

POMO NEWS

Published in the interests of the patients of Mendocino State Hosp.
Talmage, California

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LATER HOURS!

As we go to press news is forthcoming from the Superintendent's office that the evening parole and bedtime hours will be changed.

To conform with the length of the days and the enactment of the state's daylight saving time program the new hours will be announced by Mr. Miller, supervisor of MSH.

TWO NEW COCA COLA MACHINES INSTALLED IN MAIN BUILDING

A welcome sight to any of the patients here at MSH was the unloading of two huge, brand new coca cola serve-yourself machines last night in front of the administration building.

One machine will be installed in the business lobby and the other downstairs in the tunnel, close to the ADR. The machines each hold three cases of cokes and a reserve cold chamber for two cases.

Mr. Garvey, business manager stated that the machines were on order since last November.

FORMER CHIEF PHARMACIST MATE JOINS MSH STAFF

Mr. George Vose, veteran of World War II and a former employee of Veteran's hospital took over his duties at MSH today.

VA REPRESENTATIVE TO BE HERE WEDNESDAY

Mr. Don McGuire, Veteran's Administration man will be at MSH to handle any of the problems of veterans.



DR. MARCUS SCHRAMM

Dr and Mrs Marcus Schramm celebrated their 23rd wedding anniversary at their cottage last Tuesday night.

In addition the hospital staff joined in the celebration by challenging his wife to a Hungarian goulash dinner. With the exception of Dr. David B. Williams, superintendent, who was in Los Angeles, the guests represented the entire medical staff of MSH.

Dr. Schramm, who is a native of Hungary, came to Ukiah with his wife just a year ago after having practiced in New York. Having taken the written medical examination here in California, he learned on the day of his wedding anniversary that he had passed with flying colors. (continued page 2)

Dr. Schramm (continued here)

He studied medicine in Hungary and Czechoslovakia. They have a son, Theodore, who is a psychology major in a Louisville, Kentucky college and will soon bring his fiancée, Miss Shirley Bess of Louisville to visit them.

Another son, Gene, is a student in the University of California. ----

WHEN YOU'RE OUT ON YOUR FEET

Herbert B., shoe shop employee, reports that their department manufactures all the shoes for the institution and that state purchasing officials have declared them to be of superior quality and workmanship.

The staff of 5 patients are currently working on waterproof elk hide men's shoes and have just recently completed 300 pairs of women's tan shoes with uppers of double sheepskin lining. Customary calfskin lining was not available.

Charlie Valentini is the boss. He has two boys, Lino and Bob, who frequently play with the Talmage Sluggers and are regular members of the Ukiah nine. ---

ONLY GOD CAN MAKE A TREE !

Seventy-two trees about the MSH grounds are soon to be "doctored," according to Mr. J.J. Garvey, business manager. A contract is to be approved within the next few weeks whereby tree surgeons will trim, brace or remove stalwart oaks wherever necessary. A little Shock Treeeapy huh what? ***

SURPLUS WATER SUPPLY

An obstructed floor drain was the cause of a minor deluge in the PDR yesterday morning. Mr. G.O. Walden, chief engineer of MSH drained the water which rose to a height of five inches but breakfast for Ward 8 and others was delayed almost an hour. ---

ART SHOP EMPLOYEE RETURNS

Charlotte Rogers, MSH Art Shop charge, returned yesterday from a two weeks vacation in the Bay area where she visited her son, Richard A. Rogers, of Concord, California.

The Art Shop employees are now engaged in a rather fluent output of rug making and needlework. The population of the department is low...only 19 are now employed as compared to a one-time high of 53. Various types of drapes and throw rugs are being fashioned for the doctor's cottages. Floor coverings for the Nurses home and wards are in the making. ----

MRS POOLE LEAVES ON VACATION

Mrs. Mina Poole, in charge of the institutions sewing room, left yesterday. Mrs. Gladys Birdsey is substituting for her.

SOME OF US HAVE THE IDEA THAT COOPERATION IS (SOMETHING THAT THE "OTHER" FELLOW SHOULD DO

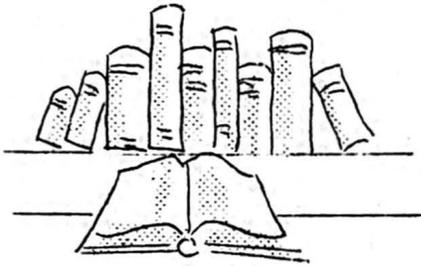


LOSE A MINUTE...

...AND SAVE A LIFE

TALMAGE STORE
"YOUR NEIGHBORHOOD STORE"
TRY OUR FOUNTAIN SERVICE!
NO NEED TO LOOK FURTHER!

SOMETHING TO CROW ABOUT!
TYPEWRITERS
ADDING MACHINES
CALCULATORS
SERVICE
Empire OFFICE MACHINES
-CO-
325 N. STATE PH. 144 UKIAH



CHURCH

This inspirational thought for this week is taken from the 9th chapter of Isaiah.

"Nevertheless the dimness shall not be such as was in her vexations, when at the first he lightly afflicted the land of Zebulun and the land of Naphtah and afterward did more grievously afflict her by the way of the seas, beyond Jordon in Galilee of the nations.

The people that walked in darkness have seen a great light: they that dwell in the land of shadow of death, upon them hath the light shined.

Thou has multiplied the nation, not increased the joy; thy joy before thee according to the joy in harvest, and as men rejoice when they divide the spoils.

For thou hast broken the yoke of his burden, and the staff of his shoulder, the rod of his oppressor, as in the day of Midian.

For every battle of the warriors is with confused noise and the garments rolled in blood, but this shall be with burning and fuel of fire.

For unto us a child is born, unto us a son is given; and the government shall be upon his shoulder and his name be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace.

The thought of this chapter is that your Lord is the everlasting Father, the Prince of Peace. The book of the prophet Isaiah has 66 chapters, 1292 verses and 37,044 words.

This inspirational thought was submitted by our patient..Willie K.

Editorial



15 miles per hour is the speed limit on Mendocino State Hospital grounds. Although signs have been conspicuously posted for several months, it is only the more careful drivers who obey them.

Many drivers still move along at 40 or 50 miles per hour....WHAT THEY HOPE TO GAIN by this added speed over a distance of only a few blocks remains obscure!

The reason for this speed limit is this: With the increase of hospital staff a number of the doctors have brought small children with them. With anything but slow speeds someday, someone is going to run one of them down. The straight away at the entrance where everybody picks up speed is where small children are apt to wander and is actually the most dangerous. (Several dogs have been run over and one recently killed.)

Mendocino is understaffed. A hospital on whose grounds autos whiz about will not appear attractive to young doctors with family. Result: Mendocino remains understaffed, doctors remain overworked, patients remain untreated.

There are several abrupt curves with low visibility. At the speeds which many cars travel about the grounds accidents are invited.

The main entrance to the hospital is an example of such a place.

The unusual thing about the whole situation is this: Dr. Williams in his wisdom has seen fit to enforce the "go slow" order BEFORE someone is killed. This of course is the reverse of the usual procedure. We have to take our hats off to such a man!

*Loose a minute -
and save a life!*



NEW HOPE VIA INSULIN!

By Dr. Prosser

Insulin Therapy means a much better chance for cure for the majority of patients with severe or moderately serious mental disorders. This form of treatment has been inaugurated at MSH in the last few weeks. Nine patients are now being treated in this insulin ward.

To compare the results of Insulin shock treatment with the results without shock treatments are shown as follows:.....

Note that 64% have shown improvement with Insulin as against 39% without Insulin!

I M P R O V E M E N T

RESULTS WITH INSULIN!

1 out of 5 cured



RESULTS WITHOUT INSULIN

1 out of 14 Cured



WITH INSULIN AN ADDITIONAL

1 out of 4 much improved (able to go home & work)



WITHOUT INSULIN AN ADDITIONAL-

1 out of 7 much improved (able to go home & work)



WITH INSULIN IN ADDITION

1 out of 5 with some small but worthwhile improvement.



WITHOUT INSULIN AN ADDITIONAL 1 out of 7 with some small but worthwhile improvement.

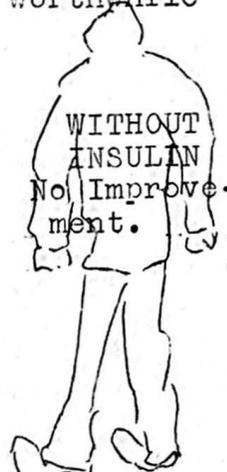


WITH INSULIN

No Improvement 1 out of 3



WITHOUT INSULIN No Improvement.



2 out of 3

2 out of 3 IMPROVED WITH INSULIN!
64%



WITHOUT INSULIN

1 out of 3 Improved..39%



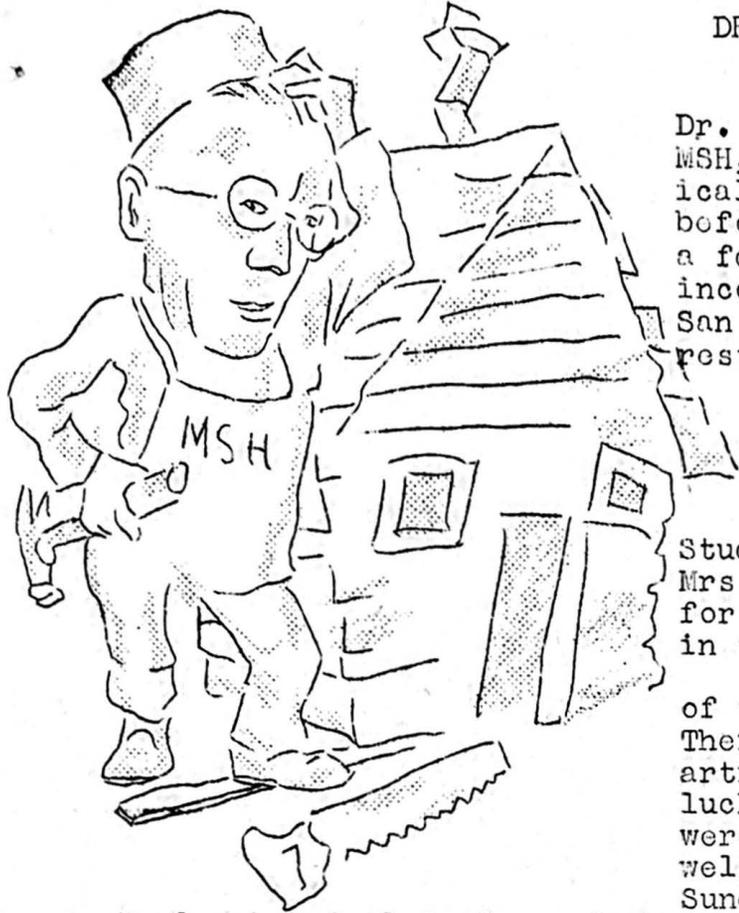
How does insulin work? Insulin is a natural product of the body, a "hormone." It takes sugar out of the blood and stores it in muscles and the liver. The brain runs only on sugar, therefore taking sugar out of the blood by giving insulin causes the brain to slow down and the person goes to sleep. He can be fairly easily awakened by giving him sugar.

Is Insulin shock dangerous? There is some danger connected with it but when patients are adequately handled during treatment the dangers are only about as great as having your tonsils out.. which would you rather have..bad tonsils or trouble with your mind? On which is it most worthwhile taking a small chance, for cure?

PATIENTS! Mental trouble can be CURED. Insulin treatments reaches even the most severe mental disorders. Insulin is expensive. MSH is making every effort with unlimited personnel and funds to give you the best chance for cure.

DR. GOODSTONE MAKES HURRIED TRIP TO SAN FRANCISCO

Yeah...doctors are human too! Dr. Goodstone, clinical director of MSH, and formerly in the Army medical department of World War II before coming to MSH, overlooked a few points in the filing of his income tax.....and after a trip to San Francisco...has been able to rest a little easier.



SUPT. DR. AND MRS DAVID B. WILLIAMS WEEK END AT LAKE PILLSBURY

Loading the grey, sleek looking Studebaker with fishing gear, Dr and Mrs Williams left Saturday afternoon for Lake Pillsbury which is located in the northern end of Lake County. They attended the outdoor meet of the Ukiah Rod and Gun Club. There is no "fish story" in this article...as Dr. Williams wasn't lucky in catching any trout. Prizes were offered for the first fish as well as the largest. They returned Sunday afternoon in time to take in the Sluggers-Irvington ball game.

Good natured Al Bailey, chef at MSH is taking his vacation and is busy with saw and hammer finishing up his new home.

In between seeing that some 2700 patients are fed, Al has been successful during the evenings and his days off to pound a few nails and saw a few boards. Al states that there is still a lot of work to do. "It takes a heap o' livin' to make a home."

STEW PROVIDES 27% MEAT TO EACH PATIENT

Our inquiring reporter who was in a stew over the stew, was wondering just how much meat was dished out on the days we have this meat dish. According to the figures on the dietician reports 850 lbs of meat is used in feeding of 2700 patients. The meat is there....if somebody else don't beat you to it.

ORANGES...ORANGES...AND MORE ORANGES

According to Mr. J.J.Garvey, MSH business manager we will have a goodly supply of those sunkist navels of California...come July!

We were beginning to wonder how many apples had been purchased and for a while they were part of the consistent three-times-a-day diet of the patients.

The old saying, "An apple a day, keeps the doctor away...but an onion a day, keeps them all away."

WARD 15 ATTENDANT LEAVES ON VACATION

Bob Haslam, the smiling attendant from Ward 15, left via motor for a three weeks tour of the Pacific Northwest last Saturday.

Mrs Haslam accompanied him. They intend to visit his parents at Salt Lake City, Utah, then sojourn to interesting points in Oregon, Washington and Nevada.

"God give us men; a time like this demands Strong minds, great hearts, true faith and ready hands. Men whom the lust of office does not kill; Men whom the spoils of office cannot buy; Men who possess opinions and a will..men who will not lie."

Next to knowing when to seize an opportunity, the most important thing in life is to know when to forego an advantage.



MAIL BAG

Address your letters to the Pomo News, and all letters will reach Dr. Goodstone's office who is in charge of the newspaper.

SITUATION WANTED:

On ward 15 there is a very good experienced chef who has had experience in some of the best places up and down the coast. Ask him to make Pope's Sauce? You'll find him in the clothes room.

Dear Editor: a very good cartoonist is in our midst on ward 12 also a profile artist. Do you need one? On ward 14, kicking pots and pans around is an excellent motor tune-up specialist with 3 years overseas service. Africa, Italy and Germany.

A word to the patient: if you have a speciality and you think that you are good...and can back it up..let us know,don't keep it to yourself.



Dear patient:(editor's note) Your letter regarding your understanding of the basic foundation of the cure for mentals is rehabiliation and why we can't have dances at least once a week or month. Also group singing...true my friend,"all work and no play makes Jack a dull boy"....the future looks very good for the two above thoughts. It has been in the mind of Dr. Williams for some time now....Wadda, that we're trying to get an orchestra for

WARNING: Drivers violating speed limit on grounds, will be prosecuted!

Dear Editor: I've had 2½ years experience as a massuer with Moose Tussig, well known manager of past fighters and he is at present operating in Hawaii. I suggest that calisthenics will help in training our ball club and I hope to have the opportunity to provide such service to the Talmage Sluggers.

The hydro room is not used on week-ends and it would be ideal for the local and visiting teams.

--HH #10

Dear Editor: What's wrong with using the dining room in ward 15 for a library or reading room? Nice and airy, plenty of tables...and is ONLY USED ABOUT AN HOUR AND A HALF A DAY!

--- AT

Would like to hear from VETS. as to what benefits you have received from the VA man...Editor

NEW ARRIVALS: At MSH annex..Mr and Mrs Brer Rabbit had a blessed event(nine of 'em) Stork Therapy.

From Freddie Francisco: A word of tribute and praise for our good doctors,from a patients standpoint. Dr. Williams: has both feet on the ground..tops all around. Dr. Bramkamp: The Angel of Mercy Dr. Goodstone: The mind reader.. and a darn good one too. He hasn't forgotten the oath of Socrates. Dr. Bair: The kind of doctor you meet once in a blue moon, where fear is left behind...start cutt-

HEAD FOR



FOGGY'S

"WHERE GOOD FELLOWS GET TOGETHER!"

TALMAGE, CALIF PHONE 769

Continued on page 7

(MAILBAG CONTINUED)

Dr. Lochen: Your honor..I'll never take another drink...until the next time and that will be the last one.
Dr. McKeever: Still water runs deep.

Dr. Schramm: Congratulations Dr. ...from the grapevine.

Dr. Frost: Are the fish biting doc?

Dr. Green: The Newlook 4 bells.

Dr. Prosser: Hail, jolly fellow, who doesn't know when a clock strikes five. Like a beaver.

VIRGINIA N...TURNS "WET NURSE"

.....to kittens, that is!

Four out of a litter of five dreamy-eyed felines survived mama cats blessed event recently in Ward H. and in the shoe room, of all places!

But it seems Tabby ran a little short on milk and an eye-dropper was produced by Mrs Ray, supervisor. So now the four 'lil delights of the H ward are being fed regularly by Virginia.

THANK YOU Myrtle Z., Ward I, for your interest in the prospects of an orchestra here at MSH. Myrtle writes that she is a pianist and anxious to "jive up" with a band.

How do you expect to have dances, if we don't have any music..let's get on the BAND WAGON...the sooner we have the music..the sooner the jive!... editor...

NEWS NOTES FROM WARD 15...

Representation of this ward was omitted last issue due to the natural confusion of getting out a first issue..(excuse please)

P.L.(Toke) Cornell, charge attendant, reports the arrival of new rayon marquisette curtains for the day room. They replace those destroyed in the ward fire last Jan which resulted in considerable damage to the north wing.

New linoleum, recently laid, is beginning to take on sheen due to the constant application of wax and the use of "blocks."

Drive - Sanelly!

More chairs to supersede those eaten by the flames are, reportedly on the way. With the replacement of additional furniture and the appearance of the newly purchased curtains on freshly painted walls, "15" promises to have one of the pleasantest day rooms of all wards.

Roof repairs over dormitory #3 are forthcoming. Recent rains have kept Edward Parker, night attendant charge d' affaires, plenty busy, rustling buckets and containers to catch wayward drops of "aqua" oozing earthward from the ceiling.

Messieurs Cornell, George Johnston and Bob Haslam are in charge of the ward during the day and Mrs Parker assists her husband with his duties in the p.m. The population of ward 15 is about 132.

PAINTINGS TO HANG IN WARDS

A San Francisco commercial artist who was a patient here at MSH has contributed 15 oil paintings to the institution, reports Dr. Gerald Goodstone, clinical director.

A collection of landscape prints have been received, too. They will be framed and distributed with the paintings, to various wards.

SATURDAY MAY 21, 1948 AT MSH

TRAIL STREET: Admirers of Randolph Scott's Southern charm and smooth style of acting as well as devotees of Westerns will welcome this movie. Also starred are Robert Ryan, Anne Jeffreys and "Gabby" Hayes. In their mad rush to get their cattle to the railroad, trail drivers devastate farmland and ruin crops. Randy plays the part of a famed U.S. Marshall....now go see it!

Also shown is a Sportscope.. "College Climbers."

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