

# POMO NEWS

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

Vol. 1 No. 16 - August 24, 1948 - 5¢ per copy - Population : 2784

## RETIREES

Last Friday, August 20 Mrs. Helen L. Scholl concluded five years' service as institutional pharmacist at the Mendocino state hospital. Graduating from pharmacy school at the University of Alberta, Edmonton, Canada, in 1918, Mrs. Scholl has been a prescriptionist for patients for three decades.

She plans to refrain from active practice and engage in a nursery and floral business at Fortuna, California.

Mrs. Scholl has purchased three and one-half acres of land with a frontage of 100 feet on highway 101, two miles south of the town. There is a new house on the property but combined nursery and floral shop buildings will have to be erected. The business will be conducted by Mrs. Scholl, (Cont. 3 Col. 2)

## \$940,000 - NEW UNIT

The California State Public Works Board met yesterday (Monday), August 23, in Sacramento to adopt new priorities in the state's building construction program.

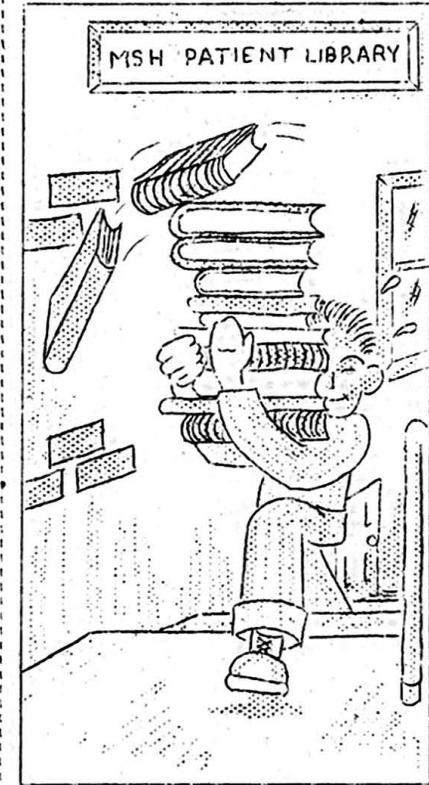
Scheduled for early consideration were three new ward buildings for MSH to replace the main administration building which was built in 1893.

Money is available for the construction of two sun porches (solariums) for the use of tubercular patients - one at ward 7 the other at ward F. Also, a new hog farrowing barn is to be constructed at the hospital hog ranch.

According to J.J. Garvey, (Cont'd on pg.5)

## SUPERINTENDENT OKAYS LIBRARY

SUP'T. D. B. WILLIAMS GAVE HIS CONSENT LAST WEEK TO USE OF THE POMO NEWS PHOTO LABORATORY, BASEMENT IN THE REAR OF WARD 9 FOR THE OFFICIAL MSH library. The photo "lab" was formerly the site of the hospital drug room.



-MSH PATIENT LIBRARY- Basement of ward nine; entrance at rear exit.

## 'FIXES IT'

The removal of the "shot" dressing room from the second floor of ward "9" to the tier below, almost two weeks ago was the response to "A Suggestion" by several of the building's tenants last month that something be done about the distressing lack of ventilation on that floor . . . "Then, too" declared Dr. H.V. Bair last Saturday, "a switch to the lower floor has been uppermost in our minds for some time past."

- Anyway, that fixes it.

(UKIAH FAIR - page 4)

With the founding of the Pomo News by Editor A.R.T. "Trip" May 11, this year, the space was converted into quarters suitable for the paper's publication. A few weeks after its maiden issue the MSH weekly began to suffer "growing pains"; one of its chief complaints was lack of room. And a more central location was deemed necessary, so a move to a larger and more convenient office in the Administra-

(Cont. p.5)

## FIRE AT 9

Shortly after ten o'clock Wednesday morning, August 18, a fire was discovered in the basement of ward 9. An alarm was sounded at 10:45 a.m. and the MSH fire department responded promptly.

A large motor was found ablaze and dense smoke and acrid fumes filled the pump room making breathing difficult. But generous

(Cont. on page 3)

## MAKES BOW

At 2:30 p.m. Friday, August 27, the MSH band makes its bow before the hospital personnel and patients.

The entertainment will mark the occasion as a first appearance of the band members at any type social function.

Although conclusive information regarding (Cont. pg.4)

PAPER TO HIS MOTHER

"Please deduct from my personal account," goes a note handed a Pomo Newsmen last week, "one dollar and credit it to the Pomo News for a 6 months subscription! The authorization emanated from Allan C.M., ward 15 who instructed that the hospital weekly be sent to his mother in Bowlingbroke, Georgia.

COTTAGES 7, 9, 1 SENT LAWN CHAIRS THURSDAY

Front and back yard furnishings of cottages 7, 9 and 1 were adjoined by six lawn chairs last Thursday, August 19.

The outdoor chairs were repaired and recovered by Marion Freitas' Mattress Shop, last week. When finished two each were dispatched to the abodes of Doctor's Marcus Schramm, H.V. Bair and L. G. McKeever.

Mr. Freitas, Mattress Shop foreman, returned to work August 16 after a week at Mission San Jose, California. While there, attended a reunion of former classmates of Sheridan School where he was a student "too long ago", relates Marion.

STOP BY MSH EN ROUTE

Mr. and Mrs. Gordon McWhirter, social service workers from San Francisco and Oakland, respectively, were MSH visitors last Friday, August 20. The McWhirters stopped at the hospital but a short while. The couple was on their way north for a month's vacation.

REMEMBERS HIS WARDS

Dr. D.O. Prasser demonstrated his thoughtfulness last week when he took new sports goods to wds. 1, 2, 3, 4.

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DR. WILLIAMS  
SAYS:

The Mendocino state hospital rules and regulations are being brought up to date for the convenience of you new patients who might get confused some time during your stay here,

and wonder just what the hospital deems right and wrong. The rules will be issued to the charge attendants of parole wards in pamphlet form and it will be their (the attendants') duty to see that each of you parolees receive a copy. After that, your conduct will be your responsibility. No one else's. There will be no excuse for "not knowing". We want to extend you patients all the rights and privileges we can, we want you to feel as much "at home" as possible. But, at the same time, the personnel expects you to be considerate of institution laws and to know them thoroughly.

\* \* \*

It's discouraging to me when I hear of a patient eloping; going "over the hill", as they call it in the "service". That's the most foolish thing a patient can do, in my opinion. It gets him nowhere, gains him nothing except maybe a lot of trouble, and worry and grief on the part of his parents. And I wonder how many of them stop to think of the irreparable damage they inflict on those who must remain behind and suffer the consequences. It's not right, and it's too bad that the only effective way to curtail an epidemic of French leaves is to rescind all privileges and, if absolutely necessary recall all existing paroles.

\* \* \*

Doctors Robert G. Bramkamp and Gerald L. Goodstone went to Sacramento last Thursday and came back to MSH the following Saturday, August 21. They attended a meeting there which was presided over by Dr. Lawrence Kolb, deputy medical director who was here around the first of the month. They and other California state hospital representatives took part in a general discussion which had to do with better coordination among the administrative heads of all state mental institutions. I can't tell you more about the confab now. I've already used up more space than is generally allotted me.

VISITORS APLENTY AT HOSPITAL LAST WEEK

Among the scores of visitors at MSH last week were several from states other than California. A cousin from Redding, Kansas, visited William G., ward 1; from Beaver Creek, Oregon, came Mrs. Widmer to visit her sister, Rachel P., ward H and visiting her brother, Charles at ward 6 was Miss Harrold from Chicago. Semelina, Oklahoma was represented by Mrs. Duncan who came to visit her daughter, Cora M., ward D.

POPULATION UP 2

During the week of August 16 to August 23, MSH admitted 23 new patients and released 21. New Attendants W.W. Reeves, Leroy Wilson and Alice Parker reported for duty during the same period.

## TUNNEL ECHOES

S'FACT, THAT THE 3RD largest oak tree in the Golden State is only a stone's throw from the Adm. building. Right in front of Supt. Williams's house. The largest oak in the state grows in Bidwell Park at Chico, California. (About that "stone", make it a 'lil one) ....

HOW FLORENCE B'S SUBSCRIPTION to the Pomo News ever got in with this department's drivel, we'll never know. Anyhoo, the lady from ward C wants the paper sent her niece in Los Angeles. Florence concludes her "I wish to subscribe" with a notation at the bottom, "I have only \$2.00 on deposit at the Mendocino state hospital". It's just things like that that make us want to keep on publishing a Pomo News forever, despite .... IT'S GOOD TO SEE Harry Johnson, ward 8 charge, back in "whites" again. Luckily he was gone 'n didn't know it but Harry had his efficiency as a "charge" nearly equalled during his absence. "That Mrs. Mac (Coffer) 'sall right" wasn't at all foreign to ward chatter the 21 days Harry was relishing those Idaho elk dinners at his mother's .... GRATITUDE, NO END to Joe Addor, MSH carpenter, and Painter Wright for the distinctive frames they put about Dr. Williams' and Mrs. Dora Shaw Heffner's "A.R.T." photos taken for the Pomo News while the Director of Mental Hygiene was MSH guest awhile back. And catch orchids, too, Patients Harold V. and Claude H., ward 8 occupants for the birth of the newspaper's "shingle" in the hall outside Room 9, administra-(Cont.p.5)

FIRE AT 9 (Cont'd, from pg. 1) sprays of carbon tetrachloride and other chemicals were played on the flames by the firemen and the fire was no more.

According to Chief Engineer Walden, the same motor was a source of trouble several times before. The unit caught afire and underwent repairs only a few months ago.

"It's probably in pretty bad shape now," opined the Chief, after excitement had subsided, "but it can be rewound and made serviceable again."

## ON THE WAGON

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Lawrence R., ward 8, retrieved the AA "Bible" from the Pomo News office last Saturday. Lawrence hopes to go home soon (back to Missouri) and is sincere in his bent to stay sober.

## AMONG OUR EMPLOYEES



### TSK, TSK - SUCH LANGUAGE!

Clarence Jensen, MSH ward 8 attendant returned to night duty, August 16. Clarence left here July 27 for Oregon and Washington. "I stopped and fished along the coast, visited the Sea Lion Cave in Oregon and Grand Coulee Dam in Washington. That's sure one big dam there in Washington!" reminisced Attendant Jensen.

### BY PLANE TO SAN DIEGO

Mrs. Grace M. Westley, hospital switchboard operator, winged her way via Western Air Lines to San Diego last Friday p.m. August 20 to visit her son, John Roger Lee Westley, his wife and 3 month old grandson, Jeff. Her son is an airplane model designer for Consolidated Aircraft, that city. Mrs. Westley returns by plane to MSH and, simultaneously, to duty, tonight (Tuesday), August 24.

### HERE AS PROXY

Charles Valentini, MSH shoe shop manager had a visitor last Thursday, August 19 from Washington. His cousin, George Fiori with whom he saw service in France, couldn't come but sent his son from Tacoma, to tender his respects for him, instead. George Jr. plans on spending a week at the Valentini home.

### OVERSEES DISPLAY

Mrs. Charlotte Rogers, MSH Art Room Charge, was overseer for the MSH Art Room display at the Ukiah County Fair August 20 - 21 and 22.

### VISIT ENDS TOMORROW

Alice Granger and son of San Francisco, guests of Eleanor Eby, MSH telephone operator, at her Ukiah home since Wednesday, August 18, will return to the Golden Gate City tomorrow, (Wednesday).

### THE MILLERS IN AUBURN

Supervisor L. E. and Mrs. Miller were in Auburn, California last week-end visiting relatives.

### SEE ICEOBATICS

William (Bus) Brown, DeWitt state hospital employe, with his wife, MSH Asst. Matron Beulah Brown attended the Ice Follies in San Francisco last Tuesday, August 17. RETIRES (Cont'd, from page 1) her daughter and son-in-law.

The nursery and floral business is not new to them. They owned and operated the Redwood Valley nursery for two and a half years on South State street, Ukiah. The establishment was sold recently to Mr. and Mrs. Ferdinand Faas, MSH employes.



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

#### APPRECIATES POMO NEWS MENTION

"I want to thank you for the wonderful introduction you gave my article last week," writes Winifred F. from ward D in reference to Pomo News publication of her correspondence issue of August 17. "To me, it is proof that my faith is well founded," Winifred deducts. She includes the following ward notes: Mabel G's sister, Mrs. Carrie G. of Oakland, 83 years old, with her son, Clifford Jones visited Mabel Saturday, August 14; Mrs. Peter Nielson surprised her mother, Lois G. with a brief call, August 16; and Mr. and Mrs. Dauhn from Oklahoma took their sister, Cora M. on an outing August 21.

#### 'JUMPS GUN' ON BOOKS

Edward C.F. transmits the letter below to the Mail Bag: "Dear Sir: I, Edward C.F., a patient at this hospital do hereby make out a request for the following literature: The Christian Science Sentinels and the Christian Science Quarterly Bible Lessons. And a holy Bible, if you have one .... I have been a shut-in patient for over three long years \*\*\*" - E.C.F., ward 1

#### 'THANKS, TOO, PATIENTS!'

A letter of authorization for two 1 year subscriptions to the Pomo News is the nature of Frank E. C.'s dispatch to the Mail Bag this week. "Please take \$4 from my account in the main office and thank you very much," concludes Frank. -- We should be thanking you, Frank ... and we are. Incidentally this ward 9 patient's letter is one of 19 subscriptions to the Pomo News received this past week from patients, c/o the Mail Bag. So, thanks, too, patients!

#### 'WHY, FRIEDA!'

MSH alcoholics have a superiority complex, according to Frieda F., ward E. They can be very nice when they want to "get their way", says Frieda, but she advises others "in the know" to stay clear of them, otherwise .....Why, Frieda!

#### WANTS JOB ON PAPER

"I saw your advertisement in the Pomo News August 17," relates Sophie, ward I, " 'Wanted - patient familiar with mimeograph work' and I would like to know if I could have that position?" queries Sophie. Your letter will be referred to proper parties, Sophie. And, thanks.

SUPERINTENDENT OKAYS LIBRARY (Cont. fr. p. 1) tion building left the ward 9 basement semi-equipped for experiments in photography - a hobby of the editor's that eventually occupied most of his time.

#### -- Starts Up Lab --

"Trip's" fascination with the art led to the institution of the Pomo News Photo laboratory which, after September 4 will be known as the MSH Patient Library.

Besides Dr. Williams, MSH Clinical Director G.L. Goodstone was in full accord with the appointment of a direly needed, long awaited library.

"The only work necessary to make the space commodious for the books now on hand will be the addition of more shelves," prophesied Dr. Goodstone, last week.

#### -- Open Next Month --

"The basement should be ready for occupancy and in a position to dispense books to the patients soon after the first of next month," concluded Director Goodstone.

The installation of the MSH Patient Library next month scribes the end to a determined effort; "finis" to a prolonged and sensuous campaign for just such an artery of learning by the Pomo News to supplement Mendocino state hospital's recent strides toward modernity.

MAKES BOV (Cont. fr. pg. 1) the date the recital would be presented was late in reaching band members' ears, it is felt that owing to the regularity of rehearsals in the past, the organization's debut next Friday will meet with warranted success.

Superintendent Williams has requested that all members of the medical staff, their wives, patients and employes free from duty be present.

MSH employes and band members' relatives have provided instruments for the musical to which guests from Ukiah and other nearby towns have been invited.

## MSH FAIR BOOTH IS ENVY OF ALL

One of the most attractive exhibits that Mendocino state hospital has ever displayed was eyed approvingly by visitors at the 12th District Fair at Ukiah last Friday, Saturday and Sunday, August 20, 21 and 22.

In spite of no room for MSH Shoe and Mattress Shop exhibits, the hospital display won high approval. Artistically staged, the Industrial Shop's handiwork was made of imported wood that had been sent Therapist Elliott from all parts of the county.

The entire exhibit consisted of items made by MSH patients and were projects of the Occupational Therapy Department. (Cont. next page col. 1)

# PATIENTS RULE

A new burst of enthusiasm was injected into the Alcoholics Anonymous meeting in the MSH auditorium August 15 when the "chair" was turned over to the patients assembled. Although the procedure was not repeated last Sunday, August 22 when Santa Rosa chapter held sway for approximately an hour in the auditorium, interest was no less keen. A roundtable discussion was conducted by Chairman Dick.

The meeting ended at 7:15 with the parting words, "See you next Sunday" when the meeting will revert to "patient rule" and a lively hour can be expected.

## THE HAND IS QUICKER

Lee Grabel the magician and Helene, gave an interesting performance last Thursday, August 19 in the MSH auditorium.



A canvas covered box was the feature act and is still a topic of wonderment among the patients.

The engagement here was arranged through Superintendent D.B. Williams.

## MSH FAIR BOOTH (Cont. fr. pg. 4)

The 1948 exhibit also included the weekly Pomo News, established at MSH 16 weeks ago. The institution organ is another product of the occupational therapy department and has been favored with several complimentary remarks by "exchange" papers, of late.

MSH  
AUDITORIUM  
SAT. AUG. 28  
AND THE HUNTRESS

complimentary remarks by "exchange" papers, of late.

"Bill" Elliott says "thanks, patients, for the articles you made that were displayed at the Fair"—

Thanks, also go to Robert Guidi—lighting effects, Joseph Addor—carpenter work and those in charge of MSH booth:

Mr. and Mrs. Kenneth Williams, Mr. and Mrs. M.L. DeKeno and Charlotte Rogers, and, both Mr. and Mrs. "Bill Elliott.

Assistant Matron Katherine Bush returned Friday Aug. 20 from Orr's Hot Springs.

TUNNEL ECHOES (Cont'd. from pg. 3) tion building. The black and silver beacon should prove helpful to visitors.... WARD 8 BLUES' CAPTAIN Hank P. follows the dictates of a power mower when not baby-caring the MSH softball diamond. The machine's "dictates" actually mean a lotta walking: 12 acres a week to be exact ..

.. GEORGE VOSE, ERSTWHILE MSH clinic lab technician, was "sired" to the side of the highway a Friday after-dark, week or so ago. Mr. V. accepted the tendered slip from the "man in blue", muttered darkly, "durn these speed laws" and drove on. Come daylight at his Yountville, Napa Valley home George gandered despicably at said slip, grew weak, fainted. He'd been cited for "Using Undue Caution"! .... KNIVES, FORKS

AND spoons seem to have grown legs in the PDR, datas Mrs. Mary Sanford, "charge" there. According to hospital eatery heads, patients responsible for their disappearance "will please cooperate" and return the table accessories post haste ....

"THINK YOU SHOULD run the Pomo News first page heading with the picture of the Administration building in it (Aug. 17 issue) regularly every week," opined Zeryl Dryden, assistant supervisor one day last week.

Maybe he's right but as long as Sacramento decided last month that we should enlarge upon the mimeograph phase of production instead of having the hospital weekly printed (MSH and state capital officials felt that retaining publication in the mimeograph form would entail more "patient" help, accentuate a "homemade" effect and be of greater occupational therapy value all around) we think it's more interesting to the patients to have a different "top" on the first page each week, one of several privileges not accessible to a printed sheet. But, thanks for your concern, Mr. Dryden. We'll surprise you some week, run it again ...

HERB CAEN'S RECENT RESPITE from routine (vacation, puh-lease!) detracted not one iota from his incomparable ability to tug at your heart strings. Follows a bit from Herb's "It's News To Me" is found in the San Francisco Chronicle regularly. After a decade of continuous appearances still lengthens the column's list of followers:

STREET SCENE: Can't seem to shake this vignette out of my memory, so

(Cont. p. 7)

\$940,000 - NEW UNIT (Cont. fr. pg. 1) institution business manager, the total construction program contemplated for MSH will amount to about two million dollars.

Present plans call for a new kitchen, commissary and feeding unit to be erected at a cost of \$940,000.

Construction is expected to be under way on this project by the first of next year.

CONTRIBUTE AGAIN

Mr. and Mrs. A. Benson, MSH attendants paid the Pomo News another visit Wednesday morning, August 18. And a second time both had armfuls of popular magazines which they left to be distributed to MSH closed wards and the hundreds of grateful patients within the wards' confines.

WARD FALL SENDS MSH ATTENDANT TO HOSPITAL

Ethelyn Chamberlain, night attendant, suffered a fall on ward D last Thursday morning, August 19 and injured her back. She is in the Ukiah general hospital under the care of Dr. Nicholas Zbitnoff.

*Busy Hands*  
SPEED RECOVERY



ALTHOUGH THEY PUT OUT  
A TERRIFIC AMOUNT OF WORK  
THE MSH PAINT SHOP

under the supervision of Robert (Bob) Wright, is open only five days a week from 7:30 a.m. to 4:30 p.m. and is closed Saturdays and Sundays.

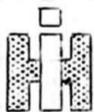
Bob has been on the job for 18 years and is justly proud of his record of being late to work only twice in that span of time. Those tardy occasions were no fault of his, however--the car wouldn't start.

Besides the veteran paintman, there are two other paid employes in the shop; Don Alexander, institution painter and Wilbur Stoughton, helper.

The shop, like most MSH departments now, is desperately short of patient help with only one MSH-er doing outside work. Normally five to six are employed.

Sundry types of painting occupy Bob and his meagerly staffed crew. Besides painting and redecorating all the hospital's homes and cottages, they coat manifold garage and farm trucks and tractors; they refinish furniture, paint beds and tables and enamel signs of all kinds for use about the buildings and grounds. They have also painted the hospital buildings, proper in the past.

Mr. and Mrs. Wright make their home in Ukiah.



You saw 'em at  
the Fair

Now come in and  
let's talk over  
your machinery  
problems

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male and fe-  
male, submit-  
ting the most  
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weekly, intel-  
ligently writ-  
ten will re-  
ceive a good  
novel.

PSYCHOTHERAPY

THE MIND IN THE MAKING

"A CHANGE OF LIFE"

As stated previously psychotherapy is a method of treatment which aims to help the impaired individual by influencing his emotional processes, his evaluation of himself, of others and his manner of coping with life's problems. Psychotherapy may influence and change his environment thus altering problems with which he has to deal.

The psychiatrist endeavors to reorganize the patient's character in the hope that as the patient grows stronger, his symptoms will disappear without primary attention.

The achievements of disturbed individuals characteristically do not come up to the level of their capacities. The doctor tries to release his inhibited capacities indirectly, in this way the patient is enabled to accept responsibility, to concentrate, to persevere.

Some maladjusted persons suspect all, rather than a few whom they might have reason to mistrust; they do not want partial affection from certain others, but complete worship from everyone. The psychiatrist's aim here is to enable the individual to discriminate or to compromise, if need be.

"Letting the natural personality come out," in treating patients enables the doctor of the mind to discover and follow the patients' inclinations and their dislikes and to realize what type of sound person they want to be. Psychotherapy helps the patient realize the discrepancy between his deeper inclinations and his obvious patterns of behavior. It encourages him to pursue his legitimate goal with, of course, adequate regard for social limitations.

HOW'S YOUR VOCABULARY?

A patient writes in this week to know the definition of "supernatant." She says "our ward has no dictionary. Can you help?" Sure thing. And we'll see if there is a dictionary available that can be sent your quarters. Now that a Patient Library has been established one of its functions will be to see that wards are equipped with lexicons - reliable editions.

SUPER-NATANT..(a)Meaning, floating on the surface, as oil on water. Chief accent on the third syllable. Some on the first.  
FURTIVE.....(a)Meaning, done by stealth; hence: sly; secret; stealthy. Furtively, furtiveness.

The Pomo News is a non-profit project of the Occupational Therapy Department of Mendocino state hosp.



# SPORTS

## UPSET

One of the largest crowds this season witnessed the futile attempts of the Talmage  
(Cont. rt. column)

TUNNEL ECHOES (Cont'd. fr. pg. 5)

I might as well plague you with it ... It happened the other afternoon in the 700 block on Mission. Down the street came a cute little blonde girl, hanging onto her father's hand - whereupon a happy hooligan, slightly winoed, sidled up to her, grinned "Here, honey," and pressed a few coins into her hand, just because he thought she was cute, I guess. Then he staggered away, beaming broadly .... What he didn't see was that her father immediately grabbed the money out of the child's hand and angrily threw the coins into the gutter. At which point another stew-bum, who'd been watching all this, sidled over to the gutter and picked up the chickenfeed... Meanwhile, that first Skid Row guy was still tottering happily down the street, with a silly, self-satisfied grin on his pan. I'm glad he never looked back.

### 'TO ERR IS HUMAN'

"Plenty busy lately working outside the hospital aside from my regular shift at MSH" said Bill Moore Blues' coach, last week.

"Sorry I haven't been able to take the Blues (MSH softball nine) to practice much this past week... We'll work it out so's we'll all get out to the field for practice tonight and Wednesday this week and have practice calls twice weekly in the future," concluded Coach Moore.

The Blues' coach is employed nights at MSH. But his industry doesn't cease there - he's a day worker, too. Knowing this, the new Coach's failure to "show" at scheduled practices last week fades into insignificance, and, as before, his recent rescue of the Blues by proffering his services as coach fairly sizzles with benignancy. -- Bill W.

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\*

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practical  
merchandise

\*

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### PATIENT CREW PICKS BEANS AT MSH FARM

Gus Garaventa, MSH farm supervisor, reports this week a big crew of patients are "busy as beavers" picking green beans which will eventually find their way to Henry Brunges and the hospital cannery.

The ranchers have completed their oats, barley and wheat harvest. Wheat was the last to come off. And they have just finished storing away baled straw for the winter.

The farm has a lot of corn this year, - much of it stands as high as twelve feet. A bumper crop is anticipated.

"I expect about 360 tons altogether," remarked Mr. Garaventa to a reporter last Saturday. "I'll keep you posted on conditions out here regularly if you'll come and see us each week," Farmer G. concluded. - Ed. note: And we'll be there, Gus!

## EXPANDING

The MSH Dairy is bustling with building activity these days. State carpenters working under Chester Hill Sr. are erecting a new wing to the milking barn.

This new addition, 52' long by 37' wide will provide the milk farm 36 new milking stanchions and will be modern in all respects. The work is expected to be completed in about sixty days with a normal crew of 8 carpenters including Foreman Wilson.

Two silos are being built to supplement the pair of storage vats now in use. The foundations are already in and the work is going steadily forward. When completed the silos will reach a height of 40 feet above the base.

The building projects are under the personal inspection of Robert Chambers, supervising construction engineer, for the state Division of Architecture.

SLUGGERS-WILLITS (Cont.) Sluggers to overtake a 2 run lead of the visiting Willits nine first of the 9th last Sunday, Aug. 22 at the MSH ball park. Next Sunday opponents play at Willits - second of 3 game series.

### GIVES HIM LUCK PIECE

Pete P., ward 15 was presented a rabbit's foot from his laundry boss, George Johnson last Saturday, August 21.

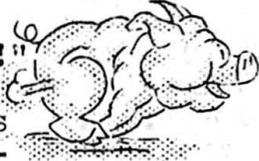
"My luck's been none too good last couple years but I'm sure that with this lil' ole rabbit's foot which I will wear attached to a cord around my neck, my luck's going to change," grinned Pete to admirers of his pendant last week.

Pete has been working in the laundry's sorting room for the past 60 days, one of a crew of five.

# HOG RANCH RUN IN MODERN STYLE

By Denis (Irish) C.

A bedlam of "oinks!" and squeals of curly tailed shoats heralds the approach of visitors to the MSH Hog Ranch, a part of the immense Hospital Farm.



This particular branch of the farm is managed quite capably and in a business like manner by Edward Laviletta who has been "boss" of the ranch the past four years. He was once head gardener on a private estate in the Bay area and was a contractor of no mean repute before enlisting his services at MSH in 1944. Ed was born in Washington state but was reared in this community; Mrs. Laviletta, his wife came from my home town of Brooklyn, (I usta wok dere!) New York, breeding ground of the far famed Brooklyn Dodgers.

-- Start Work Early --

Mr. Laviletta commences his a.m. chores at an early hour with the assistance of A. Mossi's son, Gilbert and ten patients from ward 16. At 7 o'clock every morning the pigs are fed, their pens cleaned and hosed out thoroughly.

At stipulated times throughout the week the hogs are picked for slaughter via gradual shifting of the "porkers" from one pen to another until the "end of the line" is reached. When that process is put into motion, that's all, Brother! It means au revoir for twelve fat, juicy porkers when Ed leads them to slaughter each Tuesday. In a surprisingly short time after this "last roundup" their carcasses are dressed and fit to adorn the interior of your ice box.

The ranch breeds 800 Hampshire and Berkshire hogs and all the swine may be fed in only twenty minutes, if necessary. The herd is enclosed by 15 separate pens and there are, roughly, fifty hogs to a pen. Normally a 250 pounder will dress out about 77% of its entire weight, the rest (waste) being used for sundry purposes.

--Litters Average 8 Pigs--

There are 150 to 200 shoats on hand from a breeding stock of 30 sows and boars, the average litter being 8 little piggies to each sow over a 12 months breeding period. It is an accepted fact that out of a litter of ten baby swine approximately seven will live ... and that the cost of nurturing these seven to a marketable stage and the expense of feeding their "mommie" equals the selling price of all but two of the litter. These two "porkies" represent clear profit for their raiser.

-- Shoats Sold Yearly --

A blanket sale of shoats is held at the MSH hoggerly annually. They are auctioned off in lots of one hundred and are broken down by their buyers in to smaller herds and sold at Santa Rosa and adjacent vicinity. One of the oink-oinks steadiest purchasers is 4H Club members who are continually on the lookout for breeders.

-- Latest Water System --

The institutional hoggerly has a water system that is modern in every respect. For instance, each pen may be washed and hosed out one runway separate from the rest so that no one pen's refuse intermingles with another. This is of paramount importance towards the prevention of diseases which result from the "contact" of one sty to another.

The ranch, reputedly the most sanitary and up to date in this section of the country, spreads out over seven acres of land. This acreage is not deemed sufficient by Mr. Laviletta.

The Hospital Farm includes three separately managed tracts: the Truck Garden (nearly half a century under George Garaventa's oversight), the Chicken Ranch (A. Mossi) and Ed. Laviletta's Hoggerly. All three departments are supervised by Gus Garaventa. Gus devotes particular attention to the development and welfare of the farm, proper.

Thanks, folks. I sincerely hope you have enjoyed this series of humble descriptions of four men and their work .... it is they who have been and are largely responsible for the sustenance of the Mendocino state hospital.

-- Denis (Irish) C.

## 60 AT CANNERY WORK AT 'PEAK'

Henry Brunges, MSH Cannery foreman, said last Friday, August 20: "There are around 60 patients employed in the canning department now - 31 men from ward 15, 22 women from ward K and a regular patient crew of seven.

"We are at the zenith of our canning season", said Mr. Brunges. "It started last August 4 in small amounts and increased to full capacity about August 19."

Beans are the plant's major vegetable now, although patients have "put down" six 50 gallon barrels of dill pickles in their "spare time", according to Foreman Brunges. Two full boilers are cooked off every 24 hours, one in daytime, one at night.

Mr. Brunges concluded with the notation, last Friday, that their first truckload of peaches would arrive Aug. 23 from Yuba City, Calif.

## EARN'S HIS 'KILL'

William Shelley, Ukiah rancher, scored a four point buck early Saturday morning, August 14 in Redwood Valley. (Bill's wife is an MSH employe).

Mr. Shelley and his wife, Bertha rose early at 2 a.m. He set out on a deer hunt which netted him 165 pounds of venison. But how to get it back to his car....!

"Necessity is the mother of invention", recalled Bill - and moments later an improvised sled, of his own making proved a suitable transport for the kill.

## THEY MISS RADIO

In need of repair, the radio that has provided ward 8 patients outside news and entertainment for sometime past, was taken to the MSH electric shop a fortnight ago to be fixed --

But ward 12 has it now. Patient technicians David Mc. and Joseph D. there are plying their skill via a complete overhaul of the instrument's "inners". Ward 8 lads hope for its return "home" soon.

## TO 'BIG TOWN'

Dr. and Mrs. Marcus Schramm, and son, Gene left Sunday, August 22, on a motor trip east to New York for a month's vacation.

They were accompanied by Louise Chaney who is returning to Northwest State Teachers' College at Maryville, Missouri. Miss Chaney has been visiting her mother Mrs. Mamie Chaney, MSH surgical nurse the past month. After dropping off Miss Chaney (she helped with the driving) at Maryville, the Schramms will go on to Louisville, Kentucky, where they will attend the wedding of their older son, Theodore.

From Louisville they will drive to Chicago, then east to the second largest city in the world, where they will stay until time for their return home the last of next month.

### CREATIONS EXHIBITED

A former patient, Harold V., left the hospital 16 of his oil paintings (his own) when discharged.

Last week-end his same efforts were featured at the Ukiah fair and received much laudation. The artist works in Bob Wright's Paint Shop but congratulations may be tendered him at ward 8.

### AT EMPLOYEE'S SERVICE

A Pomo News advertiser, Perry's Photo Supplies, Ukiah announces that H.A. Hulegard, (Perry's partner when the firm was known as the Valley Times Service) is back and will be in charge of the store's branch watch and jewelry department. Hulegard is a "specialist" in his craft. Perry will continue to accommodate the "photo-bugs" and their camera needs.

## MSH

### Church News

Protestant Services are held on the 2nd and 4th Sundays of each month in the MSH auditorium and ward 12.

On last Sunday, Rev. Leonard Brown, Baptist minister of Ukiah, held the service in the auditorium and Rev. C.G. Lindemann, Methodist minister, Ukiah, took charge of the ward 12 service.

\* \* \*

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 21, 1948 the Rev. Willie K. held a service on ward 12. He spoke from the 5th chapter of Revelation through the 6th, using the 17th verse as his text. "For the great day of his wrath is come; and who shall be able to stand?"

\* \* \*

"The Son of man is come to seek and to save that which was lost" (Luke 19:10). This is the Golden Text for the Lesson-Sermon in Christian Science churches on Sunday, August 29. The subject is "Christ Jesus."

## PANSIES SOON

Several lots of fall pansies were seeded in germination beds at the MSH greenhouse a fortnight ago. They are growing fast and will be ready for fall transplanting sometime during September. The pansies, when developed, will be planted around doctors' cottages, wards, buildings and other spots about the hospital grounds.

The hospital's summer flowers which were blooming exuberantly only a few weeks ago are nearly all gone now and fall plants and flowers are maturing. The latter includes varieties of chrysanthemums and many other fall blooms.

-- Duke R.

### WINS PRIZE

Mrs. Rella Schramm, MSH doctor's wife, won second prize for home baked products at the Ukiah Fair.

# POMO NEWS

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

Supervised by Dr. Gerald Goodstone, Clinical Director.

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## 'THUMBNAIL' BIOGRAPHIES

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

### DR. PAUL BITTICK JR.

Dr. Paul Bittick Jr. was born in Joplin, Missouri, February 7, 1917. He attended grade school there and was graduated from high school in 1936...Following the bestowal of a sheepskin he enrolled at the Kansas State Teachers' College at Pittsburg. The Missourian was a student there for 3 years and later became affiliated with a hospital for one year in his hometown of Joplin...Dr. Bittick enlisted in the United States Navy as a hospital corpsman and served about a year and a half. He was released to inactive duty in October 1941 and left Pearl Harbor to attend Medical School... Being too late for the current semester he did not enter college until the next year - 1942, and attended medical school from 1944 to 1947. Dr. Bittick graduated from the University of Kansas, at Lawrence, in 1947. During his last year (senior) at K.U. "on the Kaw" the Mendocino state hospital newcomer practiced in a private psychiatric hospital in Kansas City. Doctor Bittick spent his internship - fifteen months in all - at Orange county hospital, Santa Ana, California. He, with Mrs. Bittick and daughter left there to become a member of the Mendocino state hospital medical staff August 1, this year. Dr. Bittick, his wife and three and a half year old Mary Carol, now dwell at Cottage 4 on Medical Row.

ACCORDING TO MSH MATRON EDITH RAY: Huntresses Latta Maurer and Evelyn Johnson, attendants, generally rate a buck each deer season. But, all's quiet with them so far this year. Their friends feel their buck-a-season record is safe, however.

*Editorial - by G.K.J.*

## REMEDY URGENT

It is extremely difficult to prevent the recurrence of heavy drinking after a chronic alcoholic leaves the hospital. This can be accomplished with certainty only if his whole personality is rebuilt so that his reactions to problems and difficulties change and he copes with them differently.

The "conditioned reflex" program here at MSH is having its part in helping to solve the problem. Statistics show that since its inception last March the return of a number of alcoholics is proof that psychotherapy is necessary if we are to permanently help the patient and at the same time cut down the increasing cost of alcoholic treatment.

A.A. has done a remarkable job in returning men and women to society, their positions in life as of pre-alcoholic days. Yet, in spite of their tremendous efforts the alcoholic problem continues to grow.

Anyone who has had occasion to deal with alcoholics will agree that the alcoholic never solves his problem until he sincerely and earnestly wants to stop drinking. Something must be aroused in him, - a strong, deep desire to stop. And it is our belief that only a psychiatrist can delve into the reason for the frustrated mind, and rebuild the alcoholic's personality.

Those received here as alcoholics have taken the "conditioned reflex" treatment as a matter of course. But when after only a week they return, it is the belief of the writer that the seriousness of alcoholism is not apparent.

The expense of caring for alcoholics in the United States in 1940 was around 13 million dollars. That was 8 years ago. It costs 25 million dollars to maintain drunken persons in jail each year.

Fifty million Americans use alcoholic beverages -- approximately 6% become excessive drinkers. Of all drinkers, 750,000 become addicts. In addition there are 2½ million other persons who are "boozers". In 1944 the United States spent over seven billion dollars for alcoholic beverages (this is about 4½% of the national income and could well pay for a national medical health service).

Our present system of city and county law enforcement offices have done nothing except sponsor alcoholism. "Drunks" are thrown in jail repeatedly but the only thing accomplished has been a few dollars into the city or county treasury till.

The most critical indictment against society anent alcoholic treatment is that all existing state legislation takes cognizance of an individual case only after the diseased's mind and body have deteriorated so far that he has become a psychopath.