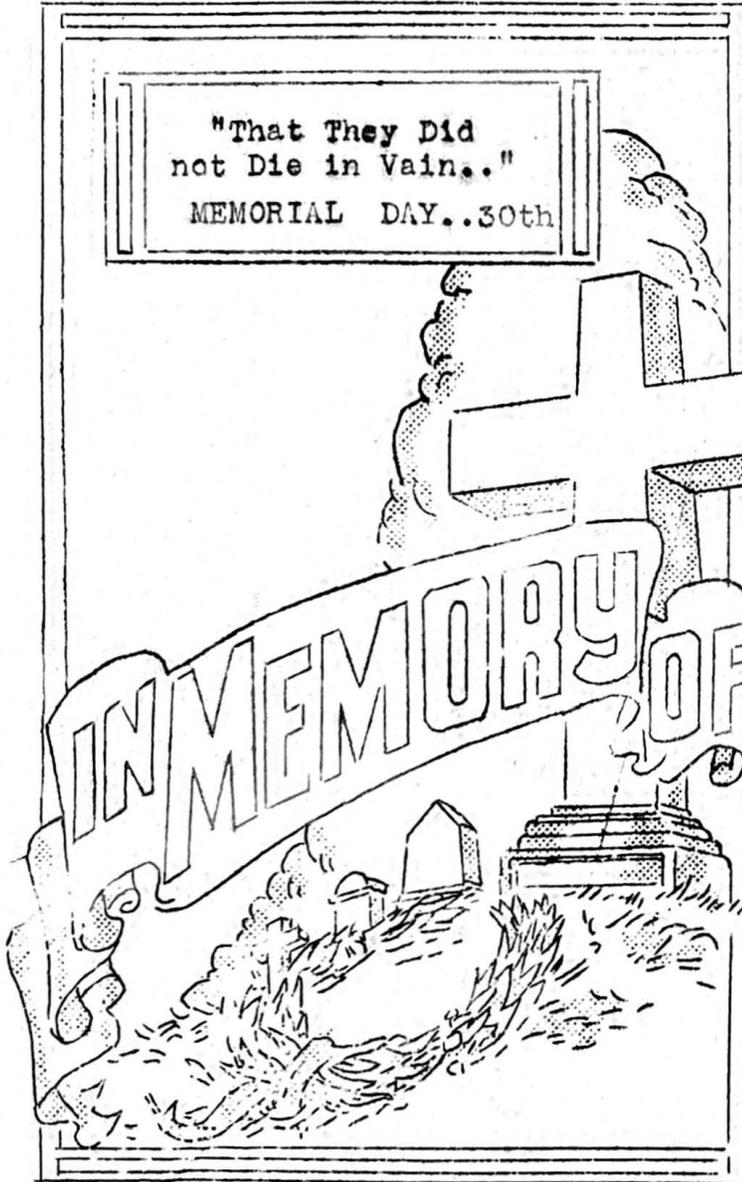


POMO NEWS

Published in the interests of the patients of Mendocino State Hospital
VOL I No 3 Published Every Tuesday May 25, 1948



THE ASTOUNDING FACTS ABOUT MEMORIAL DAY CELEBRATION

It's perplexing to us why people celebrate Memorial Day so boisterously. The occasion is commemorative and should be observed with the dignity it warrants. Yet thousands, pleasure-bent, will clamber into their cars this coming week-end and race off to a rendezvous with death.

There were 183,000 casualties in the Civil War...Union and (page 8)

NEW EQUIPMENT ARRIVES FOR MENDOCINO STATE HOSPITAL

New equipment arrived at MSH last week--\$3,100 worth. Don't let the name scare you but it's called an "electroencephalograph" or just plain old "EEG," if you're in a hurry.

The six channel machine is as complicated as its name but will be of tremendous help towards the diagnosis of a patient, according to Dr. Gerald Goodstone, clinical director. The instrument, manufactured in Massachusetts, records the electrical activity of the brain, or brain waves and registers one millionth of a volt.

"The EEG's chief use is to assist in the diagnosis of various types of mental disorders," said Dr. Goodstone. "It will be of incalculable value for determining improvement in the patient and will be used extensively here at MSH. The EEG's function is in no way related to 'shock' therapy; no electricity enters the body, whatsoever. The machine only registers the minute intricate activity of the brain cells and tests are absolutely painless."

The costly equipment is housed at Ward 9 in what will hereafter be known as the "EEG Room", next to the surgery.

V.A. MAN VISITS MSH PATIENTS

The V.A. representative, Don McGuire was on the grounds last Wednesday and Thursday and called on various wards. He interviewed about a dozen patients but was reluctant to divulge the success of his efforts to "help the boys out."

FROM THE
DESK OF
DR. WILLIAMS!



Each week an article will be presented by Dr. Williams

The control panel for our new public address system, now being completed, will be installed in the Supervisor's office sometime within the next six weeks. Wires are to be run from there, the central control room, to both front and back "yards" and to all the wards. This arrangement will enable all the patients confined to quarters to hear the broadcast of weekly ball games, the latest news and radio programs as well as recorded music right from our own studio. I will have more particulars about the installation and operation of the hook-up later.

I am writing W.G. Harbold, head of the Alcoholics Anonymous group in Santa Rosa, asking him to be with us at a meeting here June 3. I feel that the A.A.'s should be represented at Mendocino State Hospital. Quite a few are expected at this meeting; doctors from the San Francisco county and city hospitals, Matt Quinn, deputy district attorney who presents all alcoholic cases to court, the presiding superior court judge and others will be present. The POMO NEWS will keep you informed as to what is being done towards the start of an A.A. chapter here.

--

Any patient interested in music who has an instrument at home should write for it. We are planning to organize an all-patient orchestra soon and practice

calls will be announced in the near future. Send in your name and ward number to the NEWS as soon as your instrument arrives. The state is not at liberty to furnish us instruments so the only way we can realize a band here at MSH is for patients to provide their own.

We are also taking steps to support a good softball team. In fact, we are planning the formation of various sports in which patients may participate. We hope to have a recreation and an entertainment committee, too. But all this takes time and I must ask you to please be patient.

**CHRISTIAN SCIENCE REPRESENTATIVE
HERE EVERY OTHER FRIDAY**

Mr. Cromer G. Nelson Jr., of the Christian Science Society of Ukiah, was a visitor at MSH last Friday. Supervisors Ray and Miller escorted him through men and women's wards. Mr. Nelson will be on the grounds every other Friday and patients wishing to contact him should inform their charge attendant on the ward that they wish an interview.

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ALCOHOLICS GET ADVICE

MSH alcoholics were the recipients of good advice by Gordon McWhirter last Wednesday. Mr. McWhirter is a psychiatric social worker with the Department of Mental Hygiene in San Francisco and parole officer for released alcoholics.



**PERSONALITY
PLUS!**
See Our
**NEW LINE OF
STATIONERY**

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OFFICE MACHINES COMPANY
325 North State Ukiah
Phone 144



WHEN YOU GET DISCOURAGED!

A torn and yellow clipping from an old newspaper, recently fell out of a book...we reproduce its contents,

as appropriate and for the consideration of those who become discouraged.

"When Abraham Lincoln was a young man he ran for the Legislature in Illinois and was badly swamped.

"He next entered business, failed, and spent 17 years of his life paying off the debts of a worthless partner.

"He was in love with a beautiful young woman to whom he became engaged, then she died.

"Later he married a woman who was a constant burden to him.

"Entering politics again, he ran for Congress and was badly defeated again.

"He then tried to get an appointment to the U.S. Land Office but failed.

"He became a candidate for the U.S. Senate and was badly defeated.

"He became a candidate in 1856 for the Vice-Presidency and was again defeated.

"In 1858 he was defeated by Douglas. (For the U.S. Senate)

"One failure after another... bad failures... great setbacks.

"In the face of all this he eventually became one of the country's greatest men... if not the greatest.

"When you think of a series of setbacks like this, doesn't it make you feel small to become discouraged, when you think you are having a hard time in life or because some plan or program you want takes little more time and effort than you thought it would take."



INSPIRATIONAL THOUGHT

By the Rev. Willie K.

THE NINTH CHAPTER, ST. JOHN

1. And as Jesus passed by He saw a man which was blind from his birth.
 2. And His disciples asked Him saying, Master, who did sin this man or his parents that he was born blind?
 3. Jesus answered, Neither hath this man sinned or his parents but that the works of God should be made manifest in him.
 4. I must work the works of him that sent me while it is day, the night cometh when no man can work,
 5. As long as I am in the world I am the Sight of the World.
- The Gospel, according to St. John has 21 chapters... 879 verses, 19099 words.

--

ART M., WARD 15 CONTRIBUTES THIS
Happiness is a point of view,
this life taught me and maybe you.

Forget self in service, if you want health.
The more you serve, the more you wealth.
Not in money alone, but friendships true
And also a healthy point of view.
And if you'd really make your life worth while
You'll achieve ability to make folks smile.
Happiness is a point of view.
This life taught me and may teach you.

IF YOU WANT MUSIC - SIGN THIS!

TO POMO NEWS: I am interested in participating in the MSH Band and submit the following information:
Name Ward _____
Instrument I play.....





DON'T THROW UP THE RECORD:
Chas.M writes in suggesting a new policy of never charging a patient with his "record." He states that "throwing the record" at the patient continuously, and bringing it up during interviews and at clinical conferences is of no help to "well meaning" doctors and patient relations. It defeats their purpose...makes patient uneasy, shamed or defensive. The patient does not consider it friendly psychiatry....

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

COOPERATION Jaever Think? Tell me, jaever think about cooperation? Maybe I'm wrong but I think that the more work I do here, the more the charge man or woman in my ward will know I'm doing my best to cooperate. Believe sincerely that the attendants and doctors here do not want to keep me here any longer than is absolutely necessary. Because I sincerely believe that the normal function of our muscles is action, strive to do as much as possible. Would know I was mentally sick if I did not want to do anything. Who and where I am makes no difference, if my manifestation of my beliefs help you, am glad I wrote this.

WANTS ROUSING SONG AT BALL GAME-
Why not start Sunday games with a rousing song by some good patient. Singing would receive good reception and create better spirit. Ed.note: Can you suggest such a person?

THANK YOU PEARL M....
Your letter appreciated and your willingness to help make the Pomo News a success. We will be looking forward to your contributions from Ward D.
(More Mail Bag..on page 5)

CHESS AND CHECKERS ...From ward 15, asks about the possibility of chess and checker tournaments. Charlie M notes that there are several good players on most wards and suggests the following procedure:
The winner of a series of games on each ward to vie with each other for the championship in the men's division; the victor to challenge the champ of the women's wards to determine upon whose "noggin" the crown of good ole MSH shall rest. In addition, Mr.M.proposes a 10 minute "fireside chat" by Dr. Williams, nightly over the public address system "to give patients the 'feel' of Dr.William's presence his personal interest in them" and to keep patients advised as to what is being planned for their benefit and what they must face and do to expedite their parole or release."
Ed.note: You'd have no time to listen to the four or five candidates running for president...make it once a week Charlie.

After seeing " The Lost Weekend," Dagwood said, "That guy is suffering from bottle fatigue."

Dagwood claims to be perfecting a new sun-tan oil for chickens. It's supposed to be a boon for people who prefer dark meat.

Lawyer Tucker sez:"Justice is a lady, and she's just like any other. Always worrin' about what the scales are gonna show."

WHY WORRY IF YOU FORGOT WHILE UPTOWN- YOU CAN ALWAYS DEPEND ON YOUR TALMAGE STORE!
YOUR NEIGHBORHOOD STORE!
GROCERIES - MEATS - VEGETABLES - DRY GOODS
FOUNTAIN SANDWICHES - HAVE YOU TRIED EM?

WE ARE LOOKING FOR A ROOM FOR OUR LIBRARY....meanwhile...send in your requests to Pomo News for books you like, and we will endeavor to find what you want!

Mail Bag Continued

Rather a lengthy letter from John E. from Ward 10. Know that John spent a lot of time writing it too.

John feels that all of us are capable of doing better and that we should all ask God to give us strength, courage and the ability to walk in the right paths. That we should think kindly towards those in charge of this hospital.

And to feel that those in charge are doing what they think is right, and to heed their willingness to help us. John places those in charge as ministers of God.... Men must obey the laws of the state...as it is God's will. John further states that we should not particularly work to please ourselves but to please those with whom we work.

"As you do unto your brethern so you do unto me," and we want to thank John E. from ward 10 for your serious thought.

WHY NOT A PATIENTS' QUESTION COLUMN EACH WEEK?

So asks Mr. B., ward 10... John R.N., ward 12, sends word that he tickles the ivories like nobodys business! Hang on, Johnny. We'll be using you... a poem entitled "Better Things" by Robert C., ward 12, was sent in last week. Thanks, Bob... space is worrying us this issue, but watch the next one. John N. and Wm. Z., both ward 12, want books on mathematics, penmanship, radio repair, etc... so they can study "while they have time." We'll get those books boys..

Editor's note:... Library space is not yet available, but a room will be designated very soon to accommodate both fiction and non-fiction material. Until then patients may request 20 to 30 unselected works to be sent to their respective wards. Mail your requests to the POMO NEWS, care of Dr. Goodstone. As soon as possible we will take inventory of what books are available and see that a mimeographed list is sent to each ward.....

One fire burns out another's burning... one pain is lessened by another's anguish.



In response to our requests for copy from patients, George K., ward worker on 9, submits this (hic)

There is, however strange it sounds.

A cozy tavern on the grounds,
A tavern of so great renown
No other equals it in town.

There on the shelves row upon row
Liquors in pretty bottles glow
And what is more, that cozy place
Two smiling lovely maidens grace.

They make you feel it is no sin
To gayly guzzle grogg and gin.
With equal charm for Thom and Mike
They pour the very booze they like.

And after those drinks you had
They put you tenderly to bed.
While at the moment you awaken
They serve you 4 fried eggs
with bacon.

Yet, what surprises every souse
Is, that each drink is on the
house.

He who the tavern runs, that gent
Will take from you not one red
cent.

If kindness such as this you
vexes.....

He is concerned with your reflexes.
He made it his life's Holy Mission
Your booze reflexes to condition
That once you walk out of his door
You'll swear off booze forevermore.

CARPENTER SHOP BUSY PLACE

Joe Addor, in charge of the carpenter shop, says his department is hard at work preparing shelving for ward F. Five of the eight patients employed were on an outside job yesterday repairing sludge bins at the hospital septic tank. The entire force just completed remodeling two apartments in the Nurses' Home.

A champion diver recently fell five stories from a skyscraper and lived to tell the story. That makes a total of six stories.



Permission has just been granted patients to write their contributions to the POMO NEWS ANY DAY of the week. You are no longer limited to only letter writing day to prepare your copy for the newspaper. Scratch pads were placed in the various wards for just this purpose and ask the attendant for paper to write your news, poems, or what have you.....

Patients may mail a copy of the Pomo News to friends or relatives each week in place of writing a letter. You are allotted two letters weekly.. right?....So if you wish to send a copy of the Pomo News home...then write only ONE letter. If you mail two copies of the News...write NO letters...savy?

Your folks may subscribe to the Pomo News by sending a check or money order to the POMO NEWS. Or if you have an account in the office you may subscribe.....as we do the mailing for you.

--
PIPE THIS FELLOWS!

Pipe fanciers will be interested to know that Bill Davis, attendant, is the proud possessor of the latest "Smokey Stover" pipe...a plastic zigzag affair that makes

3 DAY HOLIDAY -
Means plenty of time for snapshots.

WE HAVE EVERY ITEM FOR THE CAMERA FAN!

PERRY'S PHOTO SUPPLIES
D. K. IAH E. STANDLEY PH. 174-J

you dizzy just looking at it.

Mr. Davis, a hospital employee 23 years this fall, is an inadvertent collector of briars. He has 50 of them to date; specimens from Finland, Arabia, England, Alaska and the South Pacific.

STRADIVARI HAS COMPETITION!
(Industrial Shop)

It took Walter A. from ward 15, only a little more than two weeks to complete the manufacture of a violin here in the industrial shop. It's full-size and after a few more finishing touches there is a possibility of it being on display....Walter here's a note from the editor: Stradivari's improvement on his violins consisted chiefly in lowering the height of the arch of the belly, in making the four corner blocks more massive, in giving greater curvature to the middle ribs, in altering the setting of the sound holes and in making the scroll more massive and prominent...now finish it Walt.....

Ed. C., now in the mattress shop, wrought a Spanish guitar out of birdseye maple when he was employed in industrial shop.....Elmer J. is becoming quite adept in the art of making pipes. He turned out a pup-sized edition last week in less than two days...and is actively engaged in the hand production of larger sizes now....The redwood node, mentioned last week, is still producing enough wood for several last occasional tables.

New toys grace our novelty counter...giant grasshoppers, enormous butterflies, dogs that waddle, turtles that crawl, chickens that peck and a dozen or more diminutive acrobats on strings that, in action, smack of the repertoire of an old fashioned Punch 'n Judy show.

Last week we inadvertently neglected to include "Pal"...2 year old pup belonging to our boss, Mr. Elliott..in the list of personnel. He's the Shop favorite and the object of much affection. Friendly, benign; his job is not specific. But it is important..that of keeping up the men's morale.

Note: Watch for our story sson on MSH Dogs!

PLENTY OF
VITAMIN D AT MSH!



We are fortunate in being able to consume plenty of that health-giving fluid..Milk.

We afforded ourselves a brief respite from the daily grind last Wednesday and wandered off to the MSH dairy.

Enjoyed it too....The half mile trek o'er hill and fence recalled our boyhood tramps back on the farm. North Mill creek was full and signs of spring were rampant. In fact, we were so absorbed in the handiwork of Mother Nature that we almost forgot the purpose of our mission and, with something of a start, suddenly discovered we were smack in the middle of a lot of "moos."

The 30 acre tract of land includes the dairy proper, eight buildings in all. It was built in 1932 and has been a credit to the institution ever since. Irrigated pastures surround the offices and barns where H.A.Fanslow, assisted by George Hovey, supervises the care and milking of the herd.

Mr. Fanslow is responsible for some 250 head of Holstein-Friesians and requires the efforts of 25 patients, aside from paid employees, to help keep the "bossies" producing. The herd is rigidly inspected at least once a year for symptoms of Bang's disease and tuberculosis by representatives of the State Veterinarians department, Sacramento. At present, foundations are being laid for the erection of two new silos and state employes are building an addition to the milking barn; both programs of the State department of Agriculture. A new

pasteurizer is on the way, too. It's capacity will be 650 gallons, an increase of 90 gallons over the one now in us.

"Been having a run on 'boy' cows here lately," said Boss Fanslow. "The last twelve 'deliveries' scored us 10 bulls but only two heifers. Can't figure it out...no profit in that kind of arrangement!"

Mr. Fanslow, better known as "Hank," has been on the MSH payroll since 1924. Mrs Fanslow is employed in the Administration building in a secretarial capacity. Four paid milkers complete the personnel at the dairy: Geo. Duffey, Ernest Chaney and Sam and Eldon Hair.

BLOOD DONATED BY ATTENDANT

Irvin E. Ball, charge attendant Ward 12, donated a pint of blood to Mrs. Harvey Frey at the Howard Memorial hospital in Willits, last Tuesday night. Mrs. Frey, whose husband works on ward 1, underwent a major operation the same day. Her condition is now satisfactory.

SURPLUS SALE OF ICE BOXES

Sealed bids for the over-all purchase of 17 surplus ice boxes, recently discarded by the hospital, will be opened June 2. Requests for bids were mailed out last Thursday. New Westinghouse refrigeration units replace the old-fashioned coolers.



Scene: Ward 15....
Time: Every time it rains

Memorial Day story(Continued)

Confederate dead. But this prodigious toll palls perceptibly when compared with the 669,139 deaths resulting from automobile accidents in the U.S.A. during the past 35 years.

The A.A.A. predicts more than 300 will die as a result of car crashes over the holiday week-end. So, why not enjoy a quiet; stay-at-home, tend-your-garden, mow-the-lawn Memorial Day this year? It's more appropriate than burning up the highways. Give the family jampy a well-earned rest! You'll save a dollar...and maybe a life.

THOUGHTS WHILE STROLLING:

Doctors, attendants, all readers of the NEWS, please check and see if you have any copies of the first issue of our paper. We need them for our files. If any are discovered will you please turn them in to Dr. Goodstone's office? Thank you...New hours for parolees was extended to 8:30 p.m. last Wednesday by Supervisor Miller. They're 2 hours later than the winter schedule allowed. And nitoy-nite time was advanced to 9:15 for guests of ward 8...Paint Shop representatives are giving the Bartlett estate on the Hospital Ranch a new coat of paint. Bob Wright, shop boss, is in charge of the work.... We played nursemaid to the state X Ray mobile unit in Ukiah Apr. 27-May 12. They stored their traveling gear, trailer and all at MSH each night of their stay...A calendar for the year 1906 was divulged by Manager Valentini of the Shoe Shop last week portraying two comely maidens, products of the Gay '90s. 'Spec they're grannies by this time...J'ever notice how neat the lawns look? Frank L., ward 10, is responsible for their meticulous care...The two redwood trees that grace the front yard of ward 10 were planted by Supervisor Miller way back in '27...The Mattress factory reopened yesterday after a 3 weeks blackout. Instructor Frates has been having trouble with his

(Con't. next Col.)

eyes...Dr. David B. Williams will be in Sacramento June 18-19 attending a meeting of all state hospital superintendents.

Ward Attendants Earl Oaks and Joe Rafferty, rods in hand, hiked to Rattlesnake (Dry) creek early last Friday. "We both caught the limit," said Joe, "but we earned it. That's rough country to cover.

Bob Chapman, attendant ward 14, took sick suddenly on the job last Wednesday and had to return home after a few hours' duty. Bob was kicked by a saddlehorse recently and has been slow recovering from injuries sustained.

SHOE SHOP CHATTER

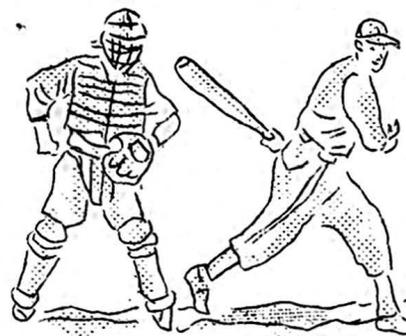
Chief Shoemaker Chas. Valentini was quoted last week as having only two boys...but there's more! Mario and Albert are both his offspring but are not members of the local Ukiah nine as are Lino and Bob. There's a young lady in the family, too, christened Mary, age 11. Little news from his department this time but we hung around long enough to hear his tale of an ex-patient who, doubting his sanity and to feel more at home nailed a heel on the toe of a shoe to prove to his own satisfaction that he was off the beam!

T'was mighty considerate of P.C.C., ward 10, to lend us his personal copy of Synonyms and Antonyms for our office use. Just such cooperation as that means a bigger and better POMO NEWS.

Herb B., ward 15, regrets the leak in the roof above dormitory 3 is still a-dribbling but says that is not so annoying as the patient who persists in leaving the faucet in the lavatory blubbering nightly with the evident objective of counting the drips like sheep to lull him to sleep.

(See cartoon bottom page 7)

SPORT PAGE MSH



SLUGGERS GUN in the box. Nor was GUNNERS 12-2! Baird under par.

Errors and apparent lack of practice contributed to the 12-2 trouncing of the Ft. Baker Gunners by the hard-hitting Talmage Sluggers on the MSH diamond last Sunday. The game was scheduled to start at 1:30 p.m. but gas line trouble aboard the visitor's bus delayed their arrival and necessitated the cramming of sandwiches and hot coffee down their throats before the cry of "play ball" was heard on the field.

The Gunners sizzled in two runs the first time at bat and it looked for a while as if we'd witness a good ball game. Lavalette, 1st baseman, scored the initial run for the Sluggers in the last half of the first and five more succeeding trips across home plate the last of the second put the local nine in the lead, 6-2. From there on out it was a rather sorry exhibition but through no fault of the Sluggers. Their maneuvers were, as usual skilfully executed. And their ease of operations was disconcerting, to say the least, to the representatives of Uncle Sam.

The Army's spirit flagged noticeably mid-game and Talmage proceeded to "take over," bringing in two more runs in the fourth, two in the seventh and two in the eighth.

Coach Baird, Slugger leftfielder, replaced Severi on the mound in the first of the fifth. Otto complained of a wrenched side and back but his ailments was certainly no detriment to his performance while

HO HUM!
Time out here.. "Foggy" Ottosen has a new car. He's been sporting a new five-passenger Chrysler coupe since the middle of last week. Foggy is the proprietor of a store and service station in Talmage...and called Foggys'.



Starting line-up for the Sluggers in last Sunday's game:

- lf- Baird
- cf- Guidi
- rf- Ottosen
- ss- Busch
- 1st- Lavalette
- 2nd- Morini
- 3rd- Mosna
- Catcher- Brazil
- Pitcher- Severi, Baird

Line-up for the Ft. Baker Gunners

- lf- Donahue
- cf- Winkler
- rf- Pahulick; Vidals
- 1st- Knapp
- 2nd- Cleveland (Mgr)
- 3rd- Green
- ss- Childress
- Catcher- Charney
- Pitcher- Harger

Sluggers cracked out a 3-2 win over Laytonville on the Ukiah diamond last Thursday nite. Plenty of credit goes to Wada, short stop. The session was brief, as game called on account of rain in 1st half of sixth.

THREE GAME SERIES MEMORIAL DAY
Memorial Day will find the Sluggers in the middle of a three game series, starting Saturday, May 29. El Cerrito will be their foe. "We'll take the series," says "Foggy" Ottosen, manager of Talmage nine. "Incidentally," he continued "I wish you'd extend our appreciation to Dr. Williams and Mr. Garvey for their cooperation with the team." They've both been mighty nice about everything.

READ ABOUT IT - IN THE POMO NEWS
TALK IT OVER AT —



FOGGY'S
TALMAGE PHONE 769

FORMER SEABEE TO RETURN SOON

"Uncle Sam" beckoned E.J. (Eddie) Veronda, charge Masonry Shop, to a two weeks cruise aboard one of his sea-going vessels a fortnight ago. His itinerary was undisclosed but he is due back to work some time soon. Eddie is a Chief Carpenter's Mate in the Navy Reserve and is subject to a federal "vacation" 14 days out of the year. He is acutely interested in the establishment of croquet courts for the patients and hopes to see them set up soon.

TO THE LADIES.....

Please make sure that your correspondence is marked at the top with your ward "letter"...I, F, A, etc. Georgie F. overlooked labeling hers properly but here's her copy:

Just a few lines to say that we all enjoy being together and are trying hard to cooperate as much as possible and do everything we are asked to do..we enjoy the work at the laundry..it's nice and clean. But we all wish they'd install one of those Coca Cola machines there. A good, cold Coke would taste mighty good after standing over a hot iron during the day... Gertrude L. had a birthday last week and received a cake with 43 candles from her mother..We had a birthday party for her in the ward dining room and she really enjoyed it.

--

"The female 'marking room' is running smoothly and efficiently," remarked Mrs Edith Ray, supervisor, yesterday. "It's been operating only a month, you know and is under the supervision of Mrs. Alexander. It's located in the tunnel at the south end of the administration building."

Misses Dorothy Buchanan and Elise Fitzpatrick, attendants, left yesterday for New Mexico and Texas, respectively. Both ladies accompanied patients for deportation.

DRIVE SAFELY THIS HOLIDAY

TO THE LADIES(continued)

A new wash basin was installed in the ladies restroom, rear hall Administration building, yesterday. And a tub came out...Ward B should look quite attractive when the painters get through. Spray guns and brushes have been applied to it's interior for the past six weeks.. Supervisor Edith Ray relates that 15 women attendants are now on vacation. "I've seen a lot of them come and go," mused Mrs. Ray. "I've been here for the past 24 years."

CONGRATULATES DR. WILLIAMS

John J.S., ward 15, writes: Dr. D.B. Williams is to be congratulated for his program administration policy at MSH. Since my sojourn here I've seen many changes for the better since his arrival. I am just one of the institutions shoe cobblers but I have recently devised a new "health shoe" which I think quite good. Would Dr. Williams or some of the other physicians care to see it? I should like to show it to them. Thank You!

THIEVES STEAL A DRINK

Thieves invaded the hospital clubhouse, adjacent to the baseball park, last Tuesday night and made off with five cases of soda pop. Fred Frigone, nursery employe found the lock jimmed and contents missing the following morning when he reported for work.

--

Six new Singer Sewing Machines have been purchased for the sewing room. Bids were opened for sale of the old ones yesterday.

--

Floyd Ross, chief auto mechanic, suffered a fractured right wrist while cranking the engine of a hay baler, brought in from the ranch for repairs, last Friday a.m. Must have been a mule in the crankcase huh Floyd? Floyd's home is in Ukiah.

--

Mighty considerate of P.C.C., Ward 10, to lend us his personal copy of Synonyms and Antonyms for our office use. Just such cooperation as this means a better Pomo.

ARTICLE DEPICTS MSH ALCOHOLIC PROGRAM ERRONEOUSLY

"A recent article in the Sacramento Bee depicts our alcoholic program erroneously," declared Dr. Lee Lochen yesterday. "The liquor administered is not drugged. The violent nausea following the consumption of alcohol by the patient is due to treatment anent but foreign to the intake of spirits.

"We have treated 46 out of 48 cases successfully since the start of the treatment last March," continued Dr. Lochen. "That's a pretty fair record in our opinion.

"I am deeply indebted to Mr and Mrs Lavell for their excellent cooperation and assistance during the past three months. Through their efforts and mine, the institution of 'conditioned reflex treatment' for alcoholics at MSH may be deemed a success. In fact, the results of the therapy here excel those of any other type of 'cure' elsewhere.

"We were told, in the beginning, that our 'type' of patient would not respond to the prescription but we have proved conclusively and irrefutably that he does. Omniscient souls also informed us that the reason for so many successful cures at Shadel Sanitarium, Seattle, where Mr. Lavell has been employed the past five years, was attributable to the high cost of the treatment...\$750. That, too, has been proven false. There is no charge for the benefits of the treatment here and the results have been most gratifying.

"After June 1 psychotherapy will be inserted into the course... discussion of the patients troubles and the probable causes for his excessive drinking. 'Men are still important' is the motto of the Shadel sanitarium. We feel the same way here.

"I sincerely hope that operations in the future will be as prolific as they have been in the past," concluded Dr. Lochen. "There is no reason why they shouldn't."

MORE TO THE LADIES

Ward I says "Kindly give us a list of the medical staff correctly spelled for our relatives and friends." The note's signed Vera Vague. OK, Vera, look for it in our next issue.

Ward F: Lost by a young blonde, one small "Peko"; answers to the name of Come-Hither-Darling...To save your heels, don't ballet slippers...Nightmares are easily controlled by a small hackamore anchored to the bedsprings (Well, all right!)...Why can't we see "Bedlam", "Lost Moment", "Naked City" (tsk, tsk) or anything starring (sigh) James Mason?

Nineteen were discharged from the hospital last week and sixteen were admitted...The snow Saturday is "Wyoming" but we are unable to give you any data regarding the cinema as press sheets failed to arrive before press time...Mr. Miller, in charge of all MSH trucking, returned to his duties yesterday after a two weeks vacation... "Lots of haying going on at the hospital farm," declared J.J. Garvey, business manager, yesterday. "Everyone is busy catching up with work delayed by the late spring rains."

Patients will be interested to know that MSH has plenty of athletic equipment on hand. Mitts, gloves, bats and balls will be aired soon. There is enough for two patient softball teams. If you wish to try out and are a parolee turn in your name to Dr. Gerald Goodstone, clinical director and we'll have a couple of teams organized "pronto." This is the season for some good twilight games,