

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pomo News

WEEKLY

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

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1948 A YEAR OF PROGRESS 1949 A YEAR OF PROMISE

ROBERT C. WINS POMO PRIZE

Just before the Movie, Saturday, Robert C. Wd. 12 was introduced to the Audience as the winner of the Pomo News Contest to secure a suitable drawing to be used this coming Year as a Masthead for the Paper.

The introduction was made by Mr. L. E. Miller, Supervisor, who took the opportunity to congratulate the Staff of the News, on the splendid job they had done the past Year.

Robert C's winning idea, picked from the many entries submitted, is shown at the top of this issue. Congratulations to Robert, and we are sure the \$5.00 prize is going to come in handy this New Year.

The Patient Judges who chose the Winner, were as follows:- P. Wd. 1 G. Wd. 2, Peter G. Wd. 3 Fred. Wd. 4 J. Wd. 5, Harvey A. Wd. 6, M. Wd. 7, P. Wd. 8 ST. Wd. 10, P. Wd. 12, Art Wd. 14, Nancy K. Ward H and Lila H. Ward I.

The News is grateful to all who participated in the Contest and to the Judges and Mr. Miller for their assistance.

1948 leaves in its wake, here at MSH, a long list of accomplishments, which may well be considered with pride by those responsible for their conception and execution. It seems at times that the Affairs of State are so swathed in red tape and Verbosity, that action is next to impossible, or at best is delayed. However here at MSH, in 1948 things have gone forward with startling rapidity.

In May 1948, the Pomo News made its first appearance upon the Wards and Offices of MSH. From a modest beginning there are now circulated some 2000 ten page copies of the News on every Tuesday. Thru these columns plans for the future are unfolded and the activities of the past reviewed. Thru these pages new ideas are fostered and developed. Constructive complaints are brought to the attention of those who have the Authority to act upon them. The News, under the guidance of Dr. Goodstone, is published by the Patients of MSH.

In September of last Year the Patients Library was opened. Thru the contributions of interested friends and the able direction of Joyce M. the Library now has some 2000 volumes of literature for the use of the Patients. Lists of all Books available are posted on each Ward. Patients make their selections from these lists and their books are delivered to their respective Wards. Joyce's charming personality and her sincere desire to be helpful, have made the Library one of the bright spots of the Hospital.

Social Activities, the past year, included the organizing of an Orchestra - the production of Musical Comedies and HOLIDAY Plays and the introduction of Patient Dances. Activities of this character are proof indeed that MSH is throwing off the shackles of Medieval Traditions.

Indoor and Outdoor Sports reached an all time high. Soft Ball and Volley Ball Courts and Equipment were made available Ping Pong - Croquet and Horse Shoe Courts were made and opened. All of these mean fresh air-sunshine and fun. Indoors in addition to books and magazines there are now puzzles and games for Patients use.

The granting of Ground Parole to Women Patients was another forward step for 1948.

Dr. Goodstone's Round Table Discussions are held twice weekly with the discussion material centering on the Subject of Alcoltherapy. These meetings are proving of immeasurable help to the Alcoholic interested in finding out of the 'WHY' of his problem, and the 'HOW' for its correction. Along a similar trend of thought, are the weekly meetings held by Mr. Gordon McWhirter, Psychiatric Social Worker, who discusses with the Alcoholic his problems of Social Readjustment upon his release.

In June 1948 the first Alcoholic Anonymous Group was organized under the competent sponsorship of the Santa Rosa A A Group. Patient interest is ever increasing as the word how this unusual Organization is able to help its more than 80,000 members to attain and maintain Sobriety.

In the Field of Supervision, the Psychotherapy Classes for all Attendants indicates the NEW ATTITUDE of the powers that be, in Sacramento. It is surely to be hoped that Attendants

(Continued on Page 5B Coll 1.)

PATIENT'S DANCE
THURSDAY - JAN. 13
MSH AUDITORIUM
6:30 P.M.

MSH PUBLIC SERVICE HERE

(Social Service Room M S H Administration Bldg., Jan. 3, 1949.)

From his office, located at Ukiah in the Post Office building Mr. Robert J. Farrell, Senior Deputy Collector of Internal Revenue as part of the Public Service of that Department established temporary office at MSH, on Jan. 3.

At the Social Service Room, in the Administration Building, Mr. Farrell, as a part of Public Service, in behalf of the U. B. of I. R. was offering the aid and experience of his office to any MSH employee who may have difficulties in estimating income tax reports.

This year, according to Mr. Farrell, there are a few changes, including a \$600.00 exemption allowance, instead of the former \$500.00 allowance. "Split income" provisions are made. All income, whether community or not, can be split between husband and wife filing joint returns. On larger incomes, this makes quite a saving in lower surtax rates.

There is an additional reduction in taxes over last year, which was a so called 5% reduction while this year 17% on the first \$400.00 of tax, and 12% on the balance of tax up to \$100,000.00.

Mr. Farrell's services Jan. 3 were, the most part concerned with estimate tax returns.

On March 3rd, he will return to give anyone needed assistance in determining their final returns.

MOVE FILES TO HALLWAY

Due to cramped quarters and lack of available space, the MSH Clinical Office files have been moved to the (Cont. pg. 9 col. 1)

MSH WELCOMES NEW COMERS

(Office of Head Supervisor MSH, Jan. 3, 1949)

Among recent new MSH employees are Walter Fernando and Winifred Beaver both of Ukiah, who will serve as attendants on the male wards.

THE DR. BAIR'S ENTERTAIN

As a house guest at the home of Dr. and Mrs. H. V. Bair is Ernest Grossardt, brother of Mrs. Bair.

Mr. Grossardt, a resident of the Sunflower state is expected to remain with the Bairs' for some time.

HOSTS TO GAY PARTY

New Year's Eve the majority of the MSH Medical Staff gathered at the home of Dr. and Mrs. D. O. Prasser on Medical Row to see the Old Year out and usher the New Year in.

The congenial doctor and his gracious wife proved to be wonderful hosts to the Staff and other guests invited and the collation served during the evening was without compare.

There was never a dull moment during the course of the evening as the guests enjoyed themselves to the fullest by playing music, singing songs and playing games.

At the stroke of midnight Medical Row resounded to the strains of "Auld Lang Syne" emanating from the Prasser residence.

The gay party broke up in the wee small hours with "Happy New Year" echoing in the cold morning air.

WILL TOUR MEXICO

Thursday evening, January 6, Dr. and Mrs. E. L. Lochen will depart on the first leg of an extended motor tour that will take "South of the Border" to Mexico City and Acapulco.

They will stay over- (Cont. pg. 9 col. 1)

BLOWS HER TOP

Just because she was overworked due to the intensely cold weather, "old lady" number two boiler became angry recently and "blew her top," to the tune of fourteen new seamless steel water tubes.

Number two boiler is the oldest steam generating unit in the MSH boiler room and in a decade of service this is the first time the veteran has required a major operation.

Under the personal supervision of Chief G. O. Walden the "decapitation" was completed and MSH steamfitters then removed the old steam tubes and inserted the new.

The new tubes are made from a solid forging which is necessary because of the steam pressure they must carry. It was necessary to send a sample of the old tubes to San Francisco and have the new ones made accordingly.

On their arrival the steamfitters inserted and expanded them at the drum ends and then the brick masons under the direction of E. J. Veronda took over for their part of the job. After a period of several days during which time the masonry was allowed to "set," other MSH artisans came on the scene and completed the work.

This has been the largest single tube operation of the four boilers (250 h.p.) now in service in the MSH powerhouse.

Old number two is now ready to do her share towards keeping everyone warm during the cold weather at MSH.

KILLED IN RAILROAD COLLISION

Two MSH attendants, W. R. Meyer and J. A. Brewer, met a tragic death at approximately 12:30 a.m. Tuesday morning. (Cont. Pg 9 col. 2)

YARDBIRD - NEWS

Woody C. and Jack F., both on ward 15, begin their new duties in the MSH Industrial Shop under supervision of William Elliott on Monday, December 27, 1948.

Portia T. Melissa M. and Georgia F., of ward H have been assigned to duties at the laundry.

Many of the girls on ward I were seen Christmas day showing off their new Top Coats and Sweaters. Who says there is no Santa Claus?

Santa Claus was good to several patients on ward I for when they looked in their stockings. Xmas morning each discovered a shiny new wrist watch.

Those remembered by Santa were Hazel B., Joyce M., Mazie C., Sadie H., and Maria B.

Rae J., was transferred on Jan. 3 from ward M to ward I. She was assigned to work at the ODR.

Attendant Estelle Tuttle is back on the job at ward I. She is looking fine and shows no ill effects from her recent operation.

M is for the Million thrills she'll give you!

O is for the Oh's and Ah's she drew!

T is for the Tights she filled so neatly!

H is for the Heart-throbs that she knew!

E is for the Eye-ful that she gave em!

R is for the Raves she rated, too! add them all together they spell next week's movie - Jan. 8 "Mother Wore Tights," Mother is Betty Grable. Dad is Dan Dan Dailey.

NOTICE

Anyone knowing where some Minstrel Dialogue Copy may be obtained for use in our coming MSH Minstrel Show, please notify the Pomo News, or mail same to c/o Dr. Goodstone.



DR. WILLIAMS
SAYS:

We are going to have a visit from Mrs. Katherine M. Steele, Director of Nursing Service. With

her, on Jan. 13 and 14 will be Miss Mary E. Corcoran, Director of Nurses for United States Public Health services.

* * * *

Dr. Toller, Superintendent of the Stockton State Hospital will be here Jan. 13 to look over our Alcoholic Treatment Program.

* * * *

Now that the Holidays are over I would like to see you patients work up a good Minstrel Show. Why not get busy and have a show ready to present sometime in March?

ONLY YOURSELF TO BLAME

If your mouth tastes like you'd just eaten a saddle blanket stolen from the Russian cavalry and the wild, wild bells ring out in your head New Year's Day - blame nobody but yourself.

So said distiller Fred Wilkie here on New Year's Eve.

"On the advantage of alcohol is that you can't drink too much without knowing it," the vice-president of Joseph E. Seagram and Sons remarked. "It rings a bell and the bell keeps ringing. No one can say whisky just slipped up on him."

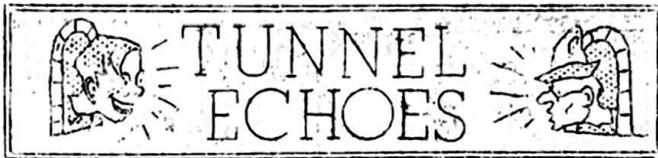
He had no suggestions for curing hangovers, but he had one for preventing them. "Don't drink to the exclusion of eating," he warned. "When you do that you get awfully drunk and it hurts you worse."

The distiller's advice was based on professional, not personal, experience. - Santa Rosa Press Democrat - Jan. 1, 1949.

LET'S GO-FOR A MINSTREL SHOW

Dr. Williams has enthusiastically urged MSH patients to get together for the purpose of staging a Minstrel show in March. That time isn't far away, so all patients are urged to "talk up" the project which will be of our own making as have been our other shows.

A GOOD START IN '49 WITH A PATIENTS' DANCE COMING UP JANUARY 13, AND A MINSTREL SHOW DEVELOPING, AMUSEMENT FOR A YOUNGSTER LIKE 1949, SHOULD INDEED BE JUST WHAT THE DOCTOR ORDERED. LETS ALL GET INTERESTED AT ONCE



ATTENTION EMPLOYEES

Mendocino Chapter of the California State Employees' Association has now launched its 1949 membership campaign. The Chairman of the Membership committee, George Harmon, has set a goal of 400 members for 1949, which will no doubt be accomplished, with the help of his very able committee.

The Association has many vital problems facing it for the coming year, the foremost of which is the protection of employees' rights and benefits, as affected by the new pension law, No. 4 at the recent election. Since this law provides that pension payments shall constitute a first lien against all funds in the State Treasury, the question of the safety of employees' retirement contributions has been raised. The CSEA is now seeking an opinion from the Attorney General on this point, in order to know what steps to take to safeguard the contributions of State Employees to this fund.

Another subject requiring prompt action concerns salary adjustments for those employees who did not benefit from the last increase, due to lack of funds. The Association is pursuing a vigorous campaign to secure an appropriation from the Legislature sufficient to make these adjustments retroactive to September 1, 1948, the date when the first group of employees received increases.

An attempt is being made by the CSEA to clarify the rules governing holidays, since under the present rulings some employees are receiving unfair treatment in this respect.

There are many matters of importance being acted upon, covering such points as improvement of retirement conditions, strengthening of Civil Service, and broadening of group insurance coverage.

The many services rendered to the employees by the California State Employees Association, such as those outlined above, make it a truly outstanding employees organization. The vast improvement in the past decade, both in employees benefits and working conditions, and in the quality of service to the public, can largely be traced to the continuous activity of the CSEA.

Laurels to both matron's and Supervisor's Offices for their cooperation in the recent P o m o News Masthead contest without which the J u d g i n g would have presented many obstacles.

The attendants too, who accompanied those patient judges to the Auditorium that their personal decision might be final, are worthy of commendation. Their evident interest matched that of the patients.

In his introductory address at the Pomo News Contest presentation of Robert C., the winner of the Prize, Head Supervisor L.E. Miller, failed to even hint, that his office had in every respect done everything possible to "grease the skids" or "smooth the way" for a successful Contest. Thank's Mr. Miller from all concerned.

* * * * *

December 20th issue of "Time" magazine carried a 6 page Review on the very recently released picture "The Snake Pit."

* * * * *

A new paint job at the patients' Dining Room was interrupted by the Holidays. Bob Wright's boys will no doubt have the walls shinning shortly after resuming the job.

* * * * *

Ran into Robert C., ward 12 the winner of the Pomo News Masthead Contest. Bob was enroute through the "tunnel" to the MSH Auditorium, to be presented, as the creator of the Pomo News Banner or Masthead which was awarded the day before, by patient judges representing their respective wards.

* * * * *

Among the State Oldsters of Literature, "The Mountain Messenger," ranks a senior. Edited by M. T. Ayres and published at Downieville, Calif., the newspaper is the third oldest in the state.

* * * * *

All patients are asked to contribute the following information to the MSH Orchestra: any knowledge of patients able to play any instrument, or where more instruments are available. Get behind your orchestra. - Push and Boost it!! - ATTEND A.A. MEETINGS EVERY SUNDAY.

C.S.E.A.

DUES FOR 1949

NOW DUE AND PAYABLE

JOIN NOW



Herman J. on Ward #3, writes to suggest a new Hi-Jinks Show. He has some original ideas, however. He says have a continuous show, intermissions every hour, when refreshments would be served. Charge fifty cents admission to Adults-Kids Free.

G.S. of Ward #3, says "I sure enjoyed the Xmas Show. Why don't we put it on for the Churches in Ukiah?"

Oliver D., on Ward #3 offers his services for the next Show. We understand that he is right good on the harmonica and you'll see him, very probably, in the next show.

"Just a line to tell you that this last Christmas was the best I have seen in all the 21 years I have been here. It was a very nice thing that the Carol Singers went to Wards F and 7. I know the Patients on these Wards enjoyed the singing." signed, Uncle George, Ward #3.

Victor J. on Ward #3 sent us a Xmas Poem and we regret that lack of space prevents us from printing it this Issue.

Nancy Ellen, Ward K, writes, "I'd like very much to thank Bob and Irish, and all who were in charge of the Xmas Play, for letting me take part in it. I certainly enjoyed it very much. If you have another show I hope I will be in it."

To the Editor of Pomo:-
Would you please explain, in your paper just what constitutes the Reflex Treatment given to Alcoholics?
Don S. Ward 8.

We will ask Dr. Goodstone for an article on this subject.

Dear Pomo News Editor:-
"What is the average length of time for an Alcoholic to stay here?"

We don't know. The Tunnel Statistician says-two months if you take the treatment four months if you don't. Better ask your Doctor.

Pomo News Editor:
"Can anyone attend the Alcoholic Anonymous Meeting? I'm not here for Alcoholism but would like to know something about AA."

Sure your welcome at AA Meetings. If you do not have Ground Parole ask your Doctor to arrange for your attendance.

TO ALL PATIENTS

Write The News of the happenings on your Ward. We'll be glad to get your letter.

To the Editor:-

"It was a great day for me and for Ward Twelve, when I was fortunate enough to win the Pomo News Prize for a new Masthead... when I appeared on the Stage of the Auditorium, before the Movie Show, to be announced the Winner, the applause given me by the Patients, sure made me feel good. I want to thank you all, also the Doctors and Mr. Miller for their kindness to me"

Robert C. Ward 12.

Editor;
Pomo News.

Do the Hospital Authorities write to our relatives when we come here, letting them know they can write to us and send us cigarettes, candy etc.?"

EC. Ward 8.

As we understand it, the Hospital does send out a printed form telling your relatives when they may visit and what they may and may not send you.

To the Editor of POMO,
Dear Sir:

"Can you tell me the plane fare from Ukiah to San Francisco and how long it takes to fly?"
M.S. Ward 8.

The fare is about \$6.85 and the flying time about forty minutes. If you come back in a State automobile its free.

God grant us the Serenity to accept the things we can not change, the Courage to change those things we can; and the Intelligence to know the difference between the two.

It is not the experiences of TODAY that drive men mad - it is the remorse or bitterness for something that happened yesterday and the dread of what TOMORROW will bring. Let us therefore live but one day at a time. And make that day-TODAY.

There is a new Minstrel Show in the making. If you have any talent-any ideas or suggestions, send them along to the Pomo.

Remember the date. JANUARY 13th. This is the date of the next PATIENT'S DANCE which will be held in the Main Building Auditorium.

NOTICE TO ALCOHOLICS

There are four meetings a week which may prove of help to you. Dr. Goodstone's Round Table Discussions, held on Mondays and Wednesdays at 2 P.M. in the Ward 9 Conference Room. The Friday Meetings, under the Direction of Mr. Gordon Mc'hirter, Psychiatric Social Worker which are held in the same room at 2.30 P.M. Also the AA Meetings held in the Auditorium at 6 P.M. Sundays.

The attendance at all of these meetings is voluntary. If you do not have Ground Parole ask your Doctor to see that you are put on the list to attend them.

SEND A POMO NEWS TO YOUR HOME.

WELCOMED IN 1948

'THUMBNAIL' BIOGRAPHIES

(We present the eighth of a series of eleven "thumbnail" biographies of the hospital's doctors.)

DR. PAUL BITTICK JR.

Dr. Paul Bittick Jr. was born in Joplin, Missouri, February 7, 1917. He attended grade school there and was graduated from high school in 1936... Following the bestowal of a sheepskin he enrolled at the Kansas State Teachers' College at Pittsburg. The Missourian was a student there for 3 years and later became affiliated with a hospital for one year in his hometown of Joplin... Dr. Bittick enlisted in the United States Navy as a hospital corpsman and served about a year and a half. He was released to inactive duty in October 1941 and left Pearl Harbor to attend Medical School... Being too late for the current semester he did not enter college until the next year - 1942, and attended medical school from 1944 to 1947. Dr. Bittick graduated from the University of Kansas, at Lawrence, in 1947. During his last year (senior) at K.U. "on the Kaw" the Mendocino state hospital newcomer practiced in a private psychiatric hospital in Kansas City. Doctor Bittick spent his internship - fifteen months in all - at Orange county, hospital, Santa Ana, California. He, with Mrs. Bittick and daughter left there to become a member of the Mendocino state hospital medical staff August 1, this year. Dr. Bittick, his wife and three and a half old Mary Carol now dwell at Cottage 4 on Medical Row.

RETIRES

Last Friday, August 20 Mrs. Helen L. Scholl concluded five years' service as institutional pharmacist at the Mendocino state hospital. Graduating from pharmacy school at the University of Alberta, Edmonton, Canada, in 1918, Mrs. Scholl has been a prescriptionist for patients for three decades.

She plans to refrain from active practice and engage in nursery and floral business at Fortuna, California.

VETERAN ATTENDANT RECOVERS

Howard McCandless, attendant ward 14 who underwent an operation on New Year's Eve, is convalescing nicely at the Ukiah General Hospital, it is reported. Howard began work at MSH in 1935.

DR. JOSEPH K. ORR

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

MSH HAS NEW PHARMACIST

Taking charge of the MSH Pharmacy Friday, November 26, was P.L. Walling, who until recently was employed at Los Angeles County Hospital.

The new pharmacist is a graduate of the New Jersey College of Pharmacy and has been a resident of this state since 1925.

Mr. Walling is a veteran of World War II and served in the United States Army with the 105th General Hospital Unit, (known as the Harvard unit) for three years. During this time he served a year in the South Pacific. The veteran is now in the honorary section of the retired Officer's Reserve.

He has taken up residence in an apartment on ward 9.

Good State Hospital Doctors are busy people. All are busy at MSH.

QUESTIONS

ANSWERS AT BOTTOM OF PAGE

1. Who was the man who established the first Mission in California?
2. When and where was the first Mission?
3. Who was his successor?
4. While in charge of the San Diego Mission how many Missions did he found?
5. What was the first ship to enter the Golden Gate?
6. When and by whom was the San Francisco Bay discovered?

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inward peace for anything whatsoever. - - - (Francis De Sales)

Self-respect is the noblest garment with which a man may clothe himself, the most elevating feeling with which the mind can be inspired. - - (Samuel Smiles)

Be yourself: A good farthing is better than a bad sovereign. Affect no oddness, but dare to be right, though you have to be singular.

GREET'S OLD FRIENDS

Using the Pomo News as a medium of reaching his old friends here at M.S.H. P.E. Bolton writing from his bed at Letterman General Hospital included the following message:

"Am doing fairly well here and they are swell to me. I received lots of cigars and cards from my friends, wife and family. I thank you all very much."

P. E. Bolton

STARTS ANOTHER CLASS

Any sex deviant (sex psychopath) wishing to attend Dr. Prasser's classes are asked to send their name in to him. Another class will start in the immediate future.

"Winosee" W. was lately added to the roster of patients at ward 15.

Al I., is a recent newcomer on ward 8.

ANSWERS TO QUESTIONS

1. It was a member of the Franciscans, Junipero Serra.
2. San Diego, in San Diego County, July 16, 1769.
3. Fermin Francisco Lasuen.
4. Six. Santa Barbara, Santa Cruz, Soledad, San Jose, San Juan Bautista, San Luis Rey.
5. San Carlos.
6. Portola and his 1 and party on November 2, 1769.

OCCUPATIONAL THERAPY BUSY HANDS

(POMO NEWS Nov. 2, 1948)

Patients having occupational paraphernalia for inter-ward exchange may henceforth use the medium of the MSH library through their regular "library order detail," said Occupational Director Dr. G.L. Goodstone today.

OCCUPATIONAL THERAPY IN DOUBLE PLAY

(POMO NEWS PAGE 2, DEC. 7, 1948)

Built by patients at the Industrial Shop as a feature of MSH Occupational Therapy this week comes "cue" pinball machines for distribution towards 8 and 15.

Games are put into play by use of a cue stick rather than by the "spring-ball" commercial theory.

All wards are to be included in the distribution of Occupational and amusement equipment recently purchased. These "on the ward" patient pastimes include - - Crown Dominoes, Cribbage Boards, Puzzles, Checkers, Boxing Gloves, and Chinese Checkers.

MSH FAIR BOOTH IS ENVY OF ALL

(Aug. 24, 1948)

One of the most attractive exhibits that Mendocino State hospital has ever displayed was eyed approvingly by visitors at the 12th District Fair at Ukiah last Friday, Saturday and Sunday August 20, 21 and 22.

In spite of no room for MSH Shoe and Mattress Shop exhibits the hospital display won high approval. Artistically staged, the Industrial Shop's handiwork was made of imported wood that had been sent Therapist Elliott from all parts of the country.

The entire exhibit consisted of items made by MSH patients and were projects of the Occupational Therapy Department.

SEE THIS

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.

Your ONE-STOP Shopping Center

THE TALMAGE STORE

SOCIAL THERAPY

GROUP MEETINGS (In Conference Room)
Please note change of schedule.

THURSDAYS

1:30 Orientation for new patients
3:00 Pre-leave group

FRIDAY MORNING

Appointments to see Gordon McWhirter, Social Worker, should be made with the Social Service Receptionist, Mrs. Frieda Lavell, who will be in the Social Service office afternoons (only).

FRIDAYS

2:00 "Free discussion"

(Pomo News - "Dr. Williams Says" - Oct. 19, -1948.)

Katharine M. Steele, Director of Nursing Service, was a visitor at MSH last week. She had some helpful and constructive suggestions to offer regarding the attendants training program. In the near future selected training films will be shown at the classes held for the MSH attendants.

The women's parole system is moving along smoothly.

We are trying to intensify the psychiatric social workers program for San Francisco patients and we hope to have Mr. Gordon McWhirter at the hospital two days each week.

This will give him an opportunity to interview the patients before they leave MSH.

The library is growing every week and we anticipate a lot more books. Patients' relatives are passing the word around that we need all kinds of books and magazines and their respective communities are responding nobly. We are all encouraged by the splendid accomplishments of the orchestra. It is hoped that by December we will have an organization capable of playing for dances at MSH.

The Pomo News has been asked to stress the fact that theirs is a non-profit Occupational Therapy endeavor. Patients are asked to pass the paper on to the next fellow and also mail it home - - - free gratis.

ALCOTHERAPY

Dr. Goodstone's Roundtable Wednesday Group Meetings on Alcoholic Therapy was held in Ward 9 Conference Room, with 15 in attendance, with Dr. Schramm present as a guest on December 27.

The two questions tossed to the Group for discussion were: - IS Drinking a Symptom of Maladjustment? - Why does an Alcoholic Drink?

These questions are extremely controversial and brought forth some interesting answers and reasons from those present. These meetings are of the 'free discussion' type. Those in attendance may air their opinions and their problems and receive the benefit of the experience of others, who are present, in addition to the Psychiatric approach to the problem as explained by Dr. Goodstone.

These meetings are held at 2: P.M. on Mondays and Wednesdays, each week, at the Ward 9 Conference Room. They are open to all who have an alcoholic problem and while the attendance is entirely on a voluntary basis, it is decidedly advantageous to attend these meetings. Invariably some point is brought out that can be adapted by you to help in the solving of your problem.

(THE POMO NEWS WAS ALMOST A MONTH OLD WHEN THE FOLLOWING WAS PRINTED JUNE 8, 1948.)

Twenty-eight men and women acutely interested in the welfare of alcoholics after their release from institutional care to the wiles and temptations of society convened at Mendocino State Hospital last Thursday, June 3.

Considerable stress was put upon the need of an Alcoholics Anonymous chapter here was emphasized by Dr. Samuel Susselman of the Langley Porter Clinic, San Francisco, who stated that "A.A. can be used in company with M.S.H.'s group therapy and conditioned reflex program quite, quite satisfactorily."

Plans for regular A.A. meetings were talked over later and Sundays tentatively designated as assembly days.

A.A. MEETS HERE
(Pomo News 6-29-48)

Last Sunday, June 27 marked the second meeting of Alcoholics Anonymous at MSH. Some 75 men and women patients heard the A.A. definition of the "first step" in the organization's program for alcoholics in the auditorium at 6 P.M. Material regarding the function of Alcoholics Anonymous was distributed to those assembled.

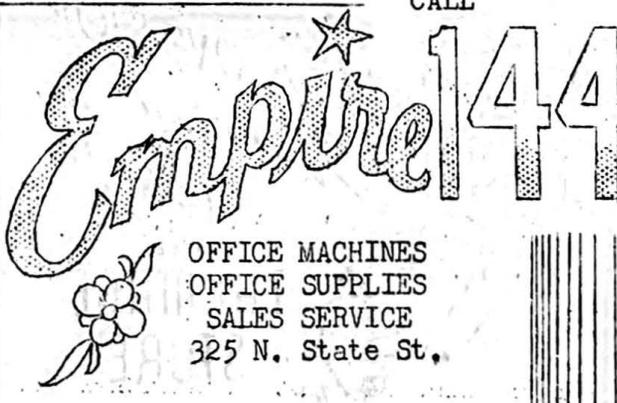
Four representatives from the Santa Rosa chapter presided and plans were discussed relative to a chapter here. There will be no meeting here next Sunday but one will be held the following Sabbath, July 11. A good turnout is expected.

ALCOHOLIC ANONYMOUS HOLD REGULAR MEETING EVERY SUNDAY, 6 P.M. AT THE MSH AUDITORIUM, YOU ARE WELCOME

CALL

Empire 144

OFFICE MACHINES
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SALES SERVICE
325 N. State St.



MEDICAL HISTORY RECORDED

Taking just two weeks to X-Ray the entire patient population of MSH, the Mobile X-Ray Unit of the California Board of Health, concluded their work with the female wards Friday, November 10.

Thus the population of MSH, numbering 2771 patients, has their tuberculosis X-Ray pictures recorded on roll film for the first time since the beginning of this valuable service.

Monday, November 13, all MSH employees and their families who desired to take advantage of this service had T. B. X-Ray pictures taken and filed for future reference.

The technicians with the unit will conclude their work for the year by taking pictures of all new patients admitted to the hospital since December 1.

MOBILE T. B. UNIT AT MSH

Starting at 9 a. m. Tuesday, November 30, the Mobile X-Ray Unit of the California Board of Health began the annual Tuberculosis X-Ray of all MSH patients.

Getting off to a flying start, with the assistance of a picked squad of attendants from the office of Supervisor H. E. Miller, the technicians with the unit were able to X-Ray 563 patients the first day.

Due to the fine co-operation on the part of all those concerned this was the biggest day of operation since the inauguration of this service.

LOBOTOMIES

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 Putman, professor of neuro-surgery at Columbia University, they observed the cases and technique of Dr. William Berwald, MSH 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
(Cont. on next column.)

ENDEAVOR TO CLINIC

Registered Nurse Teresa Sipkens is the newly installed "charge" of the MSH clinical laboratory at ward 9.

Mrs. Sipkens, a native from San Diego and a resident of Twin Falls, Idaho ("just to show I'm not biased") for twelve years, spent last Wednesday, Sept. 1 accustoming herself to the clinic's routine.

She needed no schooling in the function of that department, however, as she was diplomaed from the White Memorial Hospital, Los Angeles in 1927 and has absorbed extensive laboratory and clerical experience since graduation. Nurse Sipkens comes from Vallejo where she was employed as head office nurse in the combined officials of MSH Doctors H. V. Bair and Joseph K. Orr. Dr. Bair severed his professional connections in Vallejo and came to MSH August 1, last year but Mrs. Sipkens stayed on in Dr. Orr's employ until he, emulating his ex-associate's tactics, became a member of the hospital personnel here last August 1.

Nurse Sipkens, who has a son, John 18 and in his second year of "pre mod" school at Walla Walla, Washington, is making her home at ward 9.

NEW LAB EQUIPMENT

Taking a prominent place among the fine pieces of equipment that make up the MSH Clinical Laboratory is a new Bausch and Lomb Binocular Microscope.

Purchased at a cost of 500 dollars and received at the "lab" only last week, this splendid microscope is fast becoming the pride and joy of nurse Teresa Sipkens, who is the technician in charge of this all important department.

This new piece of equipment, coupled with a new Substage Lamp, a product of the American Optical Company, will add much to the already well equipped laborator.

LOBOTOMIES-(Continued)

equipment are completed. Instruments have already been ordered.

Dr. Orr and Bair were definitely impressed by results obtained in the post-operative cases they observed at both Camarillo and Patton State Hospitals.

PATIENTS' DANCE Thursday January 13

A n MSH Patients' Dance will be held at t h e MSH Auditorium. There will be refreshments w i t h music furnished b y the P a t i e n t s' Orchestra.

DOWN ON THE FARM

3RD CHAMP FOR HANK

PIGGIES ADOPTED

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

The third-time-charmer is Mendocino Marie Meg, number 2466498. Marie Meg took high honors by producing 1034.8 pounds of butterfat for the year ending August 1, 1948, setting a new national record for three year old cows.

The old record of 1023.6 pounds butterfat a United States owned Holstein at the Government experimental station Bettsville, Maryland.

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

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

CHICKEN THE MAN SAID

"Chicken, yes sir, all the chicken the patients can eat," said A. Mossi at the MSH Chicken Ranch last Saturday afternoon.

"I sent in to the butcher shop 250 hens this week and will have 250 more for this coming week, which will finish up the fall killing.

Sometimes before the corn harvest starts, present plans call for the removal of the six corn cribs to a new location.

Foundations are now being built for the cribs and they will be installed and ready for the corn crop when it is delivered to the ranch.

The new quonset building is proving satisfactory and saves many a step for the patients working there.

All the feed supply is stored in this building and here the feed grinder, mixer and cooker are installed. This arrangement makes it convenient for the patients to

(Cont. on pg. 9 col. 2.)

Piggies and more piggies! You'll see oodles of them your first visit to the MSH Hog Ranch. Sept. 16, 1948.

Porkies' "heaven" is conducted by Ed. Laviletta, Veteran Hog Rancher. Mr. Laviletta's domain is reputed to be the most sanitary, the most modern up-to-date hoggerly in this part of the country. Visitors' comments are all the same in this respect and the ranch has been frequented by bigwigs from Sacramento innumerable times since he has been in charge.

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

"Many times when a sow has a big litter like this one," pointed out Boss Laviletta last Saturday to Pomo News reporters, "We have to take some away and add them to the litter of a sow that did not have so many in order to assure them plenty to eat.

--Trickery Employed--

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

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

BILL W. NEW ROOF O'ERHEAD

A Mossi, MSH poultryman, reports that the eight big chicken houses on the chicken ranch were re-roofed last week with corrugated aluminum.

Two buildings, 200 feet long by 25 feet wide; five buildings 150 feet long by 16 feet wide and another 150 feet long by 25 feet wide make up the chicken house unit.

Joe Addor, institutional carpenter, and crew also constructed in the Mossi chicken yards eight new concrete watering troughs. There are two more to be built.

THE POMO NEWS IS A NON-PROFIT PROJECT OF THE OCCUPATIONAL THERAPY DEPARTMENT OF MSH.

MSH ORCHESTRA

TO SEE CAVALCADE OCT. 5, 1948

Thursday night, October 7, approximately 40 patients from MSH will be privileged to journey to Ukiah to attend the presentation of the Calvalcade of California.

The program, starting at 8:30 p. m. in the Ukiah ball park, is part of the Ukiah Vintage and Centennial Celebration.

The Centennial Queen's coronation will take place that evening also and she will reign supreme for the next three days.

Patients eligible to enjoy the festivities will make the trip to town in MSH trucks escorted by attendants.

Those patients include the oldest MSH patients, the Band and others worthy of the privilege.

PATIENTS' DAY FETE DRAWS LARGE CROWD (JULY 7, 1948)

The Patient's Day exercises at the hospital ball field last Sunday, July 4, went off with a bigger "bang" than ever this year thanks to "Emcee" Beecher Conover, the MSH band, and other attendants and patients who gave so generously and cheerfully to making it a gala occasion. The prizes emanating from the Patient's Amusement fund provided the winners of the various events with cartons of cigarettes, cakes, boxes of candy, powder, soap, and cosmetic cases. No contestant went away empty handed. Those who failed to place received candy for consolation prizes.

BAND AT GAME (OCT. 19, 1948)

MUSIC ADDS FESTIVE AIR

A field day for pleasant entertainment is hardly expressive of the thrills provided by a program held at the MSH ball park, Sunday October 17. The visiting Ukiah Merchants baseball team being entertained by the Talmage Sluggers, added to a colorful picture, in their red and white uniforms against the green sod and darker turf of the immaculately kept MSH ball diamond.

In center grandstand directly behind home plate, Band Manager Bob Haslam's MSH Patient band, was supported by several vocalists before the public address system.

Shortly before game time the band struck up with the appropriate popular "Take me out to the ball game," followed by other numbers including a dance, (Mexican Hat) cleverly done by Maria, ward M.

MSH BAND APPLAUDED (Oct. 12, 1948)

Also drawing cheers was the appropriately decorated MSH Band truck, carrying cowboys and cowgirls in bright-colored shirts and blue jeans playing and singing "Ragtime Cowboy Joe." Thus did the Ukiah Republican Press describe the hospital entry in the Ukiah Vintage and Centennial Parade. Soon after leaving the hospital grounds where they "set up" and played some farewell numbers for the patients gathered around, the band accompanied group were warmly received by the committee who assigned their position in the parade. They were later awarded honorable mention.

"It is nice to know that such constructive occupation is supported by the institution," was the comment of many of those witnessing the colorful parade.

"The vast throngs on the winding line of march received us enthusiastically and we thoroughly enjoyed ourselves," commented members of the group.

Perhaps no one is more aware and with personal good reason, of the time and effort spent by the group in preparation than their Manager Bob Haslam, who later in the Pomo News office, said when speaking of his charges, "I'm proud of them all and they gave me lots of encouragement. I predict a future of successful ventures of this type -- and don't forget we need more members. Dr. D. B. Williams would like to see a 20 piece band if possible. If any patient has reason to believe he or she can play an instrument or sing, they need only notify their ward charge who will then contact me in their behalf," he concluded.

HITS 'JACKPOT'

Harry F. Johnson, charge attendant ward 8, killed a 100 pound forked horn last Thursday, September 2 at Swin's Ridge. Harry went looking for deer three times before but scored nary a hit.

LUCKY PAIR IN WIN

Mrs. Eleanor Eby, MSH switchboard operator, won one hundred dollars at CSEA Meeting here at MSH Auditorium, November 9.

M. L. Dekeno, MSH attendant, won a three way floor lamp the same evening.

SEND A POMO NEWS HOME

THIS AND THAT

PANSIES SOON

Several lots of fall pansies were seeded in germination beds at the MSH greenhouse a fortnight ago. They are growing fast and will be ready for fall transplanting sometime during September. The pansies, when developed, will be planted round doctors' cottages, wards, buildings and other spots about the hospital grounds.

The hospital's summer flowers which were blooming exuberantly only a few weeks ago are nearly all gone now and fall plants and flowers are maturing. The latter includes varieties of chrysanthemums and many other fall blooms.

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.

FLOWERS TO COME

The cold and rainy days of the past weeks, have kept Fred Figone and his weaver beaver patient gardeners pretty close to the MSH Greenhouse.

When the sun shines the boys "make hay", that is they plant flowers; snapdragons, pansies, marigolds and other varieties that thrive during the winter months.

Fred, with three men helping, has just completed the transplanting of thousands of snapdragons and pansies at all the MSH cottages and wards. The two flower beds located near the main gate, have been planted to marigolds and the four plots bordering the street adjacent to ward M, have been planted to several varieties of pansies and snapdragons.

In their spare time the boys can always grab up a rake and a wheelbarrow and go to work on the ever-falling leaves.

* * * * *

Pomo News is an Occupational Therapy feature of Psychotherapy.

ALBERTINUM BOYS

GUESTS AT MSH

Coming to MSH last Wednesday afternoon in their school bus, were 25 boys accompanied by Assistant Coach Lewis from the Albertinum Parochial School in Ukiah.

All were to be guests for the afternoon at the homes of Drs. E. L. Lochen and Dr. J. K. Orr and the smiles on the boys' faces in anticipation of a "large day" was something to see.

Every once in a while a party is given for these underprivileged children by Dr. Lochen at the hospital and great is their enthusiasm and appreciation at being granted the privilege of visiting in the homes of well meaning people. Last year 25 other boys were guests at MSH and next year girls of the school will have their turn.

The two doctors had a full afternoon planned for the boys and they were allowed to "cut loose" and enjoy themselves to the utmost. They had a lively baseball game in the ballpark; they made recordings of their voices, sang songs and played bingo.

The big event of the party was a guessing contest involving a quart jar full of beans. The idea was to guess the number of beans in the jar and the prize was a week-end visit at the home of Dr. E. L. Lochen. This event was won by Gerry Vosti, age 11 and William Brooks, age 15.

Refreshments were served during the afternoon and the boys had their fill of potato salad, ice cream, cake, cookies and candy. They were thrilled beyond words as they rarely get to visit people in their homes and were a well-mannered and well-behaved group of boys, fully deserving of any consideration extended them.

The party began at two o'clock and lasted until six-thirty, not ending until they had experienced the thrill of roasting weiners and marshmallows in the fireplace.

The boys were reluctant to call it a day and it was a tired but happy group that boarded the bus, to be escorted back to the school by Assistant Coach Lewis.

Dr. Lochen says that their little party was just a start and it is hoped that more people will invite these appreciative and deserving children into their homes. Anyone desiring to extend an invitation to the children for the holidays, may do so by telephoning and making arrangements with the Sister (Cont. on pg. 9 col. 1)

(Continued from Page 1)

who are unable to turn their Minds to this NEW ATTITUDE will turn THEIR HANDS to new VOCATIONS.

In Summary then, we might say that we Patients here at MSH can enter the New Year with the stout conviction that these accomplishments of 1948 are going to stick and that the many improvements now in the embryonic stage, will come to Life, and encourage us further to hope for betterment in both our Physical and Mental Status.

-By Carter M.,
Pomo News Staff.

AA XMAS PARTY

On Sunday Evening The Nite after Xmas, The Santa Rosa AA Group arrived to stage a little party for the MSH-AA Group. The writer has seen many AA gatherings both Social and Serious, but never have I witnessed more enthusiasm than put out by this Santa Rosa crowd. They arrived Sunday, (the day after Xmas, mind you- when they probably would have rather been at home) with seven members, including, a singing guitar player, a Harmonica Artist of no mean ability, and 'DEE' the spark plug of the bunch in the role of Magic-ian. These three forgot AA for the moment, stepped into their acts and put out with plenty of real entertainment. Not satisfied with this, they produced cigarettes as Xmas presents for all present. We retaliated with some entertainment of our own. Bill O., as MC with Kay A. piano Bill W. with his fiddle and Irish doing the Vocals, we contributed our share to the fun of the evening. From those mysterious forces which sometimes 'give' for special events, we served very acceptable altho unspiked punch, to our Guests and Members. (Cookies, too)

The Santa Rosa Group made our Holiday a more pleasant one, and to them we extend our most sincere wishes for a Sober and Happy New Year.

REGULAR AA MEETING

The regular Sunday Nite Meeting of MSH AA Group was held in the Auditorium at 6 P.M. Because a large percentage present had never attended an outside AA Meeting the Chairman Carter M., gave a short talk on the Organizational set-up of AA, its method of procedure in helping a fellow Alcoholic; and a resume of what AA has accomplished in helping its 80,000 members to ATTAIN and MAINTAIN Sobriety. He cited his own case as an example he told how you can fail to MAINTAIN Sobriety by failing to 'stay on the Program. His slip came after 22 months of being dry. As guest speaker, Dr. Goodstone chose as a Subject, 'ALCOHOLISM AS A SYMPTON'. His remarks based upon the Psychiatric approach to the problem, we intensely interesting. Dr. Goodstone's talks, both at AA Meetings and at his bi-weekly Round Table Meetings are immeasurably helpful to Alcoholics. If you have an Alcoholic Problem and have not been attending these meetings we urge you to do so. We certainly have everything to gain, nothing to lose.

.....excerpt from Dr. Williams Column as printed in the November 9th, issue of the Pomo News....."I would like to see more Women Alcoholic Patients attending the AA Meetings. The doors are wide open. The rest is a matter of your own point of view.

WHY

....CAN'T WE, as a starter for 1949, get something started toward a decent place for workers to rest and read between jobs? The gloomy, dimly lighted, drafty 'TUNNEL' with its multitudinous odors and its food truck parade is anything but a pleasant, or healthy place to spend a rest period. Would it be practical to clean up the 'junk room' at the North End of PDR?

....A READER.

Do you have any constructive WHY'S to submit? Send them along-something might happen for the good of all.

THE LIBRARIAN'S CHRISTMAS

If you opened the door of the Patients Library your heart must have been warmed a bit by the 'CHEERIO-MERRY CHRISTMAS' greeting of Miss Joyce, the Librarian.

The little Library fairly oozed with Xmas Cheer. The brightly lighted tree, the Holly and the Xmas Cards and Gifts. What if a moment of nostalgia did engulf us - it quickly passed as our eyes took in the veritable feast of good things spread before us. On the counters where our books, are issued to us, there were nuts and Candy in abundance. There were fruit cakes and Cookies, Tea and Coffee - and cheese and Crackers, too. (We suspect that many of the things Miss Joyce, cheerfully gave away - were personal gifts to her, from Patients and Members of the Staff) These Xmas 'good things' were made more enjoyable because of the atmosphere and spirit in which each one was served.

Happiest are those who do for others - and we want to believe that as Joyce's day came to an end, she felt a great sense of Peace..surely she 'had done unto others, etc' May the New Year be a Happy one for you.

PATIENT'S DANCE
MSH AUDITORIUM 6.30 P.M.
JANURARY 13TH

OUR NEW LIBRARY

NAVAL OFFICER BOOK DONOR

MSH LIBRARY BANK OPENS DOORS 20TH

The library is growing every week and we anticipate a lot more books. Patients relatives are passing the word around that we need all kinds of books and magazines and their respective communities are responding nobly. We are all encouraged by the splendid accomplishments of the orchestra. It is hoped that by December we will have an organization capable of playing for dances at MSH.

The Pomo News has been asked to stress the fact that theirs is a non-profit Occupational Therapy endeavor. Patients are asked to pass the paper onto the next fellow and also mail it home--free gratis.

NATIONAL GEOGRAPHICAL MAGAZINES

The recently acquired set of National Geographical Magazines which are complete in sequence, dating from 1910, are now in the patients' Library.

VALUABLE COLLECTION TO LIBRARY

One of the most outstanding donations yet to be made to the MSH Patients Library was the one presented last week by Bryant S. Drake of Mill Valley.

Heading the list was a collection of 223 National Geographic Magazines, dating from 1910 to the present date.

This fine collection, valued at 1500 dollars, was presented to Dr. D. B. Williams, who in turn presented it to the Library.

Also presented by Mr. Drake were fifteen boxes of popular fiction novels.

Many pleasant hours of good reading are in store for the patients, who in increasing numbers, are taking advantage of the Library facilities.

FOODLINER ANSWERING DINNER BELL

Delivery to MSH was made on another new G. M. C. truck chassis Wednesday November 17, to be used on Food Delivery.

Like its predecessor another G. M. C. chassis received by the MSH Farm October 23, the new motive unit is temporarily idle awaiting a revamp job being done by MSH mechanics on the enclosed box formerly in use, which will be placed amidships on the new "Foodliner."

Leo C., patient mechanic is assisting in the work. The MSH lettering has already been applied to the cab.

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

Superintendent Dr. 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. Turner, MSH employee, with a truck who graciously helped load the many boxes aboard and proceeded to haul them to the new library, from a storage room north of the PDR.

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 week end to help Claude with the arduous task of tidy.

NAVY OFFICER BOOK DONOR

Naval Lieutenant H. E. Northway, while visiting his wife, Helen N. of Ward H. presented the Patients Library with a large number of books.

The Naval Officer who called at the Library December 7, is stationed at San Diego and is Officer of Direction of Distribution.

The donation included 46 late novels and 5 books of poetry.

LIBRARY GETS PRESENTATION

The Patients Library received a wonderful Thanksgiving present when Captain and Mrs. William Folconer presented patients with 29 volumes of New Werner Edition Encyclopedia.

RESERVOIR DREDGE JOB UNDERWAY

After many months of preparation, bids have been let by the Division of Architecture to private contractors, for the dredging and cleaning of the reservoirs.

PATIENTS DANCE PROGRAM

WITH
INTERMISSION NUMBERS
~~NOVEMBER 26, 1948~~

MUSICAL ARRANGEMENTS -- ~~LEWIS L.~~

by Kay Cr.

- 1.- Waltz
- 2.- Fox-Trot
- 3.- Fox-Trot
Myrtle M.Soloist
- 4.- Waltz
- 5.- Fox-Trot
Dennis C.Irish Ballad
- 6.- Fox-Trot
- 7.- Three-Step
- 8.- Waltz
Myrtle M.
Amev H.
Myrtle Z.
.....Girl Vocal Trio
- 9.- Fox Trot
- 10.- Fox Trot
Jim I.Bass Solo
- 11.- Waltz
- 12.- Fox Trot
Myrtle Z. Piano
Esther D. Dancer....."Boogie Woogie"
- 13- Waltz
- 14- Fox Trot
Joyce M.Vocalist
- 15- Fox Trot
- 16- Fox Trot
Jim W.Baritone
Jim K.Bass
Dennis C.Tenor
Louis L.2nd Tenor
.....Male Quartet
- 17- Good-Night Waltz

JAN.
13TH
1949

*PLUS + Other
Changes!*

- ORCHESTRA MEMBERS -

- Saxophone Team.....Les S., Elroy E.
- Accordion.....Armando P.
- Brass Team.....Robert N., Ward L.
- Drums and Vocalist.. "Bill" O.
- Guitar.....Marion A.
- Piano.....Louis L., Olga K.
- Violin.....Bill W.

LIGHT REFRESHMENTS DANCING 6:30 to 8:30 p.m.



SPORTS

SUPPORTS MOVE FOR
EMPLOYEES SOFT BALL TEAM

OPENER SOON

OCT. 26, 1948



Ernie Mosna, MSH employee, is a likely candidate for the purpose of cultivating an interest among fellow employees with a view to organizing an MSH employee's soft ball team.

Don't be too greatly surprised, when in the near future we are able to announce the opening game. It isn't too late in the season and "when the rains come," a seed planted now will grow into something worth while; "come Spring."

As to incentive, no imagination is required in view of the wholehearted sanction and support of departmental heads, not to mention the healthy recreational element for the patients with whom games might be scheduled. Consider the fine MSH base-ball diamond and the pleasure and amusement afforded so many patients. Yeah--plenty of incentive!

MSH 'BLUES' GETS
NEW EQUIPMENT

Purchased recently via the Patients Amusement Fund for the use of MSH "Blues" softball players, are five new fielders gloves. Is it necessary to mention the significance of this supporting gesture? The implication is obviously synonymous with the fact that while it might prove difficult to force one to play softball, it is intended to show beyond doubt that the venture is sanctioned and heartily encouraged by the occupational---therapy department.

POUNING THEIR CHEST - Oct. 19, 48.

This column is in receipt of an open challenge from the MSH Blues softball team to a MSH Attendants Softball game.

FIRST MSH SOFT BALL TEAM
POMO NEWS JUNE 1, 1948

The Blues comprise the following men: John B., catcher; Bill W., 2nd B; Hank P., ss; Jack H., (Mgr.) p; Chief P., lf; Jorge O., (relief pitcher) and G.M., rf, all from ward 8; John B., ward 16, 3b; Frank R., ward 10, 1b and H., ward 9, cf.

SPORTS OF Oct. 26, 48

TALMAGE WINS
'LITTLE WORLD SERIES'

In a pitchers duel, worthy of any big league ball diamond, Talmage won one of the best games of the season at Ukiah, Sunday October 26. Pitcher Severi for Talmage and Openshaw, the Merchant moundsman, both holding their opponents scoreless until the 6th frame. Openshaw hit a home run in the top half of the 6th, tying a Talmage run, scored earlier in the same inning. Tied at 1 all, while playing 8 more innings of great baseball, Talmage broke loose in the 15th, for a 5 run rally, Ukiah retaliating with 2 runs in their half of the innings.

Final score - Talmage 6 Ukiah 3. Severi struck out 9, while Openshaw collected 8 strikeouts, Neither pitcher allowed a walk in 14 innings.

The game marked the 3rd win for the Talmage Sluggers out of 4 games played, of a scheduled 5 game "Little World Series."

A beautiful trophy which during the series had reposed conspicuously at Foggy's Filling Station is now among others previously won by the Sluggers.

MSH BLUES DOWN
WARD 15 SATURDAY

Through the efforts of Charge Attendant "Tok" Cornell and the co-operation of the supervisor's office, an unscheduled softball game between ward 15 and the MSH Blues was played on the hospital diamond last Saturday, July 10 starting at 9:30 a.m.

Not all the Blues' "nine" was present, so the fourteen patients from the ward substituted their own men to fill unoccupied positions. But, regardless of the handicap the hospital team defeated the lads from "15" by a 7 inning score of 16-11. However, unofficial comment was that the Blues will have to watch their laurels soon if the Cornell Nine continues to execute plays as skillfully in the future as they did last Saturday morning.

POMO NEWS OCT. 5, 48
BAND TO ENTERTAIN

The MSH band will entertain visitors and patients at the MSH ball park Sunday, October 17, 1:30 p.m. with a repetition of their Centennial presentation in Ukiah, the week before.

LOOKING UP AT MSH PATIENTS REVUE

UP AT MSH PATIENTS DANCE

HUGE SUCCESS

At 1:30 p. m. Friday, October 29, the curtain goes up for the initial number of Hi-Jinks thus introducing the first of a series of similar entertainments given by the patients of MSH.

Management, personnel and patients, have all contributed with a cheerful good will, of extra hours, props and costumes.

Dances, songs, skits and musical numbers, in fact anything and everything available thought to be of constructive entertainment value is expected to appear in the list of numbers offered. Prizes will be awarded to the winning member or group members for the best performance. Judges who have been appointed to give the nod to the winning act are the following. Dr. Ruth L. Green, M. L. Dekono, and Charles Bradford.

Patient spectators from "closed wards" will attend the Hi-Jinks matinee which starts at 1:30 p.m.

All parolees, workers and spectators from "open wards" will attend the evening performance. Curtain time 6:30 p.m.

Women patients participating in the show, will enter the auditorium via ward B.

Male patients participating in the show, will enter the auditorium via ward B.

Male patients participating in the show, will enter the auditorium via ward 2.

INDOOR SPORTS

Mrs. Mack of ward 8 must have a new idea.

She doesn't have enough funny things happen during her day watch but now she is playing tricks on the patients who come in after dark. She has a new game called "hide the slippers." She gathers all the slippers together and hides them in a certain place and we understand she is going to give a prize to the first one who finds his own slippers. Signed by the boys of "Hide and go Seek Club," ward 8.

GRAND PRIZE

The MSH Bakery has once again made a high score with a bakery product. Magnus M., ward 10, the well known pastry man was recently the creator of a masterpiece of bakers' art.

The "masters touch" presented itself in the form of a huge cake that was presented to the winner of Hi-Jinks first prize.

The beautiful cake was on display during the performance and many exclamations of delight were voiced by those viewing the prize.

"Duke"

This long awaited affair taxed the Auditorium to capacity and the well arranged dance program was thoroughly enjoyed by all those in attendance.

The orchestra played a waltz for the initial number and concluded the two hour program with the "Good-Night Waltz."

At intermissions during the evening the dancers were entertained by vocal and novelty numbers by several talented patients.

Dennis C., sang Irish Ballads and Jim K., entertained with two bass solos. Not to be out done by the men the women were represented by Sophie R., doing a novelty number, Myrtle M., sang popular selections.

Light refreshments, consisting of gallons and gallons of punch and delicious cookies were served during the evening.

The MSH Orchestra playing musical arrangements by Louis L. were at the peak of perfection and proved to the satisfaction of the dancers that they were a well rehearsed organization.

There was not a dull or slow moment during the full two hours of jam-packed entertainment and it was 8:30 and the orchestra was playing the last waltz, before the happy patients realized it was time to say good-night.

WARD 8 TAKES THE CAKE

That many things come of creative thought is a foregone conclusion.

Enhanced by the strength of cooperative interests, visions recognize no horizons.

Thus it was when a comparatively short time ago, Mrs. G. L. Goodstone suggested an amusement program as a part of Occupational Therapy. As a measure of incentive she announced that she would give a prize to the feature proving the most worthy of expressive talent.

Enjoying enthusiastic interest and support in line with a policy already adopted by Superintendent D. B. Williams and the MSH Staff, to better hospital conditions at MSH-Hi-Jinks flourished from its birth.

Credit for the successful presentation may well be marked as rungs in a ladder of progress. Co-operation by patients and employees like, coupled with the progressive support of departmental heads, Hi-Jinks could not fail.

If a measure of success can be weighed by congratulatory comment both oral and written, then surely Hi-Jinks has made history.

PSYCHOTHERAPY

NEW EQUIPMENT ARRIVES FOR MENDOCINO STATE HOSPITAL

May, 25, 1948

New equipment arrived at MSH last week--\$3,100 worth. Don't let the name scare you but it's called an "electronencephalograph" 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.

LAUNCHES ALCOHOLIC MEETS

June 29, 1948

Group psychotherapy for alcoholics was instituted by Dr. G. L. Goodstone at MSH yesterday (Monday), June 28. The meetings are to be held each Monday and Thursday of the week at 3 P.M.

STARTS NEW CLASS

Dr. D. O. Prasser has recently started a sexual deviants class which is held once a week in the Conference Room, ward 9. He now has eleven patients attending the classes but intends to enlarge this group in the future to twenty patients.

These group meetings for sexual psychopaths are held to educate and enlighten the patients to the background of most sexual deviants; to get away from the attitude of the courts toward these unfortunate victims of circumstance.

Nescience on the part of the public in general and of the parents of these deviants are often the cause of the difficulties they are in now.

REMEMBERS FRIENDS

Thank you Lila H, ward I for the recent three new subscriptions to the Pomo News, for friends.

VISIONARY TOLERANCE and the RESULTS OF APPLICATION

POMO NEWS
PATIENTS' LIBRARY
WOMENS' PAROLE
PATIENTS' ORCHESTRA
HI-JINKS & SIMILAR ENTERTAINMENT
SOFTBALL
SOFTBALL GAMES
PING PONG TABLES
PATIENTS' DANCES
ALCOHOLIC ANONYMOUS
CONDITIONED REFLEX
ATTENDANTS' TRAINING CLASSES
CROQUET COURTS
HORSE SHOE GAMES
MIRRORS ON CLOSED WARDS
SUGGESTION BOX
VOLLEY BALL
BOXING GLOVES
INDCOR RECREATION ACTIVITIES
GROUP ALCOOTHERAPY
GROUP SOCIAL THERAPY
FIVE REGISTERED NURSES

A new concept of viewpoint regarding the rehabilitation of inmates.

- THE LOOK AHEAD -

"I am done with the years that were,
I am quits,
I am done with the dead and the old,
They are mines worked out, I delved
in their pits,
I have saved their grains of gold
Now I turn to the future for wine
and bread -
I have bidden the past adieu-
I laugh, and lift hands to the year
ahead,
Come on! I am ready for you!"
Edwin Markham

There were 19 admissions and 18 releases at MSH for the week ending Sunday January 2.

REDWOOD VALLEY NURSERY



Have You Forgotten Some-One?
Or That Extra Special Person?
Perhaps that one hard to Please?
Why not give a Living Gift?

Poinsettias at \$1.50 to \$4.00
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REDWOOD VALLEY NURSERY

WILL TOUR MEXICO (Continued)
night in San Francisco and at 9:30 a.m. the following morning in that city, Dr. Lochen will take the oral examination for Assistant Superintendent.

At 12 noon the couple will start the second leg of their trip, traveling through the southwest to "manana Land" by way of El Paso and Nueva Laredo.

Leaving Laredo they will travel on south via the Pan - American Highway to the gay capital of Mexico.

Making the Hotel Geneve their headquarters in Mexico City. Dr. and Mrs. Lochen plan to make side trips to points of interest from there, continuing on down to the brilliant city of Acapulco on the blue Pacific. The doctor is a camera enthusiastic and is well supplied with the necessary film for many a good colored photo.

Neither the Doctor or Mrs. Lochen have ever been deep into Mexico before, although they have visited several Border towns. They are looking forward to their trip with great expectancy and are anxious to be on their way.

The nomads expect to be back on duty at MSH, February 14.

KILLED IN RAILROAD COLLISION (Cont.)
ing when their automobile collided with the engine of a Northwestern Pacific railroad train at a nearby crossing.

The scene of the tragic accident that cost the lives of the two men, is the railroad crossing on Talmage Road between the Hospital and Highway 101.

The impact of the terrific collision was sufficient to break the main drive on the locomotive.

MOVES FILES TO HALLWAY (Continued)
Front Office hallway of the Administration building.

Removal of the files and office furnishings to the outer hall for several days made it possible for Bob Wright and his Paint Shop crew to sandpaper and refinish the office flooring. Reed Lowe and his assistant Bob Guidi, MSH electricians, then removed the old-style wall plugs and installed new floor electric power outlets.

Upon completion of this work the desks and other equipment were returned to the office and rearranged, creating much more working space and presenting a fine office appearance.

--"Special tribute, however, should go to the staff of the Mendocino State Hospital which supervised the folding of 2,500,000 Christmas seals.

Thanks to the patients who helped with this task and to Mrs. Edith Ray and Dr. Williams for their cooperation." - Seal Chairman, in the Fort Bragg "Paul Bunyan News."

CHURCH SERVICES

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.

* * * * *

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

* * * * *

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

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CHRISTIAN SCIENCE CHURCHES

"Each day I pray for the pacification of all national difficulties, for the brotherhood of man, for the end of idolatry and infidelity, and for the growth and establishment of Christian religion-Christ's Christianity."

* * * * *

ENTERTAIN'S BOYS (Continued)
- Superior or Head Coach Salyer at the Albertinum School.

There are 250 underprivileged boys and girls at the school and many people are of the opinion that the custom of inviting them to outside homes is a step worthy of inauguration.

CHICKEN, THE MAN SAID (Continued)
prepare the chicken feed, also giving them plenty of room to work around the machinery. Pleasant working conditions prevail and it is easy to practice - "Safety First."

BOOKS IN OUR SOX FOR XMAS

The MSH Patients' Library in receipt of 53 novels from the Ukiah Public Library last Saturday, have no doubt that Santa Claus is benevolently literary minded.

SEND A POMO NEWS HOME TODAY

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA, under the auspices of Dr. David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone, Clinical Director.

"Pete P.....Editor.

A non-profit project of the Occupational Therapy Department, 5¢ per copy; Subscription mailed \$2 a year.

Our -- EDITORIAL -- Your GERMINATION

Spring in January!! -- That time mellowed expression, never more accurately described in poetry, prose or verse, than appropriately applied to the establishment of a garden of progressive humility here at MSH.

All things, even gardens -- require careful maintenance if the luster of life is to be sustained.

Dare we, -- leave our flourishing gardens to chance, with its ever present menace of neglect, smothered unto deathly oblivion through malnutrition by the weeds of indifference? Only through eternal vigilance, can we look out, watch out and know how our garden grows!

George Eliot once wrote: "The golden moments in the stream of life rush past us, and we see nothing but sand; the Angels come to visit us, and we only know them when they are gone."

Let us not, therefore, miss the proffered life line, but grasp it firmly lest we again fall slowly but surely back into the darkness of the pit; wrought of snug indifference.

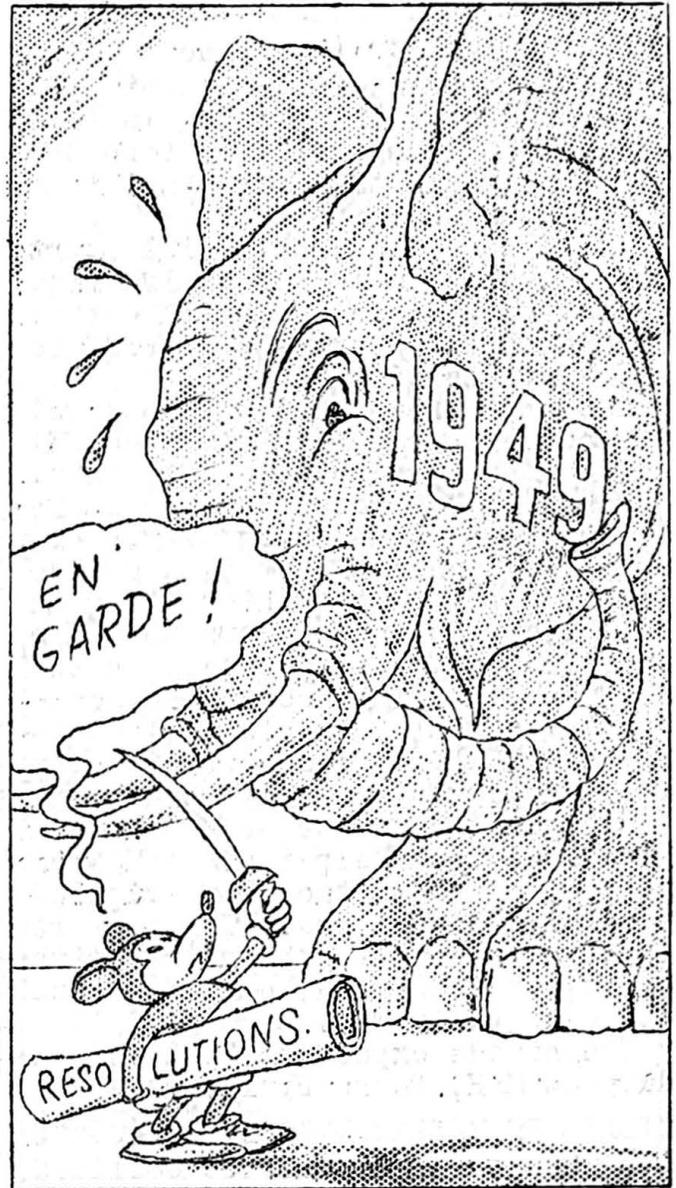
Patient, attendant or vice versa, do you glare at one another like a bull at a calf of dubious paternity?

Do you like to glare at yourself in a mirror? A mirror, you know is figuratively, literally and actually the mechanism of the sense of sight. Also one will incidentally reflect a double exposure of our viewpoint!

Exposed to humility, a mirror will reflect warm sparkling sunshine -- just for good measure!

O.K. then, see this: The alms most precious man can give to man are kind and loving words. Nor come aniss.

Warm sympathizing tears to eyes that scan the world aright: The only error is Neglect to do the little good we can! Charity, taken in its largest extent is nothing else but the love of God and our neighbor." --(Wake) Scatter some around folks. It will grow-and beget seed.



FAITH TOWARD THE FUTURE

-Not to despair; but shall remember, that though the day is past, and their strength is wasted, there yet remains one effort to be made; that reformation is never hopeless, nor sincere endeavor ever unassisted.

Saturday, Jan. 8th

IN TECHNICOLOR

Mother
Wore
Tights

STARRING
BETTY
GRABLE

MSH AUDITORIUM