



POMO NEWS

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

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August 17, 1948

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PIONEERS 'SERVICE'

"I divide my time equally among four state hospitals, Napa, Agnew, Eldridge, and Mendocino," said Dr. Richard H. McAleese, state chiropodist at MSH Monday through Friday, August 9 - 13.

Chiropodist McAleese is one of three trailblazers of a new state service which began last July 1.

The "service", - sponsored by state officials and designed to alleviate and possibly remedy foot trouble among state hospital patients - necessitates the employment of three chiropodists; one for the southern part of the state, another for the central area and a third (Dr. McAleese) to attend the chiropodial needs of those patients of northern California state mental institutions.

"I will spend one week out of each month at each of the afore-
(Cont. page 4)

EMPLOYEES BUY REDWOOD VALLEY NURSERY AUG. 3

Last Tuesday, August 3rd Mr. and Mrs. Ferdinand Faas purchased a nursery at south State street, Ukiah.

"We're quite thrilled," said Mrs. Faas last week. "The place is quite complete and as long as this story isn't costing (Cont. p.4)

HAILS PROGRAM

A letter received by Dr. E.L. Lochen recently fairly abounds with happiness and contentment.

The contents, which
(Cont. pg. 2)

PATIENTS VIE, TOO

Joe Addor's carpenter shop crew has been abnormally busy the past fortnight.

The hospital workmen completed a display table last week designed to hold and properly exhibit articles, made by MSH patients, at the Ukiah Fair Friday through Sunday, August 20-21-22.

Clothes, shoes and MSH
(Cont. pg. 2)

VISITS KIN

Mrs. Lillian McKeever, wife of Dr. L. G. McKeever of MSH accompanied by her son, Paul, left last Friday morning, August 13 for Chicago, Illinois.

While in "The Windy City" she will visit
(Cont. pg. 2)

PARKING DEFINED

Notices were posted on administration building bulletin boards lately regarding parking difficulties in the circle around that building and the receiving wards. A request was made by the State Fire Marshal that steps be taken to alleviate this traffic bottle-neck and all employees asked to cooperate.

Thursday, August 12, curbing across the drive from the administration building was painted yellow and lettered in black: "parking for visitors only."

To acquaint readers with the state rules
(Cont. pg. 3)

'AND HOPE SPRINGS UP'

Once in a great while the Mail Bag department of the Pomo News receives a letter, the contents of which border on the unique. Its' simplicity, its' directness loom a challenge to the most biased and the practicality of the message extrudes the author to the very top of our "Bravo!" list and, simultaneously warrants stamping her effort "first page copy". One such letter was mailed the newspaper last week and is reprinted below, verbatim:

"Dear Editor Pomo News: Until a short time ago I knew scarcely anything about the departments of this hospital and their management - or of the personnel and their work and aims.

"What information I gleaned was from bits of talk here and there among the patients. As a result I felt and feared that the general opinion concerning mental patients was mostly fatalistic. This kind of thinking brings many setbacks.

"But since the publication of the Pomo News, I have changed my ideas. Here in our own newspaper we read not only of methods used in healing the body but also of new systems and processes for the restoration of the mind.

"And hope springs up.

"The kindness and the true interest shown
(Continued page 3)

AMBIDEXTROUS PATIENTS WOULD BE ONE SOLUTION

The MSH orchestra now has 2 saxophones, 2 trumpets, 2 violins and a guitar, and an improvised drum which is badly in need of replacement, was the report of bandmaster, R.N. last week. The musicians are still in want of a guitar player, a mandolin player and a violin player, too. Plenty of instruments but no one to play them -- that's the band's problem.

FROM GUAM TO MSH

Ted Bullock, just returned from Guam, visited Friend Edward G. at ward 15, August 10, and Mrs. M.J. Turner visited her daughter, Donna R., ward C, August 10 and 11. She is from Indianapolis.

BELIEVE ALL YOU SEE? DON'T!

Lee Grabel, popular magician, author of "Advising Beginners in the Art of Legerdemain," will appear in person at the MSH auditorium Thursday, August 19, at 1p.m. All are invited.

According to Supervisor L.E. Miller, yesterday, patients quartered in "14" and "15" and other closed wards will be permitted to witness the "feats of magic".

MSH POPULATION AT 2,773

During the period August 9 to August 14 MSH admitted 22 new patients and released 15.

The population at the hospital August 16 totaled 2773.

"HOMESTRETCH", a 20th Century-Fox picture will be presented in the MSH auditorium, Sat., Aug. 21.

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DR. WILLIAMS SAYS:

I think it would be a good idea if every patient had a copy of the hospital rules and regulations ... something they could refer to when in doubt as to whether they should do this or shouldn't do that. Our conditioned reflex turnover is getting bigger every day and these new men and women patients that come here to be helped with their drinking problems are sure to run afoul unless they are fully cognizant of what they may do and what they may not do ... I'm going to see about it this week.

* * *

I wish all of you patients would get behind the Blues, our softball team and give them all the support you can. Supervisor Miller, I understand, is doing his best to help them get to practice regularly. That's not easy either. The supervisor's job is a big one and when you patients on closed wards are permitted to see the Blues play any time that he schedules it involves a lot of work on his part. So when you attend these Blues' sessions at the ball park, root for the Blues but don't forget that you are ladies and gentlemen. You can make the team feel better by sending in little notes of encouragement to your Pomo News, too.

PATIENTS VIE, TOO (Cont'd. from page 1)

Industrial Shop products will be part of the institution's array of merchandise which will attract Fair visitors' eyes.

Patient occupational therapists under the supervision of Veteran W. A. (Bill) Elliott and assistant Ken Williams are currently shaping numerous redwood burl pieces preparatory to their transfer within a day or so to the Fair.

Redwood bowls, candlesticks, tables, ash trays plus quite a few inlaid items will be displayed. Fiber furniture - lawn chairs and the like - will reflect the patients' efforts, also.

VISITS KIN (Continued from page 1) her parents and those of Dr. McKeever, returning to the coast in about two weeks.

HAILS PROGRAM (Continued from page 1) follow, were written by a former patient and are highly complimentary to MSH's Conditioned Reflex department:

"Dear Sir -- The course of treatments that I have received at MSH has done wonders for me and I am very grateful to you and your staff. I am feeling fine and liquor does not bother me anymore. I am working seven days a week and have jobs promised to me that will last throughout the fall and winter. I have purchased a house and lot and will keep working to pay for them. *** (Signed) Henry."

Henry's letter is substantiated by a similar one from his father which states in part, "Henry is splendid now, thanks to the conditioned reflex treatment he has fully controlled his habits." (Continued on next page column 2)



BRINGS ONE HOME

Hunting in the Bald Hills country of the Coast Range east of Boonville, Bert Sandkulla, MSH X-Ray technician was a lucky deer hunter opening day of the season, August 7.

He brought down a forked horn buck that dressed out at approximately 75 pounds but says "it weighed about three times that much by the time I got the deer to camp."

Bert was one of a party of three hunters, he being the only member lucky enough to bring home the "venison". He reports lots of deer hunters ranging the mountains searching for the wily bucks.

WANTED - Patient familiar with mimeo work: typing, stencil cutting, machine operation. If not experienced must be willing to learn. See your ward doctor or write Pomo News.

TAKES TIME OUT

This is a busy time for MSH business office. Sort of a blue time, too. Getting out their estimates for all materials and supplies needed by the hospital for the months of October, November and December is no simple chore. Many kinds of food and sundry supplies are included in the estimates which are due in Sacramento, August 15 and that calls for long, sober faces - no time for joshing back and forth like they 'd probably like to do.

-- Maybe that's the reason their "boss" stepped, grinning, into the Pomo News office yesterday with a joke book in his hand and a quip on his lips -- He was playin' hookey, we betcha . . .

'HOPE SPRINGS UP' (Cont. fr. p.1) in our welfare by our present superintendent, Dr. Williams, together with his belief that not only improvement but cure is possible, will, like the 'leaven which leaveneth the whole' permeate the thoughts and feelings of all connected with the work here.

"Then we, the patients, will become individualized and, it follows, in due time each one who really tries to improve will receive the help necessary to smooth out his troubles and make living a free life again possible." - Winifred F. (Wd.D)

IS A NEW CARER



Pellagrino I. transferred from ward 9 to ward 8 and has been assigned Bob B.'s job of tidying up the doctors' offices in the administration building twice daily.

Bob B. ward 8 was compelled to discontinue work last week because of illness.

AMONG OUR EMPLOYEES



McSPARINS ENTERTAIN

A guest at the Talmage home of Mr. and Mrs. H.J. McSparin, MSH attendants this past week was Miss Lydia McMichael of Norwalk state hospital.

ATE GOOD WHILE AWAY

"Mother fixed me up two different elk dinners while I was visiting her and my two sisters at Coer D' Alene, Idaho, last month," said H. F. Johnson, ward 8 charge attendant who returned to duty at MSH August 14. Harry made the trip north by plane.

PARKING DEFINED (Cont. from page 1) on curb parking we quote from the California Vehicle Code Summary the following definitions.

Curbing painted:

RED - Means no stopping, standing or parking.

YELLOW - Means stopping for loading or unloading freight or passengers for a limited time only.

WHITE - Means stopping only for loading or unloading passengers for a limited time.

GREEN - Means time limit parking only. (From Vehicle Code - Section 472, colors and their meanings.)

The curbing painted red and marked reserved just south of the administration building steps, is for official parking only.

Parking around the circle has developed into a traffic safety problem, according to MSH Supervisor Miller yesterday while discussing the situation with a Pomo news reporter. Mr. Miller contended that it would be a fine thing if all the curbings were painted and marked as the rules of the state Motor Vehicle department direct. There is plenty of parking space available elsewhere and any step in the right direction toward public safety is a good one.

-- "Duke" R.

HAILS PROGRAM (Cont. from page 2)

Many letters similar to the above have been received by the hospital. It is gratifying to the staff to realize that the hard work that has gone into the alcoholic program is bearing fruit, was Dr. Lochen's comment last week.

- Duke R.

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PIONEERS 'SERVICE' (Cont. fr. pg. 1) mentioned hospitals," explained the doctor last Tuesday evening, August 10.

-- Treats 7 Wards --

Last Friday, August 13, Dr. McAleese left a note in the Pomo News office which ran: "During my August 9-13 stay at MSH I have treated 230 patients on wards F, H, I, K, 12, 10, and 8," and towards the end of his missive, "when I return Sept. 7 I will complete wards K and F on the female side and cover work wards on the men's side."

Last Friday terminated the chiropodist's second visit here. Including those treated during his July stay, he has examined and doctored the feet of 473 MSH patients, thus far.

EMPLOYEES BUY REDWOOD VALLEY NURSERY (Cont'd. from page 1) us anything want to say to our friends that we will specialize in tuberous begonias, fuchsias, camellias, rhododendrons, budding plants, bulbs and roses, potted gift plants in pottery, brass, and redwood containers.



In fact, we've a complete new line of pottery ware and wrought ironware on the way."

The Faas' new greenhouse, known as the Redwood Valley Nursery is located on south State street, Ukiah.

Bernice (Mrs. Faas) is dental assistant to Dr. Donald Frost, MSH dentist. Mr. Faas is an MSH employe, also.

THEY 'LIMBER UP'

"Leather pushing" as well as croquetting now affords MSH parole patients a new recreation at a spot directly across from ward 8, west side of the road, - thanks to the recent embedment of a concrete base anchoring an upright punching bag which was fashioned and installed by a hospital employe.

The punching bag, a Wilson Bros. product of the best quality, is one of three which have arrived at the office of Clinical Director G. L. Goodstone the past two weeks, along with boxing gloves, catcher's mitt, athletic equipment, of varied descriptions.

The second bag is being "sunk" in the patient recreation yard at ward 12, and the third is tentatively scheduled to become part of the recreational equipment in main building wards' backyard.

ORDERS SUBSCRIPTION

Mrs. Flora Conner, San Francisco authorizes the entrance of the name Lionel F. Brown, Richmond, California, on the Pomo News subscription list this week. The paper is to be sent Mr. Brown until September, next year.

TENDERS WE 'UNS TWO 'BUCKS'

Dr. Donald R. Frost, Hospital dentist, became a paid subscriber to the Pomo News last Wednesday August 11, and will be on the receiving end of each issue to come for the next 52 weeks.



HE MISSED FIRST TIME TRIED AGAIN -- EUREKA!

"Try, try, again" implored the Pomo News last week, advising And. K. ward 15 to proffer a second guess at how much cash Magnus M., MSH baker, has laid on the line the past 44 years.

Mr. K's. first estimate as to the amount of money Magnus has "smoked up" was \$16,060; his second and winning computation was \$16,071. So, And. took advice and a Corona Corona from Magnus.

"I forgot the eleven leap year days he'd be smoking cigars, first guess," said Winner K., mouthing a stogie contentedly.

300 AT 'SEVEN'

Excursions about the Mendocino state hospital "campus" have been too few and far between for Pomo News scouters.

But about ten days ago a representative of the 4th estate sauntered into the vicinity of ward 7 and via the graciousity of Charge Attendant L. J. Mosley, Herbert Brown, attendant and Mrs. Edith Tuomey, "lady of the flowers," was allowed to accompany the ward's heads about the area.

-- Houses 300 --

Ward 7 embraces in the neighborhood of 300 patients, according to Chargeman Mosley. All sleep in the 10 dormitories which encircle the main yard directly in arrears of the front entrance.

Occupants are flanked on the north by one wing which is the dining room and on the south another constitutes the day room. Although ward 7 is one of the largest housing units at MSH, its operating crew averages only 10 to 11 attendants normally.

WARD FOUR-ER CONTRIBUTES

Christopher S. clothes room man on ward four dropped a poem entitled "The Business Man" in the Pomo News contribution box, administration building tunnel, Aug. 8. We shall print it soon. Thanks, Chris. but "make" with some opinions next time!

A LUCKY '13TH'

Two editions, "Learn Chess Fast" by Sammy Reshevsky and Fred Reinfeld - and "The Beginner's Book of Chess" by F. Hollings were left in (Cont'd. next page column 2)



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

WANTS TO JOIN POTTERY CLASS

"After reading in the Pomo News of your 'pottery' class, I was at a loss as to the correct answer when I inquired if the class was for men and women or for men, only," complains B.C., ward I correspondent in an August letter to this department. -- B.C. doesn't enlighten us further as to a "correct answer" but the balance of her report, lucid in all respects, follows:

"I have worked in pottery and have done ceramics. However, I do not know if I would know what they would want me to know or not; but I am interested, particularly if I can learn something. I am also acquainted with the glazing and firing of pottery - but would like to know more.

"I can teach and do tooled leather work as well as run a mimeograph. I can cut stencils but am rather slow. I can do art work, particularly landscapes and portraits; also, 'still life' drawings of fruits, vegetables, objects. I work in charcoal pastels and pencil, mostly - but I have done a few 'oils' - but need more practice. ***". (Signed) B.C., ward I.

'I WANT TO LEARN, TOO, PLEASE'

Another applicant for W.A. (Bill) Elliott's Industrial Shop pottery work is Joyce M., I ward. "I would like to enter my name for the interesting work of making pottery if you have any intention of inviting the ladies to learn it," informs Joyce in her missive to the Pomo News last week. "I see no reason why WE cannot assist. I want to learn, too, please."

PROFFERS SERVICES

To MSH Clinical Director G. L. Goodstone and the Pomo News is directed a highly informative message this week. It comes from Chirographer Clarence O.B., ward 15 and the data submitted is short but sweet to the help-hungry. It follows: "I read in an issue of the Pomo News that you were in need of a stenographer. I have had some experience along this line *** if you need a typist I feel I could do the work. Would be pleased if you would give me a try (Signed) Clarence O.B., ward 15."

AUTHOR NOTES ERROR

The Mail Bag is in error, according to H.R. Jr. He writes from ward

12 that in the August 3 issue "you printed that my father owns three newspapers" and that if we'd give his letter a second perusal we'd discover (to our dismay) that he had worded his correspondence to read "used" to own said newspapers". We stand corrected, H.R. And, thanks for calling the mis-read copy to our attention "In the same issue you have answered me regarding the article that I intend to write for the Pomo News. I am at present writing the article and I will send it to you next Tuesday (today). Although the article is going to be a little long I must take my time to compose it correctly," concludes our shoulda-beena-proofreader friend from ward 12 Muchas Gracias, Senor!

SAYS NEW CHAIRS 'OKAY'

Myrtle, a ward I dweller begins her communication this week with homely observations, such as: "Cottage girls of ward I have finished their general housecleaning and our Night Charge, Mrs. Winchester has completed her monthly haircutting. So, you see - no 'idle hands' among us We are still waiting, Mr. Business Manager for that "Frig" so we can have a cool drink these hot days P.S. Please print the item about our new chairs, sent in two weeks ago. Mr. Garvey will think we do not appreciate them and we certainly do - (Signed) Myrtle."

OPINES POETICALLY

F.R., ward B turns poet and contributes a few homemade stanzas to the Mail Bag this week. F.R.'s poetry concerns the Pomo News, the hospital doctors, the MSH band, Dr. Schramm's coming trip east (he wishes them "good luck") and Superintendent Williams. His last verse submitted, reads: May the Pomo News Grow, As other flowers do, It can't go huntin' or fishin; As all the Doctors do.

WARD I CERAMICS - HUNGRY, TOO

"We, the ladies, would like to join your Pottery Class, Mr. Elliott," states "Huskey", speaking for the dwellers on ward I. She also assures Dr. R. G. Brankamp that he's quite "welcome to the Radio Log" and spotlights the fact that Dr. G.L. Goodstone seems "always in a big hurry" wants to know where he's going, etc.

A LUCKY '13TH' (Cont. from pg. 4) the Pomo News office last "Friday, the thirteenth."

The new books were a gift to the staff from Cromer Nelson, Christian Science representative from San Francisco. Patients interested in chess may feel free to refer to their contents at any time.

MSH Church

News

Protestant Services are held on the 2nd and 4th Sundays of each month in the MSH auditorium and ward 12. Services in these two places are scheduled for next Sunday, August 22.

* * *

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.

* * *

On Saturday, August 14, Rev. Willie K. held a service on ward 12. He spoke from the 1st chapter of the book of Jonah, using the 4th verse as his text: "But the Lord sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken." The subject was "Stormy Weather."

* * *

"Mind" is the subject of the Lesson-Sermon to be read on Sunday, August 22, in The First Church of Christ, Scientist, in Boston, Massachusetts, and in all its branches throughout the world. The Golden Text of the Lesson-Sermon is from Proverbs: "The Lord giveth wisdom: out of his mouth cometh knowledge and understanding" (2:6).

SCALDS HAND

Claud G., ward 15 suffered considerable pain from blisters around the fingers of his left hand when hot soap splashed from a nearby vat at the MSH laundry last Wednesday, August 11.

BILL W. NOW IN ODR REPLACES EDDIE C.

Bill W. ward 8, is the new house-boy at the Officers' Dining Room

in the administration building.

Bill is "taking up" duties where Eddie C. "left off", the latter being discharged from the hospital, August 13.

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PSYCHOTHERAPY

THE MIND IN THE MAKING

WHAT IS THE PSYCHIATRIST'S JOB?

There is nothing fantastic nor mysterious about the study of psychotherapy.

It is all quite simple, if you merely understand the processes of the mental categories of memory, attention, imagination, emotion, etc. And all of these processes are made of simpler elements. The psychiatrist, who has made a study of the reasons for people thinking and acting the way they do, is capable of learning from the patient just where the fundamental abnormality occurred in his or her life.

-- Inattention To Blame --

Some minds get into the "bad behavior" stage simply because of some early factor in the patient's life. Lack of attention and affection is one of the greatest faults of present day mental disorders. True, it is only the psychiatrist who with his special training is able to "put his finger" on the cause of the mental disorder, although the patient may not know that such was the cause of abnormal thinking which naturally follows the physical reactions which are looked upon by society as "mental disorder."

Relatives should realize that mental disorders do not come overnight, but are years (in most serious cases) of confusions of the mental processes. Lack of attention and affection of parents can not be placed upon the patients as their faults for an early "wrong start" in life. Nor can mental disorders be considered "an act of God" or even inherited.

-- Frequent Talks Necessary --

The psychiatrist's problem is to find out through frequent talks with the patient his entire life history, and someplace early in life, the reason is found for the present mental disorder. By individually talking to the patient or by group psychotherapy, patients have the opportunity to "thrash out" beliefs and present their problems.

In this way the psychiatrist can show the patients where they have the wrong conceptions about life's problems that have caused them to be considered by society as "mentally disordered."

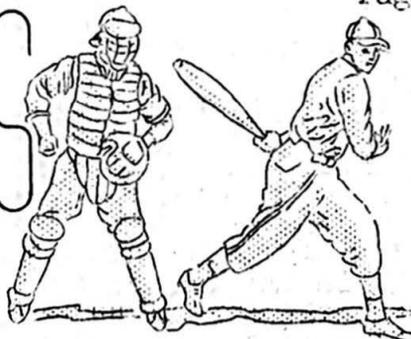
HOW'S YOUR VOCABULARY?

We'll "squeeze in" these two "vocab" enlargements this week but quick, like a bunny:

SCUR'RIL-IOUS... (adj.) Means: using language such as only a vulgar buffoon or clown might use; coarseness or indecency of language.

CON'VER-SANT... (adj) Means: Accustomed to dwell or (3) familiar by use or study; well-informed.

SPORTS

HOSPITAL BLUESFALL BEFORE UAA

A softball game at the MSH ball park commenced at 1:30 p.m. last Sunday, August 15.

UAA firstbaseman Diamond scored a hit and the first run of the game which started a succession of round trips to home plate for the visiting team who scored 4 runs the first half of the first inning.

Freddie L. second baseman for the Blues drove a long one over right field for a three bagger by way of retaliation for the Ukiah surprise onslaught at game's opening. Freddie's circle of the bases constituted the hospital teams initial score. And almost their last one as far as that goes. They managed to enter one more on the ledger in a succeeding inning and their final tally came the last of the 9th making the final total for the day read 9 - 3 UAA.

RICHARDSON'S MARKETSCORE WIN AUGUST 13

The Blues, MSH softball team lost to Richardson's Market, Ukiah nine last Friday, August 13 by a score of 10-6.

The mild drubbing probably wasn't any too encouraging to the newly reorganized hospital patients but said Coach Bill Moore after the game:

"We're not downhearted -- that's for sure.

"My boys still need lots of practice and believe me they're going to get it starting tomorrow. Don't forget we're just starting and most of us are still not entirely ripe."

UKIAH VS SLUGGERS AUG 15, SLUGGERS WON 9-8; AUGUST 22 SLUGGERS VS WIL-LITS MSH DIAMOND.

BACK HOME AGAIN! H.A. Hulegard again associated with Perry's photo supplies. Watch, jewelry repairing, etc.



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THANK MSH HEADS

The following note of gratitude was handed a Pomo News man last Friday:

Dr. Goodstone - Supervisor Miller: Many thanks for past opportunities to see and participate in the Blues softball games! May we enjoy many more in the future. And thanks for arranging for us to practice.
--Ward 15 Patients.

VISITS FORT

Joe Addor, MSH carpenter foreman, visited Fort Ross over the week-end of August 7 and 8.

"Stopped at Bodega Bay and dug for clams," said Joe, last Friday. "Mr. and Mrs. Blue accompanied me on the trip. He's an MSH truck driver and his wife is County Recorder of Mendocino county," concluded Joe.

EMPLOYEES ENJOY LEISURELY DAYS

Mrs. Amy Galli, MSH attendant, on vacation since August 4 with her husband has been in Yellowstone National Park. Mrs. Galli's post cards sent MSH Matron Edith Ray read: "Having wonderful time". She will return to duty here Aug. 23.

Mrs. Sylvia Alexander, Women's Marking Room Charge left on vacation August 14. She will return Sept. 1.

Mrs. Gladys Trimeloni, MSH relief attendant left on vacation August 11. She returns August 30 and Mrs. E. Lee, hospital relief attendant will be gone until August 28. Mrs. Lee started her annual leave August 7.

VISITS DAD

Mr. and Mrs. Fred Evans and daughter from Half Moon bay visited Denis (Irish) C. ward 8 last Sunday, Aug. 8. Accompanying them was Denis' son, Denis Jr., vacationing from Brooklyn.



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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

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THUMBNAIL BIOGRAPHIES

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

DR. EVERETTE L. LOCHEN

E.L. Lochen, M.D. was born in Milwaukee, Wisconsin on March 8, 1906...He attended public school in Milwaukee and upon graduation enrolled at the University of Wisconsin at Madison in 1924...Dr. Lochen received his Bachelor of Science degree from the University in 1928 followed by a Doctor of Medicine degree in 1931. The next two years, 1931-1932 he interned at St. Joseph's hospital, San Francisco, California...Upon completing his internship at St. Joseph's hospital Dr. Lochen returned to the Badger state where he engaged in private practice, pursuing industrial medicine and surgery. This occupied the physician's time until his admittance to the Army Medical Corps with a captain's rating in 1940. After five and a half years service he was discharged a Lieutenant Colonel...Dr. Lochen was practicing surgery at Tripler General Hospital, Pearl Harbor, when the Japanese made their infamous sneak attack December 7, 1941. He served three and one half years in the Hawaiian Islands before returning to the Mainland...After practicing Neuropsychiatry for four months in the Wisconsin State System Dr. Lochen came to MSH. That was in March 1947. He and his wife and two daughters, Sandra, 10, and Sheila, 11, make their home in Cottage 6 on Medical Row. Mrs. Lochen is a registered nurse in the MSH Conditioned Reflex department.

Editorial by A.R.T.

BECOMES WEIGHTIER

The alarming increase of mental patients in the United States should not be taken lightly. The Veterans' Administration will soon break ground for a \$20,000,000 psychiatric hospital near San Francisco.

When Thomas Parran, M.D. and Surgeon General, U.S. Public Health Service states that "one out of ten" will need psychiatric aid, sooner or later, you'd better stop and give this some thought. Half of the hospital beds are occupied by mental patients. Five out of every 100 U.S. Adults will spend some part of their life in a mental hospital. There are only 4,000 psychiatrists on hand, though we need 14,000. We spend \$100 a year per case of Polio....25¢ a year per case of mental disease.

In the current issue of Cosmopolitan magazine, Dwight D. Eisenhower mentions that the country's manpower is exhaustible. That there were many instances where fighting manpower was lacking because of the millions of "rejects" from the armed forces.

And the Graphic Institute shows where 2 out of 5 World War II medical discharges were due to mental or emotional disorder.

At the present time, we believe the figures are that here at MSH we have 450 veterans of both World War I and II.

How can we expect to have world peace if we can't get along with ourselves? The keen world of high costs of living and competition is not going to help decrease the above figures.

Remember....one out of ten who read these words will sooner or later need the help of a psychiatrist.

ON DEER HUNT

Fred Figone, head groundsman was a member of a local deer hunt shortly after August 7 (first day of the season) that brought in three bucks.

Fred accompanied a friend on a motor trip to the southern part of the state last Saturday, August 14, and will be gone for a week. He returns to his work at the hospital, Monday, August 23.



NEED MUSICIANS

Additions to the MSH orchestra Wednesday, August 11 were: Cloy E., ward 15, saxophone player; Louise H., ward H, saxophonist and Olga K. ward H, pianist. Olga was a member of the organization prior to July 4, at which time she took a "breather". "We're all glad to have her back" Bob N, bandmaster told a Pomo News reporter, last week. "We're glad to have anyone return to the fold and are yet on the lookout for 3 more players."