



POMO NEWS

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

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September 7, 1948

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Population 2794

TIM-BER-R!

"Skid", MSH trucker, has eleven patients under his supervision. They are: George H., Freddie L., Henry E., Rob W., Charles H., Idone C., Al B., Kates A., Harry H., Julius F., and George W. All are from ward 15 and answer to the name of "Big Gang". The individual weight of the huskies varies from 135 to 195 pounds. A (Cont. pg. 10 col.1)

HAS BUSINESS HERE

Ralph Littlestone, personnel officer of the Department of Mental Hygiene, Sacramento, will be a guest of MSH the last of this week. But it won't be a social call. Executive Littlestone will be here "on business".

FETE KIN

Since last Saturday, September 4 Mrs. Lillian Davis, ODR charge for the past 20 years, has been hostess to Mrs. Grace Buck of New York City, Beatrice Anderson of Coyote Valley, California and William Davis whose abode is in Santa Cruz. The first two ladies are sisters of Mrs. Davis and "Bill" is her brother.

Their coming Saturday marked the beginning of a gala family reunion which, according to their hostess, "will probably last at least a week. "The tribal celebration is being held at the Davis home in Talmage.

The three guests, upon arrival, found a savory venison dinner awaiting them and upon (Cont. page 2)

GRANTS WOMEN GROUND PAROLE

Effective last Wednesday, September 1, a segment of the population of women's wards H and I was authorized ground parole. Superintendent D. B. Williams' signature at the bottom of the order citing their parole marked the materialization of the hopes of hundreds of female patients who had become first inured then apathetic to sheer rumors connected with the letting of such privileges in the past.

MSH BAND DISTENDS

The MSH band is rapidly developing into a well rounded organization. Enthusiasm among the members has reached a new high and is indicative of their request for longer and more practice hours, last week. The request was granted and boosts practices to 5 days weekly, Monday through Friday instead of three. The hours remain the same, 9:30 a.m. to 11:00 a.m.

The band last August (Cont. pg. 10 col.1)

His unheralded endorsement of the policy established a precedent for MSH. Never before in the history of the institution, built over half a century ago, has such trust, such liberty (Cont. pg. 4)

TO CLINIC

Registered Nurse Teresa Sipkens is the newly installed "charge" of the MSH clinical laboratory at ward 9.

Mrs. Sipkens, a native from San Diego and a resident of Twin Falls, Idaho ("just to show I'm not biased") for twelve years, spent last Wednesday, Sept. 1 accustoming herself to the clinic's routine.

She needed no schooling in the function of that department, however, as she was diplomaed from the White Memorial Hospital, Los Angeles in 1927 and has absorbed extensive laboratory and clerical experience since graduation.

Nurse Sipkens comes from Vallejo where she was employed as head office nurse in the combined offices of MSH (Cont. pg. 3 col. 1)

78TH BIRTHDAY PARTY

SURPRISE TO PATIENT

Sadie H., ward I, 78 years young yet the oldest worker in point of service in the Art Room was given a real birthday party Wednesday afternoon, September 1.

It all came as a surprise to Sadie when both Art and Sewing rooms' personnel banded together to wish her a happy birthday.

Tables were lined and bore flowers, daintily vased and placed amid candle covered cakes that were - ooh, so good! Shop Charges Lillian Addor and Charlotte Rogers, arranged the affair and made the birthday cakes and coffee.

Each of the guests presented the septuagenarian with a little gift of (Cont. pg. 10 col. 1)

DAVIS REUNION (Cont. fr. p. 1) A RARITY HERE

its completion they gathered 'round to "talk over old times." Laughter ensued at recollection of childhood pranks and occasionally, eyes grew moist at the mention of a good friend, departed.

The get-together bridged a few gaps, also; to it was attributed the first meeting in 42 years of Mrs. Buck and Brother Bill and it had been four decades since Mrs. Davis had seen her sister, - the visitor from the east, who intends to remain at the Davis home several weeks more before returning to the Atlantic seaboard.

HUSBAND ANOTHER 'BILL'

Mrs. Davis' husband - another "Bill"-has been an MSH employe since October, 1925 and is an attendant, unassigned. His collection of, literally, volumes of early California history and his assortment of weird and unique pipes has fostered much comment locally. Both he and Mrs. Davis are eligible to retire on pension, allowable after 20 years state service or upon reaching the age of fifty-five. Neither expect to retire in the near future, "or for some time to come, for that matter," declared Mrs. Davis last weekend.

Milady's apparent satisfaction with life in general might be attributed to the competent assistance afforded her in the ODR by Mrs. Tina Young, second in command for the past three years.

USED BUT LITTLE

Gus Garaventa, MSH farm manager has ten spanking work horses and a big jenny mule, the latter tipping the scales at 1700 pounds. In the bunch are chestnut bays, glistening blacks and sorrels of reddish brown.

"The ward 16 farm boys feed them too much, though," observed Gus Friday. "It causes them to get sluggish, even sick at times. See that big bay over there next to the barn?" asked Gus; "he'll beat 1700 pounds -"

"Although we seldom use horses at the farm anymore, they're used in small plots and places where there are a number of irrigation ditches and make tractor work difficult," concluded the manager.

" Bill W. "

'NEWS' TO ATLANTIC SEABOARD

The next 12 months shouldn't seem long to Mrs. Ed Miller of Jamaica, Long Island, New York because she will have 52 copies of the Pomo News to read - one a week, that is. Mrs. Miller's subscription is a gift of her brother, George S. who, currently is quartered at ward 3.

Subscribe to the Pomo News! Send it home. Only \$2.00 a year.

There are dozens of varieties of trees and shrubs on the MSH grounds but one of the queerest to be found is growing just south of the Administration building.

It's generally referred to as a "Monkey Puzzle" because its proper name, "Araucaria imbricata" is a real tongue twister. The nickname evolves from its network of twisted branches which has bewildered the smartest of orang-utans. The tree is a native of Chile where it forms large forests on the Cordilleras ranges.

-- Leaves Overlap --

The leaves are short, broad and triangular. They overlap like shingles and closely surround the trunk and branches. The cones, (there are none on the specimen here) are usually about eight inches broad by seven inches long and do not appear until the tree is quite old. The MSH plant is over 35 years old and its lack of cones is probably due to the absence of others of that same variety and the omission of customary pollination.

-- Should be Pruned --

Our Monkey Puzzle in particular is in need of a pruning job. One side has numerous dead branches that should be cut.

The "Puzzler" grows extensively in England and Ireland and is probably the hardiest of the araucarias seeded in this state. - Duke

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.

CHECKERS FOR RECREATIONAL THERAPY

A group of patients employed at the Industrial Shop are busy making checker boards and checkers. They have 36 boards and 900 checkers "to go" before complete sets

can be distributed for patients' pleasure while in the "yards" and on the wards. This work is in line with MSH's new R.T. program.

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Doctors H.V. Bair and Joseph K. Orr. Dr. Bair severed his professional connections in Vallejo and came to MSH August 1, last year but Mrs. Sipkens stayed on in Dr. Orr's employ until he, emulating his ex-associate's tactics, became a member of the hospital personnel here last August 1.

Nurse Sipkens, who has a son, John, 18 and in his second year of "pre med" school at Walla Walla, Washington, is making her home at ward 9.

George Vose, who has been substituting technician, returned to his regular duties as an MSH attendant, last week.

FORE!

Last Friday, Sept. 3 Sup't. D.B. Williams authorized the start of a patients' miniature golf course.

Tentative plans point to the "recreational area" across the road west from ward 8 as the course's site. Fairways will proceed north for some distance and will be routed back again, and will constitute the itinerary of a 9 hole plan. Work will be started on the project as soon as preliminary orders for its establishment clear the J.J. Garvey Business Office.

HERE FROM STOCKTON

Mrs. Claude H. of Stockton spent Sept. 2 and 3 at MSH with her husband, Claude, ward 8. Mrs. H. subscribed to the Pomo News for a Stockton friend, Mrs. Garland Fox, before she left.

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DR. WILLIAMS SAYS:

Somewhere else in this week's Pomo News you will find a news item about an order authorizing ground parole for some of the working women on wards H and I. I have never had explained to me, satisfactorily, just why women patients shouldn't be allowed the same privileges as men. I see no reason to fear the elopement of a hospital's female clientele any more so than the male. But, we shall see. The order was effective the first of this month and it is now up to the women favored by its adoption to decide whether it will be continued and enlarged upon or whether the whole thing will have to be dropped. It's the first time in the history of the hospital that women patients have been allowed ground parole. I hope they don't abuse it.

We're getting things rolling right along, now. The patients' library will be open in a week or so, the band is perking up, a miniature golf course for patients' use has been laid out in the Recreation Area just across the road from ward 8 and work will be starting on it right away, our softball team, the Blues, has a coach, and with a little more practice the MSH band should be after me soon to schedule the first patient dances. Now, if the ground parole for women idea works out I will start to feel that we are making definite headway in our drive to modernize, and, at the same time, improve our sadly neglected patients' recreational and occupational therapy program. To get where we are going will be a long, hard pull together. But we are going, just the same. And there will be no stopping us if each of you do your part; be considerate of the other fellow's circumstances; No one ever got anywhere doing wrong. And, remember, thinking begets doing. So, think straight and you won't run aoul. Then, that for which we have striven so hard in the past will not have gone for naught.

I suggested to Supervisor Miller last week that our recreational therapy be animated a bit more. I don't want to hear of any patient sitting around twiddling his thumbs, doing nothing because of a lack of something useful or entertaining to do. I believe Mr. Miller has issued instructions to the attendants to see to it that patients while on the ward or in the yard be kept busy playing cards, chess, checkers or some other kind of games when they have no work to do. Of course, this specified type of relaxation isn't compulsory but the chances are that once a patient accustoms himself to mental occupation rather than permit his mind to be idle or wander aimlessly about, he will never again be content to sit listlessly or allow himself to become completely indifferent to all that goes on about him.

The band needs more musicians and more instruments. I am going to ask Mrs. Gertrude Elliott, our administrative secretary, if some kind of arrangements can't be made to have musical pieces bought out of the Amusement Fund. I want the band on its feet so's we can start those dances.

Tunnel Echoes

JUST IN CASE no other doctor will do, E.L. Lochen, M.D.; a student at Langley Porter clinic, S.F. until the first of Xmas month; is head-quartering, while there, in the Apt. of Mr. and Mrs. Gordon and Tillie McWhirter, Golden Gate City psychiatric social workers, now way up in the wilds of Canada on what's-left-of-what-was a 30 day vacation LOTS OF CHICKEN last Tuesday in the PDR and loads of best regards for the MSH chef from the mouths of contented-tummied patients "IT'S ALL RIGHT to trim things up, keep them neat. But is it necessary to shear away that which is beautiful and affords protection from the sun's hot rays?" questions Mrs. Edith Tuomey, veteran ward 7 attendant in regard to MSH greenhouse activities 'bout a week ago around that unit WE JUST LOVE TO QUOTE, so "quote": "After all, it's not the paper itself that's important. It's the good that it's doing the patients that counts" "I THINK IT A GOOD idea for the hospital to make arrangements for a truck to circulate through Ukiah, say, once a week and pick up magazines and books for use in the new MSH Patient Library," suggested Dr. G.L. Goodstone to Supt. D.B. Williams, yesterday. Superintendent Williams concurred and pending completion of a few minor details, a regular truck schedule might be in existence in a short while "CHEE! WHY DID'N YA tell me he was so easy to talk to?" - this from 2 parolees outside Supt's office last week.

GRANTS WOMEN - PAROLE (Cont. fr. pg. 1) been tendered MSH women patients.

For the present, paroles will be limited to working patients only and but few will enjoy them. This, chiefly because the move is in its novitiate. As time goes by and more cases prove "eligible for parole" now taut restrictions on their freedom will be relaxed, gradually.

It will be a short while yet before any paroles are actually put into practice. "Jackets" must necessarily be screened and MSH Matron Ray's records altered to accommodate still another phase of the hospital's advance toward modernity.

Women patients interested in MSH Librarian job write Pomo News.

EXPECTS PARENTS TO ARRIVE TODAY

Dr. H.V. Bair's parents, Mr. and Mrs. Guy Bair, left their home in Wichita, Kansas, Friday, September 3 to spend several weeks here with his son and family. They drove out and are expected to arrive sometime today, September 7. Last May, the Bairs were guests of his father in Wichita.

AMONG OUR EMPLOYEES



BACK TO WASHINGTON

George Fiori Jr. returned to his home in Tacoma, Washington last Wednesday after a 12 day visit with his cousin, Charles Valentini, MSH Shoe Shop charge.

VISITS DAUGHTER IN S.F.

Attendant Edith Morgan, returned to her duties at MSH August 31, after a 19 day vacation in San Francisco and vicinity. She visited her daughter, Beverly Bell and Trudy Ann, her granddaughter. Her leave included a two day visit with her aunt at Atherton, too.

HITS 'JACKPOT'

Harry F. Johnson, charge attendant ward 8, killed a 100 pound forked horn last Thursday, September 2 at Swin's Ridge. Harry went looking for deer three times before but scored nary a hit.

A BUSY SUBSTITUTE

Eunice Carmichael, MSH relief attendant, took over Mrs. Blwin Cornell's duties at the switchboard last Friday, September 3 during Mrs. Cornell's absence and substituted for Mrs. Eleanor Eby, Sunday, September 5.

Eunice is the daughter-in-law of the late Mrs. Margaret Carmichael who passed away August 22.

RAFFERTYS TO CHICAGO

Hospital Attendant Joe Rafferty left last Friday, September 3 for 19 days in the east. He joined Mrs. Rafferty and their two children, Elaine, 12 and George, 10, in San Francisco, last weekend and the following Sunday the family quartet boarded an eastbound train for Chicago to visit Joe's sister and "all the rest of the family."

FIRE THEIR FOE

The MSH Fire Department, a well trained and conscientious delegation of fire-eaters, is made up of 15 part time men, 2 full time employees and "Regulars" J.T. Clifton, D.E. Frazier and Fire Marshal L.G. Von Schritztz.

This sturdy crew stands duty watches each month (30 days) - but there is an exception to the rule; upon the occasion of a (Cont. pg 8)

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WARD 12 RECIPIENT OF FIRST BOOK AWARDED FOR MOST COPY TO MAIL BAG

To ward 12 last week, went the novel, "The Rest of My Life With You", a Faith Baldwin romance, thoroughly modern and a "must" for light reading. It was the first of a series of Triangle Books given the Pomo News several weeks ago by Mrs. D.B. Williams, wife of the superintendent. As long as they last, one a week will be sent the male or female ward contributing the most entertaining, intelligently written correspondence to the Mail Bag department over that same period. The editions are all new and direct from the library of Dr. D. B. Williams, MSH Superintendent.

SMARTIES, HUH?

Now comes a message from patients on ward I which might be labeled "satire". We don't know. Irregardless, the following dated August 31 was addressed to the Pomo News: "The patients on I ward would be humbly grateful and appreciative if you would print the following in your paper: - Now that a man was sent over to our ward and so deftly repaired our radio, we would like to have a night attendant sent over who would be so good as to turn it on!" It was signed by "Hard Working Music Lovers from ward I".

WHO-E-E-EE!

A plea, addressed to Dr. Goodstone, care of the Pomo News was in the Mail Bag correspondence this week: "I have been living on this ward for over five years," begins the letter to the MSH Clinical Director, "and the food thing has always been a problem. I guess it's all right but would you be able to send us in something like lamb chops, cantaloupes, and watermelon. I would also like to have some nice peaches, bananas, some mustard and some mayonnaise, and some good apple dumplings and meat pies, and also some custard and some sweet pickles, and some good black Lip-ton's tea. I don't eat much but once in a while like a snack on the side." -- This from Eva D. ward B.

WISH IT COULD HAVE BEEN MORE

We are afraid, Barbara F., ward K, we were a bit slow awarding you your Pomo News Art Contest prize. The competition which ran all during the month of July netted us quite a few odd jobs connected with its run that we weren't ex-

pecting. Consequently with the limited number on our staff we had to delay doing some of the things we had planned to do sooner. But all has been attended to now and your following letter addressed to the hospital newspaper is emblematic of finis so far as the contest is concerned: "Dear Sirs - Your prize box of candy was delivered to me this noon (August 28) and I was simply delighted with it and thank you a million times. It's the happiest art honor I have had since I was 22 and in New York. There I joined the Catherine Loirillard Wolfe Club upon the invitation of Evelyn E. Emola Rockwell. I like art more than anything else, believe me I was so thrilled to have this good news to send to my relatives in my weekly letter home this afternoon. (I don't know whether I spelled that club's middle name right or not). You are welcome to print this if Rockwell and I are a credit to this paper 'together.' Yours very truly, Barbara F. --"so thank you, Barbara, for your participation in what has been a pleasant pasttime and thanks, too, for this delightful letter.

'THAT'S WHAT COUNTS'

Nancy Ellen K., where have you been? The Mail Bag editors have missed you and your interesting dispatches so frequent to our eyes up until the past 60 days. Or are we wrong? Sometime back Nancy Ellen told us that she would elicit the help of her mother to get more music scores for the MSH band. She says, "I'm a little late getting the music I promised you for the band. But my mother has been very ill and unable to get it together. She is better now and I am sure that she will send it as soon as she is able" and then our ward K correspondent adds, "I wrote you some time ago proffering my help in a way I was able to (Pomo News needs help!). I said I was able to take dictation in longhand if not given too fast; that I could keep a file if you had one; clean the office, sort mail and do little odd jobs. You didn't reply to my letter at all (Ouch!). Now if I can help in any way please let me for I want to do something to help the Pomo News. You are doing so much for us - you are showing, I think, your interest in your fellow men, helping them in every way you can. You and the Pomo News have helped a lot of patients I know it's helped me." -- Our deepest regrets, Nancy L. for neglecting to answer your generous letter, your benign offer to be a part of a program designed to be strengthening to the patients at Mendocino state hospital and hasten their recovery. Even though your services are not needed at present, it's the idea (Cont. next page)

MAIL BAG (Cont. from page 5)
 that you want to help -- that's
 what counts!
 SHE'S CONSISTENT!

And now comes a second letter to the Mail Bag by Frieda S. ward E. about the same subject she dwelt upon in her first. This last is dated Aug. 29 and follows in part: "I received the answer to my last letter (published in the Aug. 24 issue of the Pomo News) very quickly. My bomb exploded in the columns of your newspaper sooner than I expected it to. I was sure surprised and I am glad it's over. One ward K patient said, 'Yes, I saw your crazy letter about the alcoholics - you should write about someone else!' Later I was up on ward C where I was told to show a new alcoholic how to fix pillows so they looked nice. She said, 'I take no orders from a patient', so I told the boss that she had better show her herself and the boss did after that. Nevertheless, I still say alcoholics are funny people; they're crazy over black coffee and good service and will promise anything to get it but their promise isn't kept ***!"

ASK FOR 'MEOW' HOME

"I am very much interested in the Pomo News and think it has done a lot to raise the morale of the patients; it has done a lot toward acquainting them with what is going on in the hospital. It has definitely reduced the tension of 'never knowing what is going to happen next'. More power to you and your good work Ward H is badly in need of a nice roomy and cozy cat house. These chilly nights are apt to bring on pneumonia to our beautiful and beloved cat family. We need cat food too. Do you suppose that it would be possible for Mr. Addor of the carpenter shop to make us a cat domicile? Really, we love these cats so - they have no one or anything to love. Sincerely, Virginia N. ward H."

POINTS FALLACY

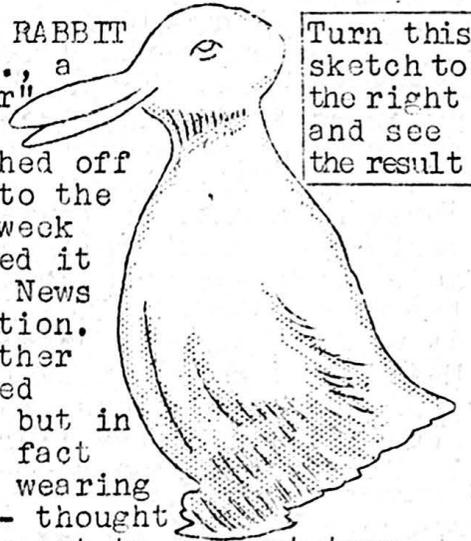
An interesting depiction of Alcoholics Anonymous and her analysis as to why their current attempts at establishment here are not as successful as they might be is part of the patient opinion tendered the Mail Bag this week. The authoress is Lahoma T., ward I, and her own reasoning concerning malattendance at A.A. meetings points to the MSH personnel in that, "unless some of the officers of the hospital meet with them (AA) each week there can be no organization of any lasting benefit, no growth. Their presence would be beneficial and reassuring to us *** how do you think the visiting groups feel about them not being there?"

ASK COOPERATION

Here's the height of something! The following is published for the benefit of wards K and I patients who apparently haven't reached an understanding regarding the operation of ward K's radio: "K ward! Would you please do the ward I patients a great favor and turn your radio just a little bit louder so we also may enjoy it? We would appreciate it so very much! Thank you, - Patients of ward I."

A DUCK IS A RABBIT

Henry T.N., a ward "tenner" in his idle moments dashed off the sketch to the right last week and channeled it to the Pomo News for publication. He sent another also, entitled "Betty Lou" but in view of the fact that she is wearing but little - thought it advisable not to suggest turning it "to the right or left for fear of ruffling the hula-hula about her midriff."



Turn this sketch to the right and see the result

OH YES, WE ALMOST FORGOT!

Back up, patients to the second article in this Mail Bag. There you will find a letter sent in by Eva D. ward B. which at the very last reveals: "Could our ward please have some nice monthly story books like 'True Story', too? I would also appreciate receiving some instruction on how to become a good card player."

DON'T FORGET! Each week a new book to the male or female ward turning in the most interestingly written copy for the week to the Mail Bag Dept.

AT MSH AUDITORIUM, Saturday, Sept. 11

Bing and Barry
 in *"Stranger"*
"Welcome"

STARRING
 BING
 CROSBY
 JOAN
 CAULFIELD
 BARRY
 FITZGERALD

PARAMOUNT
 PICTURE
 Also, short -
 "TUBBY, THE TUBA"

SPORTS



UKIAH AGAIN

Jack McInerney, UAA second baseman scored a hit and made the opening run of the Blues vs. UAA ball game, Sunday, September 5 at the MSH diamond.

The McInerney trip to "home" was followed by runs by McGuire, and First Baseman Diamond, making their efforts count for 3 at the close of the first half of the initial inning.

Freddie L., shortstop for the MSH Blues socked a long one between the left and center fielders for a home run and Henry H. followed him in on Hank P.'s hit, making score 4 - 2 UAA's favor at the end of the third. Armondo P., Blues catcher, scored a run in the 4th and Henry H., second baseman, scored his second run in the last half of the 5th inning.

Sink for UAA drove a long hit over the left fielder's head for a homer scoring Mossi ahead of him for the count of two runs in their last time at bat.

Eugene W., Blues first baseman, soared a long one over right fielder for a homer and Freddie L. socked a three-bagger, and came in to score the last run. Final score read 8 to 6 in favor of UAA in this closely contested game.

"Bill W."

The outcome of the September 6 softball game between Blues - UAA comes to us too late for this week's issue, so watch for it on our sports page next issue.

GOLDEN GLOWS DOWN UKIAH MER. 11 - 6

SLATE FALL MIX

Just lately Dino Restelli, outfielder for the Coast League All Stars, of San Francisco and "Foggy" Ottosen, Sluggers' manager slated a game between the All Stars and the Talmage nine for Sunday, October 17.

The Coast League All Stars are well known in baseball circles and have an enviable record.

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TELLS 'EM OFF

The letter, "Dear Editor" which appeared in the August 31 issue of the Pomo News, about the ward 12 ball game between MSH Veterans Jack Shanyfelt's and Bill (Rip) Russell's teams Saturday, August 28 should have had a half dozen postscripts to complete it, was the fiery attitude of the latter nine's manager last Tuesday night.

"Out of the last six games my boys have won 4 giving us a two game lead. *** Old Jack Shanyfelt and "Roaring Rod" Yagle 'pulled a fast one' on my boys while I was off duty," stormed Bill.

"And another thing," he pointed out, "if I have a story worth printing I'll take it to the Pomo News office in person and sign my full name at the bottom - not just 'attendant'."

DID YOU KNOW THAT?

Patients wishing to subscribe to the Pomo News to be sent to friends or relatives may do so by mailing a letter of authorization to the Pomo News, signed by you PROVIDED you have money on deposit at the hospital. \$1.00-6 mos. \$2.00-a year.

NEW ATTENDANTS ARRIVE

Mrs. Ollie Shipley, new MSH attendant since September 2, is from Nowata, Oklahoma. She moved to Richmond, California from the Sooner state in 1943.

Mrs. Alice McLennan, a resident of San Jose the past two years, began work as a relief attendant here September 1. She returned recently from Everett, Washington where she visited her father before signing up at MSH.

EX-PATIENT TO TRY FOR \$1,000 PRIZE

The second annual Salmon River Derby on the Klamath Indian Reservation in Oregon is now under way. The entry list closes September 20 and top prize money for the largest Chinook and King salmon taken is \$1,000.

Johnny (Chief) P. recent dischargee from MSH and winner last month of the Pomo News art contest, men's division, is in that area and sends word that he is "going to be in there pitching for that 'grand'."

We all wish him luck. In a way, we hated to see him leave the hospital several weeks back. "Chief" made many friends during his short stay here at the institution. Johnny is 34 years old, born on the reservation. His education is above average, and erudition was made his as a result of intensive study at the Haskell Institute, Lawrence, Kansas and the Sherman Institute at Riverside, California.

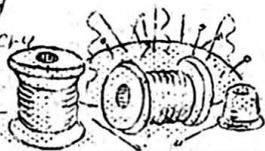
Chief is an artist, adept at free-hand drawing and contends that all his work is original. He's a professional guide for hunters and fishermen.

SAVES LETTER WRITING -- HMM?

Mrs. Mary S., of Los Angeles, will be able to keep tab on her husband's activities while he is convalescing at MSH and she will have a pretty good idea as to what the balance of the hospital population is doing for the next year - provided she reads the Pomo News each week. If she doesn't, it won't be "Hubby" Chris' fault! The ward 4 patient subscribed for her a week ago today.

Busy Hands

speed
recovery



THE MSH SEWING ROOM

UNDER THE SUPERVISION OF MRS. LILLIAN ADDOR, is a fascinating place.

The department's personnel (patient) averages 18 women intent on the stitching of baby apparel, feminine dainties, underthings, etc. Working hours are from Monday through Friday, 7:30 a.m. to 11:15 a.m. and 12:30 p.m. to 4:15 p.m. - when they call it a day.

They have 15 sewing machines to work with and they're humming most all day. Patients' work is manifold - some cut patterns at large cutting tables, others work at the machines while still others are engaged at the tediousness of button sewing or mending sundry garments.

A veteran here is Jennie V., ward I. Jennie has been a sewing room employee since April 3, 1924 and has never been absent from work even a day in all that time. The ward I patient says:

"The first "sewers" I ever worked on weren't new fangled like the ones today but were propelled by water power ... there were 6 machines all in a row on what was called the 'power shaft'. They could be operated either individually or all at once. The sewing room was located under Business Manager Garvey's office then and was in the hands of Mrs. Eigelow".

Emma P. ward I has been working at the sewing room the longest, however. She started in September, 1919 and May F. another patient from ward I and an old timer, too, started her sewing only three years later.

Mrs. Addor's department turns out a world of things for use about the hospital. Her girls make all the female clothes, such as, dresses, pajamas, and underwear; aprons of all descriptions are the results of the patients' nimble fingers and are finished for use about the wards.

Aside from all the institution mending, tacking, binding and stitching the class make sheets, pillowcases, hand towels, dish towels, smocks, and doctors' jackets. Ward curtains (cottages', too), are MSH Sewing Room products. In days of yore "strong blankets" and strait-jackets were furnished the hospital.

PSYCHOTHERAPY

THE MIND IN THE MAKING



ALCOHOL - A PSYCHIATRIC PROBLEM (The first of a series)
Skin to MSH's Condition Reflex program mention might be made regarding the effect of alcohol on an individual from a psychiatric standpoint.

An important but lamentable fact about alcohol is that it is socially acceptable as a whole to most communities. Spirited beverages are advertised as "bringers of conviviality." We bid people "au revoir", we wish our friends luck, toast brides, bind bargains, christen ships - all with alcohol. It has unaccountably been accepted as part of the American way of life. Its recently increasing grip upon the masses is hushed and more often ignored by those who want no part of reality; who want no share of the truth but, rather welcome artificiality and cherish pretense.

Alcohol makes it possible for a man to do what he does without any feeling of guilt. (Cont. next week)

FIRE THEIR FOE (Cont. from page 4)
31 day month one particular fireman is compelled to stand three watches instead of two.

The department's principal piece of equipment is referred to as the "Mack" which was assembled in 1932 and made into a first class pump and service truck. It hoses water at the rate of 500 gallons a minute and carries 1,100 feet of 2½ inch hose, 300 ft. of 1½ inch hose and 150 feet of 1 inch line.

It takes a lot of equipment to render a fire department operative. Two smoke masks, a 20 foot extension ladder, roof ladder, first aid kit, forcible entry tools, shovels, "muck sticks" and other like accessories are "musts" of the MSHFD.

Second to the Mack in importance is a Chevrolet truck - a converted job, too. This apparatus has a separate motor which drives a pump capable of 500 gallons a minute. It is equipped with forestry anti-conflagration tools and packs a 350 gallon tank, foam generator and a total of 1250 feet of various sized hose. The Chevy was designed as a first aid unit to "get there fast". Its occupants' early arrival allows those who follow time to prepare for action.

MSH patients have little cause to worry with the institution fire department on watch.

Also, about the hospital grounds there are 160 soda "cans", 9 foam-ites and 11 CO₂ fire extinguishers and the fire house proper is more
(Cont. on page 10 Col. 2)



'ACT LIKE A MAN'

Readers, should they thumb through early issues of the Pomo News, will note that the paper's columns exclusive of the Mail Bag, are almost devoid of poetry. This fact accentuates the merit of the following stanzas handed a reporter by Mrs. Grace Westley, MSH switch-board operator, shortly after August first:

Teach me, Oh Father, as I travel on
To better myself, between dawn and
dawn;
Teach me to think, to act and to say
Things of encouragement, as I travel
life's way;
Help me to lead and to aid and to
give;
Teach me tolerance, teach me to live.
I thank thee, O Father, for all that
has passed;
For my trials and my triumphs, my
play and my tasks;
For my life, I am thankful; the
friends who are near
Will always remain in my heart
close and dear.
I pray that my days will be full,
through life's span
And I pray, God, that always - I'll
act like a man.

THINKS OF OTHERS

Maybe it's her birthday or maybe John thinks Sis 'll like the paper, too; nevertheless a year's subscription has been entered on the Pomo News' books for Miss Sophie B., of Chicago, Illinois by her brother, John B., ward 12. John's thoughtfulness manifested itself last week.

NO LONGER AT MSH

Robert E. Wolf, who has been an MSH social service worker since last July 8 with office in Room 4, Administration building is no longer a hospital employe. Last Wednesday, Sept. 1 his employment officially ended. Mr. Wolf said he might locate in San Francisco but, before leaving he subscribed for the Pomo News and directed that it be sent to him in Los Angeles.

SUBSCRIBES FOR SISTER

Ellen A. Estes of Redding, California is to receive the Pomo News from now until March 1 next year, thanks to her brother, Elmer C.P. on ward 8 who subscribed for her last week.

WANTED - Man or woman patient acquainted with newspaper work, editorial. If you have had experience as a reporter; if you can WRITE, consult your ward doctor about work at the Pomo News.

WE'VE CHECKED UP - IT'S TRUE!

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

MSH

Church News

Protestant church services are held at MSH the 2nd and 4th Sundays of every month. This coming Sunday, Sept. 5, Dr. Chas. G. Lindemann, Methodist minister from Ukiah will hold the service in the auditorium in the Administration building and Rev. Leonard Brown, Ukiah Baptist minister will hold the service on ward 12. Both services will begin at 8:30 a.m.

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. He spoke from the 2nd chapter of Job through the 3rd and the 11th verse is where he found his text, "-why did I not give up the ghost-". The subject was taken from the 13th verse, "-then had I been at rest."

"Substance" is the subject of the Christian Science Lesson-Sermon for Sunday, September 12, with the Golden Text taken from Romans: "We are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it" (8:24,25).

TO 'BAY CITY'

"Will you please change my address on your records of the Pomo News from 660 Bush street, Apt. 305, San Francisco to Oakland, California. Thank you!" writes Caroline Sweeney, former clerical employe at MSH, last week. Caroline was "one of the gang" in the Clinical Office for about a year. Last July 1 she terminated her hire here and became a resident of the City by the Golden Gate. Before she left, the "gang" styled her going-away present a years subscription to the Pomo News.

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.

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.

J.M.S.....Editor
"Woody" C.....Cartoonist

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TREES GO (Cont.fr.p.1)

portion of their work assignment August 30 was to remove two big trees felled by a Santa Rosa outfit who has a contract for the leveling of same, weekends.

BAND GROWS (Cont.fr. pg. 1)

27 gave a recital in the MSH auditorium before a packed house and were the recipients of hearty applause. So much so that Supt. Williams has stated that he is "going to see about getting them instruments purchased from the Amusement Fund".

Last week the Superintendent approved the appointment of Robert Haslam, MSH attendant, as band "charge". Mr. Haslam will represent the organization officially and enforce their needs and see to the best of his ability that they are scheduled entertainments, dances, etc. in the future. Next week appears a list of band personnel.

HOST TO BADGERS

Visitors at the home of Dr. and Mrs. Donald O. Prasser last week were Mrs. Prasser's brother, John Gill and fellow students, Bill Byone and John O'Malley - all from the University of Wisconsin at Madison. The boys drove to Portland, Oregon where Young Gill was best man at the wedding of a friend. Their next stop was at the Prasser home last August 29. The trio will return to their Wisconsin alma mater September 14.

BRINGS MORE MAGAZINES

A. G. Benson, MSH attendant brought the Pomo News another armful of Saturday Evening Posts for distribution to ward patients last Saturday, Sept. 4.

78TH BIRTHDAY PARTY (Cont.fr.p.1)

their own. Sadie said it was her "first real birthday party in all my 78 years."

Mary L., ward I, was visited by her husband, Sat. - Sunday.

INJURIES FATAL

Funeral services for James Samsøe, father of Lawrence I. Samsøe were held at Eversoles Funeral Parlors at 2 p.m. last Saturday, September 4.

Tragedy shadowed the life of the Lawrence I Samsøe family early last Wednesday morning September 1 when Lawrence's father, in his eighties was struck by a car while walking along the road leading from the senior Samsøe's house in Redwood Valley.

Lawrence, MSH plumber whose home is in Ukiah had planned to take his father to Eureka Wednesday morning. Mr. Samsøe, impatient to be off, set out from the family residence at 6:00 a.m. a bit ahead of schedule to meet his son on down the road. It was still quite dark and evidently the approach of the vehicle escaped Mr. Samsøe's notice for he walked directly into its path and was knocked to the ground. The driver, a Ukiahan, stopped, carried the elderly gentleman to his car and took him to Calpella where Mr. Samsøe, critically injured, was given first aid.

FRIENDS IN NEED --

Reprint of an article from the Patton Progress (August 10 issue) last week in the Pomo News regarding the number of contributions to the PSH library must have had some sort of hidden appeal!

Last week MSH Superintendent D.B. Williams walked into his office and spotted a large bundle of books in one corner of the room. There was no clue as to their sender until his afternoon mail revealed the name of the donor: Veteran Peter R. Johnsen, a member of Company B at the Veterans' Home, Napa County, California.

Mr. Johnsen not only heeded the indirect appeal for MSH patient library books in that issue of the Pomo News but towards the close of his letter to Dr. Williams, said:

"Am sending a copy of the Pomo News to Mrs. Jack Smith, an employe at the Mendocino state hospital. So tell the Pomo News boys to prepare to care for another new subscriber."

Captain Roscoe Merritt, Company B commander is deserving of MSH patients' thanks for the literature mailed the new library as well as Mr. Johnsen. We hope more readers find it convenient to respond to our appeal for good reading.

FIRE THEIR FOE (Cont. from page 8)

than amply equipped with the latest innovations in fire prevention and control. One regular fireman is on duty 24 hours at a stretch and there are 35 fire alarm call boxes on the grounds to further ensure patients' safety.

A mutual aid pact the MSHFD has with the Ukiah city fire department whereby each agrees to come to the others' assistance if and when they need it.

So let's doff our caps to the boys in the fire department! Let's heed the importance of their job; let's be grateful for their presence and their willingness to respond to any emergency at any hour of the day or of the night.