



POMO NEWS

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

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ASSIST ALLOWS LIBRARY ROW

VISITS MSH WEDNESDAY

Helen E. Anderson, psychiatric social worker from Oakland was a visitor at the hospital Wednesday, September 15.

But she was no stranger. Miss Anderson was previously employed at MSH for four years (Sept. '42-July '47) and has been a state employe since September 1942.

While here Miss Anderson called on the medical staff and discussed various problems of patients probationed from Mendocino state hospital.

Patients paroled from (Cont. pg. 2 col.2)

HI-JINKS UNDERWAY

Hi-Jinks preparations at ward H are swinging into high gear under the guidance of Myrtle Z. She reports lots of available talent on the ward and enthusiasm is high.

A recently acquired piano will be featured in their act and the play script is being rounded out.

Ward attendants are enthusiastic and a fine spirit prevails. Everyone is grateful to Superintendent D.B. Williams and Dr. G.L. Goodstone for providing such a fine means of diversion and occupation.

"On with the show" is the cry at ward I. Joyce M. has issued a call for talent and is veritably swamped with potential stars.

She has placed a property list in the hands of Business Manager Garvey (Cont. page 6 col.2)

MSH LITERARY BANK OPENS DOORS 20TH

The MSH Patient Library opened its doors Monday, September 20. This was possible due to the co-operation of officials, attendants and patients.

THE FIRST

"The first patient to draw a book from our new library was Arthur D. from ward 8," announced Joyce M., ward I resident and brand new, spic 'n span MSH Patient Librarian a short time after the department's opening yesterday morning, (Monday) September 20. (Cont. pg. 3 col.2)

IN CONFAB

Last Tuesday, September 14, C. A. Henderlong and John Henderson engineers with the state division of architecture were at MSH consulting with Business Manager J.J. Garvey and Chief G. O. Walden.

The object of their discussion was the feasibility of draining and cleaning the dam that is the chief source of the hospital water supply.

According to their survey it is estimated an approximate (Cont. page 6 col.1)

WARD H IS HAPPY, NOW

Ward H has ground parole now!

The following patients were selected and authorized ground parole last week; Sept. 15, to

(Cont. page 6 Col.1)

Superintendent D.B. Williams and Clinical Director Goodstone did everything in their power to facilitate early action on the plan.

Through the efforts of J.J. Garvey, Business Manager George E. Harmon arranged for Joe Addor, Carpenter and patient helpers John M. ward 15 and John S. ward 8 to obtain the shelving material and construct the shelves. Mr. Harmon gathered together the state books that were in storage and gave them to the fellows from the Pomo News to be placed in the library.

Carrying the books through the rain to the basement of ward 9, would have been injurious to the volumes on hand, but to the rescue came C.A. Turdam that is the chief source of the hospital water supply. Claude H., ward 8 who had been working all week cataloging, repairing and arranging books that had been garnered earlier stood waiting to receive them Harold A., ward 8 dropped in over the weekend to help Claude with the arduous task of tidying (Cont. page 7 Col.1)

BUILDINGS PIPELINE TO START EXTENDED SOON HERE

"When are we going to have our new bakery, kitchen, butcher shop, and new dining rooms for the patients and attendants here at the Mendocino state hospital?"

"We see that part of the building near the boiler room and close by the laundry is partially torn down."

"We patients would like to see a new building go up soon."

(signed) Geo and Pete ward 8"

The letter above was in the Pomo News mail last week, answering summary to the lads' query regarding coming construction at MSH is scanty but definite. Construction work at MSH will materialize soon and in the next few months there should be plenty of activity about the hospital grounds.

Wards D, E To Go - Plans are being considered for the leveling and replacement of wards E and D. Ward 8 is scheduled to be completely remodeled soon and the wrecking of ward 10 is a future undertaking.

New living quarters are expected to go up soon and a new garage has been asked for to furnish construction employes housing.

LAUNDRY NEEDS HELP
The MSH laundry is way short of help, so patients if your washables are slow in arriving at the (Cont. page 7 col. 1)

Crews of men from wards 14 and 15 have been working several weeks excavating a trench extending from the boiler room to ward N. This trench will carry a 6 inch main line steam pipe with feeder lines leading off to units I, C, and E.

Installation of the line will make it possible to take care of all future building taking place in this area.

Also included in the same concrete duct is a 3 inch pump back line running from ward N to the boiler room.

Digging this trench which is 492 feet long by 4 feet wide are 9 men from ward 14 and 15 men from "15." At the building's end the depth is 4' gradually deepening as it progresses under the street to the boiler room, finally attaining a maximum depth of 9 feet 6 inches at that building.

To complete the excavation will mean another

(Cont. page 3, col. 2)

MORE NEW EMPLOYES

New Attendants who joined the MSH staff last week were: Katherine Edwards, Gertrude M. Nance, Sidney E. Welch, Walter H. Davis, T.A. Orcutt, Glen O. Jones and Thomas W. George.

TRANSFERRED TO "I"

Last Sept. 15 (Wednesday) ward I's population was upped one when Lillian C., ward M inhabitant who was transferred to the aforesaid.

NEW BARN FOR HOGS

MSH has requested the State Division of Architecture to construct in the near future a complete and modern farrowing barn at the Hog Ranch.

The new structure will be erected at a cost of \$21,500 and will have a capacity of 22 pens.

According to Business Manager J.J. Garvey the money for this construction work was appropriated by the last legislature.

PATIENTS! Your letter of authorization is all that's needed to subscribe...NOW!

TRANSFERRED TO "I"

Last Sept. 15 (Wednesday) ward I's population was upped one when Lillian C., ward M inhabitant was transferred to the aforesaid.

(Cont. from page one) SOCIAL WORKER HERE

Napa and Mendocino state hospitals and those living in Alameda County come under her jurisdiction.

Upon her return to the bay region the social worker had in her care Betty Jane C., former Ward H patient who had been paroled to a job in Vallejo, California under the supervision of a member of the bureau of Social Workers.

Not only did Miss Anderson subscribe to the Pomo News while she was here but assured leg-weary reporters that they were welcome to continue using her "bike" to gather news for patients. This was definitely a concession on her part as Miss Anderson's original plans were to take the wheel back to Oakland with her.

"If you need the bicycle in your work," said the social worker last Wednesday, "if it will help you to get news for the patients, I want you to keep it. My exercise can wait!"

TO SHELVE 'OLD LIZ' - HOSPITAL FOOD TRUCK

No one can say that MSH is not in step with the times! Soon to be seen on the hospital streets speeding from ward to ward at meal-times will be a spic 'n span new food truck.

Equipped with all the latest automotive features the new food carrier will replace (c, p4)



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VIES FOR CROWN

Romayne Squier, an employee of the Empire Office Machines Company, Ukiah, is another candidate who hopes to ascend the centennial throne and be crowned "queen of the centennial", next October 7-8-9.

In announcing her candidacy Miss Squier, 18, daughter of Caspar B. Squier of 617 Joseph street, Ukiah, says that should she win the contest the prize money will be turned over to the Presbyterian Church Building Fund.

Romayne is a graduate of the Ukiah Union high school and a popular member of the local young set.

'SO, THANKS, DR. WILLIAMS'

"We are happy girls from the Sewing Room since Dr. D. B. Williams granted us ground parole," reads a note to the Pomo News from Myrtle M., Sewing Room worker and ward I resident, last week.

"We all come to work with more pep and do a better day's work for having had the fresh air and sunshine. People are like the flowers ... both need fresh air and sunshine to make life worth living.

"So, thanks, Dr. Williams, - thanks for your kindness and thoughtfulness to us all. (Signed) M. M., Ward I & Sewing Room Girls"

BELIEVES IN FRUGALITY

Apparently Mrs. L. G. McKeever aspires to the office of champion Fruit Canner of Medical Row.

It is alleged that for some time now she has been zealously canning peaches, pears and plums. And that's not all! - jams and jellies made from blackberries, young-berries and strawberries will grace the McKeever table in months to come.

\$1.00 - 6 mo. POMO NEWS \$2.00 a yr.

EDITOR POMO NEWS, Box X, Talmage, Calif.: Enclosed is my check (or money order) in the amount of \$ _____ in payment for _____ year months subscription to the POMO NEWS. It is understood that THE NEWS will be mailed to me every week to the address designated below until such time as my subscription expires:

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Make all checks payable to the POMO NEWS

DR. WILLIAMS SAYS:



The boys on the Pomo News had a little unexpected trouble getting out the paper this week and they have asked me to proffer any necessary apologies for them for what might appear to be inexcusable errors. They claim that this week's issue is kind of a "family affair" - guess they all had a hand in its production.

* * * * *

Apparently the ground parole for women plan is working out satisfactorily. I was more or less curious, at first, as to just how the women would react to this "new freedom"...after all, there is something of a shock involved, no matter how gradual, when a patient who has been confined to quarters for years is allowed within a matter of weeks to walk about and go almost anywhere she pleases. But whatever skepticism I might have had regarding the institution of parole for women here at MSH no longer exists. My first theory was correct. There is no reason, whatever, why women patients shouldnt be permitted ground parole at MSH.

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In our drive for an improved recreational therapy program and, at the same time, a better MSH let's not forget that work necessary to the hospital's operation must go on. It's gratifying to see you interested in extra-curricular activities but dont become indifferent towards your job because of them. Try to strike a "happy medium" in this respect. Make it a point to work as cheerfully as you play.

SUN. SEPT. 26: SLUGGERS-UKIAH VIE PIPELINE (Cont. fr. page 2)

work of work, after which forms will be built and concrete poured.

Time necessary to complete the project is contingent on the availability of necessary materials and weather conditions.

NEW LIBRARIAN (Cont. fr. pg 1.)

"And the title of his selection was (of all things) "The Great K & A Train Robbery," exclaimed Joyce, who through the speedy cooperation of Dr. H.V. Bair and Mrs. E. Tuttle, Acting Charge ward I, last weekend, suddenly discovered herself mistress of the long awaited MSH Patient Library.

Joyce has an assistant, Sally H., ward M. The two ladies will be on hand to serve you in their new quarters in the basement, rear of ward 9 (receiving).

TUNNIE ECHOES

AMONG OUR EMPLOYEES



NOW IN EMPLOY OF MSH

R.C. Jessup became an MSH attendant Sept. 17 after spending the past year selling Neon signs in Ukiah. He is staying at 539 South Main street, that city.

CORNELLS START VACATION FRIDAY

"Toke" and Elwin Cornell, ward 15 Charge Attendant and MSH telephone operator leave on a series of short trips Sept. 24 which will constitute their 1948 vacation. "Any time not seeing the country will be spent at home, resting," commented Mrs. Cornell last weekend. Operator Cornell will return October 8 but Mr. Cornell went return to duty until the 15th of the same month.

TO PENDLETON ROUND UP SEPT. 14

Mr. and Mrs. Lloyd Tyre MSH attendants spent three days seeing the Pendleton Round Up at Pendleton, Oregon a week ago today. They will visit relatives in Portland before returning to work at MSH October 5.

TAKEN SICK SEPTEMBER EIGHTH

Mrs. Tina Young Asst. Charge ODR was taken ill Wednesday Sept. 8 and her doctor's diagnosis was shingles on her right shoulder and side. She returned to work Sept. 15 "but I'm not feeling too good; yet," reported Mrs. Young Sunday.

RETURNS SEPTEMBER 24

Mrs. Mary Sanford, PDR Charge left on vacation the sixth of this month and will return the 24th. TO VETERANS HOSPITAL, -BACK

William (Bus) Brown, husband of Assistant Matron Beulah Brown is back at Auburn, California after a short stay at the Veteran hospital Oakland, California.

SHELVE "OLD LIZ" (Cont. Frm. p 2)

the Old, shabby transport that patients have to come to know so well - and look for, so hungrily!

Estimated cost of the new carrier is \$2,400. "Old Liz" was a trade-in.

Now is the time to set out spring blooming bulbs for best results. Our advertised stock is of the best quality and grade, must be seen to be appreciated.
REDWOOD VALLEY NURSERY, UKIAH.

Rav. Willie K. gave the Pomo News the following information regarding his Saturday morning services on ward 12. The text was: Ps. 109 verse 16: "Because that he remembered not to show mercy, but persecuted the poor and needy man." His subject was: same Chapter, verse 23: "I am gone like the shadow."

A COMPLETE SCHEDULE in next week's issue of wards' days to get library books. Too much else this week. Solly! ... "I WANT TO THANK you folks for all you have done for me. I have not touched alcohol in any form since leaving the hospital. I have had no desire to drink ** to start now would be to start anew ** have good job ** feel good, goes probably one of the nicest gratuities Dr. E.L. Lochen's spouse, Betty, has ever received. Donor Lester Fraser, Korbel, California was "conditioned reflexed" here under Mrs. Lochen's deft hands, recently ... THOSE NEW SIGNS at side of Entrance Way to MSH clearly marking visitors route to the administration building are sure a big help! that is, if they'd been put up! ... DOCTORS' COTTAGES "1" and "2" are conveniently numbered in case of fire -- or visitors. Th' former not suggesting anything but bears a 'lil thought ... J'EVER NOTICE HOW hard it is to see anyone passing in a car when you're foot'n it along Entrance Way? Coming or going, makes no "diff." We wave, anyway ... SAT. A.M.'S IS "SHAVE TIME" at ward 8 and Attendant Edith Morgan is "suspiciously" adept at wielding a "straight edge." ... TALKS WITH PATIENTS here year ago divulge "wotta difference!" one with ex-patient of Sup't. Williams from Yountville, asserts: "He's responsible for this change for the better - if anyone can do it, 'Doc' can" WE DON'T OWE HIM A CENT but 'les classify Supv. L.E. Miller in this category: one of the benign. Why? Mr. M. once "turned my collar around to perform obseques for the departed of a kind old lady who refused to call in a minister because she 'knew' I was one". Rather than offend her pride, the Supv. obliged 'n everybody was happy DAVE SCUDERO, truck driver for Chief Walden owns canine whose "pic" on Pomo News bulletin board caused so many "whozzats?" lately THERE ARE 43 HYDRANTS and 147 1/2 inch standpipes throughout the hospital" related Fire Marshal Von Schrittz, last week. For which we comment: "It must be true, then that firemen now-er get thirsty! WE LIKE THE NAME "Jeffrey." And bet we'd like its owner if we were more his age. He's only 5 and addresses Dr. H.V. Bair as "Dad" ... THAT ITEM'S REMNISCENT of California State Automobile Association posters seen oft of late which read, "Give Them A Brake" and urge kiddies to do their part: Obey School Safety Patrols ... WE RUN A-CROSS a last clipping of "Trip's": "Where can parolees wash their hands before they eat chow?" ... "30"



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

To ward H this week, goes the novel, a Elizabeth Scifert romance thoroughly modern and a "must" for light reading. This is the third 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.

CONGRATS WOMEN PAROLEES

Lets all join Adeline C. ward E. who writes the Mail Bag: "We are glad the women of some of the wards are having ground parole and will soon be given more"-- and also "thanks Supt. Williams and all his assistance for the recent improvements for the patients."

SUNSHINE

Florence B ward B reflecting yet more sunny rays, writing of the new freedom: "I think it is gracious. It will help their minds and health a lot. A blessing --- A plan from God, thru the Drs. to help us from darkness into the light."

Sends her blessings to the MHS Staff for loading, and adds: we who want to will find our own way, thus blessed." "I would like to be one of that number."--with your ideals Florence --- you cant miss.

FREDA'S CATS IN CLOVER

Thru the proper channels comes the consoling word from Freda S. ward E, that thru her own initiative and ingenuity "without the aid of a carpenter" has solved the cats "housing shortage." Freda says "cats are fine. I built them a house myself." Freda hopes other wards are soon in line for parole and states she is happy for those whom are already thus favored, expressing the sincere hope that none abuse their privileges. Keep the cats out of your garden Freda!

ORCHIDS NO END

If words could blush - we of the Pomo News might spread out in red type for Nancy K. of ward K writes enough compliments to fairly strain our pious modesty. Difficult as it is to curb the urge to bubble over, space being short we must dispel and settle for this much: "Pomo is a wonderful paper and getting better" --- "I read Dr. Williams each week and like it" --- nice to know what show is playing"--- "being a ball fan, enjoy "Sports."Enjoys reading

Bill W. and "cant we have more of his work more often." Ellen always reads the Mail Bag and says encouragingly "The letters are always quite good. Just say "I like the paper, all of it and God bless you in your good work." Same to you Ellen!

RECREATIONAL FACILITIES

George W. ward 8 inquires: When are they going to put up a recreation center for the women patients here in MSH, to balance that supplied for the enjoyment of the men? Keep your eye on "Dr. William Says" in your Pomo News, George, and we are sure the answer to most of your queries will be forthcoming as soon as humanly possible.

THE GYPSY GIRL

You may thank Frances G. of Ward I for her favorite poem by "Kipling, which she has submitted: The white moth to the closing vine
There to the opening clover
The Gypsy blood to the Gypsy blood
Ever the wide world over, dear.
Ever the trail held true
Over the world and under the world

THE BEST IS NONE TOO GOOD

With aspirations for an "open air pavilion, with a roof over it with tables and chairs underneath comes word from Virginia N. ward H. Ginny continues in her letter "Tables for Ping Pong, writing, reading, painting etc., also deck

chairs in which one can stretch out, relax and take cat-naps if desired." I understand South American hotels have many such places, even on the sidewalks and serve refreshments. I am all for it and sure hope it can be arranged! Yah Yah the South American way! oh, Ginny?

SATURDAY
SEPT 25
MIRACLE
ON
34TH ST.

with
Maureen O'Hara, John Payne and Edmund Gwenn

A Twentieth Century-Fox Release

SENDS MSH PATIENTS 5 DOLLARS Florence Conrad, Box 541, Turlock, sends Pomo News \$5 today for subscrip.

CARTOON

There's a whole string of new shows on the way! Watch Pomo News each week for them.

SPORTS OLD TIMERS COP ANNUAL



The Old Timers Sluggers gave the Talmage Sluggers their annual lesson on the MSH Diamond last Sunday, Sept. 19 by a 12-8 score. This is the third defeat in as many years suffered by t... (Cont: page 10 col. 1)

LIBRARY BOWS (Cont. from pg. 1) and getting things in shape.

Supervisor and Mrs. L.E. Miller added to the library's collection a number of books donated by their son, L.E. Miller Jr. Young Miller, busy working on the San Francisco Bay Bridge, was thoughtful enough to arrange with his father for their delivery. Incidentally, the senior Miller was helpful in checking and listing of the books and their respective authors on all the wards last week.

Harry F. Johnson, Charge Attendant ward 8, through the courtesy of Supervisor Miller delivered to the library all literature on that ward that had not been donated, specifically, to the patients housed there.

E.R. Stilwell, Mens' Marking Room supervisor, tendered the new unit selections including, "Hero Tales from History" by Burmham, "Pacific History Stories", "Reader's Digests" "20th Anniversary Anthology," etc.

There were many other contributors who had a vital part in the stocking of the library's shelves, its institution in general. Thanks to many friends of MSH patients, there are plenty of books for all.

Highlighting the general spirit of cooperation and reflecting the enthusiasm that the movement has enjoyed since its inception, was publicity concerning the library's debut yesterday, by the Ukiah Republican Press, issue Sept. 15. Society Editor Zella Waterhouse favored the department's opening with "copy" which mirrored the magnanimity of the Ukiah weekly and its publisher William G. Shackleton.

There is still much to be done before the library will be functioning normally. There are more repairs to come, alterations to be made,

before the library is complete and operating smoothly and efficiently.

"Bill W."

HIGH-JINKS UNDERWAY (Continued) for approval and as soon as "props" are available, rehearsals will be in full swing. Joyce is holding out on play "info" but she did let slip, "we've got something."

Harry Johnson, ward 8 Charge, declares his boys are "red hot" about Hi-Jinks. Their act is being directed by Timothy M; of that ward, and under his able guidance ward talent is responding nobly. Parolees wishing to participate in Hi-Jinks are advised to consult Harry's outside talent scout, Bill W.

Ward 14 is all set at the starting gate ready to round the course and win the Hi-Jinks sweepstakes.

All other wards - Beware of ward 15. A rumor persists via the "grapevine" that occupants are all prepared and "sitting tight" until Hi-Jinks time. Then they'll spring a now closely bosed surprise and walk off "cum laude."

At ward 6, - Presto! the hand is quicker than the eye! So all who plan to "Hi-Jinks" at their entertainments should be prepared for some ace juggling.

They're close-mouthed at ward 5, also! Other than the assurance that they have an all-star, all-fire act, they have decided that "silence is golden" and are adhering to the "gold standard" - but definitely!

The patient population of MSH was increased by seven last week.

There were 22 admissions and 15 releases.

REDWOOD VALLEY NURSERY

- Next Frozen Food Lockers - So. State St., Ukiah, Calif.

JUST ARRIVED

GIANT FLOWERING BULBS
Exhibition Grade
Splendid color assortment
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NEW SHOCK TREATMENT

EQUIPMENT TO WARD 1

"MSH recently received a new Ofner electric shock machine," said Business Manager J. J. Garvey, last week.

The unit cost \$273.00 and was purchased from the Medico Electronic company of San Francisco. Upon arrival the machine was delivered to ward 1.

Busy Hands SPEED RECOVERY



MSH STOREROOM (Continuation of article run in last week's issue)

Perishable foods are purchasable daily. Butter and meat may be had almost any time and omelettes 'n omelettes of eggs are on hand - there are 8,100 dozen in storage now! The Joyner - Lane faction is required to keep a record of and supply everything used in the main hospital kitchen; furnish maintenance crews all kinds of plumbing and electric material and supply all surgical, pharmacy and hospital needs beside furnishing the hospital stationery supplies.

Every month a complete inventory is taken of the entire storeroom and entered on the hospital records.

A second check at the Storeroom last Saturday morning revealed a "slight" discrepancy in tobacco consumption. Instead of a "measly" 16,000 packages of smokin's and rollin's foggin' up the countryside the total reads a "mere" 28,000.

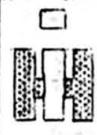
Besides the "gimme" cigarette papers that are attached to every sack of "Duffy's Dust," 2,500 books of "pure quill" papers are sparked every three months.

In order to "light up and puff" matches are an aid. To take care of this situation 18,000 boxes of safety matches are dispensed quarterly.

At present all cigarette, pipe and cigar "flares" originate from the Pacific Match Co. at Tacoma, Washington. They are labeled, "Lite King" and are fairly satisfactory but they are not as acceptable nor as dependable as other brands that are available.

(Continued next week)

Mrs. Florence A. and Leon A. from Lodi, were guests of Harold A., ward 8, last Friday.



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PSYCHOTHERAPY

THE MIND IN THE MAKING

ALCOHOL - A PSYCHIATRIC PROBLEM
(The second of a series)

Interruption of this series last week was unavoidable. But to resume, we continue with the thought that "alcohol makes it possible for a man to do what he does without any feeling of guilt."

When remorse does arise - after the alcohol "wears off" - it is exceedingly easy to drown it again with more "booze". Thus, unknowingly, cruelly and viciously the alcoholic cycle begins to assert itself. Without warning the "morning after" drink sets up a series of escape-me-nots for the alcoholic with which he must live day and night unless some ulterior force or his own sheer "guts" intervenes; intervenes with sufficient impact to jar him to his senses and cause him to break off drinking completely -- and permanently.

This intervention is all too rare, however. Fortunate, indeed, is the drinker-to-extremes who is "rocked to his very foundations" with such violence and tremendous emotional shock that anticipation of "another 'lil one" is annihilated, that the idea of a "snifter" is made a nonentity or but fails to be foremost in his thoughts. If the image of another bottle can be rammed far back enough to permit another idea to supersede, even temporarily, the first step towards an alcoholic's salvation has been taken.

But seldom is this the case. Although actually convinced then and there that "that did it", 99 times out of 100 the unfortunate "drunk-ee" is still fooling himself and even though he be aware of his cajolery, there is little, very little he can do about it. Thus, we have but one of the many viciousnesses of the disease, "alcoholism".

The addicted will take sacred oaths that never again will he even think of liquor, let alone drink it. But when he eventually violates his contract he makes not a fit subject for laughter or ridicule. He was definitely sincere at the time he "took the pledge", swore total abstinence ... probably more, much more sincere than when they, who, brimming with health, make similar vows. they who are not sick!

-- jms

(Continued next week)

CALLS FOR BACK COPIES OF POMO NEWS -- LIKES HOG STORY THEREIN

MSH Hog Ranch Boss Edw. Laviletta was a Pomo News visitor last Thursday, September 16. "I came in to get a few extra copies containing the Hog Ranch story which came out a few weeks back," said Ed. "It was a good yarn, - I liked it fine."

LOTTA CACKLIN' — LOTTA EGGS

Out at the MSH chicken ranch things are "cackling" to the tune of 150 dozen eggs a day -- and from the looks of things that figure will be bettered soon!

Last week A. Mossi, Chicken Ranch foreman said, "We culled 600 hens and sent them to the MSH Butcher Shop during the month of August and from there they went to the PDR. I also sent in 1000 fryers which were split up between the three dining rooms and all the wards so that everybody had plenty of fried chicken to eat." Mr. Mossi is figuring on culling another 600 hens this month again.

"There are 2,800 pullets just starting to lay, which will replace the culled hens in the flock. In about 60 days they will be up to standard, raising our total production well above the current 150 dozen level," estimated Mr. Mossi.

PROBE FACTS OF ALCOHOLISM

To fully understand what causes his excessive drinking, an alcoholic must first admit to himself that he is alcoholic, was generally agreed as correct at Dr. G. L. Goodstone's roundtable discussion of alcoholics' problems held Wednesday, Sept. 15 at 2 p.m. in the ward 9 conference room.

Only after one realizes that his type of drinking is different from that of the normal imbiber can he make a self analysis or take inventory to ascertain the cause of his unorthodox indulgence, was one opinion ventured by the group.

Several other ideas were brought to light, among them being boredom, hostility, escape and inferiority complex.

It was decided that each case had a more or less individual reason for drinking to excess and that that reason could be found only if one made an honest analysis of himself, either with or without a psychiatrist's aid.

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 them PROVIDED they have money on deposit at the hospital? \$1.00 - 6 months, \$2.00 - a year.

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.

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.

* * *

"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).

BLOSSOM STILL

Down 'round by the Greenhouse it's always pretty. Under the primed eye of Groundsman Fred Figone flowers and plants of all varieties blossom forth as if grateful for his never ceasing care and cultivation the year around.

At the present time late blooming marigolds and zinnias are still abundant and will last until the cold days of autumn are upon us.

Rows upon rows of chrysanthemums thrive lustily and in another fortnight will be in full bloom.

In the MSH greenhouse germination beds under "Hank" P.'s (ward 8) fostering are two varieties of calendulas, (orange king, lemon king), Sweet Williams and snapdragons of all colors which, at maturity, will be transplanted about the hospital grounds.

-- Duke R.

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.

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Supervised by Dr. Gerald Goodstone, Clinical Director.

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THUMB INJURED

Louis T., ward 8, employed at the MSH Masonry Shop suffered an injury to his thumb on the right hand last Thursday, Sept. 16.

While holding concrete form props his thumb was accidentally sidetapped necessitating a hurried trip to Surgery, ward 9, for treatment. The bone was not broken and the injury, although painful and bloody was not serious.

NEW BED CHORES

The following Inter-Office Memo was sent to ward 8 from the desk of Sup't. D.B. Williams last Saturday, Sept. 18:

"In the future, all men on ward 8 having ground parole will make beds before breakfast."

The existence of an acute and distressing shortage of manpower at the institution laundry is credited as the paramount reason for the terse order which, coincidentally, follows on the heels of Dr. H.V. Bair's "fireside chat" at ward 8 last Saturday morning pertinent to "why is it that no alcoholics work at the hospital laundry?"

Allegedly, the bulk of ward 8 bed makers (nice work if you can get it) have been "alkies" who claimed "disability clauses" affixed their service records, insurance policies "ad infinitum" prohibited their breadwinning while a guest of the state to embrace any exertion in excess of "light, pleasant chores" such as - now, let's see - bed making?

Dr. Williams' curt announcement followed but a few hours after Dr. Bair's "fireside chat".

INSIDE NEWS OUTSIDE POMO NEWS-12
(Cont. from p. 7 col. 1)
OLD TIMERS COP ANNUAL

the Sluggers at the hands of the Old Timers.

Junior Lucchesi started the game in the box for Talmage, but was relieved by Jimmy Lovilette, Slugger 1st baseman. Jimmy should have stayed at first. He walked 4 men home trying to impersonate a pitcher before he hit his stride.

The winning pitcher, Bev Broadus formally with the Brooklyn Dodgers, threw a mean knuckle ball which completely baffled the Sluggers to the tune of: Ukiah Old Timers 12, Talmage Sluggers 8.

Innumerable protests regarding the shabbiness of MSH patients' clothes have been received by the Pomo News in the past. None were published, however, because it was hoped that a change for the better would come about of its own. So far, no "change for the better" has occurred.

But the following was in the Pomo News Contribution Box in the Administration building tunnel last Friday. It constitutes a direct and humble plea from the patients to personnel for better attire but emphasizes comfort rather than appearance:

9/16/48

"To Pomo News, Dr. Goodstone & staff: Dear Sir: We parole patients who work outside and in the kitchen on the food truck, and other jobs such as the dairy should have good rain coats and clothing. Now that the rains will be coming it will get plenty cold working outside. We should have rubbers or overshoes to wear when it is wet and rainy.

"This is just a simple request from a few patients. How about getting Mr. Garvey, the business manager to look into this matter for us patients? I know Dr. Williams who is in charge of the hospital will be glad to help the patients all he can.

(Signed) George, ward 8"

'GOD BLESS AMERICA'

The British were treated to the opening performance of the long-promised national health plan not long ago and first audience reaction is well worth notice.

Volumes have been written and countless words spoken to describe the workings of socialism, but perhaps never more succinctly than in this first-hand comment:

"This Nationalization is a queer thing," reports an Englishwoman. "We own the Bank of England now, but I am no better off. We own the coal mines, and I have less coal than I used to have. We own the railways, yet I cannot get a seat in a train. This Socialism! Bah! The more we own, the less we've got."

BUILDS TRAILER

Trudging behind his power driven lawn mower over 12 acres of grass once a week for the past several months, Hank P., ward 8 was struck with a brilliant idea. He designed with the help of John K, ward 15, a machinist, and through the courtesy and cooperation of Chief Walden E. Hackman and George L.T. ward 8, welders, plus many others about the machine shop and garage, constructed a 3 wheel trailer on which is mounted a spring seat. Hank will be riding over the greensward in style no