

# Pomo News

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

Vol. 1 No. 14

August 10, 1948

5¢ per copy

## SANATORIUM DIRECTOR VOICES OPINIONS HERE

Dr. Robert S. Quinn, Director of the Sonoma county Oak Knoll sanatorium, Santa Rosa, California was guest at MSH August 5.

Doctor Quinn was here at the recent invitation of Sup't. D.B. Williams to render his expert opinion anent current alteration of MSH's tubercular routine.

After a brief tour of the institution the director sat in conference with Dr. Williams, Ass't. Sup't. R.G. Bramkamp and Dr. Marcus Schramm and tendered invaluable advice pertinent to care and treatment of consumptives.

## MSH CHICKENS GET NEW ROOF O'ERHEAD

A. Mossi, MSH poultryman, reports that the eight big chicken houses on the chicken ranch were re-roofed last week with corrugated aluminum.

Two buildings, 200 feet long by 25 feet wide; five buildings 150 feet long by 16 feet wide and another 150 feet long by 25 feet wide make up the chicken house unit.

Joe Addor, institutional carpenter, and crew also constructed in the Mossi chicken yards eight new concrete watering troughs. There are two more to be built.

## STARTS WORK AUG. 5

Thursday, August 5, a new filing clerk was added to the hospital clerical staff.

She is Mrs. Faye Howard, 26. Clinical Office worker. Mrs. Howard, her husband and daughter, Sandra Faye, are staying in the

## ODR INSTITUTES NEW PATIENT PERSONNEL

A full complement of new patient helpers are assisting mesdames Bill Davis and Tina Young in the MSH Officers' Dining Room, administration building, this week.

The crew, installed August 2, includes: Evelyn H., assistant cook, Eleanor A., Violet R. and Fanny M., waitress and helpers, all from ward I.

Munson Tract, Ukiah district. After Mr. Howard's discharge from the Navy the family lived for several months in San Diego, coming to Ukiah from that city.

## DOCTOR TREES

Representatives of the Utility Tree Service of Santa Rosa, California have been at work the past two week-ends (Saturdays and Sundays only) trimming dead and unsightly limbs from manifold trees about the Hospital grounds. The Santa Rosa outfit is to remove four trees and others are to be gabled, this latter operation to be a precautionary measure and a heightener of the trees' beauty.

Overseers Bulman and Andrews expect their men to complete their "surgery" in about sixty days. The crew started work July 31.

Utility Tree Service headquarters is in Santa Rosa's Bank of America building and they have a branch office here in Ukiah.

MSH Discharged 38, admitted 31 Aug. 2-9

## INSULIN TO WARD NINE JULY 30

MSH insulin patients who formerly received treatment on ward 4 are now being administered insulin at ward 9.

The change-over came about as a result of State Fire Marshal Bart Arundel's decision while on his regular monthly tour of safety inspection of MSH last July 27.

Friday, July 30 Dr. D. O. Prasser supervised the transfer of patients and equipment from "4" to "9" and through his expedience treatment was recommenced at ward 9 the following Monday, August 2.

Fire Marshal Arundel's order to switch the insulin unit's location was because he deemed ward 4 "unfit for the use and treatment of insulin patients" and because he declared the ward a fire hazard over years past.

According to Dr. Prasser, patients receive insulin treatment at ward 9 and are then returned to their respective quarters.

## HAS POMO NEWS ON SALE

Store Manager R.E. Ledford puts the Pomo News on sale at his Talmage Store this week. Patrons requests for copies prompted the move.

## CONSTRUCTOR APPRAISES JOB - THEN OFF FOR DEER

Z.T. Montgomery, Construction Supervisor, Division of Architecture, arrived at MSH from the state capital Thursday, August 5 to (Cont. pg. 3)

PRESTON SCHOOL HEAD  
TAKES MSH CALF HOME

M. C. Jensen, business manager of the Preston School of Industry, Preston, California was a visitor at Mendocino state hospital last Thursday, Aug. 5.

After a short tour of the institution with J.J. Garvey, MSH business manager, Mr. Jensen left for home with a bull calf in tow which was purchased from Hank Fanslow's MSH dairy herd.

'MOM' SUPPLIES TREAT

Mrs. Marion S. from San Francisco entertained her son, Robert N. and friends Floyd E. and James E., all from ward 15, Sunday, Aug. 1 with a picnic on the hospital grounds.

WARD 12 TO SHOE SHOP

Francis S. transferred from ward 12 to ward 15 last Wednesday, Aug. 4 to become a new member of Chas. Valentini's shoe shop crew.

DR. BITTICK SUBSCRIBES

Dr. Paul Bittick Jr., new to the MSH medical staff, dropped by the Pomo News last Wednesday, August 4 and subscribed to the hospital paper for a year. The Bitticks came here from Santa Ana Aug. 1 where he was on the staff of the Orange County Hospital.

PATIENTS WISHING TO SUBSCRIBE to the Pomo News to be sent to friends or relatives may do so by 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.

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DR. WILLIAMS  
SAYS:



Dr. Orr and family moved into their new quarters, Cottage 2 last Friday -- officially, that is. I believe they closeted most of their clothes and baggage in the house August 1st. They have been our guests the past week .... Dr. Paul Bittick Jr. and his family are all settled, too, I guess. They have

an upstairs apartment in Cottage 4.

\* \* \* \* \*

Dr. L. G. McKeever is going to take a ninety day post graduate course at the Langley Porter clinic in San Francisco when he completes his vacation September 1st. At that rate he should be back on the job sometime around the first of December.

\* \* \* \* \*

Deer hunting season opened last Saturday, August 7th. I expect a lot of the hospital attendants will welcome its arrival -- understand it's Bert Sandkulla's (MSH X-Ray technician) favorite sport. They'd all better hurry if they want to bag any game, though. The season ends September 15th.

\* \* \* \* \*

Dr. Robert S. Quinn who has charge of the tubercular sanatorium in Santa Rosa, Sonoma county was here last Thursday, August 5th. He left us with some interesting pointers on advanced methods of tubercular care and treatment.

\* \* \* \* \*

Probably most of you patients didn't know it but the reason for the recent transfer of our insulin department from ward 4 to ward 9 was because State Fire Marshal Bart Arundel ordered it.

\* \* \* \* \*

We're having punching bags made up to be installed at wards 12 and 8. Three of them arrived along with more volley balls and basket balls last week. The location of the third punching bag will be decided upon later. We're putting in a hand ball court at ward 12 too in a week or so. I read the Pomo News Mail Bag almost every issue and I noticed a while back quite a few of the ward 12 patients had written in expressing their appreciation for sporting equipment sent them.. I like that. That's one of the reasons we're shipping them more.

FROM MSH FILE CLERK TO STENOGRAPHER POST

Sharon Lopus, Clinical Office file clerk has been promoted to MSH stenographer and is substituting for Mrs. Helen Wimmer who is on vacation. Mrs. Wimmer and husband, Ted will be gone two weeks. They left last Friday, August 6 to spend a few days in Reno, Nevada and, on their return plan to visit the Joe Bighams in Modesto. Mr. Bigham is an ex-MSH employe.

Peter Sorola, Mendocino state hospital trucker, left on vacation Monday, August 9. "Pete" won't be behind a wheel again 'til August 23rd.

## ≡ TUNNEL ECHOES ≡

LES' CLASSIFY: Assistant Supervisor John Brakebill's smile and greeting as welcome as the flowers in May. "It requires 52 muscles to frown but only two to smile" is probably one of John's codes in life .... WHASSAMATTA with iced tea these sticky, sultry, simmering, sizzling, summer days in the PDR? Added expense would be infinitely small or nil but patients' appreciation would be prodigious .. TOMORROW WE GO SCOUTING for a suitable spot for a proposed miniature golf course. The heretofore planned tennis courts have been decided against, more or less, by Sup't. Williams and "wiser than we" MSH department heads who maintain that weeds would adorn their surface before devotees of the sport became interested. Of course, they're right .... NEW SUBSCRIBER TO POMO News today, Al.B., ward 15, two "simoleans" headed our way, 52 issues of the paper headed his brother's way .... A. E. HOOKER ward attendant suggests: "Why not Pomo News boxes on each ward? I believe they'd take in enough 'jitneys' to pay for themselves" .... AS LONG AS WE'RE quoting peoples, Mrs. L.E. Miller said yesterday: "I'm glad they're doing something about the parking situation in front of the administration building, especially. You new patients wouldn't know about it but it wasn't too long ago that hospital employes were ordered to park their cars all in one lot. They weren't allowed to park along the main hospital road". We have no particulars about the recent orders emanating from State Fire Marshal Arundel but according to notices issued by MSH business office-parking "history repeats itself" .... NOW THAT WE HAVE a softball coach, the Blues should be taking on a "new look" before long. To accentuate their new look suggest a few repairs and a new paint job on the MSH bleachers .... AFTER MUCH DIGGING and scraping yesterday at the bottom of the Pomo News contribution box, we finally succeeded in extracting one gone-but-not-forgotten quip, "Kilroy Was Here!"

CONSTRUCTOR APPRAISES JOB(Cont. from page 1)  
check progress made on the new main line steam pipe now under construction.

Ditches for the line are yet to be dug but picks and shovels are slated to bite the ground within the next few days. Placement of new electric lines are forthcoming, too.

Mr. Montgomery left here Friday, August 6 on a deer hunt in company with Hospital Farm Head George Garaventa and Jim Laviletta.

## AMONG OUR EMPLOYEES



### BACK AUG. 23

Stella Guidi, ward G attendant left Thursday Aug. 5, for vacation. Husband Louis Guidi accompanied her. They will return Aug. 23.

### TO BE AT GET-TOGETHER

Marion Freitas, MSH department head, closed up the Mattress Shop yesterday (Monday), Aug. 9 for a week's reunion with old classmates he hasn't seen for 25 years. The get-together will be in Mission San Jose, California - Mr. Freitas' birthplace.

### TRANSFERS TO MODESTO

Carl Jonas, relief attendant left on his vacation Friday, August 6. He will visit friends at Beaumont, Banning and Baldwin, California and at the expiration of his vacation time Mr. Jonas will transfer his duties as an attendant, from MSH to the state hospital at Modesto.

### VISITS LONE STAR STATE

Althea West, head surgical nurse at MSH, returned to duty on ward 9 last Tuesday, August 3, after vacationing with her sister at Uvalde, Texas, both girls' "old home town."

Miss West left the Golden State July 12, driving to Texas and back by herself. She visited her old stamping grounds and called on friends of yore while there.

### TOURED WHEAT COUNTRY

Mrs. Myrtle Micheletti returned to work on ward G August 1 after an absence from duty since the fourteenth of last month. Mrs. Micheletti railroaded through western Kansas and eastern Colorado on her trip east and reported that she "never saw a bigger wheat crop in all my life." Joe, her husband, stayed home and is still on vacation but will return to work August 12.

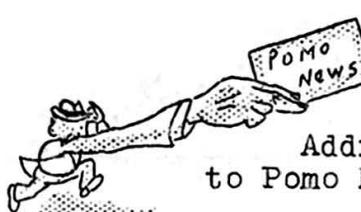
### TO 'TAKE LIFE EASY'

Mrs. Nona Humphrey, MSH surgical nurse left on vacation Saturday Aug 7. She will "take life easy" for the next three weeks at her home in Talmage.

### MRS. BUSH A VACATIONIST

Mrs. Katherine Bush, MSH assistant matron left on vacation, Monday, Aug. 2. Mrs. Beulah Brown, also an assistant, will supersede Mrs. Bush on the late shift.

Ward F Attendant Evangeline Stanley was a visitor at the Pomo News last Thursday in search of a moonlight photo of the Adm. building.



# MAIL BAG

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

## STUDENT BODY WANTED

Pearl M., ward D writes that Mr. Bob, ward 8 has something, and she wants to join W.R.S. for student body. Wants weekly meetings of representatives from each ward, discuss patients' problems. Pearl wants to know if they will be for men only. Pearl further states that it's not MSH's fault that she is "surplus commodity" ... and says she has faith in Dr. Williams. Explained her relative problem to Dr. Bair. Asks for two window shades for the room she occupies which is directly over the assistant 'Supt's' apartment.

## W-H-O-O-E-E !

Lester W. H., ward 3 in answer to our query July 27 "What don't you like about the paper?" writes that he likes everything about the Pomo News. But after this generous statement he suggests that a Question and Answer page might be added; also, problems in mathematics, chess, navigation, government; etc. "Then, if you have room," Lester continues, "you might conduct a debate each week and a few lines about science or philosophy \*\*\* then we'd like to hear more about the younger generation, f'r instance, how and how much have they improved since the end of the last war? And if the page still isn't full, let's have a few jokes or some suitable material to finish it up."

## SAYS SHANYFELT'S NINE NO MATCH

Robert C., narrates the outcome of ward 12's first baseball game of the month in his letter to the Mail Bag this week. The Bill Russell lads were "at their best", according to Bob when they took Jack Shanyfelt's nine 6-1, Sunday, Aug. 1. "Manager Russell used a new tack," he reports, "starting with a shut-out in the second inning, then innings 3,4,5 and continuing through 6 and 7!" Wow!"

## BOGART VS HENRY

"Is there any chance of getting the following films to be shown here?" queries Henry N., ward 10 in his letter to this department last week: "'Key Largo' with Humphrey Bogart, Edw. G. Robinson, Lauren Bacall and Lionel Barrymore; 'So This Is New York' with Henry Morgan, Rudy Vallee, Hugh Herbert; 'Frankenstein' starring Abbott & Costello and 'Dream Girl' featuring Betty Hutton. I would surely appreciate it if you could get us the pictures," ends Henry's missive.

## 'BLUES' SWELL BUNCH OF BALL PLAYERS'

A ward 15 resident, Fred E.S. says that inasmuch as he has been a patient at MSH since 1940 he feels that he has a right to say that the Blues, (hospital softball team) are a "swell bunch of fellows and ball players who are giving their all every game unselfishly for our entertainment." He suggests we show our appreciation for their efforts by filling in holes in the MSH diamond, putting new canvas on hidden water faucets so that they may be seen or taking them out all together. "Those hidden faucets are dangerous to the players' safety," declares Fred.

## THANK MR. GARVEY, WINIFRED...

Ward D's Winifred F. is both surprised and delighted over the arrival at their ward July 23

(Continued on next page)

## SAYS LEATHER IS DEAR

Chas. Valentini, MSH Shoe Shop charge says:

"The price of leather has gone up so high that we're making only low cut shoes now \*\* I went fishing week-end before last, July 31-Aug. 1, at Noil river and caught the limit \*\* M. C. Jensen, business manager from the Preston School of Ind. was here Aug.5.



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## MAIL BAG (Cont. from pg.4)

of a spanking new Frigidaire (automatic refrigerator). "We are so happy," exclaims Winifred, "to have the convenience of constant temperature and plenty of room this summer for patients' fruit specials. No ice to lift, no drain to watch, no ants!" she exults.

### MAILS IN SUBSCRIPTION

In the Mail Bag correspondence we find a note from Luvenia De G. on ward D authorizing us to place the name of Mrs. Mary Louise Brown, 1050 - 12th street, Arcata, California on the Pomo News subscription list. "Please get the dollar from my funds from Mrs. Elliott," she instructs. Thank you, Luvenia. We're happy to oblige.

### VACATION ENDS

MSH Matron Edith Ray, 24 years a hospital employe, reacted as expected to her newly decorated office upon her return to duty August 6 from her annual 21 day vacation.

As was prophesied by a Pomo News reporter July 27 Mrs. Ray's pith of existence, the heart, did "palpitate a mite faster" upon seating herself midst glistening walls of beige and eggshell last Friday. "It's lovely," she said.

Accompanied by her sister, Mrs. George Milne, of Alberta, Canada, the matron managed to "take in" the Fair at Sonoma, tour Eureka and window-shop in San Francisco while absent. Mrs. Milne will remain here as a guest of her sister the balance of the summer.

### TO FATHER'S BEDSIDE

Mrs. Royce Vickery left Thursday Aug. 5 for San Francisco, where her father has been seriously ill and underwent an operation last week.

### TO VISIT MOTHER

Myrtle Sisk, relief attendant left on vacation Aug. 5 and will visit her mother and nephew at Pacific Grove, California during her 20 day absence.

## UNITED JULY 31



At 2:30 a.m. July 31 Juanita Riggs, MSH relief attendant, and D.H. Corbett, Ukiah businessman motored to Reno, Nevada and were married. The newlyweds stayed in the "biggest little city in the world" that week-end and returned via Sacramento to Ukiah and friends' charivari the following Monday, August 2.

Mr. and Mrs. Claire Holliday, Maxine Stober and Joe Kabold, Ukiah

familiars accompanied the couple to Nevada. They will make their home in Ukiah and occupy the Ila Hall cottage, that city.

Bridegroom Corbett is an employe of the Ukiah telephone company and the "missus" will have been associated with the hospital one year the 22nd of this month. "I'm really very happy," said Mrs. Corbett last Friday, "and I'm sure D. H. is, too."

## *MSH Church News*

On Sunday, Aug. 8, Rev. R.G. Witt of Holy Trinity Episcopal Church, Ukiah, held services in the MSH auditorium. Rev. Witt comes from Kingman, Arizona. This is the third time he has held services here at the institution.

In his talk Rev. Witt stated that in less than 2 hours we can read all that Jesus ever did or taught, yet all the problems of the world can find solution in that one brief record.

Rev. Leonard Brown held services on ward 12.

Protestant services are held in the main auditorium and on ward 12 every 2nd and 4th Sunday of the month.

\* \* \* \*

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.

\* \* \* \*

"Come and hear, all ye that fear God, and I will declare what he hath done for my soul" (Psalms 66: 16). This is the Golden Text for the Lesson-Sermon to be read in Christian Science churches on Sunday, August 15. The subject is "Soul."

### STARTS HOLIDAY

Edith Morgan MSH attendant leaves on vacation Thursday, August 12. She will be gone 19 days, but will be at the hospital August 17 and 24 to accept subscriptions to The Psychiatric Aid magazine. Mrs. Morgan will visit her daughter, Beverly Bell while away who graduates from St. Mary's hospital, San Francisco this coming January.

INDUSTRIAL SHOP NOTES

Patients at the MSH Industrial Shop recently refinished a dining room table and desk for the occupants of Cottage No. 2, Dr. and Mrs. Joseph K. Orr .... At present, shop workers are in the middle of construction of two small desks of sugar and yellow pine to decorate the interiors of Cottages 7 and 9. They will be ready soon, according to W. A. Elliott, shop charge .... The new pottery wheel made by John K., ward 15 mechanic for the Elliott-Williams headquarters, lately, has presented patients a few problems; one of them being the necessity of supplying different sized pulleys to regulate the various speeds of the wheel. But, despite difficulties anent its installment, its use has speeded up production considerably and enabled operators to produce much better work than heretofore .... Jimmy J., ward 14, is quite sick but his bosses expect him to be back at work before too long.

*Busy Hands*

SPEED RECOVERY



THE WINNERS OF THE POMO NEWS ART CONTEST - Johnny "Chief" P., ward 8 (men) and Betty L., ward M (women) were decided by Sup't. Williams and Dr. E.L. Lochen Thursday, Aug. 5. Chief's grand prize is a book on "Oil Painting"; Betty's award - bedroom slippers - will be presented her this week. Weekly awards go to Barbara F., ward K; Marion O., ward I and A.B.A., ward C. The Pomo News thanks all entrants.

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PSYCHOTHERAPY

THE MIND IN THE MAKING

JUST WHAT IS A PSYCHIATRIST?  
(The data below is taken from the recent work of an authority on psychotherapy and medical men of renown).

A psychiatrist originally meant a physician who specialized in diseases of the mind. Nowadays, a psychiatrist means a doctor who not only treats neuroses, psychoses and emotional disturbances but also tries to prevent them.

He tries to help people improve their judgment and he gives them advice based on his experience with other human beings concerning their feelings about themselves, the world around them and the people among whom they live. A psychiatrist is invariably an M.D. If he is not an M.D. he cannot be a psychiatrist any more than he can be a brain surgeon.

When his internship is over, he goes to a special training hospital for further study, just as do his colleagues who want to become surgeons, heart specialists, and so on. \*\*\* Thus, the psychiatrist, after his internship, will study for five years more in order to become eligible to take the examinations of the American Board of Psychiatry and Neurology. If he passes the examinations to the satisfaction of his older colleagues, he is recognized as a competent psychiatrist by the medical profession.

\*\*\* There is no law against any doctor calling himself a psychiatrist, but the best way to convince the medical profession is either to be preparing for, or to have taken, the board examinations.

HIS BOUTS WITH ASTHMA NECESSITATES LAYOFFS

Bob B., ward 8 is suffering from an acute asthmatic condition and frequent spells have caused him to absent himself from work lately.

Bob's regular job is tidying the doctors' offices in the administration building twice daily and, when indisposed, Charles J., ward 8 "carries on" in Bob's place.

Dr. H. V. Bair, O.D. last Friday night, August 6, responded to a call from Night Attendant A.E. Hooker when Bob complained of not being able to "get my breath".

SUGGESTS COMPENSATION

John J.S., ward 15 occupant and veteran MSH shoe shop employe, says: "Before the budget goes into Sacramento I wish some thought could be directed towards arrangements providing a small benefit to be paid working patients so that they would have more to work for and realize something from their efforts."

# SPORTS



'BLUES'  
UNDER  
NEW  
MANAGE-  
MENT!  
See page 8  
for further  
details.

## BLUES 'PRACTICE SHY'-THEY LOSE

The MSH Blues and ward 15 joined forces last Sunday afternoon, 1:30 o'clock August 8 in an attempt to down the Ukiah Athletic Association softballers on the MSH diamond.

The resulting conflict was probably one of the best softball exhibitions yet to be staged by team members from either ward 8 or 15. Action started with the Ukiah nine forging ahead 7 runs in the first inning, the MSH All Stars contributing to the fracas once in the 3rd and again in the 4th and, for good measure scored three more times in the 5th.

Representatives of both vying delegations performed extraordinarily well the entire nine innings. Jack McInerney, 2nd b. for the UAA had winged feet and was deft in all his maneuvers.

MSH patients were at the game and witnessed the athletic softball associates' definite win over the Blues 16 - 7.

Ward 14 attendant M.L. Dekeno acted as emcee throughout the game and did a commendable bit of "miking" over the hospital PA hookup.

### SLUGGER - WILLITS

The Talmage Sluggers suffered defeat Thursday, Aug. 5 when Willits bested them by a score of 8 - 7.

## BLUES OVER '15'

The Blues - Ward 15 softball game last Saturday, August 7, at the MSH ballpark opened with "15" holding the Blues first inning. But the hospital team let their opponents slip in 6 runs in the second stanza of the tussle.

The score stood 7-4 at end of the fourth in favor of the Blues then Ward 15 rallied and ushered in 4 more runs first of the sixth. The ward 15 pitcher soared a long drive over center field for a homer the first of the seventh and final inning altering the score to read 14-9 favor the Blues at session's end.

The hospital team had lots of help from "Outsider" Larry Hallman

who helped them to victory as Blues' catcher. Another visitor, Neil Hallman, whose father is an MSH attendant, played for the Blues last inning. Patrick Edward Duffy, Blues pitcher, scored 3 runs. Pat's father is an MSH employe, also; one of Hank Fanslow's dairymen. Barton M. ranch patient, injured his ankle sliding home, but he scored a run for the Blues just the same.

Bill W.

## '\$300 TOO MUCH' -BARKS OTTOSEN

Local Baseball Manager Foggy Ottosen had this to say last Saturday, August 7 relative to the eleventh hour cancellation of the Kansas City Monarchs - Talmage Sluggers diamond bout slated weeks ago for show August 8:

"Previous arrangements fell through .... the Witte Agency (contractors for both teams) of Wisconsin wanted a \$300 guarantee instead of 60% of the gate, as previously agreed upon to 'keep the date'. That's too much money," commented Foggy. "I've been told The San Francisco Seals have played this territory in the past for as little as \$150", continued the Slugger manager. "Could be we'll line up something with them later on .... anyway, three hundred bucks is too rich for our blood."

### RUN, SQUIRRELY, RUN!

Of great interest among many of the patients who frequent the men's Front Yard, directly across from ward 8, is the feud between the Black and White Terrier and the Tree Squirrels.

Last Sunday, "Spotty" sneaked up and pounced on one of the rodents while it was foraging on the ground for edible morsels.

A terrific scuffle ensued but due to his superior weight and the advantage of surprise tactics, "Spotty" won the battle and carried off a much deceased "Mr. Squirrel" to his "dog larder", somewhere within the confines of the administration building tunnel.

Spotty was back on the job again Monday noon but discovered that he had competition! Two well known Irish Setters belonging to Attendant Ernie Richter had challenged Spotty's prowess as a huntsman. Late the next day another hapless bushy tail fell victim to the hunting acumen of all three.

So our advice to all local squirrels is -- Beware!

-- "Duke" R.

The POMO NEWS is a non-profit project of the Occupational Therapy Department of MSH. Subscribe to the Pomo News! Send it home. Only \$2.00 a year.

## LAUNDRY BUNDLE FLAME HASTILY EXTINGUISHED

Keen detection on the part of Attendant E. Edwards, probably averted a serious fire on ward 7 last Friday afternoon, August 6.

A wisp of smoke betrayed the presence of sparks in a bundle of laundry delivered to the ward about 1:45 p.m. Attendant Edwards investigated and upon contact with the air a wad of smouldering towels took flame. The fire was immediately quenched but not until approximately 26 bath towels had been destroyed. There was no other loss.

## ART-HER LIFE

Betty L., ward M is happy when she's working -- working, that is, at something she adores.

She is a talented painter and sketch artist of the "first water". Milady is versed in pottery painting, too. What we mean to say is, she's aesthetic, - a lover of the arts, the truly beautiful.

"I feel so much better in so many ways," says Betty, "when working at my art .... I'm a different person, altogether."

Consistent pursuit and application of her skill has had its reward, in a small way .... Betty was one of the two prize winners of the Pomo News Art contest ending July 31. Her picture, adjudged best in the women's division by Superintendent Williams and Dr. E.L. Lochen, portraying two horses and a rider appeared in the August 3 issue of the Pomo News and was titled, "A New Master". A later creation, in water colors has been named, "Friends" and was painted especially for Mrs. Bessey Scott, charge attendant ward M.

Betty, 43, is a former resident of San Francisco, studied commercial art and has earned her living via the brush and palette for at least ten years before coming to MSH.

--"Duke" R.

## TO EAT VENISON

Dr. Donald A. Frost with son (his-name-is-Donald-too-but-he's-NOT-A-JUNIOR!) went a'deer huntin' last Saturday and Sunday, August 7-8 and scored three bucks. Father and son were two of a party of eleven.

## SUBSCRIBED YESTERDAY

X-Ray Technician Bert Sandkulla handed a Pomo News representative \$2.00 yesterday (Monday) August 9 for a 1 year subscription to the hospital paper. This week's issue and 51 to come will be sent to his home at 522 South State St., Ukiah.

## POMO NEWS' VISITORS

Mrs. Mildred Chipman, husband, Myron and son, Daryl were at the

Pomo News office Sunday, August 8.

The Chipmans motored from San Francisco to MSH for a visit with Eldon "Duke" R., Mrs. Chipman's brother who stays at ward 8. It was 24 hours ahead of Duke's birthday, but a small celebration (a tour of the hospital grounds, buildings, departments; and presentation of a birthday cake) ensued, nevertheless. Mr. and Mrs. Chipman returned to San Francisco that same evening.

## NEW SCHEDULE

Tentative plans are in the making to renew Alcoholic Therapy classes at ward 9.

These sessions have been conducted in the past by Dr. G. L. Goodstone and future meetings have been scheduled, subject to change, for 3 p.m. Mondays and Wednesdays of each week.

Patients interested in joining these alcoholic therapy classes each week should contact Dr. Goodstone in his office in the administration building or consult their ward attendant for additional information.

## ELECTRICIAN LOVE TO COLORADO?

Reed Lowe, Veteran MSH Electrician started his annual vacation August 9. He will be away from his electrical work for approximately 30 days. It has been reported that he will inhale the rarified atmosphere of Colorado during his month's respite from duty.

Before leaving on his jaunt to the Centennial State Mr. Lowe plans to track down a few antlered deer so common in this area.

## PSH PHYSICIAN HERE WEDNESDAY

Dr. Olga Miller who was on the MSH staff 3 or 4 years prior to her departure in 1934, was a visitor in Ukiah last Wednesday evening August 4 en route to Willits to visit her sister.

## TAKES OVER 'BLUES'

The MSH Blues, Hospital softball team have a new manager.

Jimmie Laviletta, Talmage Sluggers first baseman who took the Blues under his wing last June 8 but was compelled to abandon management of the lads recently has been superseded as of yesterday (Monday) Aug. 9 by MSH Attendant Wm. H. Moore.

"Bill" volunteered several days ago to oversee the Hospital nine and yesterday had a talk with Supervisor L. E. Miller who in the course of discussion regarding his (Bill's) new assignment, remarked that "the supervisor's office wants to cooperate with the Blues so the boys from ward 15 will be able to practice regularly".

(Cont'd. page 10)

SOCIAL WORKERS HERE

Mrs. Tillie McWhirter, psychiatric social worker with offices in Oakland, California was at MSH Monday, Aug. 2. She was accompanied by Mr. Devereaux, from Oakland, also and Dorothy Mitchell, supervisor of social workers in advanced training at Napa state hospital, Imola, California. Miss Mitchell is recently arrived from Eloise, Michigan.

Mrs. McWhirter is the wife of Social Worker Gordon McWhirter, San Francisco, who manages visits to this institution at least fortnightly.

'MAG' EDITOR LAUDS ATTENDANT'S PLAN

The following letter from the managing editor of "The Psychiatric Aid", a monthly magazine published by the National Mental Health Foundation, Philadelphia, Penn. to the editors of the Pomo News was received last week:

"I wish to thank you for your letter of July 7th addressed to Harold Barton and for the June 29th issue of the Pomo News.

"You seem to have developed a wealth of readable material in this little paper \*\*\* We count it a compliment that you wish to put us on your mailing list and are happy to include the Pomo News among our exchange services \*\*\* Mrs. Edith Morgan's plan to accept subscriptions for The Psychiatric Aid is unique.

"We shall be interestedly looking forward to future issues of the Pomo News \*\*\*" (Signed) Paul Harris III, Man. Ed.

The Psychiatric Aid is the official organ of the Foundation which is sponsored nationally by such celebrities as Mrs. Eleanor Roosevelt, Helen Hayes and Pearl Buck.

ORDERS PAPER FOR A YEAR

The name of Mrs. Bernice Faas, dental assistant to Dr. Donald R. Frost, has been added to the list of subscribers to the Pomo News. Mrs. Faas subscribed for a year last Thursday, August 5.

IN SAME OFFICE NOW

Drs. H. V. Bair and Joseph K. Orr are sharing Office #3 in the administration building. These quarters were formerly occupied by Dr. L.G. McKeever, now on vacation.

LEARNING ABOUT X-RAY

Jerry H., ward 8 is learning the finer points of X-Ray work in the MSH laboratory, ward 9, under the tutelage of Technician Bert Sandkulla.

Jerry's job is to file film, help keep records and look after the laboratory in general.

Jean C., ward M, is the MSH band's new piano player.

SANDKULLA RETURNS TO X-RAY TECHNICIS

Bert Sandkulla, MSH X-Ray technician returned from a 3 weeks vacation August 6 and is back on the job in his laboratory at ward 9.

Mr. Sandkulla stayed at home in Ukiah most of his vacation re-decorating and painting his house. He took a week to go to the coast, however and also visited relatives in Eureka. Next Sunday deer season opens. So Bert will be buck hunting over the week-end, "case anyone wants me," says he.

ISLANDER VISITS SON

Hugh S., ward 8, was visited by his father, a U.S. army colonel, retired, August 5 and 6. Hugh recently put aside crutches that he has been getting around on due to a sprained ankle so he was able to walk about the grounds quite well during his father's visit.

The colonel lives in Honolulu T.H. and is a retired army chaplain. He has been visiting on the mainland for several months and expects to return to the Islands sometime next month.

TRY, TRY AGAIN . . .

To And. K., ward 15: Try again and see if you can't win that Corona Corona from Magnus M., Bakery Shop worker!

Mr. K. sent in \$16,060 as his estimate as to how much "denaro" Magnus has laid out for stogies the past 44 years. But, according to Baker Magnus, his compilation falls a bit short of the correct sum. Try again, fella!

HOW'S YOURVOCABULARY?

Several requests have been received the past few weeks to publish a series of medical terms apropos of "hospital diction" heard on and about the wards. At the rate of two words weekly an average coverage of psychiatrist's "lingo" would involve no little time. So, unless more requests are forthcoming let's be content with such independent units of discourse, as:

VA-GA'RY....(n) Meaning, a wandering of the thoughts; wild or fanciful freak; whim. Synonym: caprice. It's not too commonly used but was requested by a reader. SAC'RO-SANCT....(adj) Sacred, inviolable. Sometimes used ironically. (n) Most holy or sacred.

## TAKES OVER BLUES (Cont. from pg.8)

"Coach" Moore rehearsed his newly acquired softball aspirants at the MSH diamond last night (Monday). This workout was Coach Bill's first official act since his recognition as team "boss" by Supervisor Miller and the teammates yesterday.

"I'm going to do the best I can," said the coach in the Pomo News office the first of this week, "to get the boys in shape, see that they're organized and, if they agree to it, help them elect a ball captain.

"I feel that the Blues are ably equipped to challenge the best of adversaries but they need practice, practice, and more practice. All I ask is their cooperation and confidence .... if they'll give me that, I'll do the rest."

WEEK-END GUESTS AT RANCH

Mrs. George Hovey and her husband were guests at the Dick Mazzonei ranch near Cloverdale last week end. They participated in a hunt staged for their pleasure.

VISITORS FROM OUT OF STATE HERE LAST WEEK

At MSH Monday, August 2, visiting his friend Leland D., ward 8, was Lyle Buckwell from Yakima, Washington.

Another out of state visitor: Mrs. W.C. Turner of Indianapolis, Indiana who came to visit her daughter Donna R. ward C, August 4-5 and 6; visiting Ruby M. ward D, Wednesday August 4, was her sister, Mrs. J.H. Cook from Salt Lake City, Utah and brother-in-law R. E. Watkins, Pasadena, California.

NO SOCIAL CALL

Ruth Norman and Bruno Sargentini, former MSH employes now at Agnew state hospital were here last week on official business.

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Lou Norman, Ruth's husband has been hospitalized for some time suffering from a cardiac condition, according to his wife. He is showing some improvement.

## TURNOUT CLIMBS

A meeting under the auspices of the Santa Rosa and Sonoma chapters of Alcoholics Anonymous and presided over by Chairman Dick of Santa Rosa, took place last Sunday evening August 8, in the MSH Auditorium. Discussions began about 6:30 p.m.

The weekly assembly was well attended. Sundry subjects came up and issues pertinent to A.A. work by chapter members were debated. Both men and women patients took an active part in the proceedings, asked questions and seemed to take a lively interest in the affairs and difficulties akin to an alco-

holic's existence.

Dick outlined the work and features of the organization and called attention to instances whereby various individuals had conquered "demon rum" through the help of Alcoholics Anonymous. Personal shortcomings were divulged by visiting members and genuine thanks were voiced for AA's help.

The increased attendance at last Sunday's meeting was especially encouraging to regular AA addicts and gave regular participants new heart. Statistics have shown that 75 percent of alcoholics joining AA are cured of the drinking habit; that alone could be responsible for the international organization's 75,000 members in the United States alone.

MOTHER AND SISTER HERE

Mrs. George Reinders and daughter Donna of Marysville, Kansas, Mrs. Viola Warren, of St. Joseph, Missouri, mother and sister respectively, of Mrs. Elwin Cornell, MSH switchboard operator, arrived Saturday, Aug. 7 for a short visit at the P.L. Cornell home, Ukiah.

OPERATORS SCORE AGAIN

Annie Anderson, Mendocino State Hospital telephone operator contributed more magazines - most of them women's monthly periodicals of recent date - to the Pomo News self styled "library" yesterday.

Sometime this week her donation with other literary gifts for patients quartered on closed wards will be dispatched to ward C (women's division) and ward 12, men's habitat.

BANDMASTER, PLEASE NOTE

"There is a patient now on ward 9 who may soon be transferred to ward 8 and he is adept as a pianist," commented Social Worker Wolf to a Pomo News man last week. "Thought possibly the MSH bandmaster would be interested. He has had considerable experience 'at the ivories' .... his name is Louis L."

## ADDRESSES WARD 12

On Saturday, August 7, Rev. Willie K. held a service on ward 12 and spoke from the 9th chapter of St. John, using the 4th verse as his text: "I must work the works of him that sent me while it is day. The night cometh when no man can work."

HANK P. TO CAPTAINCY

Hank P. ward 8 second baseman for the Blues softball delegation was elected team captain by squad members at the MSH ball park last night (Monday) August 9, Coach Bill Moore, officiating.

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

### DR. HOWARD V. BAIR

Born in Robinson, Illinois, May 2, 1918, Dr. Howard V. Bair received his M.D. degree from the University of Kansas in May 1942 .... He interned at St. Francis Hospital in Wichita, Kansas for one year. Upon completion of his internship, Dr. Bair engaged in general medical practice in Wichita until he entered the medical corps of the United States Army .... Major Bair served overseas, in the European Theater of Operations from 1943 to 1946 .... Following his release from the service he opened an office at Vallejo, California and engaged in general medical practice in that community .... He entered state service in April, 1947, and was staffed at the Veterans' Home, (Yountville) California, until his transfer to MSH on March 15, 1948 .... Dr. Bair has been married since December 31, 1941, and is the father of two children, Jeff, 5, and Jane, age 3 months. The doctor, his wife and children reside in Cottage #9 on Medical Row.

### ANOTHER POMO NEWS SUBSCRIBER

Ward 8 Patient Claude H. lengthens the Pomo News subscription list by the addition of the name of another reader-to-be, his wife who lives in Stockton, California.

"Please charge to my account in the front office," writes Claude in his note of subscription authorization to the hospital paper, last Monday.

Thanks, Claude. We'll see that the "missus" receives same.

*Editorial - by A.R.J.*

## A SUGGESTION

We happened on ward 9 last week while scouting around the hospital for news.

Up on the second floor we couldn't help but notice the lack of ventilation and the "stuffy" smell so common to quarters improperly aired. Patients waiting their turn for "shots" sat crowded along both walls of the narrow corridor adjacent to Surgery naturally impatient to get out and get some "good, fresh air".

It wasn't always this way on the second floor of "9". But not long ago the fire marshal ordered the hallway's only opening to the outside to be "glassed in" so that in case of an inside fire the flames might be restricted to that certain area and wouldn't spread to other parts of the building.

Of course, that was a splendid idea .... but, so's fresh air; so's breathing.

Now we're not very smart but we feel that the insertion of an exhaust fan or some kind of blower right above that recently glassed grill, right at the top of the south stairs would make a lot of patients happier - and healthier. No doubt the idea will appeal to their escorts, too, - attendants who are obliged to remain at the patients' side during his tiresome wait for a typhoid or "dip" shot.

We say again, we're not very smart. But 'pears to us that the humble but sincere suggestion above doesn't exactly border on illiteracy.

As most men, I had considered success only from the dollar mark.

As I sat lazing the time away, my eyes spied a worm about an inch long working its way toward a small tree at my feet. I watched the worm start up the tree. The tree was not large, but it was huge in comparison with the worm which appeared insignificant. The tree was dressed in fresh spring raiment. The worm had a round head with fuzzy little whiskers and tiny queer spots on its back.

I watched it start at the base of the tree, and without hesitation or fear, it began its long climb. There was no apparent doubt that it knew where it was going. Whenever it met an obstacle, it reared back and looked up, and either went around or over it. Once when it met a rough piece of bark, it took an extra hump and pushed itself along. Twice it lost its footing and fell back a little, but it hung on and soon regained lost ground. On and on it climbed until it became a tiny speck, and reached its goal on a branch of the tree some twenty feet above me. Not once did it look back or down, but always upward.

I made up my mind that, henceforth, if anyone called me a worm, I would like it. -- Everett W. Hill. (From the July 27 issue of Patton Progress.)