

Pomo News

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

Vol. 1 No. 19 September 14, 1948 5¢ per copy Population 2791

PIGGIES ARE SOMETIMES ADOPTED BY TRICKERY

Piggies and more piggies! You'll see oodles of them your first visit to the MSH Hog Ranch.

Porkies' "heaven" is (Cont. page 6 col.2)

SMASH COW RECORD - A THIRD TIME

The MSH dairy, under the supervision of H. A. (Hank) Fanslow announces its possession of another record winning cow--their third this year.

The third-time-charmer is Mendocino Marie Meg, number 2466 498. Marie Meg took high honors by producing 1034.8 pounds of butterfat for the year ending August 1, 1948, setting a new national record for three year old cows.

The old record of (Cont. page 9 col.1)

FLIES EAST SEPT. 10TH

Mrs. Grace T. Mayham, here from Westfield, New Jersey the past month visiting her daughter, Mrs. Gerald L. Goodstone at the MSH Clinical Director's home, boarded an eastbound TWA plane at 7 p.m. (PST) in San Francisco last Friday, September 10 en route to New York City. Her transport taxied to a stop at Newark airport at 1:30 p.m. (EST) the next day.

This was Mrs. Mayham's second trip to the west coast in the past twelve months and, as with her initial visit, she was not at all reluctant to extol the grandeur of California to the many friends she acquired during her brief stay here.

LIBRARY DATA PAGE 8!

WOMEN'S PAROLE 'SIMPLY GRAND'-OTHERS' ON WAY

SUSIE HAS FOUR PUPS

THE DACHSHUNDS COMING ALONG SATISFACTO R I L Y

Susie, ("pic" p.4) the lovely brown dachshund owned by Superintendent and Mrs. D.B. Williams blessed-vented one afternoon last week. She is now the proud and happy mother of four cute, slick looking little dachshund puppies.

The two male and two female puppies that comprise Susie's newly arrived brood are all "doing nicely" and are never late when the dinner gong sounds. All are reddish brown with black markings and three of them are identical in size. The other pup is somewhat smaller than his sisters and brother and has been referred to as "Pee Wee."

The proud papa "Snafu" (Cont. page 4 col.2)

STRIKE ANOTHER NOTE IN MSH MODERNITY SONG

Plans are underway for introduction of an entertainment idea between wards.

Plans admit working up an act among ward members to compete against similar stunts developed on other wards. The date of the initial program (to be know as "hospital Hi-Jinks) to which patients, MSH personnel and guests are to be invited will be set as soon as individual wards have their entertainment ready.

The acts may be individual or group singing, dancing, comedy skits, plays, etc. - anything that makes for good

(Cont. on page 3)

BABS 'QUEEN'? PAGE 10

Now that ground parole for women is no longer fantasy but fact their first reactions are interesting. Hazel B., 23 years here, Mary L., and Margaret B., all from ward I, were asked how it felt to be foot-loose, gloriously free. A few of the ladies' comments follow: Margaret B., ward I: "It's so nice! What a change to be able to sit out on the lawn instead of being confined to my ward after working hours. But can't we have a croquet court as the men do, or some form of outside entertainment?" Mary L., ward I: "I think it's justswell to be able to get about the grounds and not have to sit on the ward all day." Hazel B., ward I: "I think it's just wonderful to be outside to walk about (Cont. page 6 col.1)

TO JOIN PARADE

The MSH band will be atop a gaily decorated institution truck in the colorful Centennial parade that will thread the streets of Ukiah Saturday, October 9.

The decorating of the truck, which was procured by attendant M.L. De-keno will be done by band members under direction of MSH Band Manager Robert Haslam.

BIG GANG A 'BUSY' GANG

Skid, MSH trucker and his Big Gang were unable to finish removing the trees from the front yard last week due to other work.

They may be delayed further as they will have to clean up debris (Cont. page 6 col.2)

SET 'EM UP, MAC!

Service engineers for the Vendorlator Co. Inc., have helped to quench the parched throats of patients here by repairing two of the three Coca Cola vending machines in the tunnel the past two weeks. Three of them worked on them Thursday, September 2, but had to return a week later with new parts. One dispenser was removed from the tunnel to the laundry—this leaves a machine in the lobby of the Administration Building, another in the tunnel close to the main kitchen door and a third in the laundry.

The Vendorlator in the administration building tunnel delivers your coke and simultaneously, makes change.

WANTED - Man or woman patient who has had experience as a reporter or rewrite man; IF YOU CAN WRITE, consult your ward doctor about work at the Pomo News.

INJURES HER LEG

Mrs. Ada Duffy, MSH relief attendant reported to the Matron Edith Ray's office Thursday, September 9 that she had accidentally fallen over a floor polisher while working on ward G. Mrs. Duffy suffered a sprained left wrist and a wrenched right leg.

CROMER G. NELSON HERE
Christian Science Representative Cromer Nelson visited MSH last Friday and left Bibles for wards 15 and 12.



YOUR DREAMS WILL COME TRUE

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LIKES US!

Dr. Blanche Montgomery Meyer of 1567 Ninth Avenue, San Francisco, California was a visitor at the Ukiah Mendocino County Fair last August 21 and was one of many who saw the MSH exhibit, a part of which was a Pomo News display.

In a Sept. 6 letter to the hospital paper, Dr. Meyer comments: "I think you are all doing a wonderful job of building up a real esprit de corps among the patients and employes of MSH" in fact, her letter handed us last week by Clinical Director G.L. Goodstone, addressed to "The Editor, POMO NEWS, MSH, Talmage, Calif." is reprinted below:

"Dear Sir: Congratulations on the excellence of your new News Sheet! When I visited the Fair at Ukiah on August 21st I was much pleased with the excellent exhibit of the patients' products and happy to receive a sample copy of POMO NEWS from Mrs. Elliott. I think you are all doing a wonderful job of building up a real esprit de corps among the patients and employees of M.S.H. Having long been interested in Occupational Therapy of all types I want to give what little impetus I can to your venture so I am enclosing my check for \$2.00 for a year's subscription. I wonder if you could start my subscription with the August 24th issue because I don't like to miss a single issue. Mrs. Bernice Faas has been kind enough to supply me with a number of earlier issues, all of which I have thoroughly enjoyed.

It may be of interest to you to know that in 1943, when I was working at the Columbus state hospital in Columbus, Ohio, I was instrumental in getting a similar mim- (Cont. next column)

eographed newspaper going, called the C.S.H. ECHO. It was a very worthwhile project for those in the hospital and many of the leading members of the staff made good and are making a real mark in the world by way of personal achievement today. I am sending a copy of the POMO NEWS to the former business manager of the ECHO who still corresponds with me.

Since leaving M.S.H. last September I have completed an 8 months residency in Psychiatry at the new Mt. Zion Hospital Psychiatric Clinic in this city. Then on July 1 I began another residency in Psychiatry at the Veterans Administration hospital in Palo Alto. Part of this residency includes the 12 weeks refresher course in Psychiatry and Neurology at the Langley Porter Clinic in San Francisco where I am going to school at the present. Dr. L.G. McKeever and Dr. E.L. Lochen are taking the course, also, and it is fun to renew contacts with friends from M.S.H. where I enjoyed my year of work despite the heavy duties and SHORTAGE OF PERSONNEL AND EQUIPMENT WHICH IS, UNFORTUNATELY, ALL TOO COMMON IN STATE HOSPITALS ALL OVER THE COUNTRY.* With all good wishes to each and every worker on the POMO NEWS for continued good work and personal success,
Sincerely, Blanche Montgomery Meyer M.D."

*ED. NOTE - Maybe it's mean of us but it's kinda comforting to know that there are others "in the same boat."

POMO NEWS only \$2 a year!

Before cold weather sets in CHECK YOUR  WINDOWS !

Phone 1166-W

UKIAH GLASS CO.

Smith & Mason Ukiah

NEW NOTE IN MODERNITY
SONG (Cont. from pg. 1)
clean entertainment.
Prizes will be awarded
the participants of
the best performances.
Volunteers are coming
forward already.

Dr. D. B. Williams, MSH Superintendent believes there will be enough patient interest in the proposed program that even sans prizes, it's adoption will be a success. If the patients enjoy this type of entertainment on the wards and the MSH stage future competitions will be scheduled. Supt. Williams will arrange with Mrs. Gertrude Elliott, administrative secretary, for prizes to be purchased from the Amusement Fund.

Consensus of opinion among patients and personnel is that Hospital Hi-Jinks interward entertainment will be enjoyed by and to the benefit of all.

HERE BUT FOUR DAYS

Dr. Richard H. McAleese, state chiropodist, held his regular monthly foot clinic at MSH September 6 through 9.

Dr. McAleese attended to the needs of women patients having ailing feet at wards K and F and men at ward 16, similarly afflicted were treated, also. Other work wards had their pedal extremities examined and treated accordingly. The doctor's next sojourn at the hospital will be October 4 to 8 inclusive.

EXPANDS TWO WAYS

The size of the MSH Band was increased by one last Friday, Sept. 10. They lost Olga K., ward H pianist but gained another who caresses the ivories, Louis L. from ward 9. Along with the increase in the Band's personnel came a ukulele and several musical scores from Mr. and Mrs. S. Micheletti of Talmage Road.



DR. WILLIAMS SAYS

We have decided upon a woman patient for a librarian. At the head of the hospital softball team, the MSH band and other organizations that

have come into being recently there is a man. Up until Tuesday of this week no girl had been employed on the Pomo News and it's been going along since May 11 this year. The new patient library which is scheduled to open next Monday will afford someone a good job. And I think it is only fair that the chores of a Librarian be turned over to a young lady.

* * * * *

Department of Architecture surveyors will be here this week to estimate how much dredging will have to be done on the floor of both the hospital reservoirs. Then they will survey the lowland directly in the rear of Doctors Bair, Prasser and Schramm's cottages to see about how much dirt it will take to level up the low spots. That's a bad place during the rainy season. They tell me the water backs up pretty high in the middle of an exceptionally rainy season because of that depression. I noticed last winter that the same condition existed farther north of there, too, just south and west of ward 12. They'll probably look into that particular area at the same time they check the sublevel back of the doctors' homes. However low the land is at either of these places it's to be filled in with silt or deposit that is dredged from the bottom of the water reservoirs. That will act as a replacement for the topsoil that has probably been washed away at some time or another. I imagine the "filling in" will start about a week after the surveyors are through; it won't be much longer than that because all the work must be finished before the rains come. And it'll take all of a month to complete the job.

GOOD MEET, POOR TURNOUT

Four members from the Santa Rosa chapter of Alcoholics Anonymous were at the organization's meeting here last Sunday, September 12 in the MSH auditorium.

There was a note of discouragement detected - although the visitors probably didn't realize it their disappointment showed through, seeped to the surface when least expected and the attendant embarrassment to both host and guests couldn't be overlooked - all because of the meager turnout on the part of the patients, both men and women making up an audience of eleven.

Customary matters were discussed and joviality attempted but unsuccessfully. Aside from such depression evident the meeting as a whole was extraordinarily interesting, helpful and inspiring.

VISITORS COME FROM ARAR OVER WEEKEND

Visitors from a few of the other 47 states called at MSH last week to see relatives or friends. They are: Mrs. J. F. Petteway of Galveston, Texas who visited her sister, Daisy K., ward C. Mrs. L. another Texan, from Gillette, visited her husband James L., ward 2. Washington state was represented by Wm. P. Jr. who came to see his father Wm. P. Sr. at ward 8.

Tunnel Echoes

AMONG OUR EMPLOYEES



IN THE MAIL THIS MORN a "news communique" from Ex-Pomo News Editor A.R.T. And are we glad!--haven't been asked the whereabouts of one person so much since Coz Dudley made off with Unc Amos' still. Trip's locale at moment of penning us his having-fine-time-wish-you-were-here was postmarked Salt Lake City. He was Denver bound WHEN YOU THINK OF SALT, you think of pepper 'n when you think of something nice you think of "the Browns," (natch!) that Ukiah couple who were so helpful to the News when it hadn't yet learned to crawl. They're still the flower of Knighthood, sez we after all the "needle-in-a-haystack'in" Mr. B. did last week scurrying about Ukiah for some o-so-needed mimeo paper to print poor, poor Pomo 'pon WASSAMATTA with people who coin them "miniature" golf courses when there's such a HUGE amount of work to just getting 'em started? "WE JUST LOVE TO QUOTE" was a rambler in last week's Tunnel Echoes. But we were in such a rush to make that issue history that we clean, plumb, forgot to quote the party who quoted the quote we quoted, so we'll quote the quote again, quote: After all, it's not the paper itself that's important. It's the good that it's doing the patients that counts. End quote. Quote: Attendant Edith Morgan, authoress who says, quote: I think I'll be leaving you soon. But don't quote me. End quote. Quote: Is there a doctor in the house? WE REALLY DON'T MIND NOTES. But when it goes beyond the write-a-note-to-yourself stage and graduates to the note-to-yourself to remind-Joe-to-note-down-note-to-me level, it's time to make a "note" to do something about it! GET IT... BUT GET IT RIGHT!" is the lettering on a neat streamer taped upon the west wall of the News office couple weeks ago. 'Twas a gift of Ward 8'er Harold V's - a gift appreciated, and heeded HEARD IN PASSING: Yeh, they've been "afallin'" trees 'round here for some time now. I usta do 'lil "fallin'" myself in the good 'ole days. That reminds me, takin' that there al-keehol treatment 'fore you leave? ... THERE WILL BE a lot of MSH patients grateful to you, Mrs. C.W. Bradford, 214 N. Dora St., Ukiah, about the last of this week when your generous supply of "Time" magazines reaches men and women dwelling in the hospital's "closed" wards. For them from us: many, many thanks CHIROPODIST R.H. McALEESE enhanced his household by one last Aug. 31 when Thomas (their 3rd) came into being. Doc's oldest is Dick but, fevven's sake, where's "Harry?"

VISITS BROTHER IN EUREKA

Mrs. Alice Coffey, ward 8 attendant, will leave on her vacation September 16 and return to duty about October 9. Mrs. Coffey intends to be in San Francisco for several days, then north to Eureka to visit her brother Ben Williams, who lives just outside that city, for the balance of her vacation.

TRY THEIR LUCK

Mr. and Mrs. Charles Watson, MSH employes, went to Modoc county last Saturday, Sept. 11 to hunt deer. Mr. Watson works in the Plumbing Shop here. His wife is an attendant.

ON VACATION AGAIN

Marion Freitas, MSH Mattress Shop charge leaves tomorrow (Wednesday), September 15 to complete vacation time still due him. He will visit friends in Modoc county, go buck hunting and return about September 27. He and Claude H., Shop helper, were at Dr. and Mrs. H.V. Bair's abode laying a rug earlier in the day.

DR. L.G. McKEEVER HERE SUNDAY

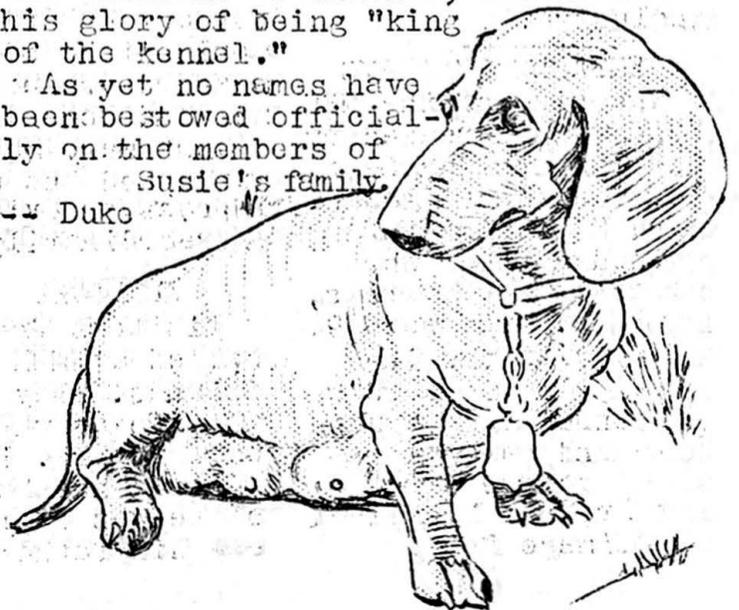
"There are about 40 of us taking the 'refresher course' at the Langley Porter clinic in San Francisco," remarked Dr. L.G. McKeever in the Pomo News office last Sunday, September 12. "Classes are 5½ days out of the week and are made up of representatives of state hospitals, Veterans Administration hospitals and some pupils are psychiatrists engaged in private practice taking the course preparatory to taking the examination for certification by the American Board of Psychiatry. The faculty comprises University of California tutors and (in the main) Langley Porter Clinic instructors". -- The Langley Porter lectures began last Aug. 30 and end next Nov. 20.

SUSIE'S PUPS

(Cont. from pg. 1) may be seen roaming the grounds about the Williams' residence, serene in his glory of being "king of the kennel."

As yet no names have been bestowed officially on the members of Susie's family.

-- Duke





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

To ward I this week, goes the novel, a Faith Baldwin romance, thoroughly modern and a "must" for light reading. This is the second of a series of books given the Pomo News by Mrs. D.B. Williams, wife of the superintendent. As long as they last, one a week is being sent the male or female ward contributing the most entertaining, intelligently written correspondence to the Mail Bag department over that same period.

MIGHT HAVE BEEN CAUSED BY SEASICKNESS
 "Dr. Goodstone," begins an informal note c/o the Mail Bag this week, "In 1930 I shipped out of Seattle on a freighter called West Himrod, owned by Admiral Oriental Lines. As a Quartermaster I was pretty friendly with the Boatswain. His name was John E. Kelly and he came from Boston. His hobby was to write screwy verses and I memorized two that wins the trophy! The first is unbelievable but the second one rates "tops" with me." -- The letter is signed Henry T.W., ward 10. Henry's description of the following ("screwy") fits to a 't' and will serve as a monotony-breaker if nothing else:
 It was midnight on the ocean -
 Not a street car was in sight -
 The Captain ordered a taxi cab,
 And walked ashore that night.

It was evening, and the rising sun -
 Was setting in the north -
 While the fishes in the trees -
 Was gayly flying forth
 The rain was pouring down,
 The moon was shining bright,
 And everything that you could see -
 Was hidden out of sight.

While the organ peeled potatoes
 Lard was rendered by the choir -
 While the sextant rang the dishrag
 out,
 Someone set the church on fire -
 Holy Smoke, the preacher shouted.
 And in the rain he lost his hair -
 Now his head resembles heaven
 Because there is no parting there.

'TAUGHT HIM RIGHT FROM WRONG'

PERRY'S 
 for
 WATCHES
 -
 FILMS
 Phone 174-J
 E. Standley Ukiah

An envelope with a cancelled 3 cent stamp, postmarked "Talmage, California" contains a letter from Edward P. F., ward 1 which reads:
 "Dear Sir: I wish to thank Dr. Goodstone,

the Editor and others for their kindness in presenting me with Christian Science Sentinels and Christian Science Monitors ... this comes straight from the heart. I want to say to Dr. Goodstone and the editor of the Pomo News that I think they both are doing a grand job *** I once had ground parole and lost it because they thought I was going to run away. I am sorry they felt that way about it. But, in another sense, it taught me to know right from wrong *** Yours truly, Edw.C.F."

WANTS PING PONG TABLES

Lawrence S. from ward 2 wonders if the Pomo News might arrange to "send up ping pong tables to the various wards" and continues his plea via the argument that they would be "Quite fit for the boys as they would surely provide a lot of recreation for everybody on the wards." - No doubt you are right, Lawrence but don't you feel that the women should be entitled to the next one built? They have had none at all and now that they are enjoying "ground parole" they feel the absence of such entertainment even more acutely than in the past. But let's hope that "your turn IS coming."

PUT 'N TAKE

Two poems by George E.S., ward 8 sent the Mail Bag this week. One is entitled, "Silhouette of Roses", the other, "Two Silver Rails". Thanks, George. Soon's we have ample space we'll print 'em Marion O., a resident of ward I received "the very lovely box of candy" and says she was "so very happy to receive such a nice prize. I certainly did appreciate it. Thank you so much," concludes Marion's note which pertains to her winning one of the weekly prizes awarded contestants who were a part of the paper's Art Contest last July

'REALLY ENJOY THE PAPER'

Art M. on ward 14 wants to know what's the chances of a "community sing". We refrained from answering your letter sooner, Art because "Hospital Hi Jinks" was in the offing and is meant to suffice for all such entertainment as "sings", etc. "It should help us all to forget our worries," suggests Art. "And I really enjoy the paper," he concludes.

NIECE GETS PAPER REGULARLY NOW

Florence B., ward C writes that her niece in Los Angeles, for whom she subscribed to the Pomo News a week or so ago, states that she is receiving the News regularly and now looks forward to its arrival every week. Florence says she appreciates the paper, too.

(Continued on next page)

WOMEN'S GROUND PAROLE (Cont.fr.pg.1) the hospital grounds. I hear that we may have an outside playground soon, too. Hmm?"

Expansion and relaxation of restrictions levelled on women parole patients came about much faster than anticipated in last week's issue of the Pomo News.

It was understood at this time last week that MSH women were to be granted ground parole as a result of Superintendent D. B. Williams' signature at the bottom of an order to that effect about two weeks ago.

Explanation of the unexpected but pleasant change of plans which effected ward I patients' paroles may be laid to the fact that Doctors Ruth Green and G.L. Goodstone deemed it superfluous to prolong that which was to come about later on.

According to Dr. Green yesterday ward H women patients are to be screened and by the last of this week those found worthy of trust will be graced with ground parole identical to that which all ward I patients are enjoying now and have enjoyed since last Sunday morning, Sept. 12.

"Women having ground parole are permitted to take advantage of it only when they are off duty and they may remain out until sundown each day. They are not allowed outside of a restricted area the boundaries of which are generous enough to permit them plenty of leg room. Screening of ward H patients should be complete by the last of this week.

"I suggest that you put in the Pomo News a notice to women parolees suggested Dr. Green Monday(yesterday)September 13, "that if they are approached and asked questions by Pomo News reporters that they shouldn't become alarmed and that after all a reporter's job is to get news.

PIGGIES SOMETIMES ADOPTED BY TRICKERY (Continued from page 1) conducted by Ed. Laviletta, Veteran Hog Rancher. Mr. Laviletta's domain is reputed to be the most sanitary, the most modern up-to-date hoggery in this part of the country.Visitors' comments are all the same in this respect and the ranch has been frequented by bigwigs from Sacramento innumerable times since he has been in charge.

The past two weeks has revealed thirty new "additions". One sow had a litter of 16 recently and the mother with ranch hands' help has managed to save all but four of them so far.

"Many times when a sow has a big litter like this one," pointed out Boss Laviletta last Saturday to Pomo News reporters, "We have to take some away and add them to the litter of a sow that did not have so many
(Continued next column)

BIG GANG (Cont. from page 1) from big ones felled on Medical Row in front of cottages 8 and 9 last Sunday, Sept. 12.

The past week was spent in hauling pears and beans from the farm, hogs and chickens from the two ranches and many other chores which had to be completed before work could begin on the trees.

The front yard program should begin picking up speed shortly. Volley balls, softballs, checker boards - games of sundry description will soon be put at the disposal of patients for their pleasure in the "yards" and on the wards.

PIGGIES (Cont. from left col.) in order to assure them plenty to eat.

-- Trickery Employed --

"A sow usually will not accept strangers to her litter unless we trick her sense of smell. The way we do it is to sprinkle her litter, as well as those which she is to adopt, with talcum powder so that they will all have the same smell. It is then that the mother sow generally accepts her adopted piggies to mother along with her own.

"I have a stag," continued Ed as his visitor prepared to depart, "that will weigh 500 lbs on the hook. Believe me he'll make a lot of sausage for patients. I am sending him to the MSH Butcher Shop in a day or so. Let me know how the sausage is," grinned Ed amiably.

-- Bill W.

Supt. Williams and J.J. Garvey were in Sacramento Wed., Sept. 8.

DENNIS MORGAN
JANE WYMAN
JANIS PAIGE BRUCE BENNETT

CHEYENNE
FROM WARNERS
WITH ALAN HALE
ARTHUR KENNEDY

Also short
"ONE MEAT
BRAWL"

at MSH AUDI-
TORIUM, Sat.
Sept. 18.



SPORTS

BLUES IN FINAL WIN

In the initial inning of the game at the MSH ball diamond Monday, September 6 between the Ukiah Athletics and the Blues Clayton W. Blues first baseman scored a hit and was brought home by Freddie L. who followed him in on a grounder sizzled out by Francis S. Pete P. brought Francis in, but was refereed out trying to steal second for the third out.

Blues Captain Hank P. and softballers held the UAA team to a count of zero the first four innings, but favored them 2 runs in the 5th inning and 3 more in the next, meanwhile the MSHers chalked up 5 more runs for themselves fashioning the score at 8-5 their favor end of the 6th.

Freddie L. Institution short stop palmed a nice one on the run hit by Rhea for the third away the last of the eighth. The Blues' Mike K. loaned to UAA for right field got a hit as did Jack McInerney UAA's ace second baseman. McInerney's sprint for home resulted in halving 2 more for UAA in the 8th. The tally remained 8-7 throughout the balance of the fracas despite the valiant efforts of the visitors to reverse their final defeat.

This was the last game of the season for the Ukiah Athletic Club, but they expect to be on the MSH diamond many times next season.

The home boys doffed caps and tendered thanks to the UAA for games past and their excellent sportsmanship throughout the season. This, the visitors last game with the Blues this season was the only one to end in a UAA defeat and, shall we say possibly omened a highly successful season for the Blues next year.

-- Bill W.

THE TALMAGE SLUGGERS DEFEATED THE POMO ATHLETIC CLUB 8-7 SEPT. 12TH.

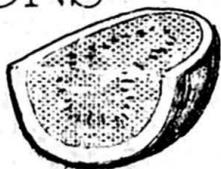
WATERMELONS

R I P E A N D

C O L D

At

The TALMAGE STORE
TALMAGE, CALIF.



UH, HUH --

Veteran MSH shoemaker John J.S., ward 15, says: "I've made a gadget which I call an 'exercise streamliner' to help build up weakened muscles by a self resistance method. To help the body relax while operating the exerciser, I have placed a color striped disk upon which a vari-colored ball rotates, causing the eyes to relax, and thereby taking the tenseness from the body muscles."

JOINS MSH BAND

Last Saturday, Sept. 11, Floyd D., ward 15 became a new member of the MSH band, newly appointed Manager Robert Haslam, told the Pomo News that same day. Floyd, a Lodi resident, will strum the guitar at future sessions.

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.

NO ONE HURT

While driving in Ukiah September 3, Mrs. Edith Ray, MSH Matron, had her car damaged slightly when, reportedly, a Redwood Valley rancher driving a truck failed to stop at an arterial stop sign and jammed into the side of her vehicle.

No one was injured but Mrs. Ray's car sustained a badly crumpled fender and a door was sprung.

'I LIKE IT FINE'

"I tell you I like it fine," was the reply tossed the Pomo news staff last Saturday, Sept. 11 by Mrs. Helen L. Scholl, ex-MSH pharmacist when queried as to "how's it feel to be retired?"

Mrs. Scholl with Son In Law Ingalls brought the newspaper a tall pile of assorted magazines to be distributed to various MSH wards for patients' pastime.

Last August 20 Mrs. Scholl terminated five years' affiliation with the hospital as institution pharmacist. No employe has yet been procured to fill that office left vacant by her departure but Eldon (Duke) R., Pomo News reporter is familiar with pharmaceuticals and has been helping out in the Drug Room a few hours daily, five days a week until regular hire can be obtained.

"THREE'S A CROWD - QUIT SHOVIN' !"

Leroy M., ward 12 was visited by his mother and brother, his three children and a friend, all from Vallejo Sunday, Sept. 5.

WANTED - Man or woman patient who has had experience as a reporter or rewrite man; IF YOU CAN WRITE, consult your ward doctor about work at the Pomo News.

LIBRARY PREPARATIONS AT END-OPEN MONDAY

WANTS ELIGIBLE BOOKS PRINTED

It's good to receive letters. Especially nice ones. And when they tie in with a current event like the opening of the new Patient Library this month, their receipt is especially welcome and publication becomes a "must". The one following is from a subscriber:

"P.O. Box 324; Colma, Calif.;
Sept. 8, 1948.

"Pomo News, Talmage, Cal., Editor:- I am enclosing \$2.00 in postal note. Please send the Pomo News to Mrs. Angie Knoche, 1424 No. Naomi St., Burbank, California. I am receiving my paper each week and think it is a grand little paper. Through your paper I have learned much about the hospital and patients and it has lifted a 'load' from my heart. Keep up the good work, and God bless you with health and happiness. Mrs. Knoche is a sister, as I am, to Eugene Z., ward 14.

"Can you print a list of the books and magazines suitable for your new library? I should like to help build it a bit. I think we outside should be advised as to proper literature. Most sincerely, Frances Lindsey".

PATIENTS WANT WORKS BELOW

In answer to the last paragraph of Mrs. Lindsey's letter (above) we publish a list of book titles requested by patients in the past. The list is not complete, however. Due to scantiness of space we must necessarily continue the column in next week's issue (Sept. 21) and in succeeding editions, as well. The list follows:

Fiction

The Private Life of Helen of Troy
Works of P.G. Wodehouse
Girl of the Limberlost
Freckles

If Winter Comes

Death Comes for the Archbishop

Collection of Best Short Stories

(Any year's edition)

Sea Stories (Conrad)

Rolling Stones, and others by O. Henry

Cappy Ricks and other Peter B. Kyne stories

Garden of Allah by Hickens

Valley Vultures (Max Brand)

Books by Jack London

Blazing Trails, Lost Horizon (Hilton)

Silver Spurs by Seltzer

(Cont. on page 9)

THE LONG AWAITED PATIENT LIBRARY WILL BE FUNCTIONING SOON! THE LAST PART OF THIS WEEK WILL UNDOUBTEDLY reveal all preparations complete for its opening.

It was originally planned to swing wide the doors of the new unit - located at the rear and in the basement of ward 9 - the fifteenth of this month but unless there is more expedition anent the installation of shelving, the procurement of desks, bookcases, counters and other paraphernalia, its opening will not come to pass until next Monday, September twentieth.

In tomorrow's edition of the Ukiah Republican Press we hope for a share of publicity through the courtesy of Mrs. Zella Waterhouse, Social Editor. Mrs. Waterhouse graciously complied with our request for same one day

last week. The Press' mention will supplement MSH's appeal for "books and more books" to stock the library's shelves.

Copies of this week's edition of the Pomo News (Sept. 14) have gone out to the Ukiah City Library and libraries in adjacent towns. The possibility of a certain



day being stipulated as "MSH Patients Library Day" was introduced by Clinical Director G.L. Goodstone, recently. The Doctor's one-day-a-week-plan would succeed only through the cooperation of Talmage and Ukiah residents who, knowing beforehand that a hospital truck would stop by, would have literature ready and waiting to be picked up.

So far, the Pomo News has received bundles of books from Peter R. Johnson, Company B., Veterans' Home, Napa County, California and Mrs. Elfrieda Harksen, MSH ward 4 attendant. X-Ray Technician Bert Sandkulla donated a stamp collection and others have contributed, but their enumeration at this time isn't feasible. The News has also received several letters promising future aid towards the department's establishment.

So, at the end of another 30 days patients should have every right to believe that the library's institution is complete - that given a

(Cont. on page 9 col.2)

PATIENTS SPEAK

If any men are interested in roundtable discussions of problems that confront the alcoholic and would enjoy hearing ideas of their fellow patients advanced, Dr. G.L. Goodstone conducts sessions each Monday and Wednesday at 2 p.m. at the Conference Room, ward 9. See him, and he will ascertain if there are any vacancies in the group.

Busy Hands SPEED
-RECOVERY



THE MODEST CAPTION, "MSH STOREROOM" INCORPORATES SO MUCH MORE THAN THE NAME IMPLIES! It's really a store, depot and, principally, a "clearing house" all in one. We define the unit as a "clearing house" because merchandise received by the hospital must be cleared through that department so that it may be entered on the institution books as "stock received".

The storeroom, managed by Al.P. Joyner, storekeeper grade 2, and George W. Lane, grade 1 employe, hires an average of five patient helpers steadily. "Open For Business" hours are from 7:30 to 11:30 a.m. and 12:30 to 4:30 afternoons, Monday through Friday. Saturday the crew is on duty 7:30 to 11:30 a.m. only.

Supplies and commodities handled daily by the storekeepers and their helpers are multitudinous - far too numerous to record here.

Tobacco shipments arrive in copious quantities. Every three months 16,560 packages of pipe and cigarette weed "goes up in smoke" - 600 pounds of chewing tobacco is "chewed" and 1440 cans of Copenhagen is "snuffed". The number of cigarette papers rolled is almost incalculable.

Each Thursday is "stock up day" for the MSH doctors and their families. A day when all kinds of staple and fancy groceries and household necessities pass over counters in practically chain-fashion.

(Continued next week)

LIBRARY BOOKS (Cont'd. from pg.8)

Captives Three by Beaden and any others by same author

The Turmoil (Tarkington)

Suds in Your Eye (Taswell)

Trinity Bells (Amelia Barr)

Stories by W. Somerset Maugham

Misc.

Old time or modern 4th and 5th grade readers

Collection of words and music of World War I and II

Spanish Self Taught

Roget's Thesaurus

Challenge to Liberty (Herbert Hoover)

What Young Boys Should Know by Stall

1st Year Algebra

English Grammar

Grade School Mathematics

(Cont. on page 12 col.1)

CASE OF NEGLIGENCE

Twelve months ago a building was erected at the MSH Chicken Ranch which has not been used to full capacity because it lacks electric power.

At present it is only used as a feed storehouse and necessitates moving the stored feed by wheelbarrow from its interior to the old building where there is plenty of "juice" to run a feed grinder and a feed cooker.

"This has called for a lot of unnecessary work", said A. Mossi, Ranch overseer last Saturday, Sept. 11. "Sure wish I could get power over to the new building where there is plenty of room to prepare and store the feed," ended Mr. Mossi.

TO WORK FOR BUTCHER

After a year's work with "Skid's" Big Gang, Al. B., ward 15 transferred to Butcher Shop last Friday, September 10.

MSH DAIRY

(Cont. from pg.1)

1023.6 pounds butterfat was held by a United States owned Holstein at the government experimental station Bettsville, Maryland.

Not once, but three times during 1948 bovines from the MSH herd have produced a champion, resulting in establishment of two world's records and one national. Mendocino Annette Star and Mendocino Meg Faynette are Mendocino Marie Meg's predecessors.

These record competitions in which the MSH Dairymen have displayed superior acumen are held under the supervision of the Holstein-Friesian Association of America and are classified by the University of California as advanced registry official records. The competitions extend over a period of 365 days and are scrupulously checked by officials. So Mendocino Marie Meg, 3 years 8 months and 24 days old is now eligible to bask in that limelight enjoyed by her fellow record holders in the past.

CREDITS PATIENTS FOR HUGE OUTPUT

Henry Brunges, MSH cannery foreman reports that so far this season (up to Sept. 10) his department has canned 5,055 number 10 cans of fruits and vegetables. During the week of Sept. 6 to 10, workers handled 1,960 cans of beans, 218 cans of plums and 1,158 cans

of pears. He feels that all this work could not have been accomplished without "the complete cooperation of all the patient help"

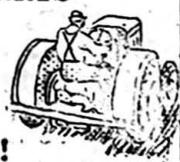
TRACTOR PARTS

on a
MINUTE'S
NOTICE

Call us!

Cowan

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



VIES FOR CENTENNIAL DIADEM

BARBARA, WIFE OF UKIAHAN

A little bit about a little girl who hopes to get a big boost from fellow employes at MSH during the next few weeks by their "all out" purchase of ducats for the Ukiah Centennial Celebration to be held in Ukiah October 7, 8 and 9:

Barbara was born at Park City, Utah only 30 miles from Salt Lake City. Traveling overland with her parents she became familiar with various parts of Nevada, acquiring the bulk of her grade school and high school education at McGill and Ely. While still in her 'teens, the itinerant Barbara attended high school at Fruita, Colorado and later was a student at the Dolores Premier School of Cosmetology in Oakland, California.

In 1946 Barbara came to Ukiah, met Bob, was wed and became an MSH employe last January. The Centennial Queen candidate was head cheerleader when at high school and was a reporter for her school newspaper. She and Bob stay at the Nurses Home here on the hospital grounds. An only sister, Julia Denny, is visiting her at the time. Miss Denny's home is in Ely, Nevada.

A \$100 cash award goes to the contestant voted "Queen of the Centennial". The reigning Queen is attended by two princesses; the first chosen receives \$60 in cash, the second, \$40.

WRITTEN ORDER NECESSARY

Posted on the tunnel bulletin board MSH employes will find a copy of the following order: "Beginning with your next pay day it will be necessary for anyone wishing to pick up another person's check to have a written, signed order from that person.

"This is necessary even though it is a member of your family. Please bring these orders with you to avoid a second trip for your checks." The order, dated 8/31/48 was signed by Supt. D. B. Williams. Pay checks are issued at the Secretary's office in the administration building.

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!

'BABS' KNUDSEN EYES QUEENSHIP

"The prettiest, most charming of them all" applies to petite and winsome Barbara Knudsen, MSH attendant this week who is a leading candidate for the title, "Queen of the Ukiah Centennial", a three day celebration to be staged in that city Thursday, Friday and Saturday, October 7, 8 and 9.

The Centennial lasts but seventy two hours and "folds" at 8:30 p.m.



BARBARA KNUDSEN, MSH QUEEN ?

Saturday night, October 9, but competition for the carnival's Queenship began last Wednesday, September 8 and ends two days before the opening of the Centennial Tuesday, October 5.

Mrs. Knudsen, whose candidacy is being sponsored by the CSEA, has long been a favorite with fellow attendants and hospital employes. Her "blessed eventing", to which is attributed the addition of one Michael Steven to the Knudsen household September 23, last year elicited much respect from her many friends for her decision to include motherhood in her already replete list of domestic obligations.

Tickets for the celebration mark-
(Cont. on page 12 col. 2)

HERE FROM HAWAII

Mrs. Arnold, whose home is Honolulu, Territory of Hawaii visited her daughter, Adna A., ward C, Monday, August 30.

Follows a contribution from ward 8 which was handed a reporter last week for publication this issue:

M O T H E R

There was a girl, long, long ago
I loved her then, I loved her so,
In her place, there is no other
Because this girl was my Mother.

She pulled me from my cozy cot
Whether I wanted to sleep or not,
Washed my ears and combed my hair
When school called I must be there.

She showed me how to grin and bear
She shared with us her meager fare,
Taught me lessons great in Life
How to endure the storm of strife.

She told us bed-time stories too
Same ones your Mother told to you,
Now if in need of a beacon light
A Mother's teachings guide me right.

-- George C. O. Jr., ward 8

AT NAPA -- WHY NOT HERE?

A new system for marking patients' wearing apparel is being inaugurated throughout the Hospital. Instead of being marked with the patient's name and Ward number, which must be changed every time the patient is transferred to another ward, clothing will be marked just once. On admission to the Hospital, each patient will be given a code number, which will be used throughout the entire period of hospitalization. A supplementary wardrobe, also marked with the patient's code number, will be issued to those who have insufficient clothing. Metal plates with cards bearing names, code, and ward numbers will be on file at the laundry. As the patient is transferred, the laundry will be notified of the change in location and all laundered clothing will be re-routed accordingly. On the patient's dismissal from the hospital, the code number will be returned to the marking room to be used over again. This system is similar to the present method in use in all commercial laundries.

-- Imola News (Aug. issue)

POMO NEWS TO OZARK STATE

Henry L. H. of ward 3 subscribed to the Pomo News last week for Mrs. Bertha J. H. and Mrs. Louise M. Johnson who live in Kansas City, Missouri.

WANTED- Man or woman patient who has had experience as a reporter or rewrite man; IF YOU CAN WRITE, consult your ward doctor about work at the Pomo News.

MSH

Church News

Protestant Church - 2nd and 4th Sundays of each month. MSH auditorium and ward 12. 8:30 a.m. Rev. Lindemann and Rev. Brown.

* * *

Catholic Church - 3rd Sunday of the month in auditorium. 3rd Thursday of the month, ward 12. Father Anderson.

* * *

Lutheran Church - 3rd Wednesday of the month in auditorium, 1:30 p.m.; ward 12 immediately afterwards. Rev. Russert.

* * *

Jewish - C. Stern of the Jewish Committee on Personal Service in state institutions visits the hospital once every three months.

* * *

Rev. Willie K. holds services - ward 12 Saturdays at 10 a.m.

* * *

Christian Science - "Reality" is the subject of the Christian Science Lesson-Sermon for Sunday, September 26, with the Golden Text taken from II Corinthians: "The things which are seen are temporal; but the things which are not seen are eternal" (4:18).

MR. GARVEY HANDS US THIS -

Wife: "I ought to leave you and go home to mother."

Patient: "Well, why don't you?"

Wife: "I can't, mother's left father and is coming here."

SUMMER HIKES AT NAPA

The Saturday morning hikes are now in progress under the direction of Women's O.T. These are for paroled women and O.T. patients.

-- (Aug. issue) Imola News

'TIME ON HIS HANDS'

Oscar J., ward 15 watch repairer with a "bench" at the MSH Mattress Shop, has a big job on his hands. Relief attendant C.L. Gillespie brought him a 15-jeweled number whose manufacturer had stamped its "birthday" on the case -- February 14, 1816.

The watch is fascinatingly different when compared with those currently manufactured. The heavy silver case, 2½ inches in diameter measures about 5/8 of an inch through. Each of the jewels is five times as large as those found on the market today. It must be wound and set with a regular key which, if custom dictates, may be worn as a charm.

POMO NEWS

KNUDSEN QUEEN? (Cont. f.p.10)

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.

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

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THAT YOU MAY KNOW

There isn't much room here for an editorial. But, again, it doesn't require much room to make mention of a man's goodness. In fact, no space is necessary at all because his deeds speak for themselves, ... and for him, too, for that matter.

Yet to show our appreciation for the benevolence, the extraordinary charity of another we must do something; not essentially in return but by way of acknowledgement. Orthodoxy prescribes that we let our benefactor know that we are aware of his goodness through reciprocation. When "giving back" isn't possible it is customary to "simply let him know", though crude be it fashioned how deeply we appreciate the effort he is putting forth to better our existence, to make happier the brief, particular role in Life's story to which each of us has been assigned.

So, from all the patients, Dr. Williams, we dedicate this space to you.

LIBRARY BOOKS (Cont'd. from page 9)

- Book on Penmanship
- Amateur's Radio Repair Manual
- High School Mathematics
- On Being a Real Person (Harry Emerson Fosdick)
- Take a Look at Yourself by John Homer Miller
- Hugh Wynne, Free Quaker by S. Weir Mitchell
- They Sought Paradise by Engstrand Reference
- Up to date civil Gov't. of Calif.
- Up to date Atlas
- Up to date Dictionary
- Book on precious stones
- Natural Science
- Mechanical Science
- Poetry
- Bryant - Tennyson - Emerson
- Alexander Pope, Lord Byron, Auslan-dert
- Religious
- The Messenger - paper or pamphlet
- Christ in Concrete - Donato Biography
- Life of Will Rogers
- Life of Samuel Clemens (Mark Twain)
- Life of Mary Baker Eddy (Sibyl Wilbur)
- Autobiography of William Allen White

(Continued next week)

ing the century-old founding of the State may be purchased from any of the following MSH employes: Catherine and Zeryl Dryden, Ralph Chaney, E. Hachmann, Elise Fitzpatrick, A. P. Joyner, Nina Spencer, Bob Guidi, Barbara (naturally) or her husband, Bob Knudsen who is an engineer in the hospital boiler room.

Your choice of candidate to wear the Centennial Popularity Crown may be expressed at the time of your purchase of admittance tickets. In addition to the above parties, Ukiah merchants, the Talmage Store and "Foggy's" also have tickets on sale.

It is expected that every MSH employe will arrange to buy at least one ducat to the affair. Each ticket purchased is another "assist" to Barbara's ascension to the Centennial Throne October 7.

The MSH Campaign Committee urges all to, "Support Your Candidate - Let's Show Ukiah What We Can Do!"

WE PRESENT THE NINTH OF A SERIES OF

'THUMBNAIL BIOGRAPHIES

DR. JOSEPH K. ORR

Dr. Joseph K. Orr was born in Harrisville, Pennsylvania, June 9, 1910. Shortly after his birth the family came west to Berkeley, California and he attended grade school there....Later they moved to Laramie, Wyoming, where the doctor was a high school student. Following his graduation he enrolled at the University of Wyoming for 2 years and later transferred to Stanford University, at Palo Alto.. After a year and a half at Stanford Dr. Orr was a "med" student the ensuing four years at the University of Nebraska in Omaha.... after receiving his M.D. degree from Nebraska U. he interned for six months at the Northern Pacific hospital in Tacoma, Washington and another seven months at Kings county hospital, Brooklyn, New YorkHe took a leave of absence for a year and entered into general medical practice at Cheyenne, Wyoming. Later the doctor became associated with J. R. Jaeger, Neuro-Surgeon of Denver, Colorado....Dr. Orr served with the U.S. navy from January 1941 until October 1945 when he was discharged and returned to inactive duty....Following his discharge from the navy he established residence at Vallejo, California and engaged in general practice there from 1946 to 1948. He came to MSH the first of last monthThe Orr family is quartered at Cottage 2 on Medical Row and includes his wife, Margaret and their three children, Margaret Murray, 12, Jo Ann, 9, and Joseph Thomas, 6.