



POMO NEWS



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

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Population 2759

ON VISIT

Mrs. Grace T. Mayham motored from Westfield, New Jersey about three weeks ago to visit her daughter, Grace, wife of Dr. Gerald L. Goodstone, MSH Clinical Director.

Mrs. Mayham is enjoying her visit here. This is her second trip to the Golden State in a year and its climate plus the beauty of Mendocino county has proved sufficiently alluring to persuade her to remain at the Goodstone home until sometime after Labor Day, September 6.

A WHOPPER

Gus Garaventa, Jimmy Laviletta, George Garaventa, all MSH employees accompanied by Jack Dutton, retired, and Z.T. Montgomery, state Department of Architecture bigwigs joined in a party of deer hunters the weekend of August 21 and 22.

The quintet tramped to the head of Mill Creek to Chinkapin camp, where they succeeded in downing a large buck.

"...largest I've seen around this country in years", drolled Veteran Gus Garaventa, while talking to reporters of the Pomo News, last Saturday.

BACK SEPTEMBER 24

They're sometimes slow getting here but MSH doctors' annual vacations do come around.

Ass't. Sup't. R.G. Bramkamp's yearly holiday arrived last Friday, Aug. 27 and the doctor took advantage of it. He will be away from MSH and all its routine until Sept. 24. He is awaiting the arrival of a new Studebaker, however, so he plans to be "in and out" the balance of this week.

THERAPY HELPFUL

A discussion of alcoholism and the condition reflex treatment for alcoholics at MSH was broadcast over radio station KYA, San Francisco this morning (Tuesday), August 31.

Those participating were: Edmund G. Brown, San Francisco District Attorney, Dr. Lee Lochen, Mendocino state hospital and J.J. Ploscowe, Regional Supervisor, state Department of Mental Hygiene.

It was brought out that last year, 23% of the admissions at MSH were for alcoholism at a cost of 1/7 of a million dollars per year; that it constituted one of America's greatest health problems and (Cont. pg. 6)

TO CLINIC SCHOOL

Dr. E.L. Lochen went to San Francisco last Sunday to attend a 90 day post graduate course at the Langley Porter Clin.

BAND IS TO STAY

Playing to a packed-to-the-rafters house, the MSH band won unanimous approval of patients and staff alike, at the band's official debut in MSH auditorium last Friday, Aug. 27.

Patients warmly applauded the band's efforts which lasted approximately an hour.

Through the courtesy of Merk's Radio Shop in Ukiah, a P.A. system made possible the musicians' audition and lent a naturalness to the solo numbers.

Several MSH employees were on hand. Dr. Donald O. Prasser and family were particularly pleased with the organization's progress.

The MSH band was organized last June 20. At the start it had only 4 members. To date there are 10.

Sup't. Williams says: "Keep up the good work."

AUF WIEDERSEHEN

by A.R.T.

To have striven, to have made an effort, to have been true to certain ideals....this alone is worth the struggle.

The time is at hand when your editor leaves this institution. I am confident that I am leaving the Pomo News in good hands. I am equally as sure that those who are working long, tedious hours to assure you of a good newspaper each week will continue to receive the cooperation that has been tendered them by patients and personnel in the past and who realize, the good, small may it be, that this mimeographed "weekly" has accomplished in a brief time.

MSH was built in 1890 for the purpose of bettering mental disorders of a minority of citizens of the state of California. The institution's early life is similar to that of many others, its function being based on custodial care alone. At that time, a sparsity of knowledge on the part of those who financed the upkeep of state mental institutions was the answer.

A few still remain who have seen the changes (Cont'd. page 2)

AUF WIEDERSEHEN (Cont. f.p.1)

wrought over a period of years. It has been a slow and uphill battle for the department of Mental Hygiene. It has been discouraging to those attempting to reason with parties controlling the "purse strings". Help has been difficult to obtain. That is, the kind of help that "responsibles" need to adequately care for patients. Help who realize that MSH was built solely for the patients and their speedy recovery. High prices and high wages have made it difficult to obtain that quality of help, as demanded by the state department of Mental Hygiene. The time is coming when employes will be hired because of their interest in psychiatric training, their interest in becoming a part of the state's effort to make patients well. In spite of this employment handicap, MSH is fortunate in having employes who, in the main, are sincerely interested in their work. The others will eventually learn, or will be replaced by those more adaptable to change and willing to learn rules pertinent to fit and proper treatment of patients.

In spite of the many obstacles we have had to hurdle in publishing a newspaper, the publication itself is but one of the many necessities to come in order that we be entirely free of the custodial care idea. With an ample medical staff, and an increase of individual patient's care, we can accomplish just this!

We are proud of the small, humble part that we have played in furthering the interests of the department of Mental Hygiene. The long fatiguing hours spent in preparing copy for you readers is done with no more thought of self than presenting you with the News each Tuesday.

There are no special awards for working on the staff of the Pomo News. No incentive to cause you to drop your present job and make application for membership with the staff.

The little weekly's only requirements are that you be disposed to work from six a.m. until five o'clock in the evening, six days a week and maybe a bit later Monday
(Cont. next column)

A GOOD IDEA

Orchestra members feel that the MSH band needs an attendant in charge of their organization. The matter was brought to the attention of Attendant Robert Haslam, recently, who has been in the habit of accompanying ward 15 band members to rehearsal in the auditorium. Bob said:

"I think that it's a good idea to have someone help you people get what you need for your orchestra. You should have some one with authority to oversee it's proper management, get you more instruments, and sponsor regular hospital entertainments like you put on last week."

'THANKS' — BAND



The MSH Electric Shop helped a lot towards the success of the MSH band recital last Friday, August 26.

Bob Guidi, shop worker, made a special trip into Ukiah to pick up an amplifier, borrowed for the occasion. He took most of Thursday afternoon, the day before the recital, to install the amplifier and adjust it in the MSH auditorium.

AUF WIEDERSEHEN (Cont.)

nights. In closing this, my last editorial, for the Pomo News I give you a quotation of Theodore Roosevelt's turned in to me by a patient from ward 10: "I want to see you game, boys. I want to see you brave and manly. And I also want to see you gentle and tender."

"Be practical as well as generous in your ideals. Keep your eyes on the stars and keep your feet on the ground. Courage, hard work, self-mastery and intelligent effort are all essential to a successful life. Character in the long run is the decisive factor in the life of an individual and of nations alike."

Goodbye and may God Bless You.
Your editor, A.R.T.

START WORK

Nadine Smith who began work at MSH Aug. 25 as an attendant on ward C resigned from the Pacific Colony State Institute, near Fullerton, California, last May because of her health.

Mrs. Smith came to MSH to get away from the coast to better her health. Her home is in Fullerton.

Mr. and Mrs. Patrick J. Ryan, former attendants at Patton state hospital transferred to MSH and commenced work August 25. Mrs. (Dora Nell) Ryan is on duty at ward C and Patrick J. is an attendant on ward 1.

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SO LONG 'TRIP'
We'll miss you - BUT DON'T COME BACK!
-from "the gang" at the
POMO NEWS

LIBRARY BUSY

Patton Progress, Patton state hospital weekly, Aug. 10, reports: "More than 800 patients availed themselves of library facilities during the month of July, with 555 books being issued-----"

"Contributions of magazines totalled 835, and there were 18 books donated to the patients' library.



The library regularly receives the Tri-County Bulletin; local Negro newspaper, B'nai B'rith Messenger, St. Joseph Magazine, and several Unity publications, all gifts of either individuals or organizations."

MSH hopes to be favored in a similar manner after its new library is functioning. Its opening will be next month.

WE'RE STILL GROWING

Mrs. Alice M. Luis, of San Luis Obispo, and Mrs. Ida Hiatt, of Long Beach, are to receive the Pomo News until the end of February next year. Louis S.C. ward 12, remembered them via a subscription each, last week.

Other state hospital personnel is apparently interested in the Pomo News as testified by the receipt of a subscription from Mrs. M. Berry, an attendant at Modesto state hospital, who subscribed for a year, one day last week.

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DR. WILLIAMS SAYS:

It won't be long before there will be a new editor and associate at the head of your Pomo News. A.R.T., who founded the paper will no longer be editor after next week - he's going

home. J.M.S. will replace him in that capacity but he doesn't plan on being a permanent fixture here. So, I am on the lookout for two enterprising young men familiar with newspaper routine to take over both the present editorships, - one now and the other, sometime after the first of the year. So, if you have an average education, know a little about the function of the "fourth estate" and want to improve yourself during your stay here at the hospital write me personally and include in your letter what experience you may have had in the newspaper field. The job is bigger than it used to be. Since the publication's beginning 17 weeks ago the hospital organ has grown to such a size that even now plans are underway for its third move to larger quarters.

Whoever thinks himself eligible must be able to shoulder responsibility and keep the patients' welfare in mind constantly. The editor is their representative and he will be expected to conduct the newspaper accordingly. I'm not attempting to "scare you out". I merely emphasize this because it's no place for a "playboy" and I don't want you to enlist your services unless you are sincere.

The new patients' library should be functioning by the middle of next month. It's located directly to your left and down the steps as you leave the rear entrance to ward 9. Few of you will go inside the ward to reach it, however. In that event, go on around to the back of the building, to the rear of the south wing; you'll see an iron railing close to the back door. Go down the steps and there you are. Don't expect too many books all at once. They'll be added to the hospital's current supply by degrees I am sorry that we had to delay its opening for so long but there simply has not been any space available up to now. In fact, there are other departments needed to be started as urgently as a patient library but your insistence through letters sent the Pomo News in the past convinced us that a library was your chief want so we gave it priority over all else.

The MSH band recital in the auditorium last Friday was well received. The organization has come a long way and deserves a lot of credit. But they (members) should be under the supervision of an attendant, one who plays an instrument himself. Which reminds me, I wonder if there are any attendants here who would be interested in playing with the orchestra regularly? It would help the patients' morale for one thing; and provide employes who play an instrument an opportunity to "keep up" on their music. They have that arrangement at Napa state hospital and it works out to the complete satisfaction of both patients and attendants.

TUNNEL SHOES

CLERICAL WORKERS in the Secretary's Office are feelin' pretty pert since the arrival last week of a new desk-sized Burrough's adding machine. "We were awfully glad to get it," said Mrs. Elliott, Adm. Sec. last week. "Needed it badly, especially for calculating the payroll around the first of every month," explained Mrs. E. THE 17TH ISSUE (Aug.10) of the Stockton Hospital Weekly, official SSH medium, includes a staff doctor's "thanks" for the return of some brass candlesticks and adds that "the silver plated sugar spoon is still missing". Whereupon, we suggest that some try looking in their mouths for the one they were born with "EVERY TIME I GET a good man for ward work," laments Harry Johnson, ward 8 charge, "someone grabs him off. If it's not the Pomo News it's someone else." The News has the same trouble, Harry. But the paper's plenty glad to lose them, look for another to take their place when it's known they're "goin' home" SO FAR AS SNAPPING through orders is concerned: alacrity is to the J.J. Garvey Bus. office as Heinz is to pork 'n beans NOT TOO LONG AGO Mrs. Florence Hess, an MSH visitor from the City by the Golden Gate carted along a parcel of pastry for a patient whose epicurean delights EXcluded apple pie but INcluded a whale of a lot of his friends--and some he didn't know he had! THANKS TO SUPV. MILLER'S timely cooperation (and Mr. Garvey's) we have a Pomo News this week. When things looked darkest (there was no paper to print this drivel on!) he dispatched a state car to Ukiah to pick up some parchment 'n 1800 sec's later a page was born COULD IT BE HER nylon uniform that makes Mrs. (Ass't. Matron) Katherine Bush always look so yum, yum? YUM, YUM REMINDS US -- thanks, ward 8's Mrs. Alice Coffey for your gift, twice bestowed to hospital paper staff of candied walnuts. They were picked from your own grove and, as far as we're concerned, "sugared" simply by the touch of your hands (hot dog!).... NONE OTHER THAN Sup't. D. B. Williams is responsible for the presentation of Magician Lee Grabel's act in the MSH auditorium Aug. 19. Dr. W. booked the conjurer immediately he found an open date was available. "And there'll be more," forecasts the doctor. Incidentally, expenses for the show's staging came from the Patient's Amusement Fund, capital you hike a wee bit more each time you buy an extra copy of the News or have it sent home for 180 days or 365 THE (Cont'd on page 6 col. 2)

AMONG OUR EMPLOYEES



NURSE TO CLINICAL LAB

Mrs. Auretia Teresa Sipkins, graduate nurse, recently diplomaed, will assist Technician George Vose in the MSH clinical laboratory, ward 9, second floor beginning tomorrow (Wednesday), September 1.

VISIT PRAIRIE STATE

Mr. and Mrs. Frank Bulla headed east from Talmage, California last Tuesday, August 24 for Illinois and adjoining states on an extended vacation. They hope to be back about October 1.

Mrs. (Margaret) Bulla is charge attendant of ward K. Frank is a charge attendant, also, of ward 9.

EVERY BIT COUNTS

A stack of Reader's Digests about "so high" represented Mr. and Mrs. Ivan Johnson's consideration for closed ward patients last Saturday afternoon. They brought the literature to the Pomo News office with instructions that it be sent to "patients who haven't anything to do much except read". Mrs. Johnson is a ward M attendant; Husband Ivan works on "7".

AT MATTRESS SHOP

Newton D., ward 8 went to work in the Mattress Shop Monday, August 23, under the supervision of M. Freitas.

'DEAR EDITOR'

Ward #12

Sat. Aug. 28, 1948

Dear Editor: I wish you would print this article, please.

Well, old John Shanyfelt's team scored another victory from old (Rip) Bill Russell's team today. And what a ball game! The score was tied 4 and 4 from the 2nd inning until the 11th and then Old Rip's team went to pieces. Old John's team took advantage to score 2 runs in the 1st half of the 11th but Old Rip came right back in his half of the 11th to score 1 run, but it just wasn't enough. Final score - Old John's team 6, Old Rip's 5. Too bad Rip, old boy, just keep trying and you might win one before you retire. Sincerely Yours, Ward 12 Attendants.

The above message was in the Pomo News mail last Saturday. Its contents are verbatim and per the request of ward 12 attendants.

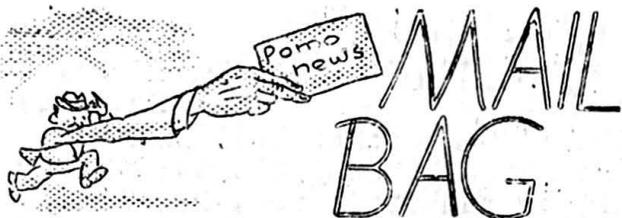
The Pomo News is a non-profit project of the MSH Occupational Therapy Department.

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Address all "letters to Editor" to Pomo News care of Dr. Goodstone. "...THE LIBRARY, FR INST."

"This inmate asks in a wee, small voice - whatever happened to those proposed evening movie shows that were so boldly mentioned in the Pomo News awhile back? Or perhaps one shouldn't ask, should one?" letters Edward B., ward 2 to Mail Bag this week. --On the contrary, Ed, we wish more patients would "ask" about such matters. Otherwise, we have no alternative but to think they were not interested in the first place. Ye Ed. inquired about this matter just last week. Attendant George Carmichael informs us that letters have been made up and sent to numerous manufacturing concerns about the United States asking that films suitable for ward presentation be sent us with all possible dispatch. We don't think it will be long before we will be enjoying all we want of them you know, these things all take time, Ed.... the library, fr Inst.

"BETTER SLOW DOWN, FAST"

A message last August 24 from Virginia W. on ward H refers to a late editorial ("Becomes Weightier") which, she says, dumbfounds her with the knowledge it imparts relative to mental cases in the U.S.A. The statement, "one out of every ten will need psychiatric aid sooner or later" is the "most astounding statement" Virginia has ever seen in print. "If that many people are running off their 'mental trolley'", exclaims Virginia, "they had better slow down fast."

HITTIN-THE-HIGH-SPOTS

Florence B., ward C: "Thank Dr. Williams for all the privileges we have been allowed since his coming to MSH" "Read and diffuse, the Pomo News" is but a segment of a poem sent in by Simon B.G.P. this week Alfredo G. on ward 10 is ripe and ready to retire. "Worked at the MSH dairy since 1923," remembers Alfredo. "I would like to retire from the business," he continues, "as I am 63 years old and would like to know if someone is interested in paying my upkeep outside the institution so that I may do just that" Lester H., ward 7 resident, certainly doesn't mean to be pedantic in his latest essay to the Mail Bag. But, if we didn't know him so well, we'd declare that he was. What we know about the theories of space, electromagnetic waves and the ether which mothers them, Lester - well, let's say it's all just a wee bit out of our line

and that our reluctance to divulge any information on the subject is only because we're afraid we might "step on somebody's toes" Scenes of places and patients around the hospital, are what Luther M.B. at ward 10 would like to see; and the autobiography of the Pomo News editor, and the Affaire d' amour of the Pomo News' society reporter, supplemental.... "Best of luck to each scribe, all the Pomo News bunch, each and every one," he concludes 73 year old Paul C. reports in this week as to his personal observations of others' faces and actions. But you failed to include your ward identification, Mr. Paul "Onlooker", the second or third fictitious party to write in to the Mail Bag since its beginning hasn't even the courtesy to date his or her letter. Sorry, we don't recognize anonymous letters, Onlooker A poem, "Pomo" from Frances Lanning C., ward I. Thanks, Fran N.C.W., a ward F-er, says that just in case her ward supplies the most Mail Bag copy this week, make the novel awarded a "dictionary instead" K.R., ward B asks that tables be put in the women's back yard which, according to K.R., accomodates three wards, 240 women. "Thanks for the ball," she writes. "We have lots of fun with it but we'd like awfully well to have games to play".

HER POPPIES, OUR PLEASURE

L. Huskey who pens rather profusely from ward "eye", as she so correctly identifies her hospital residence, made the newspaper a gift of an attractively constructed bunch of poppies marked "Buddies" a few weeks back, Aug. 9 to be exact. Made of pages from back issues of the Pomo News, tissue paper, orange wrappers and little bits of everything the bouquet adorned the east wall of the News office until last week. Huskey (thought you'd want to know.) 'Twas right beside a recent Art Contest winner's sketch, too!

IN OLD CALIFORNIA

PLUS A UNIV SHORT SAT. SEPT 4 MSH AUDITORIUM

The same offer of a popular novel for men's and women's wards contributing the most intelligently written MB copy-this week, too.

THERAPY-AID (Cont. fr.p.1)

that private sanitariums report that out of 3,000 cases treated by the condition reflex treatment, 85% remained sober for six months or longer and 55% remained sober for at least 3 years.

-- 6 Months At MSH --

For the past half year, Mendocino state hospital has treated 103 cases the condition reflex way - 92 have failed to return. This marks a definite improvement over tintage methods of the past.

After the patient leaves the hospital there is a follow-up program sponsored by social workers who understand his illness and encourages him to abstain from drinking.

-- Old Means Fail --

Current methods of handling alco-
(Cont. page 10)

THANKS MARY

Mr. and Mrs. Von Kageler have a ranch at the end of 4th street in Ukiah where they raise an abundance of fresh vegetables. They tend a garden, too and its blossoms Dame Rumor has it, are excelled by none.

But Mrs. Von K. (Mary) took time off from her gardening last Saturday and brought a pile of magazines for occupants of MSH closed wards to read. They were divided and sent to women's ward C and men's ward 12 yesterday (Monday). Mary relieves in both the ODR and ADR whenever there is a vacancy in the culinary departments. At present she is substituting in the latter for Mrs. L.J. Mosley, on vacation.

SUNDAY, SEPT. 5 SLUGGERS-EL CER-
RITO MERCHANTS MSH DIAMOND.

ANOTHER NEW ODR CREW INSTALLED
AND EVERYBODY'S HAPPY AGAIN

Mrs. Lillian Davis, MSH O.D.R. (Officers' dining room) head has the following patients, new under her supervision:

Bill W., ward 8 - assistant cook,
Mary L., ward I - waitress, Margaret
B., ward I - kitchen helper, Katherine
M., ward H - kitchen helper.

"They're all hard workers and keep things humming" said Mrs. Davis, approvingly, last week.

FLOWERING PLANTS DISPLAYED AT THE
COUNTY FAIR... ARE NOW ON SALE.

Chrysanthemums and other
fall blooms in gallon
cans for transplanting....
3 for \$1.00 Potted gift
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TUNNEL ECHOES (Cont. fr.pg.4)

DOCTORS' COTTAGES on Medical Row are no better than patients; they should be numbered, too. Dr. Joseph K. Orr's abode is the only dwelling on the street that betokens its occupants' identification to vehicled visitors who, because of the absence of definite, clearly directing signposts pointing the way to the Administration building, are cruising about the grounds in search of the "main building" AND WITH PERMISSION from the Bus. Off., the Pomo News artist will copy that portion of a map in Mgr. Garvey's office of the hospital area which designates the location of each of the different wards, then donate gladly dwarfed duplicates of same to the MSH switchboard operators that they may tender them to visitors week-ends in order that patients' relatives and friends may locate wards and their loved ones more quickly and simply. Staff Cartoonist Woody ventured into the "biz" office couple weeks back (sort of a reconnaissance) during Mr. G's absence to accomplish the feat but returned wide-eyed and empty handed. He had been informed that his mission was fraught with no little danger in that another patient with ill meant intentions might seize his freshly sketched booty and plot the elopement of those interested in a change of scenery VETERANS ON WARD 8 are George O. and Chas. J. And they really should be listed as "employees on the News" because of their dependability each Tuesday when that institution weekly is assembled and stapled in the east dayroom of the parolees' "home". The News is grateful to others on that ward, also, who don't find it too exhausting to "help out" during the last stages of the paper's production 'TIS RUMORED THAT she's going home in a short while so Betty C., ward H had better hurry over to Reed Lowe's Electric Shop if she wants to see an inadvertent portrait of herself. A "calendar girl" affixed the department's wall looks exactly like her. 'Course Betty's much prettier.

AT WARD 12 SATURDAY

Saturday morning, August 28, Rev. Willie K. held a service at ward 12, his text being from the 37th chapter of Ezekiel verse 7. "---there was a noise, and behold a shaking, and the bones came together---". The subject of his discourse was "I am the Lord".

The Edw. Hansons, Los Angeles, visited MSH, August 28 - their first return trip since 1920 when Mr. Hanson was ward 1 charge attendant. Mrs. Hanson (Floy Vaughan), was Veterans' Administration contact.

= SPORTS =

BLUES - UAA TUFF SAID 'BEST YET'

It was a tight game - and an interesting one.

At the Blues - UAA softball tuff Sunday August 29 action began with both teams eyeing the other testily. Such over tension could have been responsible for the local lads permitting their rivals to slip in one run in the second inning and 2 more in the third.

The Blues scored nil up to the first of the sixth when they countered their initial run. They held the visitors to 1 run in the seventh and 2 in the 8th stanza.

Hank P. MSH Blues captain, socked a long drive over center field and caused two more runs to be chalked up for the Blues first of the ninth adjusting the count at 9 "all".

The Athletic Club took their turn at bat the last half of the final inning and McGuire brought in the conquering run which unbalanced the tally to register a 7 - 6 well deserved win over the hospital nine.

"That's the best game we've ever played at MSH", said UAA Manager Simpson. "I like to see a team play the way we played today"--Capt. Hank P.

INCLEMENT WEATHER NO HINDRANCE

Fred Figone, MSH groundsman was back on the job at the hospital greenhouse Monday, August 23 after a week's vacation.

Saturday, August 14 Fred motored to Long Beach where he attended a four day convention of the Improved Order of Redmen. He returned home the following Friday and with friends Harold Chapman, MSH attendant and George Hattie from Santa Rosa, prepared to go deer hunting. The trio left Friday for Willow Springs and hunted in that vicinity next day.

Sunday they were "rained out" but returned home smiling and happy, nevertheless. And why not? They had two big buck with them- 3 pointers, if you please!

BACK TO SCHOOL!

Means new clothes and school supplies. School lunches from tasty foods from our shelves.

*

"THE FRIENDLY NEIGHBORHOOD STORE"

The TALMAGE STORE
TALMAGE, CALIF.

MEET WARD 9

At the regular roundtable discussion held Wednesday, August 25, at ward 9, Dr. G.L. Goodstone asked what additional help for alcoholics the hospital could foster.

-- Suggestions Proffered --

Several suggestions were made. One was to have the meetings oftener than twice weekly, another, to sponsor explanatory talks to all new patients, describing the alcoholic's routine while a patient here, this last to dispel the newcomer's natural ignorance as to "what it's all about" the first few days after his arrival.

-- AA's Discussed --

Before the session was dismissed the question was raised as to whether an admitted alcoholic needed "outside" help to overcome his drinking. Ideas of a helpful nature were advanced including the pros and cons of A.A. membership after release from the hospital.

Alcoholic therapy meetings are held each Monday and Wednesday in the Conference room, ward 9.

LIKE THEIR WORK

Elmer J., ward 14 and Harold A. ward 8, both work in Bill Elliott's Industrial Shop as "finishers". Their job necessitates handling most everything that fellow patients produce. The boys' headquarters is located in a small partitioned room, off to one side, and they have this to say about Occupational Therapy:

"Everything that needs a lacquer finish comes our way. We enjoy the work, as it is vocational as well as educational, and keeps our hands and minds busy. The craft benefits us while we're here, and it is gratifying to know that we are learning a vocation that we may pursue after our release which will guarantee our livelihood!"

TO NEW JOBS

Donald C. was recently transferred from ward 1 to ward 14 and Edgar E. R. from ward 9 to ward 8. Donald is now working in the MSH paint and finishing room for Supervisors William Elliott and Ken Williams, while Edgar is under the management of Charles Valentini at the MSH Shoe Shop.

COURSE BEGINS

A course of instruction in Protective Techniques and Physical Control for hospital charge attendants is being conducted by Tom A. Giles, MSH Assistant supervisor, who is a trained instructor in the course which started last Monday.

The fact that safety is being urged to prevent possible injury to either patient or employe, was explained by Mr. Giles, last Sunday.

NEEDS FOR THE GIFTED

Patient artists - There is drawing paper and charcoal sticks in the Pomo News office. Both are for you to use as long as the supply lasts. Write or come in.

A VETERAN OBJECTS

"The display of the American flag in the hospital auditorium is slightly in error. The American flag should face the spectators' right side. Exactly the opposite is true as it's now displayed."

We don't know what you mean by "face", fellow. But, Webster's International Dictionary pictures the flag's field of blue on the left side of those "facing" it.



TABLE TENNIS ENTHUSIASTS WILL COME INTO THEIR OWN AT MSH SOMETIME THIS WEEK.

Through the efforts of Masonry Shop employes a new ping pong table solidly constructed of steel and concrete, has been placed in the MSH recreational yard west of ward 8. Present plans call for the christening of this much wanted equipment tomorrow or Thursday complete with bats and balls.

Dr. D.B. Williams originated the idea and it was he who gave the "go" sign for the table to be built and orders placed for necessary accessories. Through his efforts all this has been accomplished and more patient recreational facilities are expected to follow. The table, 5' by 10', has a drawer under the playing field designed to remove from view any game equipment. This affords a neat appearance about the table when not in use and is insurance against possible loss of game parts. The table top's green composition is composed of an imported oxide; when the table is not in use it may support visitors' picnic spreads. It was built by two skilled masonry workers, Louis T. and Herman M. both from ward 8 who guarantee its existence two centuries from now. It has been suggested that attractive concrete picnic

There's an International piece of equipment for every farm need - - "When in town see

Cowan

EQUIPMENT CO.
949 N. State - Ukiah
Phone 12-W

tables be erected for the convenience of visitors. The men of the Masonry shop are kept busy five days a week, Monday through Friday and are under the supervision of
(Cont. pg. 10)

PSYCHOTHERAPY

THE MIND IN THE MAKING

THE UNWANTED CHILD

It is sometimes possible to predict roughly, even before birth, just what a child's character will be if one knows the parents well. An important factor is whether the parents want the child. If they do not, if his coming is unwelcome, there is a greater likelihood of the offspring being rejected. Invariably, this will eventually communicate itself to the child and create in him a feeling of rejection.

You perhaps may wonder, just why the above statement has anything to do with psychotherapy. To completely understand a patient's frustrations, the psychiatrist must go back to his childhood. Such an important thing as "not being wanted" unconsciously affects one's entire life.

Parents who really want children, become awe-inspiring to the child and he attributes to them magical powers. It makes him feel utterly safe and secure as they bathe him, cuddle him and keep him warm. As long as the child feels that security is certain, that the parents are standing by him and are ready to help him, his self-confidence grows; If the parents reject the child, interfere consistently with the gratification of his needs, punishes him indiscriminately merely for having needs ... then the child feels not only rejected but also helpless. His self-esteem is shaken. Such children show anxiety, hostility and display feelings of guilt; and later in life these develop into complex reactions.

Common in all cases of child rejection is a deep feeling that the world is hostile, unloving and dangerous and that it cannot be depended upon.

HOW'S YOURVOCABULARY

Mild controversy arose over two words that appeared in last week's edition of the Pomo News. One was "sensuous", the other "despicably". The author admitted that another word in both cases would have been more suitable but was steadfast in his denial that they were incorrectly used. We refer you to the latter portion of the "library" story (p. 4, 31 li. from top p.) and Tunnel Echoes, this last (p. 5, 18 li. from top p.) a narration of traffic woes attendant Clinical Technician George Vose, recently. Follows below the definition of each as taught by Noah Webster (1758-1843) in the Merriam-Webster New International Dic-
(Cont. page 10)

TO HELP ON PAPER

Harry C., former clothesroom man, ward 8, has joined the staff of Pomo News. Harry was formerly in the investment brokerage business in San Francisco.

Christopher S., clothesroom help on ward 4 dropped the following poem in the Pomo News contribution box recently:

THE BUSINESS MAN

For to be a business man
You must have a business head.
Never be an undertaker
For the business it is dead
Learn to be a plumber
And you'll be allright
For all day long you can hit the
pipe
Whatever you do, be a sly old dog
Never be a butcher
For that's on the hog
There's many a slip between the
lip and the cup
Go in rag business
Now days it's picking up
How would you like to be the baker
He kneads the dough
And he has it by the roll.

GRATEFUL

Follows a letter of gratitude from Betty L., ward M, one of two prize winners in the recent Pomo News Art Contest. John (Chief) P., now discharged from the hospital was contest winner in the men's division:

"Dear Sir.-

I wish to thank the Pomo News for giving my drawing first prize in the Ladies' Division and for the inspiration and encouragement received since the event, in generous compliments from the Art Dept. of the Pomo News, the hospital personnel and my fellow-patients.

I received the charcoal crayons and the paper and appreciate the gift very much. Charcoal is much better to work with than pencil, and I hope to submit more drawings to the Pomo News, as you suggest.

Mrs. Scott, Charge attendant of ward M, provided the means of my winning the prize, thru supplying me with pencils, colors and paper, and had the drawings sent to your paper.

From the list of prizes to choose from, I, at first picked slippers, but have, since then found a pair in my trunk, so will not need another pair, I am willing to wait a week as you asked and leave the choice up to your department. Thanking you all very much, I am Yours Sincerely, Betty L., - ward M."

RECEIVES PRIZES

Betty L. ward M., Barbara F., ward K., and Marion O., ward I received first prize and weekly awards Saturday, Aug. 28 from Pomo News for Art Contest participation.

MSH

Church News

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

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 28, 1948 the Rev. Willie K. held a service on ward 12. ***

"Man" is the subject of the Christian Science Lesson-Sermon for Sunday, September 5, with the Golden Text taken from James: "Who is a wise man and endued with knowledge among you? Let him shew out of a good conversation his works with meekness of wisdom" (3:13)

SOME RAIN MUST FALL

"Into each life some rain must fall, Some days must be dark and dreary."

Such was the case of a patient at MSH recently. The man, who's home was some 3 hours away, faced a "dark day" indeed....he was married, had children and news came that his wife was in the hospital, seriously ill.

With no money in his jeans, no time to write he knew he had to get home at once. He knew not which way to turn, until help came to his rescue through the sympathies of an M.S.H. doctor who, when informed of the dejected patient's plight, took his own car and drove the man to his home where he joined his wife at her bedside and comforted their three children.

It was observed some time ago that "things were looking up" at M.S.H. The ship of state is well manned, it's captain and crew fully capable and such instances as above are of tremendous help when charting a course that means casting into oblivion misconceptions and frustrations so familiar with public opinion....."Trip"

'NEWS' TO NEW JERSEY

Lauretta V. Carroll at Jersey City, N.J. is receiving the Pomo News starting with this issue. Edward B., ward 2 subscribed for her for six months, last week.

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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LEAVE-TAKING'S ALWAYS TOUGH

The staff of the Pomo News hasn't a darned thing to offer Editor "Trip", in the form of a going-away present.

And even if they did, it's doubtful if they'd know just what to say or how to say it when they gave it to him.

After all, it's not easy to express yourself ala convention when your natural self wants to cry out, "Wait, don't leave you're needed here."

But that's the way it goes, it seems. Bidding a good friend adieu is a lot like a surgeon advising you that your leg is to be taken off. The amputation itself isn't so bad. It's how you are going to get along without that part of you upon which you have placed so much dependence, so much faith, so much trust in the past; that's what wells deep inside you and causes you to stare hard at the wall ahead for minutes on end, looking at nothing - just thinking. Thinking plenty

We've never had a leg amputated. In fact, we've never even had any bones broken. But if we had, we suppose we'd be just like anyone else in the same predicament and go around telling our friends (after it was all over with) about how painless it was and about what all we were going to do in the future despite our handicap.

And maybe that's a good idea maybe we'll feel better, too, after it's all over with, if we give ourselves a 'lil pep talk and look "on the sunny side of the street" that lies just ahead.

-- jms

POPULATION UP 9

During the week of August 23, to August 30 MSH admitted 25 new patients and released 16.

FARMIN'S BUZZIN'

Out at the MSH Farm things are still humming. Regarding crops harvested and those yet to be reaped, Farm Overseer Gus Garaventa, advises,

"The last of our beans to be tinned will be on their way to the cannery by next week and tomatoes will be ripe for "first" picking this year about Sept. 10."

ENTHUSIASM PLUS

Last Sunday evening, the AA's met in the MSH auditorium. Santa Rosa called the session to order and the patients entered into a lively discussion. After an hour of spirited discussion the meeting was adjourned with, "See you again next Sunday, same time, same place."

GUEST AT MSH

MSH out-of-state visitor last week was Ingrid Ahlberg, from Pueblo, Colo. to see Florence A. ward C.

THERAPY - AID (Cont. fr. pg. 6)
holics as practiced by most communities are, as a rule out-dated, some even obsolete. Most fail to benefit society, the alcoholic or his family. Wipe out alcoholism and you will wipe out half of the misery, the suffering and the crime now existing in America was the principal theme of the quarter hour broadcast.

-- Wants One In S.F. --

District Attorney Edmund Brown who was one of twenty-eight county and state officials present at an alcoholic meet here last June 3 stated that he would like to see a condition reflex unit in every state hospital in California, as well as one in the city of San Francisco.

BUSY HANDS (Cont. fr. pg. 8)
Craftsman E.J. Veronda.

The punching bag erected recently met with instant approval and the thud of fist on cowhide may be heard most any-time of day.

The croquet court has a heavy play, also. So, what with a punching bag, croquet court and ping-pong table, there is little excuse for patients twiddling their thumbs on the ward or wandering aimlessly about the campus.

HOW'S YOUR VOCABULARY (Cont. fr. pg. 8)

tionary (3,350 pages, 600,000 entries) second Edition, Unabridged, Copyright, 1934 by G.&C. Merriam Co.:

SEN'SU-OUS (Adj.) (1.) Of or pertaining to the senses or sensible objects; addressing the senses; suggesting pictures or images of sense (2.) Characterized by sense impressions or imagery addressing the senses; as, sensuous description, pleasure, satisfaction. - "A poet is innocently sen-suous when his mind permeates and illumines his senses; when they, on the other hand, muddy the mind, he becomes sensual (Lowell).

DES'PI-CA-BLE (Adj.) (1.) Fit or deserving to be despised; contemptible; as, a despicable man, gift. ("gandered despicably" was the phrase challenged in this case).