friend visited him in 1946. They sang a variety of religious songs, which seemed to console him; knew from his condition that he would not last long. They are residents of New York state and will be saddened to learn of his death.

Dalbert C., was visited by his mother Mrs. Felix of 608 R. St. Sacramento, July 11 and spent the afternoon talking over family affairs.

Henry S., fell over a bench Saturday morning, July 10, and broke his left forearm at the wrist. He was rushed to surgery where his arm was placed in a cast. He's doing fine. (More pg. 8)

WANTED-A piano player for MSH band. Needed badly. If interested write "Bandmaster c/o Pomo News."

SHOW NEWS

"Honeymoon"-elopement tangle-gay background of Mexico City--Shirley Temple, Guy Madison and Franchot Tone. RKO



## SOCIAL WORKER HERE FROM LOS ANGELES

The MSH Social Service department, inactive since the departure of Anna Jerzyk, last April 30, is again functioning to aid in the adjustment of patients' social problems.

Robert Wolf, of Los Angeles, who succeeds Miss Jerzyk, arrived at MSH July 8 and is located in room 4, administration building. He has had extensive training and experience in psychiatric social work as well as advanced medical schooling.

Patients having problems that might be handled by Mr. Wolf's department are urged to arrange an appointment with him through their ward charge attendant.



PATIENTS AND VISITORS ADMIRING MSH'S WELL KEPT LAWNS, beautiful grounds, and lush flower gardens can thank Supervising Groundsman Fred Figone, Pete Carmichael, his assistant and a crew of some 22 patient workers for their arboreal efforts.

Anyone who has raised even a few flowers or tended a small lawn can appreciate the vast amount of work involved in caring for MSH's more than twelve acres of lawn and landscaped grounds. Well trimmed hedges and a large variety of trees and shrubs including redwood, cypress, monkey-puzzle, maple, poplar, and many ancient California oaks give a pleasant and sylvan aspect to the hospital setting.

### Is 'Experimental' Lab

The center of all this activity is the greenhouse (presided over by Mr. Figone's "talking dog" Nick) with its beautiful lawn and four stately Italian cypress trees. Here the seedlings are started during the winter for transplanting in the spring and the experimental work in the propagation and improvement of flowers and shrubs is carried on.

Surrounding the greenhouse are the flower gardens - two acres of riotous color when (Cont. pg. 9)



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## PSYCHOTHERAPY

THE MIND IN THE MAKING

### CAN INSULIN OR ELECTRIC SHOCK TREATMENT DAMAGE YOUR NERVES OR BRAIN?

This is an important question and much scientific investigation has been made to answer it. A Pomo News reporter has gathered the following authoritative information:

There are often temporary complaints. Not infrequently insulin patients complain of numbness in their hands. This is a somewhat annoying symptom, and the exact cause has never been determined. A number of theories have been advanced such as interference with use of vitamin B-1, but these have never been proved. More important, this symptom may persist for several months but is never permanent.

### Faulty Memory Only Temporary

How about the mental difficulties commonly experienced? Patients beginning to "come out" of each insulin and electric shock treatment experience a temporary and rapidly clearing period of confusion and poor memory. In electric shock, especially, this memory trouble may persist for several weeks but not after treatment is stopped. These troubles may be unpleasant and rather terrifying to the patient who doesn't know that they ALWAYS clear up.

Naturally in some of the large university hospitals much experimental work has been done to determine if any mental damage has ever been wrought by shock treatment.

### Results Beneficial

The answer is: It has never been shown by the most intense psychological testing possible (tests which try memory, judgement, ability to use language, concentration, mechanical ability, etc.) that neither insulin or electric shock treatment harms the brain in any way. To the contrary, patients usually are able to think better and do better on such tests after completing a course of treatment than before. This does not of course mean that anything has been added to their brain but, simply that mental troubles such as anxiety, fear, feeling blue, or guilty ideas of suicide and persecution and the like have been swept aside by the shock treatments (which is the purpose in giving them) and the underlying mental ability which was always present is allowed to work free of these hindrances.

Scientists are skeptical, however. We might have taken such evidence in the above as final proof, but not they! They said, "Well, those psychological tests are exception-

(Cont'd. pg. 8)

# SPORTS

## SLUGGERS WHOP S.F. CLUB 8-4



The Sluggers, Baird-Ottosen "nine" partially fostered by MSH pecuniary affairs, continued their practically uninterrupted series of diamond wins Sunday, July 18 at the hospital baseball park.

They managed to ward off the San Francisco Jefferson Club's attempts to return home with "local boys make good" signs 'round their necks by the decisive tally, Talmage - 8, Visitors - 4.

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

### UAA WINS OVER BLUES BY SCORE 11-5

Last Friday evening, July 16 the UKIAH ATHLETIC ASSOCIATION defeated the hospital Blues in a softball game that probably didn't tend to encourage the home team in their valiant attempts to create the allocation of a MSH softball nine of which the institution may be still prouder.

Don't be downhearted fellows simply because of a few defeats .... they're to be expected. As Clayton W. commented in the Pomo News office, yesterday, July 19:

"I watched the fellows closely last Friday night all during the game. Honestly believe that each played his part considerably better and with more confidence than at any time since the Blues started up.

"Generally speaking we made fewer errors than in previous games and the fellows 'backed' the pitcher all the way. The majority of the Blues' players are new due to many recent discharges of patients from the hospital. Wait and see -- in a short time our 'nine' will be a team hard to beat."

### THE CHANEYS RETURN

A 24 day fishing trip at Kewanee, Wisconsin and in the vicinity of Lake Michigan came in to an end last Sunday night, July 18 for Ralph Chaney, MSH clerk in the supervisor's office. He and Mrs. Chaney have been on a vacation which took them through Wyoming, Colorado and Missouri. They were away 24 days. "I really caught some trout," remarked Ralph today (Tuesday), July 20 his first day back at work. Asked if the Missus did any fishing, he said "no".

FARM SET FOR REAL HARVEST (Fr.pg.1) shortage of help. Extra men were put into the fields but despite the addition of more hands, much of the farm work had to be curtailed later on .... an unexpectedly long rainy season and generally inclement weather caused this.

MSH farm harvesting is realized chiefly through the use of machinery; four tractors, a bailer, a harvester, sprayers and the usual run of other agricultural tools is included in the farm's list of equipment.

### Crops Galore

There are lots of crops that come from the farm proper. Cabbage, peas, tomatoes, onions, beans, wax beans, cucumbers, watermelons, squash, celery, lettuce, prunes, etc. are some of the products of which the farm is proud. Many of these foods go direct to the institution Cannery where they are processed via modern machinery then sent to the hospital kitchens. The harvesting of wheat, oats and barley is now in operation. This particular crop goes for the feeding of all livestock about the ranch and to the prize herds belonging to the hospital dairy.

Responsibility for the farm's management and its proper functioning rests upon the shoulders of George J. Garaventa, farm boss. His duty is to "get the job done" whatever the difficulties. George has his own home a short distance from the MSH baseball park; is married and has two charming daughters who have taken the nuptial vows, too.

### On Job 48 Years

George has an enviable record behind him. He has been on the job faithfully nearly half a century - 48 years. Needless to say, he "knows" his onions" when it comes to farming. And it's just as superfluous to comment on the many friends he and Mrs. Garaventa have made these many years past.

Mother Nature is the best of healers and she takes excellent care of patients sent to Ranch Ward 16 from other wards closer in to the hospital, specifically 5, 6 and 7. Farmers-to-be find the work enjoyable as well as beneficial to both mind and body.

Ward 16 has been known as the "ranch ward" for a long time. It's a cozy little community sorta all to itself. The 83 patients there are supervised by Chg. Attendant Bill Schmidt and, at night Walter Dawson looks after them.

Donis C. ward 8

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THANKS, BETTY

Thank you Betty C., ward H, for: A dog's a lovely thing to get. He's so much more than a pet. He'll make you live a life of plan. He'll be a better friend than man. He'll see you get your exercise and be the firmest of home ties. He'll take you out for a walk or run in snow or rain. He'll think it's fun. He'll want his water and meals on time, cause that's how he feels. He'll fill your life or very nearly. He'll also love you very dearly .... that's a pal.



---  
Chauncey B., ward 8 was visited by his father, of Monte Ne, Arkansas Friday and Sunday, July 16 and 18.

HAD HIS PICTURE 'TOOKED'

Sam N., ward 15, color bearer in the Patients' Day parade, July 4 was snapped last Friday by the Pomo News cameraman. Sam posed patriotically while the photographer "shot" him and the flag.

EXPENSIVE BUSINESS

A note in the Pomo News contribution box last week from George W., ward 15 which reads: "'Bass' is spelled b-a-s-s and not b-a-s-e. Bass like 'bass' violin."--Thanks, George. But puh-lease tell us where you saw the word misspelled and when! We've worn out all our back issues thumbing through them looking for the error .... and at 5¢ a copy!

CHURCH SERVICES AT MSH

Protestant services are held on the 2nd and 4th Sundays of the month in ward 12 and the MSH auditorium by the Rev. Charles G. Lindemann, Methodist, and Rev. Leonard Brown, Baptist.

Catholic services are held on the 3rd Sunday of the month in the main auditorium and the 3rd Thursday of the month in ward 12 by Father Roger Anderson.

A member of the Jewish Committee for Personal Service in State Institutions visits the hospital about once every three months.

VOICES HIS AND OTHERS OPINION

Louis S., ward 8 bedmaker asks, "Can't something be done about the poor ventilation patients must endure at Saturday picture shows in the auditorium?"

"The odor of perspiration and smelly feet contributes nothing to their enjoyment of the movie.

"They appreciate the weekly show, look forward to it -- it's too bad that their entertainment has to be spoiled because of a condition that could be remedied."

Similar complaints have been voiced recently from attendants required to accompany patients to shows.

PSYCHOTHERAPY (Cont'd, from pg. 6) ally complex and are run by human being who might miss something." So they picked on a cold, impersonal machine with a big name - the electroencephalograph, a machine that actually measures infinitely minute amounts of electricity produced by the brain and makes a picture of it.

Shock Treatment Harmless

Skeptical scientists tried this machine out on patients before and after treatments with electric or insulin shock and found absolutely no indication of any damage to the brain whatsoever!

It is an important and interesting point that no permanent neurological (nerve) changes or permanent mental impairment has ever been known to result from either insulin or electric shock treatment.

It all adds up to just this: Your doctor and all the other men connected with medical science are doing everything they can to find newer and safer ways to help you and other patients and bring you back to health and happiness.

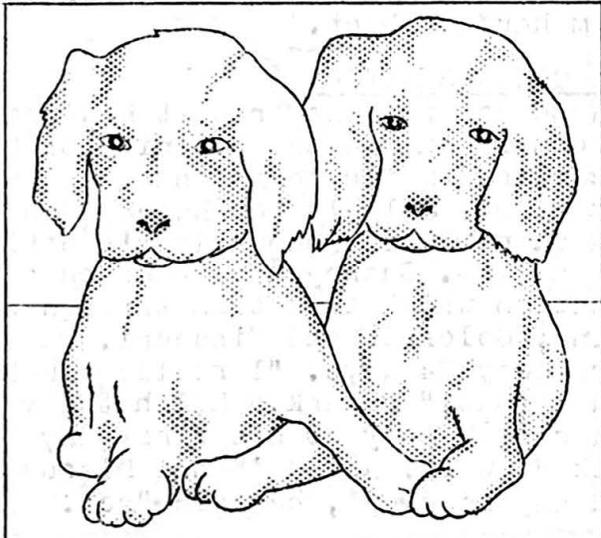
SANTA ROSA - SONOMA

AA CHAPTERS HERE

The regular AA meeting was held Sunday, July 18 in the MSH auditorium at 6 P.M. Five members of the Santa Rosa and two from the Sonoma group, whose twelfth step work generously includes a weekly trip to MSH, conducted the meeting. Following the procedure of last week, certain of the twelve steps of the AA recovery program were discussed for the benefit of the assembled patients. There will be another meeting Sunday, July 25.

A R T C O N T E S T

Thanks, Marion O. and Myrtle Z., ward I occupants for your sketches. Exceptional coloring, ABA, makes your sketch above average. Robert J's contributions were so distinctive that they were awarded first prize but he's gone from our midst, consequently Runner Up ABA is "the winnah!" Send us your ward number, ABA. You forgot to include it. - All the prizes will be awarded at the close of the contest.



BUSY HANDS(Cont'd. from pg. 6)  
at their peak. Mr. Figone and his helpers set out and brought to flower 8,000 gladiola and 6,000 daffodil bulbs and approximately 18,000 other seedlings this year.

#### Manifold Flowers to Wards

Fragrant sweetpeas and carnations, multicolored zinnias, snapdragons, and petunias, as well as delphiniums, larkspur, daisies, marigolds, are raised in profusion to brighten the wards and departments of the hospital. In the protection of the lath house, plants and shrubs are started to be later transplanted about the grounds. The MSH ball diamond is another responsibility of the horticultural experts and is well arranged and kept as a big league park.

Patients responsible for keeping the face of MSH green and attractive are Hank P., ward 8, Marcus B., ward 8, John McD., ward 10 who has been on the job eighteen years and Richard C., ward 10, a hospital florist for three decades, and others.

Jake T.

#### WE THOUGHT HER SPECIES EXTINCT

Mrs. Elfrieda Harksen, ward 4 attendant and for eleven years a hospital employe dropped in at the Pomo News office last Friday evening, July 16 in search of issue number seven of the MSH newspaper.

"I have kept each paper in order and on file," remarked Mrs. Harksen, "ever since the first one was published. But I just got back from a 20 day vacation last Monday. I spent all of it at home but missed getting the issue of June 22."

Then, after paying for her paper and as she was about to leave: "Oh, yes and if that patient on ward 12 who wants a mouth organ or a harmonica as you call it, hasn't gotten one yet, you come right on up to ward 4 and I'll give you the \$2.50 to get him one."

#### "THIS THING CALLED YOUTH"

"The minute a man ceases to grow, that minute he begins to be old. We do not grow old; we become old by not growing.

To grow means to aim at high intellectual, moral and spiritual standards. This aim reduces the common tendency to indulge in worry, fear, jealousy, selfishness and self pity, the emotions which disturb the rhythm of the body and generate the appearance of age.

No necessary task should be labeled menial, but should be performed to the best of our ability. Within us is a divine impulse to be perfect, and our activity is the channel through which this divine impulse is fed."

(The above was sent to a patient by his mother and we thought it worthy of passing on to you readers)

## *Church News*

Saturday morning, July 17, Rev. Willie K. ward 8 delivered a message - "The Perfect Day" to the patients on ward 12. The scripture used was the 4th chapter of Proverbs, the 18th verse. Rev. Willie talked about wisdom and understanding.

Catholic services were held in the MSH Auditorium last Sunday morning. The ministering priest was Father Roger Anderson of Ukiah. Catholic services are held every 3rd Sunday of the month in the main auditorium and every 3rd Thursday of the month in ward 12.

#### A MESSAGE FOR THE PRESENT DAY

##### PRAYER FOR THE U.S.

by Peter Marshall

Chaplain of the Senate

O God our Father, we pray that the people of America, who have made such progress in material things, may now seek to grow in spiritual understanding.

For we have improved means, but not improved ends. We have better ways of getting there, but we have no better places to go. We can save more time, but are not making any better use of the time we save.

We need Thy help to do something about the world's true problems -- the problem of lying, which is called propaganda; the problem of selfishness, which is called self-interest; the problem of greed, which is often called profit; the problem of license, disguising itself as liberty; the problem of lust, masquerading as love; the problem of materialism, the hook which is baited with security.

Hear our prayers, O Lord, for the spiritual understanding which is better than political wisdom, that we may see our problems for what they are. This we ask in Jesus' name. Amen. (S.F. Chronicle)

#### CHRISTIAN SCIENCE LESSON FOR SUNDAY

"Truth" is the subject of the Lesson-Sermon to be read in Christian Science churches on Sunday, July 25. The Golden Text is from Deuteronomy: "Ascribe ye greatness unto our God. He is the Rock, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he" (32:3,4).

The following citations are included in the sermon:

Psalms: "Shew me thy ways, O Lord; teach me thy paths. Lead me in thy truth, and teach me: for thou are the God of my salvation; on thee do I wait all the day" (25:4)

Mary Baker Eddy: "...Prayer, coupled with a ... desire to know and do the will of God, will bring us into all Truth" (p. 11).

# POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA Under the auspices of Dr. David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone, Clinical Director.

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J.M.S.....Asso. Editor  
"Woody" C.....Cartoonist

A non-profit project of the Occupational Therapy Department. Five cents per copy: Subscription by mail \$2.00 per year. Sent anywhere in the U.S.

*Editorial - by A.R.J.*

## 'THE ROAD AHEAD'

No one is immune from mental illness. Statistics prove that one out of every twenty of us who lead normal, routine lives will some day be a patient in a home or hospital for the mentally impaired. That's hard to "take", yet it's true. But let's not be discouraged. That which once was thought to be right and required centuries to do, cannot be undone in as little as a few months or a few years. The archaic belief, the outmoded idea that there is no hope for the mentally disordered mind, that recovery is an act of Providence is slowly but surely becoming evanescent.

With the recent addition of more hospital attendants, a larger medical staff, the teachings afforded employes by the MSH In-Service training classes and the keen, intelligent discernment of our doctors the road ahead to mass recovery and new hope for the mentally ill is straight and true.

## 'THUMBNAIL' BIOGRAPHIES

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

### DR. GERALD L. GOODSTONE

Dr. G. L. Goodstone, clinical director of Mendocino State Hospital since June, 1947, was born in Montreal, Canada in 1910 .... He attended schools in Montreal and McGill University 1932-36 where he received his M.D. degree .... The doctor served his internship at Cincinnati General Hospital .... From 1939 to 1947, with time out for the army, Dr. Goodstone was resident physician, assistant research psychiatrist and later senior research psychiatrist in the Department of Psychiatry of Syracuse University Medical School .... He was with the army from 1942 to 1946 serving 18 months with the 26th Field Hospital of the Persian Gulf Command and the balance of the time in various regional convalescent hospitals in the U.S.

.... He is also a member of the American Psychiatric Association and a diplomate of the American Board of Psychiatry and Neurology .... The clinical director was married in 1946 to Grace T. Mayham of New Jersey, a graduate of Syracuse University.

### TO 'BOOT' CAMP

Elwood F. Hachmann Jr., son of MSH Tin Shop Foreman Elwood Hachmann, was one of 40 from northern California who left July 7 to attend eight to eleven week "boot" camp at the U.S. Naval Training Center at San Diego.

### ANOTHER NEW CUSTOMER

Mattress Wright Floyd E., ward 15 subscribed to the Pomo News last week. The paper is to go to his mother, Mrs. H.R.E., San Rafael.

## THANKS, 'DOC'—

Doctor D. O. Prasser subscribed to the Pomo News last week.

But it wasn't the doctor's good name that moved us. Nor was it the two dollar bills he laid on the desk with, "I want to subscribe to your paper, fellows. I want to help you and a good thing along. Guess I really shoulda come in sooner."

No, "Doc", it wasn't either you or your money that caused us to blink back that sudden moisture in our eyes, made it kinda hard to swallow .... it was just that that happened to be the first time since we started up the paper that any one of the doctors had offered to subscribe. Guess we're just a couple of old "softies" but you'll never know, folks, how much easier our work's gone along since then ....

### HOW'S YOUR

## VOCABULARY?

We were short of space even with extra pages last week. Consequently this department "got the axe". How about sending in some suggestions next week? We don't like to do all the work. Try the following along your bicuspid. They were suggested by Editor A.R.T., incidentally: BE-GUILE'....(v.t.) To delude by guile

or craft; deceive. To deprive by guile; cheat. "Let no man beguile you of your reward." It is a word with several usages. It also means to charm; amuse; divert; as, "she beguiled the children with fairy tales." And again it may be defined as to while away; as, to "beguile the time with sleep."

EU-THEN'ICS....(n) The science aiming at the betterment of living conditions, through conscious endeavor, in order to secure efficient human beings. "Euthenics" deals with race improvement through environment; "eugenics", through heredity.