

Pomo News

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

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MSH ENIGMA GIVES VIEW DISCLOSED

The mystery caused by taciturnity on the part of Division of Architecture employes at the MSH Dairy some time ago has been solved.

A situation was created because of the excavation of a building site in the field adjacent to the calf barn. After a week during which the ground was allowed to "set", a concrete foundation was laid. Construction work will proceed rapidly and the prefabricated building - hauled here by truck from Camp Beale several weeks ago - will soon take shape.

The "prefab" will be a modern structure, made into living quarters for the dairymen.

TO TOWN — FIESTA

Thursday night, October 7, forty MSH patients aboard two trucks motored into Ukiah to attend the Cavalcade of California presented at the fairgrounds.

The Cavalcade was a part of the Ukiah Vintage and Centennial celebration and was well presented. The colossal production was thoroughly enjoyed by the majority of patients attending. The hospital group was composed equally of men and women.

ORDERS POMO NEWS

M. S. H. Assistant Supervisor Zeryl Dryden subscribed to the P o m o N e w s for one year, last week. His paper will be sent to B o x 6, Ukiah, California.

MSH Doctor GIVES VIEW

"The Langley Porter Clinic in San Francisco is conducting an extremely intensive and comprehensive psychiatric course," remarked Dr. E. L. Lochen, here last Sunday, October 10 visiting Mrs. Lochen. The doctor is one of 42 physicians attending the clinic's lectures which began last September 1 and conclude November 20.

"Their curriculum squeezes in several years work in three months' time," the MSH physician continued. "The instructors are the best to be had in their various fields in this part of the country.

"The course encompasses all aspects of neurology and psychiatry from both organic and psychoanalytic standpoints", he said, "and it is exceedingly worthwhile (Cont. p. 4, col. 2)

CYCLE BUSY AT SEWING ROOM

Ward I patients joining others at the Sewing Room, include Ina E. Clara and Lillian C. From ward H. come Gloria C. and Agnes W.

MSH band plays at ball park Oct. 17, 1:30 p.m.

LOBOTOMIES TO MSH.

Plans are contemplated and preparations being made to initiate a series of lobotomy operations at MSH in the near future.

Drs. Joseph K. Orr and Howard V. Bair spent from September 25 to October 2 in Southern California and during their stay the pair observed the work of Dr. Tracy Putnam, professor of neuro-surgery at Columbia University,

SMOKE AT WARD FIRE NETS LOSS

BLAZE AT '12' MONDAY

MSH Fire Department Responds To Alarm At Tailor Shop About 12:10 Noon

Fire in the M. S. H. ward 12 tailor shop caused an alarm to be sounded at 12:20 p.m. yesterday (Monday), October 11. Thanks to the M. S. H. Fire Department's prompt arrival and the modern fire fighting methods employed by Marshal Von Schrittz and firemen the blaze was confined to a corner of the shop. A stock of blue denim was destroyed and the lavatory damaged. Total damage has not been estimated but the shop's interior will require redecorating as a result of smoke damage. While forcing an entrance attendants "Babe" Tamborini and Robert Paul suffered minor cuts.

The entire M. S. H. department responded to the alarm and all apparatus was pressed into service.

who is running a succession of lobotomy cases at Camarillo state hospital. Twenty-five operations have been performed so far. The M. S. H. physicians met and spent a day with Dr. Hans Hoch, associate professor of neurology at Columbia who was vacationing in California at the time; next to PSH where (Cont. pg. 10. Col. 2)

DONATIONS CONTINUE
TO STOCK UP LIBRARY

The following were contributors to the MSH library last week:

Wilber Stoughton, Hospital painter.

For the third time, E.R. Stilwell (M.S.H. Marking room.)

Sergeant Amos Adams, chief librarian at the Veterans' Home, Yountville, California sent 25 books to the M S H Patients Library by Don McGuire, Veterans' Administration contact man from Yountville.

Mr. & Mrs. A.O. Umfrid of Los Angeles, - one Holy Bible (King James Version), one "Science and Health" with Key To The Scriptures.

Cromer G. Nelson, San Francisco Christian Science representative from San Francisco: Three Holy Bibles (King James Version), Three Science And Health With Key To The Scriptures.

Mr. & Mrs. Al Michclotti from Mack's Grocery on Talmage Road, - 9 fiction books and one dictionary. Brought to Pomo News office by MSH Attendant Frank Stenberg.

POMO NEWS TO VERMONT

Edward B., ward 2 this week sends the Pomo News authorization, via subscription form, to deduct \$1 from his hospital account and send the hospital newspaper to Mrs. Irene B. at Middletown Springs, Vermont for the next six months.

GONE 30 DAYS

MSH Matron Edith Ray returned to work October 1 after a month's absence.

"Just say, 'the old battleax is back again', "remarked Mrs. Ray last Saturday.

CHANGES JOBS

Joseph B., ward 3 was transferred from Foreman Chamber's state construction gang to Dr. D. R. Frost's dental office last week.

HERE EVERY WEEK NOW

Cromer G. Nelson will be a MSH caller every Friday hereafter instead of each fortnight. Mr. Nelson, Christian Science representative from San Francisco, was here last week visiting various patients and brought along three Bibles and three "Science and Health" editions by Mary Baker Eddy.

While here he visited the First Church of Christ, Scientist in Ukiah, 204 S. Oak street, and picked up a shipping tag mailed that address by an MSH patient requesting a Christian Science Quarterly (Bible Lessons) booklet.

REAPS 2500 TICKETS

There were 2,500 tickets sold to celebrate Ukiah's Centennial, according to Paul Sutterley, Ukiah Chamber of Commerce secretary, last week. Mr. Sutterley was kind enough to phone the Pomo News the final vote in the Centennial Queen race in which the Pomo News candidate, Barbara Knudsen was voted to reign as queen during the last three days of the celebration, October 7, 8 and 9.

GIVEN 'HOUSEWARMING'

A surprise housewarming was given to Mrs. Ila Hall, MSH attendant by MSH employees Monday, October 4, at her new home in the Munson district, Ukiah. She was presented with a lovely record cabinet, cake, sandwiches and coffee were served.

SUBSCRIBES TO 'NEWS'

Dr. E.L. Lochen subscribed to the Pomo News last weekend.

"I want to be sure of getting the paper each week while at the Langley Porter Clinic in San Francisco," commented Dr. Lochen last Sunday, "so here's two dollars for a year's subscription."

SUBSCRIBE TO POMO NEWS
ONE YEAR-\$2; 6 M; \$1;

TOT FINE

Ward M's 6 pounds of "blessed event," We e e Miss D., who was ushered into this world by Dr. R.G. Bramkamp, September 29 at 8:53 a.m. and her mother are both doing nicely, reports Charge Attendant Mrs. E. Scott.

Mrs. Scott makes an excellent foster mother. She arrives early and has to be told when to go home, friends say. Her temporary charge weighed six and one half pounds October 5.

VISIT MSH

"One 'Science and Health', by Mary Baker Eddy, one Bible (Saint James Version) for your library," was the message written upon wrapping paper encircling the two new editions and left in the Pomo News office last week.

The donors were Mr. and Mrs. A.O. Umfrid Los Angeles who were MSH visitors last Tuesday and Wednesday, October 5 and 6. The "PN" staff was quite busy getting out the "News" the first day of the couple's visit but they returned Wednesday and, following a short chat, left for their southern California home where Mr. Umfrid has been working for the Santa Fe railway for the past 45 years. The Umfrids have a daughter who is a Ward C patient here. The end of their note left the first day of their visit, reads,

"We are readers of Pomo News. Keep up the good work!"

TEND PATIENTS

Dr. Richard H. McAlocco, state chiropodist conducted his regular monthly foot treatments at MSH last Monday through Friday, October 4-8.

Clinics were held on wards G, D and E and all women with pedate ailments, were given pro-

(Cont. pg. 10 col. 1.)

Musicians
WANTED

"We need band personnel the worst way," said Bob N., bandleader, last Thursday, October 7. "It's important that we get violinists, a saxophonist, a mandolin player, a ukulele player and a trumpeter at once," he concluded.

"We have instruments ready for their use. We intend to start MSH dances soon and we want to entertain at the first one with 15 members instead of the ten musicians we now have," said Robert Haslam orchestra manager, last week.

TAKES WEEK OFF

E.J. Veronda, MSH Masonry Shop foreman, was back on the job Monday, October 4 after a weeks vacation spent in the "bay region."

While in San Francisco Ed had the opportunity to hear Republican Presidential Candidate Thomas E. Dewey speak to a large audience at the Civic Auditorium.

INDUSTRIAL SHOP HUMMING

Under supervision of W.A. Elliott and Ken Williams the MSH Industrial Shop is in full swing. Ward 15's Chas. H.C. is making teapots, vases, bowls, flowerpots, candlesticks and other ceramics.

Other patients are finishing two separate file cabinets which will be used by the MSH Clinical Office.

HAS HOPES OF 'GUEST HOUSE'

"Dear Editor: Over a slow weekend comes again the thought, 'Where, O Where, can a parolee enjoy his company during rainy day visits?' I feel sure that Superintendent Williams and Dr. Goodstone have pondered this problem. Maybe that lumber that is dumped out near the MSH Dairy could be used for a 'lounging room' for parolees and their visitors; or maybe somebody else will come up with an idea. It seems obvious something should be done. When the patients' folks come a long distance to see them and it happens to be raining

(Cont. pg 4 col. 2)



DR. WILLIAMS SAYS

Sergeant Amos Adams, who is chief librarian at the Veterans' home at Yountville, California sent us 25 books for our Patients' Library last week. That was mighty thoughtful of Sergeant Adams and I want him to know that MSH appreciates

his interest in helping to get our library started. The books were brought here by Don McGuire, Veterans' Administration contact man from Yountville. From what I hear a good many are contributing to the cause ... that's good. I'm glad to hear it because a well stocked library is akin to a well stocked refrigerator. If donations continue to come in at the present rate there need never be any fear of MSH patients becoming literary-hungry. There's plenty of "food for thought" in that basement and I expect all of you patients to make good use of it. If your education has been somewhat scanty now is the time and place to improve it. Go out of here better equipped, mentally, than you came in. And if you will take part in the rapidly growing patient activities (Recreational Therapy) there will be no excuse for you leaving MSH physically unfit, either. The hospital softball team (the Blues) is always in need of more men and other athletics are in the offing. Might be that a girls' softball team could be organized later on; say, next spring. I'll see. A lot will depend upon how the women conduct themselves while on ground parole.

We have two female Dachshund pups for sale at our house. As you know, the youngest of the four born a few weeks ago, died. Mrs. Minnie Nehring who works on wd. G bought the male animal a short time back, so the two "lady" pups are all that's left. I'll sell them for forty dollars apiece. That price includes the registration papers on each.

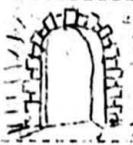
The Pomo News printed up some maps of the Mendocino state hospital this week to help your mothers, dads, sisters and brothers to better find their way about the hospital when they are here visiting you. The charts should be quite helpful to them. So in your letter home this week tell them to ask the telephone operator at the MSH switchboard for a copy the

(Cont. page 10, col. 2)

PHONE 144 FOR Ukiah

Empire

OFFICE MACHINES
OFFICE SUPPLIES
SALES SERVICE
325 N. State St.



TUNNEL ECHOES

86,288 HOWLING FANS congregated at Fenwick Field in Cleveland last Sunday to witness the fifth (next to last) game of the World Series. Thussalotta peoples. About 30 times the "pop" of MSH. 'Course you know the Indians pow-WOWED the Braves yesterday (Monday) spelling finis to the Series SPEAKING OF SERIES, we're going to have one here at MSH 'fore long. A "series" of lobotomies (operations) is scheduled to begin soon. 'Course you know what "lobotomy" means, 'course. It's an operation in which, through holes drilled in the skull, the white matter of the frontal lobe is incised with a leukotome passed through a cannula". Simple, isn't it? ... MAPS OF MSH GROUNDS make their debut this week. They should prove helpful to visitors both afoot and on wheels THE TWO PATIOS "inside" the Administration building should be utilized. Little effort would be required (expense would be nil) to clean up both, set out a few benches, tables and such for patients' recreation. Chess, cards and ping pong games at these two spots would go a long way towards replacement of patients' loss of a MSH clubhouse torn down some time back to accommodate a new building, yet to be built, east of the Ad. Bldg.... SOCIAL SERVICE WORKER Tillie McWhirter, from San Francisco was in the Pomo News office last week inquiring as to what progress Husband Gordon's plans for ward-movie-showings of "stills" taken on their trip N. awhile back, had made. They're on the MSH calendar, according to Superintendent Williams "A LITTLE THING LIKE setting flowers around the patients' plates at table - like Edith Tuomey does on ward 7 - probably doesn't amount to much but I think it's plenty d u r n e d thoughtful of her," remarked Asst. Supv. Tom Giles recently A N "ARCHITECT'S ORIGINAL Drawing" of Mendocino State Hospital" is what

AMONG OUR EMPLOYEES



STANDS LAST SHIFT

Mrs. Boulah Brown, MSH assistant matron and a hospital employe for the past 19 years, worked her last day here yesterday (Monday), October 11. She is transferring to De Witte state hospital where she will resume the same duties as she followed here as assistant matron. "Bus", Mrs. Brown's husband, is an employe there.

RETURNS TO AGNEW NEXT FRIDAY

Bruno Sargentini, ex-MSH attendant who left here for an assistant supervisor's job at Agnew state hospital last March, has been here visiting old MSH friends the past couple of weeks. His vacation over, he returns to Agnew and his job next Friday, October 15.

GIVES VIEW (Cont. fr. pg. 1. col. 2)

But it should be made more readily available to all physicians in state hospital service.

-42 Attending-

"There are 42 attending the lectures," Dr. Lochen added, "and, outside of California, some are as far away from home as South Dakota, Missouri and Texas while still others are on leave from the Army and Navy. The Veterans' Administration hospital in Palo Alto has six delegates attending."

"Regarding the outcrop of an investigation of San Francisco's alcoholic situation by the Governor's Special Crime Commission on Adult Authority, I have been unofficially informed that prospects appear promising," went on the MSH doctor, "for acquisition of a nine story building on Otis street in San Francisco which will be devoted exclusively to the care and treatment of all alcoholics living in that city."

It's called and IT hangs in the corridor leading to Supt. D.B. Willim's office and IT'S near to classic. IT'S a sketch "WASSAMATTA YOU NEVER put my name in the Pomo News' a n y more?" inquires Gus Lawrence, veteran MSH ward 8 attendant. Now, s a y that again, Gus HOW MANY OF US KNOW that there is such a place 'i n' this fair state as "Tarzana"? Um, hm, so, 'tis. It's a copyrighted name used by permission of Edgar Rice B U R roughs, the author, on whose estate the town grew. The burg is adjacent to L.A. 'n Hollywood (you might know) THAT GREAT BIG WORD s-a-l-u-t-i-f-e-r-o-u-s actually scared us when we looked it up in the dictionary one dark 'n stormy night THASS '30! FOR THIS WEEK G'bye, now!

Andy Stahl's
LIQUOR STORE



SEE *Andy* for Better Liquors and Finer Wines.
 Ph. Ukich 1138-J



Address all letters to Editor,
Pomo News, c/o Dr. Goodstone."

SUGGESTS REPAIRS BE MADE

Ward 12 is badly in need of a few repairs, reports a letter this week from Simon BSP. The inner walls of some of the rooms are full of tiny holes, according to him, and should be replastered immediately. The walls are past the scrubbing and disinfectant stage and plasterers' work is the only alternative left that will prevent possible spread of disease, he continues. Vacuum cleaners to supersede brooms and exhaust fans for the "day hall" and lavatory to rid the atmosphere of offensive and nauseating odors, deducts Simon, have long been needed and their installation should be forthcoming "if 'things are looking up at MSH' is to be deemed fact and not fancy," so ends the ward 12 patient's communication.

'THANKS' BETTER LATE THAN NEVER

"I have never said 'thanks' for publication of the bad ventilation on this ward last summer," apologizes Freda S. to the Pomo News this time. In (although she doesn't come right out and say it, we take it that her letter at hand suffices for "thanks") almost the next breath, says Freda: "Please send an unabridged dictionary, wall clock and calendar." --OK, Freda. By the way, have you seen the new Buicks?

GRATEFUL FOR PAROLE

Superintendent D. B. Williams receives a lot of mail. But, rest assured, no letters are more welcome to him than the type which follows:

"Dear Editor: Just dropping this note to tell you how much we girls on 'K' enjoy our parole. It seems so nice, to be out and around and have a little freedom. I find it's doing me a lot of good. I'd like to express my thanks to Dr. Williams for showing that he has a little faith in us girls by giving us parole, and I know I'm speaking for all when I say 'thank you--Dr. Williams.' We will do nothing to make him sorry he did

give us parole. One of our girls has gained in weight since being out. So, I say 'thank you again, Dr. Williams!' Thank you for your kindness in every way." Nancy E. K. Ward K.

'ASK AND YE SHALL RECEIVE'

"We need now writing pads to write the Pomo News stuff on" comes from ward 8 this week.--they don't need 'em any longer. They were delivered immediately. Any other ward male or female, requiring paper or pads to write Pomo News correspondence on - write us stating your request.

PROBABLY OTHERS' SENTIMENTS, TOO

One of the more conscientious women parolees writes that she "was very sorry to read in Dr. Williams' column that two of our girls broke their parole**I didn't think any of them would do such a thing." The contrition is penned by Nancy Ellen K., Ward K and substantiates that part of the Superintendent's column in the October 5th issue which reads: "I find that, in the main, you ladies are taking this new found freedom in your stride and abiding by all the regulations attendant it. That's fine. When I hear reports of that nature I wish I could go one step farther and send all of you home."

PROFFERS TALENTS TO POMO NEWS

Ward 14's Arthur M. is good enough to offer to "help get out the Pomo News." Art says he has had experience on the Omaha Daily News following World War 1, has edited a column, knows "rewrite", has had a complete course in Journalism, "but no experience in proof reading. Look for a few lines from me Halloween, Thanksgiving and Christmas," he concludes.

WRITES INTERESTING LETTER

In as much as most of us drink milk fairly regularly, the following letter might be of interest to patients who are inclined to turn to the "heavy" in favor of the light-hearted strain normally common to the the Mail Bag department. The communication, entitled, "A New Occupational Therapy For The Dairy" comes from the hand of Arno G., ward 14 and his personal experiments while in high school and, later in Rumania, make interesting reading. The preparer of this particular department is acquainted with the author of the following and he feels that redundant space essential to the letter's reproduction is warranted:

"We all know milk is one of our best foods. But modern medical sci-
(Continued next page)

ence discovered that you are lucky, if you are able to digest one third and lactose. In other words, you drink one cup of fermented milk, and at the same time you make for ideal digestion. Therefore, fermented milk has been proven to be valuable in medical therapy. It was successfully used in the Heidelberg University Clinic for the treating of digestive disorders; for instance, diarrhea, constipation, stomach ulcers, pregnancy and general physical run down, etc.—about 45 years ago. I did learn in my high school chemistry class how to ferment grapes and other fruits; also, milk. I was told that this idea was over 3000 years old. We had the necessary bacteria in "cultures" which resembled cauliflower. We put some in ordinary milk and after less than 24 hours the milk was fermented and now called "kefir". I produced it for my family with excellent results. In 1916 I was in Rumania and had the opportunity to observe soldiers of many different nationalities. It was admitted by most that the Bulgarians were the strongest of all warriors. All of them put on both their shoulders a 100 pound sack. Soldiers of other nations carried only one sack at a time. It was so miraculous that I was anxious to know why these men had more power. A few days later a Bulgarian doctor told me:

"We are stronger because we are drinking, 3 times a day, "yogurt" and what you don't know yet is, we live about 50 years longer than you do!" (?)

A while back I read that the USA Department of Agriculture has a Dr. Rosell and a collaborator, Dr. Brochu who were the first to show exactly what bacteria are necessary for the production of this food. There are three technically named 'thermophilus,' 'bulgarium' and 'yoghurtii' — The vital contribution of the Rosell Institute lies in the preparation of these milk fermenting bacteria under precise scientific control, absolutely free from other organisms and combined in exactly the proper proportions.

There is also an other address where it is possible to get a pure culture of yogurt for this hospital: 'Rosell Bacteriological and Dairy Institute, La Trappe, Quebec, Canada.

"Please don't think I am playing "quack" and mixing up in the doctors' business. I always let them do the deeper thinking, and respect their every word. I am only a student of practical life, believing that when the patients physical

health can be improved at practically no cost their minds will benefit, too. After all, that's really what we want."—Arno G., Wd. 14

'QUESTION-ANSWER BOX' NEW FEATURE

Mail Bag patrons are asked to

contribute questions to the Pomo News Question-Answer Box appearing for the first time in this week's issue. A few patients responded to the bulletin board notice posted in the Administration building tunnel and their queries have been answered this week. But the Pomo News wants more questions from patients concerning affairs about the hospital or interrogations entirely foreign to MSH life and routine. The answer to each question will appear directly beneath the query, possibly not the same week the question is received but soon thereafter. Send in your best jokes, also. A Pomo News humor column is long past due but it makes its debut this issue.

WRITES AND SUBSCRIBES

Lawrence S., ward 2 orders the Pomo News sent to San Francisco c/o Frank J.S. for one year, the two dollars to be deducted from his account here at the hospital. A second enclosure in the envelope bears the message: "I would appreciate it if you would do something about the rats and mice that abound in the 'backyard' as they are quite bothersome."

THANK DR. PRASSER, 'JUNIOR'

"Junior" on ward 8 likes to play ping pong. He will be only too glad to challenge anyone else who is a devotee of table tennis. "I want to thank the Pomo News and Dr. Goodstone for the writeup, "Wants Ping Pong Equipment" in the Mail Bag. But I wish we could get a few more ping pong balls. We have only one left to play with. I wonder if they have any in the Marking Room? Mr. E.R. Stillwell who is in charge of that department would let us have them, I feel sure. We all want to know who has charge of the sports equipment."

--"Junior", Dr. D.O. Prasser is responsible for the bulk of the sports equipment on hand. He has cooperated no end, with the Pomo News in the past in the establishment of the Men's Recreation Area, across from ward 8.

LIKES THE POMO NEWS

An MSH Shoe Shop worker and patient writes that he is interested in nurses training at the Christian Science Sanatorium in San Francisco. "My dear friends in Santa Rosa and Ukiah and I like the Pomo News very well. Without anybody knowing anything about it I have been doing Christian Science work for all the hospital doctors, employes, patients, all mankind and for new management at MSH. Then God sent us the very good Superintendent David B. Williams and Cromer G. Nelson Jr., as a Christian Science practitioner. Editor, will you kindly put the above writings in the Pomo News. I thank you. Sincerely yours, William Chr. M. Jr., ward 15. --- Write us again, Junior.

SPORTS



QUESTIONS & ANSWERS



EX-TALMAGE 'SLUGGER' IN WORLD SERIES

Joe Gordon, 2nd baseman for the new World Series champions, the Cleveland Indians, who batted it out with the Boston Braves last week, is a former Talmage Slugger.

With his former G.I. and Slugger teammates, Norman Baird, Foggy Ottosen and Telmo Bartolmai, he divided time, talent and service, three ways; with Uncle Sam, the Hamilton Field Baseball Club and the Talmage nine. They played one season with both championship ball clubs while they trained simultaneously to help Uncle Sam win a worlds championship on the globe.

UKIAH-TALMAGE TIED 1-APIECE

Pitcher W. Openshaw and his teammates wound up the Ukiah Merchants Sunday game, October 10, with the Talmage Sluggers at Ukiah with a 3-1 win.

A pitchers duel throughout, both moundsmen gave a nice offering. Southpaw Otto Severi held the Merchants to a single earned run.

"Babe" Tamborini, ward 12 attendant and Talmage umpire, offered to act as "scout to contact MSH attendants to diamond up a softball team." Sure would tickle the Blues," many said.

BOW TO CUBS

The Ukiah Cubs led by Coach Bill (pitcher) Moore lost a 13 to 15 (Cont. Pg. 10, Col. 1)



WAIT A MINUTE!

Here they are! Those new BOB EVANS Hospital Uniforms

TALMAGE STORE

Q-Where is the smallest Post Office in the world located?

A-It's floating in the Straits of Magellan, chained securely to rocks. A small iron cask where ships may take or leave messages. (Submitted by H.T.N., ward 10)

Q-What with the sudden change at a rejuvenated MSH, the discharge of patients, the games and whoopla on the ladies' wards, the old Administration building taking on a "face lifting," appropriations aplenty for new dairies, doctors' homes, pig sties and sewers; the old bakery, standing there shivering all winter with one side "out" asking whatever are you going to do with me--whats' the score?

A-Rebuilding the bakery isn't just a problem of erecting the building and moving the equipment. It involves caring for bread, cake, cookies and pies during the period of construction. As soon as details have been worked out construction of the new bakery will be started. (Submitted by Happy W., Farm detail)

Q-What three groups receive the largest income yearly?

A-First, doctors; second, attorneys; third, engineers. (March of Time)

Q-How far can a dog run into the woods?

A-Halfway, then he is running out.

☆ SAT. OCT. 16 ☆

ALBUQUERQUE
TOUGH! TERRIFIC!



☆ **Randolph SCOTT**
☆ **Barbara BRITTON**
☆ "GABBY" HAYES ☆ LON CHANEY

SM CINECOLOR



M.S.H. AUDITORIUM

GIVES OPINION

Donna R., ward I, who works in the laundry was asked the following question by a Pomo News reporter last week: "In your opinion what do you consider, thus far, to be the greatest aid to your recovery now that you are a parolee?" Immediately, Donna came up with, "I think the fresh air and exercise and the change of environment is the phase I enjoy most at present."

BUSY HANDS

A SPEEDY
RECOVERY



THE SHOE SHOP AT MSH, MANNED BY SIX PATIENT EMPLOYEES is the source of supply of hospital footwear.

Charles Valentini, the boss and expert cobbler has been in charge of the shop since May 18, 1925. During that time he has directed the making and repairing of thousands of shoes for MSH patients.

The Shoe Shop is well equipped with modern machinery and only the best of material is employed in shoes' manufacture. The average weekly output is normally 45 pairs of men and women's shoes - 75% menswear and 25% women's styles.

Shoe repairs average about ten pairs daily and are done by John S., ward 15, general repair man.

Al U., ward 15, is the man who cuts the shoe "uppers" he also puts in the hooks and eyelets. (Eyelets are on women's shoes only.)

The shoe last work and other incidentals necessary are done by Bill M. and Herb B., both from ward 15. After Al finishes his work on the shoe "uppers," Abe M., ward 15, also, sews and stitches them on the Singer sewing machine.

Women's shoes have two soles, one inner and one outer - with sewing inside the shoe.

Mens' shoes are much heavier (both hi-top and oxfords) and have three soles. They are made up of an inner lining which is sewed to the step sole on the McKay stitching machine; a heavy bottom layer is sewed to the welt on the two-thread curved needle machine. The heel end is then nailed by machine and rubber heels are put on by hand. This last chore is completed by Veteran Charlie Valentini who then passes the near-finished product on to Ed R., ward 8, to be dyed and completed.

ON POMO NEWS STAFF NOW

Hugh M., was transferred from ward 15 to "8" and assigned to the Pomo News staff last week by Dr. H. V. Bair.

PSYCHOTHERAPY

The mind in the making.

"From Astronomy 20 Centuries before Christ to Nuclear Physics 20 Centuries After."

By George K.

Technically speaking, the following might be somewhat of a far cry from "psychotherapy" but its personal will show that upon the thesis' contents rests, fundamentally, a near-perfect backdrop, a solid foundation for "the mind in the making". The universe is vast. Probably, we know too little of its origin, of astronomy or concomitant, primeval facts concerning the same. It is with this last in mind that we decided to allocate the article in this particular department. The author, George K., is a ward 9 patient and this is not his maiden effort. Other similar data submitted by him, has been published in the past. Still other contributions rest within our files awaiting a time when more space for their publication presents itself. --Editor)

Long before civilized man turned his thoughts upon himself reflecting on the reason for his being, on the duality of his nature, on his place in the universe and on his relation to the unseen but distinctly felt power that evidently ruled it, did he feel his curiosity aroused about the world he lived in as it presented itself to him in sensory experience. Before civilized man developed a moral philosophy did he develop a cosmological concept.

He lifted up his eyes to the sky observing the rising and setting of the sun, how it moved across the vaulted firmament and how the heat of its rays influenced the coming into being and the growth of all organic life. In the stillness of night he watched the star studded heavens. He came to name the stars and to group them in constellations and from their motions and from the arch described by the sun and the moon he learned to calculate time.

Man's gain of knowledge of the universe was slow but progressive. People as ancient as the Assyrians and the Egyptians had long before Abraham moved into the land of Goshen devised a calendar based on a solar day of 24 hours. The Assyrians had a solar year divided into 12 months which they named after the signs of the zodiac. Each month counted 30 days. Every six years they added an intercalary month (6 times 5 days resulting from inaccuracy of calculation).

(Cont. next week)

GET NEW BEDS

Mendocino will soon be the recipient of new hospital equipment. According to Business Manager J. J. Garvey new adjustable hospital beds, complete with mattresses have been ordered with a new microscope and a basil metabolism unit.

CAR CRASH - NO ONE HURT

MSH Painter Don Alexander, "Ken" Williams, Asst. Supv. of the MSH Industrial Shop and Henry Brunges, MSH Cannery foreman, met with a serious accident while returning from a hunting trip Sunday, October 3 in Modoc county. Near Maxwell, after dark, they came upon an old pickup which had no tail light. Swerving to miss the vehicle they hit a bridge and seriously damaged their car. No one was injured.

WRITES THANKS FOR BIBLE-GIFT

"Dear Sir: I, Carl J., do hereby wish to thank the giver through the paper for the Holy Bible I received. I am well pleased with it and I am sure that throughout its pages I will in time come unto its saving knowledge. So I wish to show the giver my appreciation through the paper by saying, 'thank you and God bless you.' Yours truly, Carl J. Ward 1.

WARD 12 PATIENT THOUGHTFUL

"Pomo News: I thought I would write a few lines to let you know I appreciated the cigarettes Willie King gave us last Saturday morning. To tell you the truth I don't smoke but I gave them to the ones who do smoke. You tell him 'thank you'." ---Charley C., Ward 12.

TOMATO CROP SENT CANNERY

It's still harvest time at the MSH Farm. Manager "Gus" Garaventa has his crews spread hither and yon working various crops.

But, alfalfa cutting is all over. The haying crew has been busy cutting, baling and hauling alfalfa that grows on the land close to the Russian River.

"The frost almost ruined the tomato crop one morning but luckily missed them although it damaged some pumpkins in the next field. The seven men I have picking will be able to keep the cannery busy for two weeks more if there isn't a damaging frost before we are through," said Mr. Garaventa last week.

Both silos are full providing 260 tons of ensilage for feed. A small stand of corn is left but that will (Cont. Col. 2)

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.

* * *

Christian Science Church - Subject: "Doctrine of Atonement" Golden Text: Mark 10:45 - The "Son of man came not to be ministered unto, but to minister and to give his life a ransom for many." Oct. 17, '48

* * *

Rev. Willie K. Ward 12. Oct. 9 - Text: Genesis 2:23. Woman brought unto man and man shall rule over his wife. Subject: Tree of the Garden.

TOMATOES TO CANNERY (Cont. fr. Cl.1)

be left to dry and put in cribs. The prune pickers started working Monday, October 4th. The crop is light but of a fine quality. When the picking is in full swing there will be 30 men working. Sometimes it has been necessary to have a few women pickers to help out but with the light crop this year the men will do all the picking and hauling. The prunes will be taken to the dehydrator then put in storage to feed hungry patients throughout the year. - "Creb"

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POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MEN-
DOCINO STATE HOSPITAL, TAINIA, CAL-
IFORNIA; under the auspices of Dr.
David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone,
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J. M. S.....Editor.

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WE CAN BUT HOPE

Probably no MSH doctor has done more to aid the installation of Re-creational Therapy equipment on the hospital wards than Dr. Donald O. Prasser. His attempts to furnish "closed" ward patients with chess, checkers and indoor games of all descriptions hasn't always met with success. Repeated requests for ping pong tables for ward use, so far, has netted no results. Sporting equipment for "inside" athletics has been promised him but the equipment's acquisition suggests no manner of materialization. So with a heavy heart but determination unparalleled Dr. Prasser carries on. And it is with the patients' gratitude and best wishes that he does so.

VISITS BROTHER

Abby M. of Reno Nevada, was at MSH October 5, to visit her brother, Joseph M., ward 12.

(Cont. fr. pg. 3 col. 2)

DR. WILLIAMS SAYS

next time they come to see you. There has been a lot of confusion on the part of visitors, in this respect. The maps should remedy the trouble.

TENDS PATIENTS (Cont. fr. pg2 col.1) per treatment. Women on wards A, B and C also had their feet examined and treated by the doctor. Men with sore and finicky "hoofs" also came in for their share of doctoring. Patients at the Industrial Shop and wards 4 and 14 consulted the chiro-
dist and had their foot ailments treated.

Since Dr. McAleese established his foot clinics at MSH he has administered to 700 patients.

FLOOR GLISTENS

Bert Sandkulla, MSH X-Ray technician, not to be bested by all the fancy decoration going on in the MSH Patients' Library below his laboratory, had Bob Wrights' paint shop boys give his floor a new coating.

LOBOTOMY (Cont. fr. pg. 1.)

they observed the cases and technique of Dr. William Berwald, PSH neuro-surgeon.

While there the visitors were courteously received and escorted on an extensive tour of the hospital by Dr. O. L. Gericki, Patton superintendent. Dr. Gericki is a former member of the MSH staff.

The lobotomy program will be initiated at MSH as soon as arrangements for procurement of necessary equipment are completed. Instruments have already been ordered.

Drs. Orr and Bair were definitely impressed by results obtained in the post-operative cases they observed at both Camarillo and Patton state hospitals.

- "Duke"

'TRAIL TO UTOPIA' DISCUSSED

Should an alcoholic marry? What are his or her chances for a successful marriage? Does the sex drive undergo a recession or an increase?

Whether or not an alcoholic should marry is a matter of social and economic debate. However, if one is deluded with the idea that marriage will cure him of drink, he is merely inviting frustration. An acknowledged alcoholic has a better chance of a successful marriage than one who is still in total darkness about his condition. So the discussion waxed with Dr. G. L. Goodstone's roundtable group, the rapy class, held in the conference room at ward 9 Monday, October 4.

Francis Lindsey writes changing her subscription from Colma to S.F.

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