

Pomo News

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

Vol. 1 No. 13

August 3, 1948

5¢ per copy

NEW DENTAL X-RAY INSTALLED THURSDAY

Too late for last week's issue came the news of the arrival July 27 at ward 9 of a new dental X-Ray machine.

The equipment, costing about \$1300, will greatly augment the modern dental furnishings now at the disposal of Dr. Donald A. Frost, MSH dentist. It was assembled and installed last Thursday, July 29 in Bert Sandkulla's X-Ray laboratory.

See the Pomo News bulletin board in the administration building tunnel where a photograph of the new instrument has been posted.

GUEST HERE

MSH was host to several distinguished visitors last week.

Included in the list of representatives from California's state capital was the name of Mrs. Katherine M. Steele, R.N.

Mrs. Steele arrived at the institution last Tuesday, July 27 and before leaving the following Friday, July 30 was gracious enough to address a communication to the Pomo News pertinent to her brief stay here. Her letter follows:

"It is very kind of you to think of asking
(Cont'd. pg. 4)

HER VISIT HELPFUL

Lots of nice things, lots of good things have happened to materially affect the patients here at MSH in years past.

But too few are the occasions benefiting the patients' morale like Dora Shaw Heffner's presence at the hospital last Tuesday and Wednesday, July 27 and 28.

Thank you, Mrs. Heffner for being one of us, if only for a few days. And thanks, too, from Superintendent Williams, for your acute concern with affairs so vital to the patients' welfare.

DR. BRAMKAMP GOES TO WARD 8 PRO TEM

As of yesterday, August 2, Assistant Superintendent R.G. Bramkamp will be in charge of ward 8 until the ward's regular charge doctor, L.G. McKeever returns from vacation sometime the last of this month.

Dr. and Mrs. McKeever have no definite plans in mind for their holidays but contemplate "a few short trips within a radius of a couple hundred miles."

CANNERY GETS NEW CHAIRS FOR WORKERS

Business Manager J.J. Garvey reported the arrival, last week, of 35 new adjustable metal chairs for the use and convenience of female help at the MSH cannery.

The chairs are well made; all metal with adjustable backs and legs including rungs to help rest the feet and legs of the workers. The backs can be adjusted to the occupants comfort and the legs can be raised or
(Cont'd. pg. 4)

BITTICKS ARRIVE MSH FROM ORANGE COUNTY

Doctor Paul Bittick Jr., of Santa Ana, who became a member of the MSH medical staff August 1 is sharing room No. 7, the office of Dr. Ruth L. Green in
(Cont'd. pg. 4)

MSH HEADS OKAY POMO NEWS AID

Hospital matters, the coming budget, particulars anent the approaching session of the state legislature; the practicality and the feasibility of printing the Pomo News, official organ of the Mendocino state hospital—all were topics of discussion at an MSH Board of Trustees meeting at the home of Superintendent D. B. Williams last Tuesday night, July 27.

The hospital Board acts only in an advisory capacity so far as institutional affairs are concerned. Its five members are
(Cont'd. pg. 7)

ORRS MAKE COTTAGE 2 THEIR HOME HERE

Dr. Joseph K. Orr, who has been practicing surgery at Vallejo, California became a member of the medical staff of MSH August 1 and is located in Room 3, administration building.

Dr. Orr was born in Harrisville, Pennsylvania in 1910 and is a graduate of the University of Nebraska Medical School.

The doctor, his wife and family, Murray Margaret, 12, Jo Anne, 8, and Joseph Thomas, 6 have taken up residence here in Cottage 2, Medical Row.

MARK EGLIN DIES

MSH Employee Mark Eglin succumbed to a heart attack last Saturday evening, July 31 at his home in Ukiah.

Mr. Eglin, about 60, had worked at the hospital laundry approximately 15 years.

REPRIMANDS 'PRESS'

"For some mysterious reason credit hasn't been given where credit was due," complained Mrs. E.L. Lochen to a "News" reporter, last Sunday. "I've been along both times the Doctor went to Juan creek surf fishing," she said, "and not once have I been credited with catching a single fish in news items about our expeditions the truth is, I hooked the bulk of every catch!"

HEIGHT OF SEASON BUZZ AT CANNERY

Last Thursday, July 29 "Duke" R., ward 8 took a stroll in the direction of the MSH cannery and before he knew it, was interestingly engaged in a chat with Foreman Henry Brunges.

Their chat concerned the weather, of course, politics and the activities of patient-employees at the cannery. Since the first of last week they've been busy tinning carrots, according to Mr. Brunges. Peas are next on the list.

-- State Man Here --

Rudolph A. Kubias, from the state Department of Health was there making his annual inspection of the hospital unit and was busy checking plant retorts, thermometers and pressure gauges.

Inspector Kubias' tours take him as far south as the Mexican border and north to the Oregon state line.

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DR. WILLIAMS SAYS:

This past week has been a busy one for me, the hospital and all of the rest of the personnel. In fact; I can't recall, off-hand, of any other time since I have been here when MSH has been host to so many different personages from Sacramento and elsewhere in such a short while.

But it was pleasant entertaining them and they were all interested, one way or another, in you patients. Most of them made direct inquiry as to your welfare; others discussed business that definitely concerned you or your problems. Dora Shaw Heffner, Director of the Department of Mental Hygiene was gratifyingly and intensely interested in patient affairs. All in all, a lot was accomplished during their brief stay here.

For instance, a MSH Board of Trustees meeting at my house July 27 paved the way towards a bigger and better hospital newspaper - your Pomo News. At the session, Board members voted to enlarge it, better equip its staff, improve the "weekly" all around. A new and larger mimeograph machine was ordered last week that is a distinct improvement over the old.

As the weeks roll by I think you'll notice a gradual development in its contents, makeup and general appearance.

* * * *

A former patient - who was here about four months left us sixteen of his paintings when he was discharged from the hospital six weeks ago. Last Friday I received a phone call from a party wanting the loan of all of the paintings to display at an art exhibition in Ukiah City Park during the first part of October. I have always thought his work exceptional. Now, I know it.

EXPECTED HOME

Dr. and Mrs. G.L. Goodstone are expected to return to MSH hospital Friday, August 6 from vacation. The MSH Clinical Director and his wife left for British Columbia July 23 to be gone two weeks.

HERE FROM MARYLAND

Visiting his mother Emma S., ward M, Saturday and Sunday, July 31 - Aug. 1. was Sgt. A. Sortland, E.T.C., Aberdeen Proving Grounds, Aberdeen, Maryland.

A NICE GESTURE

Mr. and Mrs. A.G. Benson, MSH attendants, comparatively recently arrived, toted two sizeable stacks of late, popular magazines into the Pomo News office yesterday (Monday). Their gift to closed ward occupants will be highly appreciated when they are delivered the last of this week along with other literary contributions for patients already on hand. The Bensons hail from Redwood Valley.

TUNNEL

"WHAT WE NEED is help, patient-help who want to learn pottery making. It won't cost them a cent. We furnish both material and the instruction," was the joint statement recently of both W.A. Elliott, Industrial Shop foreman, and Assistant Ken Williams "IF THE PUNCHING Bags for ward 12 have arrived, tell Dr. Williams or Mr. Garvey that I'm ready to fix 'em up and install them," promised E.J. Veronda in the Pomo News office, last week. "And how's the proposed miniature golf course for patients idea coming along?" Ed queried. "One of those like we had during the last 'depression' would be the thing. They're cheap to build and just as much fun as an elaborate one," concluded the MSH Masonry Shop Charge

THERE IS AN AA "Bible" (text book) in the Pomo News office loanable to any ward wanting it. It has been circulating 'round ward 8 the past month FERSUMREASON the whiff of rambling roses 'bout the grounds or even a fleeting glimpse of Mrs. Tuomey's poppies is poignantly reminiscent of the gal we left behind

WHEN A FELLER NEEDS a friend--and finds one! Them's our sentiments towards Telephone Operator Cornell "press day" when she "gives" with news we never dreamed existed just before dead-line time "Out of the mouths of babes," etc. comes a solemn deduction of Sandra, 3, curly-haired granddaughter of Mrs. Bill Davis, ODR charge. Outside one morn recently when the fog was especially "soupy", Sandy observed: "Musta been lots of planes over this mornin' 'cause look, Grandma, the sky's full of dust!"

WE HAVE A LADY doctor in mind, namely, Dr. Ruth L. Green who would make a nearly perfect Hollywood "stand in" for Cover Girl on front Feb. 16 issue of 'Life' magazine. "Scouting" credit to Eddie Veronda

JOHN "CHIEF" P. WHO so thoughtfully presented Pomo News with two extraordinary pencil drawings some weeks ago, is bent on reproducing in oil a life-size horse before going to his "happy hunting ground"

JAMES F.P., WHO parks his boots at ward No. 14 is one of the hospital caretakers assigned to "grounds" and sprinkling MSH lawns takes up a lot of his time. But Jimmie, 3 years, same job, has devised some rather ingenious sprinklers out of old tin cans that have cut his working time prac. in half and, if marketed, would put the most talented to shame

ANENT HER TRIP NORTH with Supt. Williams couple weeks back, Mrs. D.B.W. reported, "Those Oregon Caves are rough on you. Suggest to MSH employes to explore them on their vacation if they want to get 'hardened up'".

AMONG OUR EMPLOYEES

VACATION OVER

Annie Anderson returned to her post at the MSH telephone switchboard in the administration building last Friday, July 30 from a 3 weeks vacation which included a visit with her daughter in Willits and a short stay in San Francisco. The Golden Gate City afforded Operator Anderson a tour of its many parks, her maiden inspection of the Fleischacker Zoo and a fishing trip with her son-in-law which netted both over 50 pounds of surf fish.

WILL BE BACK AUGUST 14

Next August 14 will mark the return of Mr. and Mrs. Clarence Jensen from a 19 day vacation to Washington state. Clarence is night attendant on ward 8 and has been with the institution on the same job and on the same ward for the past 18 years. Mrs. Jensen, charge ward K nights, has been an MSH employe the same length of time. They left here July 27.

LOST AND FOUND

Saturday, July 31, Mrs. Grace Westley, MSH telephone operator lost her ADR scrip book. Michael Mc., ward 8 found it and returned it to her at the switchboard in the administration building the same day.

LEAVE ENDS

Carrie Hansen, MSH night telephone operator, returned to her duties at the hospital switchboard August 1 after a 6 months leave of absence.

HERE FROM DE WITT

Mr. and Mrs. Roy Soper, of De Witt state hospital were visiting the Kelly Thrailkills last weekend.

Mr. Soper is assistant supervisor at De Witt - both are former employes of MSH and are on vacation.

ELEVENTH HOUR DATA

Wm. M. (Bus) Brown former MSH employe and now at De Witt state hospital was here visiting his wife, Assistant Matron Beulah Brown this week-end....

Iseabelle Bolton, stenographer in MSH Secretary Office returned from vacation yesterday (Monday) morning.

WANTED-Patient familiar with mimeo; stencil cutting, machine operation.

See your ward doctor - Pomo News.

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GUEST HERE (Cont'd. from pg. 1)
me for information about my visit.

"I was appointed to the position of Director of Nursing Services in the state Department of Mental Hygiene in July ** I am representing Mrs. Heffner (Dora Shaw) and Dr. Lawrence Kolb in an attempt to coordinate the nursing services of all the state institutions. By 'nursing services' I mean all nurses and attendants who are concerned with the care of the patients in the institutions.

-- Second Visit --

"Last week I made my first visit to Napa State Hospital; this (MSH) is my second visit; next week I go to Agnew. These first visits are chiefly to become acquainted with the institutions and their staffs. Subsequent visits will be made as often and as frequently as it is possible ** if special occasions arise.

"I shall visit other institutions in the northern part of the state and in mid September I plan to go to the southern part.

"I have appreciated all the kindnesses and courtesies extended me by everyone and I shall look forward to another trip to MSH."

-- Text Book Hers --

Nurse Steele is an authoress, too. Her first text-book, "Psychiatric Nursing" was released in 1938 and represented ten years work.

She began writing the edition when she was Superintendent of Nurses at the Colorado Psychopathic Hospital in Denver and completed the work while holding an identical position at the Worcester state hospital at Worcester, Massachusetts.

APPRECIATES SEWING ROOM REPAIRS

Mrs. Lillian Addor, MSH Sewing Room Charge, brought the following correspondence to the Pomo News office last Thursday, July 29 edited by Myrtle M., ward I:

"Dear Pomo; Here we come again buzzing with lots of good news. Two of our Sewing Room girls left for home last week. Two of them joined our group.

"Mr. Joe Addor, Carpenter Shop foreman and his crew 'made over' our cutting table and put on a new top ... also made us some new boxes for our cloak room for us to put our bags in. Thanks, Business Manager J.J. Garvey for putting the order through.

"One of our girls has been off duty due to an abscessed tooth ... hurry back, Sofa. We have been managing to get all our orders out on time so keep them coming."

OREGONIAN VISITS MOTHER

An out of state visitor at MSH recently was Henrietta N.'s son from Medford, Oregon. He visited his mother at ward F July 23.

CANNERY GETS NEW CHAIRS(Cont.frm.1) lowered an inch at a time. Chair seats are of Masonite construction and are made by the Royal Metal Mfg. Co. of Chicago. They were purchased from the Food Machinery Co. of San Jose, California.

They replace the old wooden stools used in the past and should add greatly to the comfort of patients while engaged in their various cannery duties, according to Henry E. Brunges cannery foreman.

BITTICKS ARRIVE (Cont. frm. pg. 1) the administration building.

Dr. Bittick, a native of Missouri was born in Joplin thirty-one years ago. He lived in Kansas for more than a decade, is a graduate of the University of Kansas, "on the Kaw" and served as an enlisted man in the U.S. Navy during World War 2.

Mrs. Bittick and daughter, Mary Carole, three and one half years old comprise the balance of the Bittick family, recently lodged in Cottage No. 4 on Medical Row.

'NEWS' TO THE ADDORS

Mr. and Mrs. Joseph Addor, P.O. Box #235, Talmage, California are last week subscribers to the Pomo News. "Joe" has charge of the MSH Carpenter Shop and Mrs. Addor is instructress of the women's hospital Sewing Room at the south end of the Industrial building and doing a commendable job as current successor to Mrs. Mina Poole, retired.

STATE 'VET' HERE

Wednesday, July 28, Dr. F. J. Bolender, Livestock Coordinator for the state Department of Mental Hygiene was at the MSH dairy on a routine visit. Mr. Bolender's stay was brief. He arrived and departed the same day.

BACK AFTER 8 WEEKS

After an absence of eight weeks due to a fractured wrist that kept him off the job, Floyd Ross returned to work recently at the MSH garage where he is a foreman and mechanic.

Floyd suffered the injury while attempting to crank the engine of a bailer belonging to the hospital Ranch last May 21. The limb is usable now but strength is expectedly slow returning.

BRAZILLIONS OF LAUGHS
Ding FROM
CROSBY
HOPE
LAMOUR
ON THE
ROAD TO RIO
GALT WITH FRANK
SUNDERGAARD-FAYLERI
THE WIERE BROTHERS
AND THE
ANDREWS SISTERS
Saturday
MSH Auditorium

TO SEE SON AWARDEDBERKELEY SHEEPSKIN

Gene Montefiore Schramm, 19, son of Dr. and Mrs. Schramm of MSH graduated from the University of California at Berkeley, Friday, July 30. After being awarded his A.B. degree, he accompanied his parents home and will spend three weeks with them here. This fall young Mr. Schramm plans to begin working for his Master's Degree. He will help drive Dr. and Mrs. Schramm east August 20, that date marking the start of their annual 4 weeks vacation.

Busy Hands

SPEED RECOVERY.

WE'RE HUNGRY!

Anyone visiting the Officer's Dining Room in the Administration Building will find a spic and span kitchen and dining room under the supervision of Mrs. Wm B. Davis.

Mrs. Davis is responsible for consistently delicious meals (and mm, what coffee!) served the doctors, nurses and clerical workers of MSH. Visitors to the hospital may avail themselves of Mrs. Davis' vittles, cooked to a turn.

The well arranged dining room with its gleaming silver and sparkling tablecloths is supervised by Stewardess Tina Young who is second in command.

-- 5 - Patient Staff --

Cathleen M, ward I is an able lieutenant in the kitchen and one of the staff which includes four girl patients and Eddie, the house-boy, who lives on ward 8. Mrs. Davis and Mrs. Young are the only state employes at work in the department at the present time.

The ODR is open seven days a week serving three meals a day on week days and two meals a day on week-ends. An average of thirty meals a sitting, including the help, are served Monday through Friday while the Saturday and Sunday servings average about twenty four meals each.

-- Here 21 Years --

Mrs. "Bill" Davis, sixty years 'young' now has been at MSH about 21 years, twelve of which have been spent as head of ODR. Her husband Bill is employed at MSH as a relief attendant. Mrs. Tina Young has been at MSH 3 years, all of which have been spent at ODR.

The ODR is located on the main floor of the administration building around the corner and down the hall, directly across from the Business Office.

Le Roy M. ward 12, authorizes Pomo News subscription for 1 year. It's being sent his mother, at Vallejo.

PSYCHOTHERAPY

THE MIND IN THE MAKING

There are several kinds of psychotherapy: unconscious and conscious, informal and formal.

Unconscious psychotherapy means that the doctor and, usually, the patient are unaware that the treatment is influenced by emotional factors, as is often the case in surgical operations. Conscious psychotherapy means that the doctor, but not always the patient, is aware that he is using his emotional power in the treatment.

Informal psychotherapy means that the doctor is conscious of what he is doing, but makes up his treatment as he goes along: this is the kind of treatment that is used by the family doctor in certain situations. Formal psychotherapy means a carefully thought out plan to use the emotional situation for the patient's benefit according to a definite method: this is the kind of treatment which is given by a psychiatrist or psychoanalyst. When we speak of psychotherapy, it is this kind we refer to.

Re-education and persuasion attempt to teach the patient to handle his emotional reactions better, without trying to readjust his tensions. It should be remembered that the skill of the psychiatrist is far more important than any amount of fresh air, sunshine and recreation.

A well-mowed lawn makes the patient's family feel comfortable but it is not a substitute for psychiatric skill. Hence, the trend at MSH is towards the betterment of patients by obtaining more psychiatrists.

Occupational therapy has its place in mental institutions by attempting to get the patient away from his own troubles by giving him something concrete to accomplish.

ASKS COOPERATION

"I wish you fellows would mention in the Pomo News something about the erratic parking of late in front of the hospital administration building," remarked Superintendent D.B. Williams last Friday noon, coming up the hospital steps.

"I get in a hurry myself occasionally and am probably to blame as much as the next fellow. But from now on, after seeing what havoc one wrongly parked car can cause, I'm taking a few minutes extra to see that my jalopy is not an obstructor of traffic," the doctor concluded.

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MOSSI RANCH = = VITAL TO MSH

Due to circumstances which we could not control, Denis (Irish) C.'s second of three articles about MSH's farm life did not appear in last week's issue of the Pomo News as previously scheduled. But, here 'tis now:



The widely discussed A. Mossi's "chicken ranch" is really nothing but a part of the MSH Farm, which is under the unparalleled supervision of August Ernest Garaventa who has been a hospital employe and on the same job for nearly half a century.

---A. Mossi, Boss---

But Achille Mossi, chicken ranch boss (and one of the most sociable men I've ever met) didn't start to work yesterday, either! He has been in charge of the state's roosters and hens for the past 26 years and lives with his wife Amelia and son, Gilbert, in a lovely little cottage right by the chicken ranch. "Gil" is working for Edw. Laviletta at the MSH hog ranch, at present. There are two other children besides Gilbert: Robert, who lives in Ukiah and operates a Richfield service station and Geneva, (Mrs. Francis Gibson) whose husband is employed at the MSH business office. Mr. and Mrs. Gibson are Ukiah residents, also.

The expression "getting up with the chickens" may be quite properly used when referring to patients employed here. The Ranch has a consistent population of 12,000 two-legged inhabitants the majority being white leghorns and composed of laying hens, pullets and roosters.

---Small Fry---



On their "way to slaughter" each week are 300 fryers which are sent to the Attendants Dining Room, etc. In the roost there are 460 capon chicks being fattened up and readied for fall distribution to the Officers Dining Room in the Administration building, upstairs. An average of about 2,000 hens will "get the ax" between now and this coming fall for use about the hospital.

You've probably heard about "spoiled brats" but have you ever been told about spoiled "chicks", "slick chicks"? Mr. Mossi has them out here producing 180 dozen eggs daily! They must be spoiled to maintain that average.....

'sa lotta "hen fruit" in 24 hours.

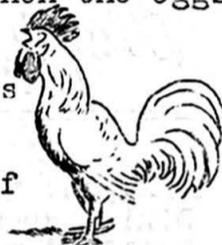
---Put Up Fight---

After work each day approximately seven men accompany Mr. Mossi and load up a cart with feed, around 5 p.m.; at that time the eggs are gathered. But, first, they feed 'em. This takes the chickens off their nests and gives the scouters a chance to get at the "ovals". However, there are some old biddies who love to put up a fight- then's when feathers fly!

Afterwards each basket is counted carefully by each of the men and Boss Mossi enters in his ledgers the number of eggs donated by each of the coops. Then the eggs are then put in crates for transfer to the various wards, both men's and women's.

---Wot, No Gravy?---

Did you ever hear of a chicken eating bones? I didn't either until I made this trip out here and saw for myself. Meat bones, picked clean by our feathered friends from their trough, are collected, ground down, mixed with fats and then mixed with meal. 'N the-meal's-their-meals for many meals to come.



I was surprised to discover the presence of two multi-colored peacocks on the chicken ranch. They're rare around here. One is the mother of the other bird. "Son" did have a wife but noting her fickleness he decided to be rid of her. He rid her with just one big r-i-p. The two remaining birds have been with the Mossi's for 15 years.

My next instalment will deal with Ed Laviletta's popular hog ranch. I have heard that it is one of the cleanest, most modern hog ranches in existence. See you next week, Bye....."Irish".

FLOWER BEDS VIVIFY HOSPITAL LANDSCAPE

The past week five new flower beds have been added to the hospital grounds under the direction of Assistant MSH Groundsman Pete Carmichael. One plot, just inside the Main Gate at the hospital entrance African Marigolds have been planted. In the rear of Dr. Schramm's cottage are two single beds of Gaillardia, one on each side of the road.

At the turn of the drive leading past the front of Ward 9 are two more single beds one multi-colored Petunias and the other seeded with Celosia Plumosa (Cockscomb). This variety, a brilliant red, is known as "Fiery Feather".

Groundsman Figone also procured 80 delicate Camellia plants. These are of assorted colors in all varieties.



MAIL BAG

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

NEW PATIENT WRITES

Tom Y., ward 1 says he is ashamed that he has not written before. States that if he doesn't get well, it isn't his fault, as the attendants are all so good that he's unable to pick out the best one. Been on parole the last seven years to his firstborn, Billy. His fourth daughter, Pat is his second favorite. A son, Frank Eldon is still overseas and in Japan. Deloris, another daughter was born in Kelso, Washington. Tom is proud of his family. Mentions Dr. Prasser and Supervisor Miller are 100% in his book. Thanks friends Mrs. Fry, Big Carmen, Henry Smith and Richter. Ed. Note: Tom, tell us in your next letter about your son overseas. It may prove interesting.

JOHN E. WRITES AGAIN.

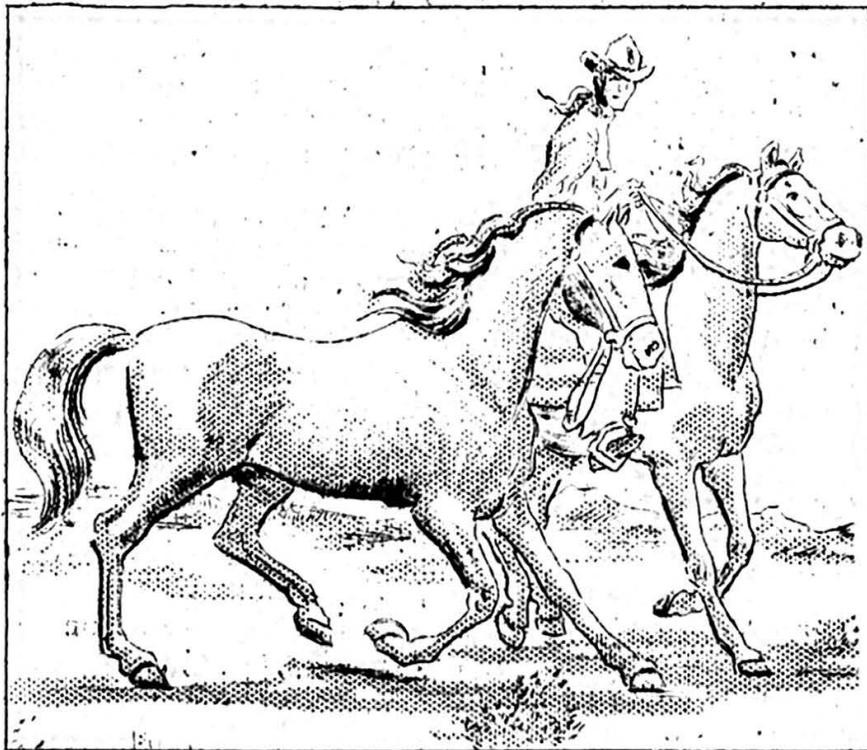
(Ed. Note: Long time, no hear from you, John, ward 10) John explains that all things are revealed by the spirit of God and by the way things are made and that the flood carried his mother away. He creates the impression that the Lord caused his being swept away as the dragon spirit went back the second time to cause trouble for the remnants of his mother's seed.

APPRECIABLE EDITOR

H.R. Jr., ward 12, states that his father owns three newspapers, and was former Mexican Consul and he used to write for other papers, taught son how to write. He used to write for the Spanish newspapers here in California. Asks if we have a Spanish translator available so he can write into the Pomo News. (Ed. Note: Go ahead, H.R. Jr., we're pretty (Cont. pg. 8)

ART CONTEST

The staff cartoonist feels that the drawing submitted by Betty L., ward M is so realistic that he keeps wanting to brush the flies off, during this hot weather. Very well done Betty if you are interested in charcoal drawings... we got the charcoal pencils.



The winners of the Pomo News Art Contest will be announced in the coming issue of the Pomo News...as of August 10. Watch for new contest coming up.

MSH HEADS OKAY POMO NEWS (Cont. from pg. 1) appointed by the governor to four year terms each. The members are: Mrs. Jessie C. Hildreth, President, Ukiah; Arthur P. Moulton, Ukiah; Edward F. Sailor, Upper Lake; Allen Sacry, Willits; and Royal Scudder, M.D., from Ft. Bragg.

Dora Shaw Heffner, J.D. S.S.A.D., director of the state Department of Mental Hygiene with her secretary, Mrs. Florence McKenzie; Carl Applegate, deputy director of the Dep't. of Mental Hygiene; Dr. Lawrence Kolb, authority and deputy Medical Director, all of Sacramento; Superintendent David B. Williams of Mendocino state hospital, Talmage and J.J. Garvey, MSH business manager were present at the night session also.

Prior to adjournment, a decision was reached by Board Trustees affecting the future and continued publication of the MSH newspaper, the Pomo News, whereby its current method of weekly issuance be allowed to continue via the mimeograph process, now in use, and that the addition of new and more equipment, an increased staff and larger headquarters for its operation be made available.

The move was made by Dr. D. B. Williams, MSH superintendent, supported by Mrs. Heffner and sanctioned by the balance of state attaches and personages present.

WORTHY SUBSTITUTE

Eunice Carmichael substituted for Annie Anderson, MSH switchboard operator while she was on her vacation recently. Eunice was a good substitute and was one of the crew who helped re-list the patient file index next the switchboard the past two weeks.

The index is handy for reference when visitors interrogate the girls regarding the location of patients. But it must be kept constantly up to date.

(Cont.fr.pg.7)

sure that can be done. We have just the man in mind.)

WHAZ WRONG HARRIET?

You state that your letters do not go to your relatives or the people you write to. Maybe your letters to your relatives are not the same kind you write to Pomo News. Think it over, Harriet.

MAYBE WE CAN

Adna B.A. asks when her poem "Dream House" is going to be published. We hope to have a dream house, too, soon. We're adding more help. Might be a good idea at that to run these contributions, as you suggest - all of them.

HELPS FILL THE MAIL BAG

Lester H., from ward 3 asks if we ever received prayers. (Ed.Note: yes, we do Les and many thanks) Les writes and suggests having a yard forum, a patients park association or a patient's education association. But we will include this in this week's Mail Bag:

What a blessing we got that
 Christmas morn,
 In Bethlehem when Jesus was born.
 If we do our duty as Lincoln
 and Carie;
 And don't be in too much of a
 hurry;
 Or perhaps, as one not so great,
 "John Doe,"
 Whom so many consider a sad hobo.
 We'll also find this to be true-
 We may be a blessing to someone,
 too!

QUITE A BALL FAN

Can't give you all the clever ways Hulsey has of keeping score on last Sunday's game but here is a little of it. We give you our side of it and note that the numbers preceding the statements are the number of the players of the Sluggers: 1st inning - 29 - out third to first; 2 - 1st base, home; 8 - breezy out. Blackie cracked to 3rd; 4 - play a little but walked, stole 2nd; 11 - beautiful out. 1 run - 2 hits - no errors We jump down to the thoid; 8 - out! so easy; 15 - right in papa's hand - 2nd base; 4 - foul feathers and all - 2nd out; 11 - out...ooo-no-Sam Ray's oh, no! Now to the 9th: 1 - safe; 2 - out sacrifice; 8 - 2 bagger-butter fingers; 15 - bum-balls, walked; 4 - cracked one run in...and so on through the entire number of innings. Guess we'll have to make ward eye our sports editor...

HOW CAN WE RESIST?

We get a letter from ward I that goes like this:

"Turned from green to gold is
 the hill

Leaves are falling in the wood:

In MSH I am still:

Standing where I have stood!...
 by Mildred N.

TOAST

To Pomo news editors and their dream. -

"May it ever better seem,
 And when you are free
 Good luck to you from me"...
 Frances C.

CHATTER

"While I go for mere idle
 chatter

To pen a poem for Pomo Patter
 Now that it has been sent
 I hope to see it in print"..
 Mary M.

PLEASE!

Pomo News is grand,swell,super,too
 But I have an objection to make to
 you -

Once a week is not enough
 "Too much work?"-don't get tough"..
 May R.

"LIMMICK"

"How does the busy little me im-
 prove each shining moment in the
 Laundry..by writing this limmick
 for Pomo,See! Do I like Pomo?Si,Si!"
 Margaret, C.

MSH 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, Aug. 1, being the 1st Sunday of the month there were no protestant services held, but there will be services next Sunday, Aug. 8.
 * * *

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 of Ukiah, holds services every 3rd Wednesday of the month at 1:30 p.m. in MSH auditorium and in ward 12 immediately afterwards.
 * * *

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

Rev. Willie K. was unable to hold his usual Saturday morning service on ward 12, but he plans to be there next Saturday.
 * * *

"Spirit" is the subject of the Lesson-Sermon to be read in Christian Science churches on Sunday, August 8; with the Golden Text taken from John: "God is a Spirit: and they that worship him must worship him in spirit and in truth" (4:24).

The scripture citation to be used is Matthew:...(6:6)....

// SPORTS //

LAKERS SUFFER A 2ND DEFEAT HERE

Eleven to six was the final tally of the Slugger-Upper Lake baseball battle on the MSH diamond last Sunday, August 1.

Jimmie Laviletta hurled the first pitch for the home nine and continued on the mound until the last of the sixth when Otto Severi (his switch musta been a rumor) took over and contributed his share of participation towards Defeat No. 2 of their rivals from Lake county. The visitors' return home after their initial Talmage call this season, July 11, was cloaked in a bit more tacitness than their journey back to Upper Lake last Sunday. Their maiden drubbing favored Ottosen's Sluggers 16 to 5.

The local victors challenge Wil-lits tomorrow (Wednesday), August 4.

BLUES TOO MODEST OVER JULY 30 WIN

"It was just a 'pick up' game" to hear the local team tell it - but "pick up" or no, the Blues were ahead 8-6 at the close of the Ukiah Athletic Association-Blues softball tangle last Friday evening, July 30 at the hospital ball park.

But to be fair, the absence of UAA's regular pitcher might have had a little something to do with the Blues' winning. Note we say "might" for "something new has been added" to the hospital nine. They had two recruits: Herb J. and John Lee B. (ranch boys) and, related Hank P., ward 8 to a Pomo News representative yesterday (Monday), "both boys show a lot of promise."

'STICK AROUND. WON'T YOU?'

Frequently on softball game nights at the MSH ball park when the Blues have a game scheduled, doctors, employes and patients have been seen leaving the area at 6 p.m. or before, apparently convinced that no game would be played. (Cont.)



These are the days
for
COOL SUMMER DRINKS
and
TASTY SUMMER SANDWICHES!



Magazines - Meats
We also sell Dry Goods - Groceries
at "Your Neighborhood Store"

The TALMAGE STORE
TALMAGE, CALIF.

Blues' teammates want your attendance at these games but ask you to please note that rarely is a game begun before six o'clock this time of year. Continue to attend, they say, but don't come too early don't expect to see any action until 6:30 p.m. or later. If you're a bit ahead of time, "stick around, won't you?"

FOUL BALL

Milton (its-a-cold-world-podner) D., ward 8 baseball enthusiast, escaped serious injury to his left eye Monday evening, July 26 at the MSH baseball diamond while umpiring the softball game between the hospital Blues and the Ukiah Athletic Club.

Milt was doin' okay for himself, according to fellow teammates until a fast, -a "foul" ball in more ways than one, says Milt - careened from the bat and spelled "finis" to his brief but tempestuous career as an umpire.

Having a black eye isn't so painful, lamented the victim last week, but the explanations that inevitably accompany same are what really hurt.

IT'S FACT-UAL

Magnus M., assigned to the bakery and from ward 10 has consumed cigars over a period of years. In fact Magnus has been smoking since he was 14. The one time painting contractor in L. A. stated that he has chewed up around ten cigars per day; that the Wm. Penn cigar was the best chewer of 'em all, a good chew down to the very end, and cost only five cents. But in occasionally shooting the '26 game the cigars would cost him on the average of ten cents a copy.

Over a period of 44 years, how much did Magnus's cigar chewing and smoking cost him? Think Magnus would offer a Corona Corona for the first correct answer.

Who is the gentleman who offers to wager 19 cartons of cigarettes that the soft-ball players from ward 15 will and can take the Blues?

A SHOCK TREATMENT CARRIER TO WARD 12

A portable conveyer was under construction at Joe Addor's MSH Carpenter Shop last week to be used as a carrier for shock treatment equipment at ward 12.

The unit was ordered by Dr. R.G. Bramkamp and "will probably be completed and delivered to ward 12 by August 1," said Carpenter Addor last Friday.

WANTED - immediately. Man or woman patient capable of taking dictation. Average typist. Accuracy, not speed, essential. If interested, consult your ward doctor at once. Pomo News.

BUDGET REQUESTS TO BE SENT LEGISLATURE

Budget requests are now being prepared by the MSH business office to be sent to the state legislature in the spring of 1949 in order that the money be available after July 1, 1949.

Equipment requirements must be received at the business office on or before August 10, 1948 to be included in the 1949-1950 budget.

Annual budget requests were distributed to staff doctors last week. The forms included requisitions for equipment requirements for the fiscal year July 1, 1949 to June 30, 1950.

TO ACCOMPANY THE SCHRAMMS EASTWARD



Louise Chaney, daughter of Mr. and Mrs. Ernest Chaney of MSH is here visiting her parents.

Miss Chaney, 23, is a student at Northwest State Teachers College, Maryville, Missouri and an ex-Marine.

She accompanied her parents on their recent vacation tour which took them into many parts of Canada, Vancouver Island and the Pacific Northwest.

Later on this month she will return east with Dr. and Mrs. Marcus Schramm assisting with the driving.

FIRE OFFICIALS HERE

Max E. Miller, State Chief of Fire Protection and Training, with Bart Arundel, Deputy State Fire Marshal was at M.S.H. last week on a 4 day routine annual visit.

The two men were busy Monday through Thursday making a final inspection of all buildings of the institution for hazardous conditions that might exist.

These included fire hazards, fire escapes, equipment for control --everything that had to deal with fire prevention, protection and control. The building inspection was began June 15, and has just been completed, so reports L. G. Von Schrittz, M.S.H. Fire Marshal Deputy Marshal Arundel pays a routine visit to M.ShH. once every month.

REPRESENTS : NEWS !



Bill W., ward 8 parolee, represents the Pomo News starting this week. Bill's a veteran, overseas with Uncle Sams army 37½ months in New Guinea, Leyte, Luzons, etc, and was born in Nebraska, reared in Idaho. Help him out by giving him the "latest".

During the period July 26 to July 31 MSH admitted 16 patients and released 28.

HOSPITAL PARKING TO SUFFER CHANGE

J.J.Garvey, M.S.H. business manager, reports that Deputy State Fire Marshal Bart Arundel, on his inspection trip here last week complained about erroneous car parking around the administration building and Receiving Wards.

Parking has become increasingly congested in the area comprising the "circle" and patients' safety is constantly threatened. There are times when it would be extremely difficult to drive fire fighting equipment through the streets safely.

A solution to the problem is being worked out and will be put into effect in the near future.

6 INCH STEAM LINE USABLE IN FUTURE

G.O.Walden, Chief Engineer at M. S. H. and his crew, are busy running a new 6 inch main line steam pipe from the boiler room to Ward H.

Installation of the line will make it possible to take care of all future building taking place in this area.

Also included in the same concrete duct is a 3 inch condensate pipe line. Under construction, too, is a 3 inch pumpback line running from Ward F to the boiler room. Work is being done under the supervision of the State Division of Architecture, headed by Z.T. Montgomery, Supervisor of Construction, Division of Architecture, here last week from Sacramento but who found it necessary to return to the capital a day or so after his arrival to procure more data necessary to continue work on the project.

A A OUR GUEST

To M.S.H. last Sunday evening, August 1 came members of the Alcoholics Anonymous chapter from Santa Rosa. The meeting was held in the auditorium at 6:15p.m. and was conducted by Dean. Following his introduction and address of the outline of AA work, each member in turn related his or her experience in their fight to overcome the use of intoxicants and the good they have derived from A.A. Walt stressed the point that "everyone in the organization is equal" and "all stand ready at anytime to lend a helping hand" to anyone in need of assistance in their battle against alcohol.

"Alcoholism is one of our largest health problems. There is a job to be done that must be approached from several angles. In this country Alcoholics Anonymous is a most effective organization dealing with the alcoholic himself and I know many psychiatrists who share my opinion", so stated Dr. Lawrence Kolb, authority and guest of Supt. D.B. Williams last week.

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 fifth of a series of eleven "thumbnail" biographies of the hospital's doctors.)

DR. RUTH L. GREEN

Dr. Ruth L. Green has been a member of the MSH medical staff since July 24, 1947 ... was born in Rochester, New York in 1909 ... Dr. Green graduated from Medical School in 1934 having attended the College of Medical Evangelists, Loma Linda, Los Angeles, California ... Interned at the Los Angeles County General Hospital from 1933 to 1935 ... Following her internship Dr. Green was Los Angeles City Maternity Surgeon before coming to MSH the first time in 1936 ... After a seven months stay at Mendocino state hospital, transferred to Camarillo state hospital and remained there from November 1936 to 1940 ... Then a return trip to MSH for a turn of duty from 1940 to 1945 ... and, finally, after an absence of two years Dr. Green returned to MSH in July 1947 and has been a member of the staff ever since.

DON'T BE BASHFUL, MYRTLE!

Bandmaster Robert N. sends word to the Pomo News that the MSH musical organization still needs a piano player.

Myrtle Z. ward I has played the piano at band practice twice in the past thirty days. But the band needs her at every rehearsal each Monday, Wednesday, and Friday.

So, the band says, "we need you bad, Myrtle. Let's see you at every practice starting tomorrow."

It took a lot of work to start the band and it's equally as laborious keeping it going. So help us out, Myrtle.

Editorial - by A.R.J.

A REMEDY FOR THE CURE

State legislators, officials of the state Department of Mental Hygiene, have made great strides towards the betterment of our institutions. They have stepped ahead of some, if not all of the country's mental departments. Advancements of such a large project are difficult to note offhand, but if you will look back over the years, you can quite easily see the changes.

With increasingly better personnel - men and women equipped with enough foresight to see the human, social and political benefits of extending greater appropriations - there are happy days ahead for our mentally ill.

We must remember, patients, that those who control our destiny while we are here are human, just as we are. You must admit that before coming here you gave little thought as to how such institutions were conducted.

There are the struggling taxpayers who have not voiced any noticeable opposition to the Department of Mental Hygiene. They know and feel that people must be taken care of. Their indifference to our growing needs, is really not because they do not care, it is just that they do not have the slightest conception of what constitutes proper treatment for the mentally ill!

Let us not expect to change things overnight. We need to practice more self-control and hesitate before condemning others. Letters to relatives could be of great help to us if we would only write of the practical things we need -- enlighten those on the "outside" as to the changes attendant modern thinking that mentally ill persons are no worse off than anyone going to their own local hospital for some sort of physical care.

We need doctors the writer is convinced that surgery is very important yet in this type of an institution the records will show that the surgery room is used but little. More time should be devoted to the healing of the mind.

The doctors we have here at MSH are capable, men of medicine, and are doing an admirable job but there aren't enough to go around!

So instead of spending more time with individual patients they must see and care for hundreds instead.

We feel confident that the state personnel board will continue to realize that mental institutions need more doctors who can devote more time to healing the mind that it requires more doctors for care of the mentally ill than any other type of disease.

Only 1 out of 4 go to the ball games; only 1 out of 4 go to the movies; BUT 4 OUT OF 5 READ THE POMO NEWS! Subscribe today!