

Pomo News

PUBLISHED EVERY TUESDAY IN THE INTERESTS OF THE PATIENTS OF
MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA

Vol. 1 No. 12

5¢ a copy

July 27, 1948

A CLINIC IS BORN

This month marks the birth of the Sacramento Mental Hygiene Clinic, according to Hazel Nyström, senior psychiatric social worker whose headquarters are in the capital city.

Dr. Sydney Green, Sacramento physician, heads the clinic's staff of 2 psychiatrists, 1 psychologist and 3 psychiatric social workers. Their present headquarters are at 26 and W streets but they move to a permanent location at 21 and N sts. in about 30 days.

It has been reported that the clinic, which will attend the medical wants of adults and children in the Sacramento area, will soon take on the services of Dr. Joseph Harris, psychiatrist, who was a member of the medical staff of Mendocino state hospital for several months in 1946.

AUTHORITY HERE

Dr Lawrence Kolb, authority and deputy medical director from Sacramento, is a guest at MSH Mon. through Wed.

NEW COAT OF PAINT FOR MATRONS OFFICE

The Matron's office in the administration building underwent a "beauty treatment" last week.

A crew of painters were busy four consecutive days - Tuesday through Friday - redecorating the interior of Mrs. Edith Ray's headquarters in a beige and eggshell color scheme that is utterly feminine and should be the cause of Mrs. Ray's heart palpitating a mite faster upon her return to duty August 1. She left on vacation July 15.

During Mrs. Ray's absence, Assistant Matron, Mrs. Royce Vickery is ably filling the place of Matron.

2ND CHAMP FOR 'HANK'

Excerpts from a letter received by H.A. Fanslow, MSH dairy manager, from Holstein-Friesian Association of America, follow:

"We are indeed happy to enclose final credits on Mendocino Meg Faynette No. 2466477 who has completed the following great record *** This is the highest butterfat record that has ever been recorded for a four year old in classification 3X *** The cow had 21 official test periods and 9 different supervisors were employed in the conduct of the test *** It is a most phenomenal record. Please accept our heartiest congratulations.-- (Signed) Leo R. Blanding Sup't., A.R.O."

Mendocino Meg Faynette is the second (Cont. pg. 7)

AMUSEMENT FUND A WEE BIT BIGGER THAN BEFORE

MSH cigarette dispensers "paid off" last Thursday, July 20 to the tune (wotta pretty tune!) of two dollars and eighty-three cents (\$2.83).

That sum represents the net profit accorded the Patients' Amusement Fund since the placement of the tobacco machines July 3 - one in the administration building lobby, the other, close by the main kitchen entrance in the tunnel in the same building.

The upstairs lobby dispenser vended only 96 packs as compared to 187 "20's" emitted by the mechanical salesman down below. Add 'em up....

It's not very much, we'll agree. But, it's two hundred eighty-three "coppers" more than we had in the patients' till this time last month -- it's almost three dollars more than we'd have had if Superintendent D. B. Williams had said "no" to the Pomo News' request that they be installed.

Jerry Lavell, who has spent the past two weeks with his father, Jack

Lavell, MSH conditioned reflex affiliate, returned Monday, July

A. A. CONFAB

A meeting Sunday, July 25 in the MSH auditorium of the Santa Rosa chapter of Alcoholics Anonymous with alcoholic patients here adjourned about 7:30 p.m.

Walt. presided over the assembly and was later relieved of emcee duty by Clarence who elaborated on the theory and practice attendant A.A.'s fifth "step".

Gail presented steps six and seven but all the Santa Rosa A.A. representatives discussed the eleventh phase of the program. Suggestions relative to drinking were entered and questions and answers concerning A.A.'s start (Cont. on page 6)

19 to Seattle where he attends school.

WILLIE COMES THROUGH

The Pomo News is now the proud possessor of an office clock. The Rev. Willie K., ward 8 resident and current helper at the home of Superintendent and Mrs. D.B. Williams, fulfilled a long cherished hope of the staff's, last week, that someone would emulate the charity worker's urge-to-give (although no "drive" is in progress) and come across with a tik-tok for their quarters in the Ad. building. For such thoughtfulness and consideration, Rev. Willie, our deepest thanks. -- (Signed) The Staff.
P.S. - It's electric, too!

**DR WILLIAMS SAYS:**

I was in Sacramento last Wednesday, July 14, as was Doctor Green and J.J. Garvey, business manager, and was told that the prefabricated quonset huts that we've been planning so much on are unavailable. There isn't any more to be had. I hate this just as much as you patients do. But every cloud has a silver lining ... Mr. Garvey now has plans given him by state architects for the construction soon of two buildings; one to house all the MSH nurses and technicians, the other to provide a roof over a patients' canteen, a recreation hall, and library. So we're not in such a bad way, after all.

In order to guarantee the erection of these two buildings (mentioned above) at the earliest possible date the hospital has requested from the Public Works Board a revision of priorities on building construction. If this goes through we won't have to wait long on the convenience of additional space for hospital facilities that have long been needed.

The first meeting of a planning committee for the maximum security state hospital to be built one mile outside Atascadero, a small California town, was held in Sacramento the same day I was there (Wednesday). I happen to be a member of the committee and plans as to what type of patients are to be sent there, what style of buildings are to house patients, etc. were gone into thoroughly.

Dr. Lawrence Kolb, deputy medical director from Sacramento, came yesterday, July 26. While the doctor is here I intend to discuss with him plans for printing the hospital paper. Where or when this will come about more or less hinges on the outcome of our talk. Printing the Pomo News will do away with a lot of unnecessary work and, comparatively speaking, be cheaper in the long run. If, for instance, we can arrange to have it printed at San Quentin, California the cost of its publication will be practically negligible. Think about all we'd be out would be the expense of the paper.

Dr. Joseph K. Orr and his family were here visiting us Tuesday and Wednesday, and Thursday of last week. As you read in last week's Pomo News Dr. Orr is to be one of us after August 1 and will occupy Cottage 2 on "Medical Row" which was just recently vacated by Dr. and Mrs. Schramm who are now in Cottage 7. That's all ... I'm going fishing.

TO THE PATIENTS

The Pomo News invites suggestions for the improvement of the paper. It is your paper. What do you like about it? What do you dislike about it? What can we add to make it more readable and interesting? Stop in our office, number 9 in the administration building, or write us. Possibly we can use your suggestions.

NEW DOORS FINISH JOB

Two mesh wire doors, sturdily constructed, were set in place and hinged last week by Joe Addor, MSH carpenter shop foreman, completing the recent start of construction of a brick and stucco receptacle for ward 9's refuse and swill.

Before the structure came into being, unsightly garbage cans met the eye of passers-by upon entering the hospital grounds and abolition of the (Cont. on page 7)

JOIN THE
ROYAL FAMILY

SEE THE NEW ROYAL
TYPEWRITERS IN OUR
STORE

Empire

OFFICE MACHINES CO.
325 N. State Ukiah
Phone 144

≡ TUNNEL ECHOES ≡

THE "HEAD" APPEARING in the July 13 Patton Progress, "Employee Gives 40 Books To Library" topping this news story: " *** Contributions to the Patton state hospital library from various sources during July totaled 2172 magazines and 150 books" probably makes MSH patients' mouth water for a teenie-weenie one of their own PRONOUNCED REASONS for the "new look" about MSH Sup't. Williams' (Cont'd. pg. 3)

TUNNEL ECHOES (Cont. from pg. 2) residence is prob'ly the addition of two more patients from ward 8; namely, Terry E.M. (Yeh, he's a Mick) from New York and Ed F.G., a habitant of California the past 68 summers BLESSED (BOW) EVENTS (WOW!) to come concern Snafu and Susie, pet canines of Supt. and Mrs. Williams. Snafu's struttin' 'cause Susie's "expectin'" GCG, BETTER KNOWN as George C.G., ward 8, is taking care of Business Manager and Mrs. J.J. Garvey's homestead now. George used to work at "hydro" for Joe Brennan. If he tends the Garvey's lawn as meticulously as he spic-and-spanned ward 9 lobby each morning Mr. and Mrs. G. won't be looking for a caretaker for a long, long time JIM E. H. IS becoming a past master at culinary art; his most recent treat while working about the Psychiatrist Ruth L. Green abode was some homemade jelly last Saturday "WHEN A MAN IS WELL enough and if his removal to another ward is compatible with the legal aspects of his case, he will be transferred to a more open ward," declared Dr. E.L. Lochen last week when queried as to his reason for the increased number of patient transfers from ward 12 to less confining wards the past 30 days which has resulted in a record population "low" for "12". This move on the part of Dr. Lochen, former Army Colonel, is definitely complementary to the expression, "things are looking up at MSH" 'Twas 106 DEGREES HOT officially at MSH at 3 p.m. Wednesday, July 14, case you weren't enlightened. And it went up a "pint" three hours later (yep, same day). And it's so, tis, cause Pete Carmichael told 'feller 'twas POMO NEWS SAYS: "Thanks, Mr. Lowe's Electric Shop for some mighty fast, efficient service on an office floor plug order, recently. Bob Guidi "homer'd" in and out so fast we had to check up to see if he'd been there AN EMPLOYEE DROPPED BY couple evenings ago and again the cry of "Why haven't we a choir?" rent the air. It's really needed here at the hospital. And a group of mixed voices would be of incalculable value to church services in the MSH auditorium Sundays MEL PERRINE, hospital kitchen cook, winged his way eastward from S.F. to Kansas City, Mo. week ago yesterday (Monday). Mel's father was reported seriously sick. He's returning by rail ALTHOUGH WE APPEAR to object, "Chief" Walden's indignant insistence that he massage our palms with a five cent piece in return for a copy of the paper each Tuesday never fails to leave us with that "Chee, wotta guy!" glow in the pit of our tummies WHASSAMATTA WITH the big

(Cont. on page 7)

AMONG OUR EMPLOYEES



SUBSCRIBES FOR A YEAR

A letter in last Friday's mail enclosed two dollars for subscription to the Pomo News for a year from Harry F. Johnson, ward 8 charge attendant. The paper will be sent to his rural route home in Ukiah.

Harry and Mrs. Evelyn Johnson, charge attendant ward E both began their 3 weeks vacations last Friday, July 23. Mrs. Coffey will be in charge of ward 8 pro tem, during Harry's absence. Gus Lawrence, MSH attendant frequently assigned to "8" left a week ago today, July 20 for a 30 day respite from duty.

HERE FROM DENVER

Dr. Russell Simpson, psychiatrist from Denver, Colorado was a guest at the home of Dr. and Mrs. Donald O. Prasser last Wednesday, July 21. Dr. Simpson is a native son and a former student of Stanford University at Palo Alto. He came to the west coast recently for a visit with his parents.

HIS FIRST RESPITE

W. H. Moore, MSH attendant since last November, rated his initial vacation last Friday, July 23. He will spend his leave with his sister in Palo Alto.

HIS VACATION PROFITABLE

Tom A. Giles, MSH assistant supervisor, has been on vacation since July 3. He returns to the hospital Friday, July 30. Mr. Giles has been spending his vacation building a new house in Ukiah.

TO BE GONE TWO WEEKS

Mrs. Laura Sanford, night attendant on ward E and sister-in-law of Mrs. Mary Sanford, PDR charge, started off on her two weeks vacation last Thursday, July 22 in proper style, so far as the Pomo News is concerned by subscribing to the paper before she left.

Mrs. Sanford with her aunt, Mrs. Katherine Ross, who lives in Richmond, California, goes to Scotia (this side of Eureka) for four days, then to the Richmond home of her aunt for a few days stay and, finally, to her home in Ukiah for the balance of her vacation.

'CATCH' NETS 30 POUNDS

Doctors D.B. Williams and E.L. Lochen and 'Frauen' with Gordon McWhirter, San Francisco psychiatric social worker went fishing last Friday, July 23. The quintet drove to Juan Creek and returned the following night with 30 pounds of surf fish.

without following the exact measurements you gave. Here 'tis:



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

TINKER, TINKER, LITTLE PAN

Edward B., ward 2, says that "Thursday our pot and pans came back from the repair department." Evidently there must be a deep "tinker" somewhere among the hospital personnel.

HAS NICE HANDWRITING

Paul C., of ward 14 writes "Dear Editor: I want to thank you for the Pomo News. I believe I should say for "our paper," because I believe you intend it to be for the good of the patients. Like many other people, I have believed for a long time that we needed something. It surely seems to me that its going to be better than several other things put together, for all who are able to think, and who take an interest in thinking. It is going to be an outlet for the mind and that is what folks need anywhere. It opens the way for us to speak of others as well as ourselves, for the good of all the patients who like to read. And I don't believe that freedom of thought ever hurt anybody" so ends Paul C.'s letter. Ed. note: "a mirror of the mind" is exactly what this paper was intended for, Paul. Dr. Williams had the foresight to see the benefits of a hospital newspaper -- hence, the Pomo News.

LOTS OF RELATIVES

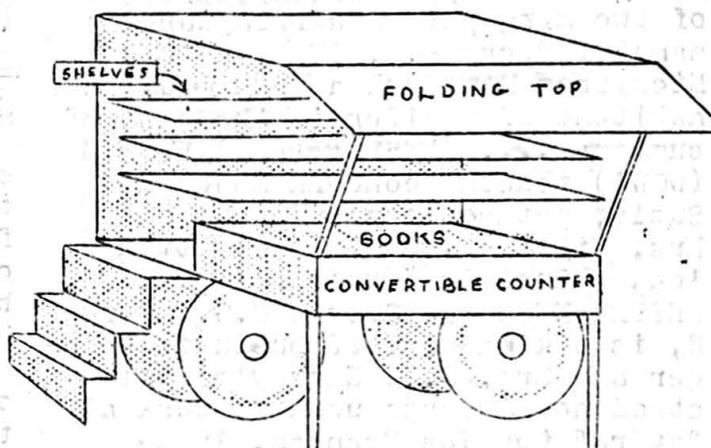
Henry Leon H., ward 3, contributes a few thoughts about kinfolk. He claims that besides his aunt he has three sisters, two brothers and a cousin from Philadelphia, Pa.

WINIFRED'S BRIEFS

From ward D., Winifred sends us news of Elsie O.D.'s brother and sister-in-law, from San Francisco, who visited her recently. They brought a big box of candy along which she shared with her friends. General ward cleaning has just been completed. "We enjoy so much the beautiful flowers sent us from the greenhouse the rich and varied colored snapdragons, "endeth Winifred.

A.B.A. SUBMITS DRAWING

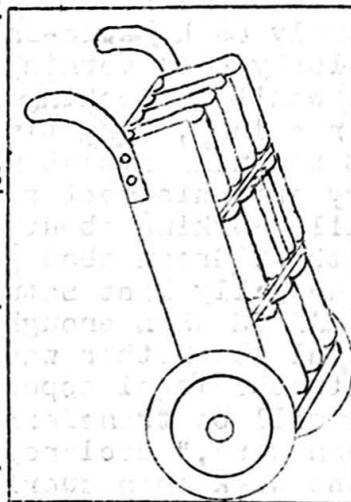
A.D.A.'s sketch of an MSH library mobile unit suggests a simple way of solving our library problem. (Ed. note: Thanks for your idea, A. B. A. We have tried to picture the spirit of your sketch



however, we suggest something simpler such as this: →

LIKES THE MOVIES

Mildred W., ward K has been devoting her time to the cinema reviews and has found that out of fifty-three of the last motion picture releases only six have been musical comedies We need more of them," she says "The Late George Apley" was especially good, according to Mildred but she feels that we need more like "Melody Time" (a Walt Disney), "Summer Holiday" (Bing Crosby), "Romance On The High Seas", etc. Miss Mildred lists many more musical hits and sketches them attractively on the back of her contribution for this week.



SAYS SHE'S BEING HELPED

Follows excerpts from communication via the written word from Pearl M., ward D: "Your paper is growing by leaps and bounds *** I look forward to each issue every Tuesday *** I feel my convalescence is markedly improved *** and the doctors are so willing to help us and I am doing my very best to help myself. *** The horizon would be dark indeed for me without the doctors' help and ward D's excellent management. Our ward personnel is 100% humane to all of us housed here *** and the Pomo News is 'fair enough' to help me brush a few cobwebs from my brain, to help me help myself by publishing my contributions."

COUPLE OF ODDS 'N ENDS

Robert C., ward 12, submits a song, an "original" entitled, "I'll Give A Million For You." The words are nice, the title's nice but how's about some music to go with it; Bob? A rather detailed message from Frances L. C. in the MAIL BAG this week but ward identification wasn't legible enough.

MAIL BAG (Cont'd from pg.4)

A poem "in the Chinese manner" is another contribution from Frances L.C., ward I this week And a bit of praise for the abilities and the goodness of Superintendent Williams is emitted from the pen of Florence B., ward C Louis S. passes along the word that MSH wards' toilet room floors be kept tidier, "more picked up" by patients. "Food scraps and such on the floor overnight attract ants, hundreds, thousands of them!" exclaims Louis. And he's SO right....

NOT WHAT WE DO, BUT HOW WE DO IT, FRIEDA.

A welcome note to this department from Frieda S. on ward E: "I read what a hard time it is to put out the newspaper and a press would be nice like Patton has, only this institution is 'harder up' than those down south *** I like good work. I work hard myself most every day in the vegetable room fixing vegetables for all us patients *** I help in the dining room on 'E' when special things come, I help in the clothes room and have to remember what each patient needs. I try to please each patient so as not to have too much trouble. I try to give each one the sugar as they like it, run errands and other small chores *** Oh, yes, I almost forgot: I water the garden once in a while; clean, feed and water the cats *** it all actually keeps me running most of the time."



SOCIAL WORKER HERE 3 DAYS

Mendocino state hospital was the "office" of Hazel Nystrom, Sacramento psychiatric social worker, last Thursday through Saturday, July 22-23-24.

Miss Nystrom spent the three days here arranging for the transfer of hospital patients to "family care homes" throughout the state. Following their release from the institution to one of such "homes" those transferred are generally referred to as "out-patients".

-- Pleased With Action --

The senior social worker was pleased with action taken in the past by hospital personnel regarding allocation of patients after release. She cites below the gratifying results typical of an out-patient's progress while under state social workers' care and supervision following his release from MSH about two and a half months ago. Says Miss Nystrom: (Cont'd. on pg.7)

Church News

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, alternately. Last Sunday, July 25, Rev. Lindemann served at ward 12.

* * *

C. Stern of the Jewish Committee for Personal Service in State Institutions visits the hospital once every three months.

* * *

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, of Ukiah.

* * *

Rev. Martin Russert, Lutheran minister newly arrived in Ukiah to minister at the Faith Lutheran Church there, holds services every 3rd Wednesday of the month at 1:30 p.m. in auditorium and in ward 12 immediately afterwards.

* * *

"Love" is the subject of the Lesson-Sermon to be read in Christian Science churches on Sunday, August 1, with the Golden Text from 1 John: "We have known and believed the love that God hath to us. God is love; and he that dwelleth in love, dwelleth in God, and God in him" (4:16).

* * *

Saturday morning, July 24, Rev. Willie K. held a service on ward 12. The scripture was taken from the 2nd chapter of Luke. The 7th verse is where he found his text, "And wrapped him in swaddling clothes, and laid him in a manger; because there was no room in the inn." And the closing prayer was, "May God bless my family, relatives and friends."

WANTS PAPER SENT TO MEXICO

"Please ask the Hospital Office to deduct from my account two dollars (\$2.00) for a years subscription to the Pomo News," requests H.R. Jr., ward 12 via the paper's Mail Bag department. He further instructs that it be sent his father in Mexico, D.F., Mexico.

HER DAUGHTER HERE

Mrs. Emma S., ward M had callers last Friday, July 23. Her daughter, Mrs. Louise Osburn and husband, recently arrived from Alaska, paid her a visit en route to their new home in San Bernardino.

Subscribe to the Pomo News! Send it home. Only \$2.00 a year.

VISITS BROTHER, EUGENE

While here visiting her brother, Eugene Z., ward 14, last Saturday and Sunday, July 24-25, Mrs. E.H. Lindsey, of Colma was a visitor at the Pomo News office and subscribed to the hospital paper for a year. She and Mr. Lindsey drove to MSH Saturday and returned home the following day.

"The sun feels so good," declared Mrs. Lindsey, "I almost dread going back home. It has been so foggy, cold and rainy there lately. I never did like San Francisco, anyway."

ADMISSIONS - DISCHARGES

MSH last week released 22 patients and received 22 new ones.

A WRENCHED ANKLE
NECESSITATES CAST

Hugh S., ward 8 resident and helping hander at the Dr. L.G. McKeever domicile, suffered a severely sprained ankle while playing in an a.m. ward 15 - Blues softball game July 17. The limb, swollen and painful to the touch was placed in a plaster paris cast last Wednesday, July 21 by ward 8 Doctor McKeever (Hugh's boss) after the swelling and inflammation had subsided sufficiently to warrant the ankle's enclosure.

There is no more pain, Hugh told friends, but the crutches will be an unwelcome but necessary companion for at least another three weeks.

ART CONTEST

The winning sketch of the week is submitted by "Chief" P. ward 8 who has a finished pencil style and would like to get into oils. We have his original pencil sketches in the Pomo News office on display. Come in if you would like to see them.



Pomo News - \$2.00 a year - 6 mo. \$1.

PSYCHOTHERAPY

THE MIND IN THE MAKING

The size of the group of MSH patients interested in the defeat of alcoholism has somewhat diminished. Anyone wishing to join MSH's "group therapy alcoholic round tables" should consult their ward doctor and tell him they wish to attend. The discussion Monday, July 26, was on "how to overcome the unfavorable position a patient was placed in when applying for a job after being confined and discharged as an acknowledged alcoholic from the hospital."

Matters relative to a patient's adjustment to the outside after his release from an institution such as MSH were discussed, also.

The gathering was presided over by Dr. L. G. McKeever in lieu of the absence of Dr. G. L. Goodstone, clinical director on vacation.

The meetings are held in the Reading Room of ward 9 Monday and Thursday of each week, at 3 p.m.

A.A. CONFAB (Cont. from page 1) and growth took up most of the hour and a half the Santa Rosans were here. Patients should attend the meeting next Sunday, August 1 at 6 p.m. in the auditorium.

COMFORTABLY SETTLED

A visit to the home of Dr. and Mrs. Marcus Schramm July 26 netted a Pomo News reporter the opportunity of seeing a few of Mrs. Schramm's approximately 50 oil paintings hung about their newly occupied quarters at Cottage No. 7. Nine landscapes, seascapes and still lifes grace their walls and command the immediate attention of the most unsuspecting.

The doctor voiced his appreciation at the attention given the readying of their new residence by J.J. Garvey, business manager and Marion Frietas, mattress shop charge prior to their moving in. "They've both been especially generous with their time and effort to see us comfortably settled," said Dr. Schramm.

Cottage No. 2 which the Schramms vacated last week is, reportedly, to undergo redecoration inside and out before the arrival of Dr. and Mrs. Joseph K. Orr and family from Vallejo who will occupy it beginning Aug. 1.

Out-of-state visitors to MSH Monday, July 26 included Verne Myers of Portland Ore. who visited his

brother, Eldon M. at ward 8.

~FLASH~
CAMERAS
AS LOW AS \$15.00
PERRY'S PHOTO SUPPLIES
E. Stanley, Ukiah
Phone 174-J
"Take 'em when you want 'em!"

SPORTS

HALVE SERIES



"That's the best game I've seen since I've been at MSH," was the remark of Bob B., ward 8 baseball enthusiast at the end of the Hawaiian Air Force - Sluggers diamond fest last Sunday afternoon, July 25.

After twelve innings of nip 'n tuck tactics on the part of the 18 men participating in the final phase of a 2 game series staged over the week-end, the lads from Hawaii "broke the tape" in a last desperate spurt but one run ahead of their rivals.

Especial credit must be tendered the Sluggers' Ernie Mosna who whirled the sphere atop the mound from start to finish of the contest and Bob Guidi who was exceptionally adept at gloving flies. Talmage showed the way with a 4-2 lead over the Pilots during the initial innings of the game and not once did Foggy Ottosen's boys relax their advantage over the visitors. But despite the Talmage nine's determination the final count on the score-board Sunday read 5-4, visitors leading. The Sluggers' 6-2 win the day before halved the series.

TUNNEL ECHOES (Cont. from pg. 3) hospital clock? has been frequent interrogation of patients lately. Recent check ups reveal reason for Old Ben's brief respites from duty is that he's "run down". We'd probably be, too if we'd been "running" as long as he has - since 1901 "I LIKE IT HERE," says Dr. Ruth L. Green, Office #7, Ad. Bldg. "I've been around other hospitals some, not much, but some. And you'll not find more congenial 'peoples' on hospital staffs than you've got right here" W.A. ELLIOTT, MSH Occupational Therapist, still needs patients for his recently begun ceramics project in the Industrial Shop. John K., ward 15 mechanic, completed a new pottery wheel in the hospital machine shop couple weeks ago that won't wobble like the old one did, causing irregularities in vase and bowl surfaces. "We've got the 'mud' (clay) said Mr. E.

THE TALMAGE STORE

VARIETY OF
HOT WEATHER FOODS

TASTY LUNCH MEATS

Phone:
246-J



TALMAGE, CALIF.

Magazines
Fountain
Dry Goods
Vegetables

SOCIAL WORKER HERE (Cont. fr. pg. 5)

"Antonio B. has been given a tract of land to do with as he pleases ... on Wednesdays he goes to auctions and sells his vegetables. He won a prize at the Galt Fair with some of his vegetables recently. Needless to say, you can find Antonio in his garden from early morning until late at night."

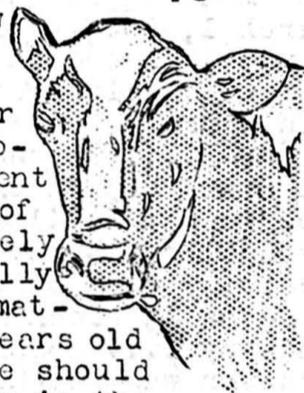
-- Melting Pot --

"*** We have a family care home near Galt that is becoming an 'International House'. The caretaker speaks English, Spanish, Italian, Portuguese and Filipino dialect. We have one Mexican patient in this home, and 2 Italian patients. Next week another Mexican and 2 Filipinos will be there and we are sure that everyone will get along well together."

Miss Nystrom has been a social worker since 1926. 115 out-patients are under her supervision and she cares for 25 homes about the state. She subscribed to the Pomo News before leaving.

2ND CHAMP FOR 'HANK' (From pg. 1)

record breaking cow developed in the past 11 months at the MSH dairy, under "Hank" Fanslow's supervision. Her present weight at the age of four is approximately 1600 pounds. Normally cows do not reach maturity until five years old so "Meg's" poundage should increase noticeably in the next 12 months. Her mother and 3 sisters are equally valuable members of the hospital herd.



The first world's champion at the MSH dairy attracting widespread attention was Mendocino Annette Star, first part of this year. Freshening at 2 years, 5 days old, this particular bovine completed a record of 3 time milking of 26,940 pounds of milk and 269.3 pounds of butterfat in 365 days and was with calf five months of the time consumed establishing the record.

-- Was Champ, Too --

This feat of Annette's instituted a new national and world championship production record for both milk and butterfat in the junior 2 year old class of the 3 time milking division.

The previous United States record in this class was formerly held by Miss Triune Julia Duchess with a smash score of 857.1 pounds of butterfat and was bred and developed by E.E. Freeman of Modesto, Calif.

NEW DOORS (Continued from page 2) unnecessary eyesore was suggested by Pomo News some time back.

Through the efforts of Mason E.J. Veronda, and Carpenter Joe Addor, ward 9's backyard how has an appearance more befitting a hospital.

SPORTS

HALVE SERIES



"That's the best game I've seen since I've been at MSH," was the remark of Bob B., ward 8 baseball enthusiast at the end of the Hawaiian Air Force - Sluggers diamond fest last Sunday afternoon, July 25.

After twelve innings of nip 'n tuck tactics on the part of the 18 men participating in the final phase of a 2 game series staged over the week-end, the lads from Hawaii "broke the tape" in a last desperate spurt but one run ahead of their rivals.

Especial credit must be tendered the Sluggers' Ernie Mosna who whirled the sphere atop the mound from start to finish of the contest and Bob Guidi who was exceptionally adept at gloving flies. Talmage showed the way with a 4-2 lead over the Pilots during the initial innings of the game and not once did Foggy Ottosen's boys relax their advantage over the visitors. But despite the Talmage nine's determination the final count on the score-board Sunday read 5-4, visitors leading. The Sluggers' 6-2 win the day before halved the series.

TUNNEL ECHOES (Cont. from pg. 3) hospital clock? has been frequent interrogation of patients lately. Recent check ups reveal reason for Old Ben's brief respites from duty is that he's "run down". We'd probably be, too if we'd been "running" as long as he has - since 1901 "I LIKE IT HERE," says Dr. Ruth L. Green, Office #7, Ad. Bldg. "I've been around other hospitals some, - not much, but some. And you'll not find more congenial 'peoples' on hospital staffs than you've got right here" W.A. ELLIOTT, MSH Occupational Therapist, still needs patients for his recently begun ceramics project in the Industrial Shop. John K., ward 15 mechanic, completed a new pottery wheel in the hospital machine shop couple weeks ago that won't wobble like the old one did, causing irregularities in vase and bowl surfaces. "We've got the 'mud' (clay) said Mr. E.

THE TALMAGE STORE

VARIETY OF
HOT WEATHER FOODS

TASTY LUNCH MEATS

Phone:
246-J



TALMAGE, CALIF.

Magazines
Fountain
Dry Goods
Vegetables

SOCIAL WORKER HERE (Cont. fr. pg. 5)

"Antonio B. has been given a tract of land to do with as he pleases ... on Wednesdays he goes to auctions and sells his vegetables. He won a prize at the Galt Fair with some of his vegetables recently. Needless to say, you can find Antonio in his garden from early morning until late at night."

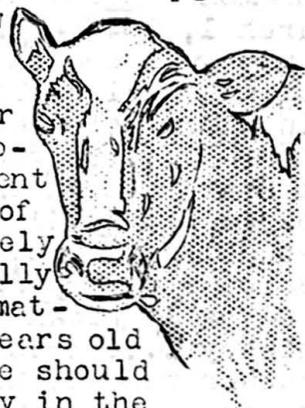
-- Melting Pot --

"*** We have a family care home near Galt that is becoming an 'International House'. The caretaker speaks English, Spanish, Italian, Portuguese and Filipino dialect. We have one Mexican patient in this home, and 2 Italian patients. Next week another Mexican and 2 Filipinos will be there and we are sure that everyone will get along well together."

Miss Nystrom has been a social worker since 1926. 115 out-patients are under her supervision and she cares for 25 homes about the state. She subscribed to the Pomo News before leaving.

2ND CHAMP FOR 'HANK' (From pg. 1)

record breaking cow developed in the past 11 months at the MSH dairy, under "Hank" Fanslow's supervision. Her present weight at the age of four is approximately 1600 pounds. Normally cows do not reach maturity until five years old so "Meg's" poundage should increase noticeably in the next 12 months. Her mother and 3 sisters are equally valuable members of the hospital herd.



The first world's champion at the MSH dairy attracting widespread attention was Mendocino Annette Star, first part of this year. Freshening at 2 years, 5 days old, this particular bovine completed a record of 3 time milking of 26,940 pounds of milk and 269.3 pounds of butterfat in 365 days and was with calf five months of the time consumed establishing the record.

-- Was Champ, Too --

This feat of Annette's instituted a new national and world championship production record for both milk and butterfat in the junior 2 year old class of the 3 time milking division.

The previous United States record in this class was formerly held by Miss Triune Julia Duchess with a smash score of 857.1 pounds of butterfat and was bred and developed by E.E. Freeman of Modesto, Calif.

NEW DOORS (Continued from page 2) unnecessary eyesore was suggested by Pomo News some time back.

Through the efforts of Mason E.J. Veronda, and Carpenter Joe Addor, ward 9's backyard how has an appearance more befitting a hospital.

POMO NEWS

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

Supervised by Dr. Gerald Goodstone, Clinical Director.

A.R. "Trip".....Editor
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.

'THUMBNAIL' BIOGRAPHIES

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

DR. DONALD O. PRASSER

Dr. Donald O. Prasser, on the MSH medical staff since March 1, 1948. Born in Milwaukee, Wisconsin in 1911 Attended University of Wisconsin where he received his M.D. degree Served internship at State of Wisconsin general hospital in 1941 1 year medical residency in internal medicine under Dr. H. Reese, head of American Board of Psychiatry 1942 to 1946 Dr. Prasser was psychiatrist in the army at evacuation hospitals in New Guinea, Leyte, and Luzon. While there was under Dr. Franklin G. Ebaugh, psychiatric consultant head, Pacific operations under McArthur Saw action in Leyte and Luzon D day operations (4 hours after assault) at Pancake Hill in New Guinea work was carried on in spite of ammunition dumps afire and when the doctor left theatre of operations was consultant psychiatrist for the hospital unit including 1000 beds

In Japan Dr. Ebaugh asked him to come to his Colorado Psychiatric Hospital, Denver, Colorado after army release in 1946 Dr. Prasser spent 20 months in Denver before coming to California and MSH Is eligible to the American Board of Psychiatry in October Married in 1943 to Dorothy L. Gill of Madison, Wisconsin, University of Wisconsin graduate and home economics student, and teacher, Racine high school Dr. has one son, Roger Michael, 3 and Linda Jean, 15 months.

Editorial - by A. R. J.

ENCOURAGING

With the increasing cost of state Department of Mental Hygiene maintenance, state officials are beginning to realize that "a stitch in time saves nine".

The problem of how to speed mental patients' recovery has harassed department heads for some time. But, at last, it looks as if a satisfactory solution has been found by the addition of more psychiatrists and medical men to state hospital staffs.

Benefits from the accretion will be manifold. The results will mean a more rapid turnover of patients, an inflation of state payrolls and a startling reduction in the number of patients harbored in mental institutions throughout California.

ATTEST THEIR SINCERITY

The Pomo News is about a week or so late thanking Mrs. D.B. Williams, MSH superintendent's wife, for her remembrance of ward patients via the literary route. Mrs. Williams sent a big bundle of first rate novels (standard size) and a stack of popular magazines to the Pomo News office, recently. They will be distributed to ward 12 and other patient departments by E.R. Stilwell and Marcus and A.L.W., his two helpers in the Marking Room.

-- Anonymous Donor --

There's another thoughtful reader, young, blonde and pretty working in the MSH clinical office who requests that no mention of her name be made regarding the benevolence of her and her husband in this respect. The couple unloaded a veritable newstand of popular publications last week and SOS'd us for help to cart same up the hospital's steps. Their contribution will be sent to the wards, also.

-- By Mail --

And Mrs. Wm. L. Maxwell, Paola, Kansas enclosed two books, "Life of Christ" by Giovanni Papini and "My Ten Years In A Quandry" by the late Robert Benchley in a package sent a patient last week which she labeled "for the hospital library". They, too will be made available to patients by the last of this week. And, thanks, Switchboard Operators for your magazines and digests for the convalescents here!

HE'S LOOKING FOR NEWS

Eldon "Duke" R., ward 8 patient who makes his home in San Francisco, is helping out on the Pomo News. Duke started to work last Saturday. Readers' cooperation with him regarding news items for the paper will be appreciated.