

A PROGRESSIVE

PAPER FOR



PROGRESSIVE

PATIENTS

Pommo News

W E E K L Y

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

Vol. 1. No. 40 February 8, 1949 5¢ per copy Population 2740

BIG PATIENT DANCE

Its all set, fellows and gals, the band is hot, the weather cold, and the floor is good, so make your plans now to swing it out,---but fast, Friday night Feb. 18th., 6:30 p.m. until 8:30. The bands daily rehearsals promise you music sweet and lowdown or hot and wicked. You can swing and sway, or drift and dream, beat it out but you'll be in the groove. So shine up the shoes and slick up your hair, press up a dress, but just you be there.

There will be refreshments, (of the legitimate kind), and with possibilities of one or more vocals and novelties, it looks like a good time will be had by all. So get 'Hep', you Chil'lun, Ole Man Swing is on the way.

IN TRANSFER

Mr. and Mrs. Newton Young transferred to night duty. Mrs. Young was supervisor in an institution in the southern part of the state before they came here. They have been at MSH about two years.

ADMISSIONS & RELEASES.

There were 18 patients admitted at MSH during the week ending Feb. 6.

Patients released, totaled 22 during that period.

EXTRA! - EXTRA!

No radio in backyard yet. Perhaps arrangements can be made to remedy the need.

Looks like an opportunity for someone.

STATEWIDE MENTAL PARLEY

GOVERNOR WARREN TO HOLD CONFERENCE FOR STUDY OF MENTAL HYGIENE IN STATE HOSPITALS.

The Governor disclosed that he is planning to call a statewide conference on mental hygiene within the next five weeks to review the entire State hospital program. The conference will be in Sacramento.

"If I do determine to have one, the agenda would include discussion of the proper distribution of hospitals through the State, the type or care that should be given in each institution and the size of the hospitals as well as present conditions."

The governor said he would invite all interested public and private agencies, members of the medical profession and State, City, County and Federal officials.

In a discussion of the mental hospital situation earlier, Warren acknowledged that "overcrowding in our mental institutions is deplorable."

He said the institutions are expected to be overcrowded by 30 percent by June 30, when a population of 37,000 is forecast. Conditions in the south, he added, are somewhat worse than in the north.

"The estimates are that we will have 2,200 more patients at the ending of the next fiscal year than we had at the beginning. This happens practically every year, and it appears that after catching up with all of our needs, we'll still be obliged to construct a new hospital for at least 3,000 patients every 18 months."

Asked if the State would ever catch up, he replied: "That depends on the money available."

YOU ARE INVITED TO APPEAR AT MSH-WEEKLY

(Office of Supt. MSH)

The Mendocino State Hospital extends to the public; a cordial invitation to attend the Minstrel Show, presented by the patients of MSH.

It will be a pleasure to expect you at the MSH Auditorium at 6:45 PM on Friday, Mar. 4th.

BIG C.S.E.A. DANCE
Plan N O W to attend
Admission Free
February 26th.

Contracts for future MSH patient movies were recently consummated via the Office of MSH Sec'ty Mrs. Gertrude Elliott.

Included are patient requested 'Movie News Reel Shorts'. The first was shown Sat. Feb. 5.

An attractive array of top notch 4 star pictures are scheduled to appear weekly for the recreational pleasure of MSH patients.

C. S. . . .
T
TODAY FEB. 8TH

SUFFERS BURNS

HOSPITALIZED
-VET ATTENDANT-
TO MARE ISLAND

Mendocino Chapter No. 22, California State Employees Association will hold its regular monthly meeting tonight at 8:00 PM, in the amusement hall. This promises to be one of the more important meetings of the year, and a large attendance is expected.

The delegates to the 19th Council General at Santa Cruz will make their report to the Chapter. They will have a large amount of information of interest to the Hospital Employees, in the field of Retirement, General Welfare, and Civil Service, and will explain the Association's program for 1949, concerning these points.

The high point of the meeting will be the introduction of our Assemblyman from this District, the Hon. A. W. Way, of Eureka. Mr. Way has honored the Chapter by accepting its invitation to be a guest at this meeting, and what he has to say should be of prime importance to all employees. Members are urged to make every effort to attend, and become acquainted with our newest legislator.

The meeting will be followed by a door prize drawing games, and refreshments.

NOT MUCH WEATHER OR NOT

Mrs. Pearl Denham is back from a two week vacation. She stayed home - the weather was too nasty to go anyplace - she said!

While preparing dinner at her home in Ukiah, Mrs. Pearl Lemos suffered severe burns to her arm and chest recently. Overturned hot soup caused considerable discomfort.

Meantime, Mrs. Lemos continues her regular duties as MSH Attendant Ward F.

RETURNS FROM L.A.

Mrs. Bess Hayden and husband Rex returned from Los Angeles - she is back at MSH. They report a wonderful time. Also say the weather was all it was reported to be!

INDUSTRIAL SHOP CLICKS

Works of creative art, imagination, initiative beyond description of adjectives are reflected in the articles produced by the M.S.H. Industrial Shop.

Presiding in the capacity of Supervisor is Wm. Elliott. Assisted by Ken Williams; the shop is always a beehive of activity.

Patients newly assigned there, need not necessarily be inclined to any given field of endeavor.

Once there however, he settles down like a bee on some choice flower blossom following a natural urge to find some pleasing occupation.

So diversified is the field provided (and still growing) that he soon becomes a part of a busy, genuinely interested group of tinkers.

Mechanical butterflies, turtles, not Gears as the term is usually applied, but intricately beautifully designed and finished are these products of skill and imagination.

(Continued next Column)

Fritz Eberhardt, veteran MSH Attendant, has been placed in the Mare Island veterans' hospital for treatment of a serious kidney ailment.

Eberhardt was stricken ill last week and was taken to the Ukiah General Hospital for emergency treatment. He was then transferred to Ward 9 at MSH, and Wednesday was taken to Mare Island for specialized care.

Highly popular among both patients and personnel at MSH, Eberhardt took with him the wishes of scores of friends for a speedy recovery.

WEEK END AT HOME

Miss Patilu Farquharson, MSH psychologist, spent the past weekend visiting her parents in Alameda.

TAKES WELL EARNED REST

On a 14 day vacation this week beginning February 2 is our good friend Mrs. Alice Coffey, Relief Charge Attendant Ward 8.

She may take a little run down to "Frisco" for a little shopping for "Who knows what"?

INDUSTRIAL SHOP (Cont)

A metal craft (comparatively new), is attracting considerable attention, both from those participating in the endeavor as well as the product thereof.

Manufacture of brushes, scrub, wash and a variety of others, is conducted as are many features of ceramics (pottery to the layman) a craft which many follow. Ceramics have been held up pending arrival of a kiln which would increase the therapy value of the art by over 50%.

NEW ATTENDANTS AT MSH.

- Ben F. Romaine.
- Stanley M. Ingram.
- Charles E. Attaway.
- Martha P. Griffith.

FOUND

SPECTACLES

BLACK CASE
Owner Identify
Claim At
Office Of
SUPERVISOR

NEWS FROM THE WARDS

Ward 1.

Geo. C. and Manuel C. were transferred to ward 8. George assigned to Kitchen and Manuel assigned to the Pharmacy

Ward 4.

John L. transferred to ward 8, and assigned to the Cannery.

Ward 8

Kenneth S., Charlie M., Robert W., Pat K., Frank V., and Albert D., were all transferred to ward 9.

Don S. became ex-champ in cribbage, succeeded by Glen Mc, who now claims the championship.

Mrs. "Mack", of ward 8 began her well-deserved vacation on Feb. 3rd and will return on Feb. 17th.

Fred K. in charge of the clothes room is still asking for swaps of oversized overalls he has on hand. Fred says he is busier than ever preparing for the annual clothes inventory.

Here's a pinocle stockler for you: One evening last week an interesting game was in session that developed the following hand that made 360; melting 170, can you pull 190 out of this playing hand: Q, J, of Clubs; A, 10, Q, J, Spades; A, 10, 10; K, K, Q, J, 9, 9, Hearts; 10, 10, 9 of Diamonds. Discard three and try to pull out 19 tricks. If you can't do it, ask Don S. of wd. 8.

Ward 9

Following patients were transferred to ward 8 and assigned to the following duties: Johnnie G. to the "Big Gang", Dennis C. to the kitchen, Geo. LeC. and Dante B., also to the kitchen, John J. to Dr. L. G. McKeever's cottage; Edgar S. to janitor work, Fred S. to the Bakery; Fred H. to Dr. Schramm's cottage, Leroy N. to Dr. Orr's cottage and Emmett R. unassigned as yet.

Ward 14.

Don C. was transferred to ward 8 and assigned to the Kitchen.

Ward 15

On Jan. 28th, the Jewish Group of 35 men and 5 women from different wards were present at a meeting, presided by C. Stern a committee on personal service.

Jewish phonograph records, both popular and comedy, were played for the entertainment of the patients. There was plenty of candy for all.

PING PONG A'POPPIN

An elimination tournament in Ping Pong has been in progress for the champions of twos and singles. Those competing are: Roy L., Woody C., Herb B., and Walter A.

The champions challenge any teams of other wards. How about you boys in wards 8, 9, 14? Get in touch with Pomo-News.

The boys of the Minstrel Show have been busy in the evenings rehearsing their parts. They are thankful to Mr. George Johnston present Charge Attendant, for the privilege of using the piano.

Ward M

Following patients were transferred from ward M to following wards and assigned as follows: Mamie B. to ward I, ODR Kitchen Helper; Novella H. to ward H; in Sewing Room; Emma S. to ward H; in the Laundry; Anna B. to ward I, in with the Detail Workers; Mary A. from ward A, to ward H, in the Laundry; Hazel L. from ward H, in the Sewing Room.

A new arrival at ward M, this week is Elizabeth C.

Ward B

Grace B., ward B, was visited by her sister and brother from Eureka on February 6.

Ward I

Elvie M., of ward I, was visited by her son and husband Jan. 30.

PAINT SHOP

Robert Wright in charge of the shop with his crew are busy as usual spraying beds and doing odd jobs of painting and touching up.

A portrait has been painted by Harold V. of ward 8. The portrait is of a dark eyed auburn beauty in a languid pose with a blue background and Roman atmosphere.

Vic says he is going to keep this one for himself.

INDUSTRIAL SHOP

Bill H. and Victor E. of ward 15 have been working on Nut and Fruit Bowls. They are made of Redwood burl. Bill H. enjoys his work in this department as it was his hobby before coming to MSH.

Many examples of their excellent work may be seen in the lobby of the administrative building on display.

AA MEETS EVERY SUNDAY EVE. 6:00P.M.



Elsie B., Editor.

-IN THE "BAG".

In response to request published in the "Mailbag" section of Pomo News, Mrs. Gertrude Elliott, M.S.H. Secretary, contracted for a series of "News Reels" to be shown weekly.

"UPON LEAVING"

"I believe it was in your second issue of this year, that it stated transportation is free when leaving the hospital. This is not true. If it was, then why was I charged a fee when the party I rode with was going to the same town and said it would be a pleasure to take me. I took it for granted it was gratis.

You and your staff have created a wonderful work on the Pomo News. Would you be interested in Life magazines dating back two years?

I wish you all a speedy recovery!
Joe Blanco, S.F., Calif.

Dear Joe: If you are unable to pay your transportation home, the Hospital will. We will greatly appreciate your sending those Magazines to the M.S.H. Library. Thanks.

-DANCE?-

Why is it they do not have weekly dances as they used to? G.S., Wd. 3.

G.S: The Supervisors are trying to arrange for one now, what with all the various uses of the auditorium these days. Later - Feb. 18.

"DON JUAN"??

If Junior, selfstyled 'perfect lover', of Ward 8, has time on his hands, he might give lessons on the finesse of handling women!

SOBE MUSCLES!

Main kitchen hard hit by opedomic

EMPIRE
OFFICE SUPPLIES

OFFICE MACHINES
SALES & SERVICE
325 N. State St.

of sore arms? Or is it the old army game of goldbricking? Hoo.M.EYE.

"Most Valuable Possession,--
Friendship".

"A PHENOMENA"

I'll tell you something, it so strange to me,
They say I am unable to compose etry.

Because they are joalous a monster green,
Such people are heartless, inconsiderate and mean.

I've learned to write by writing as I go along Life's pathway, I want you to know,

I've stored in my mind many words that rhyme,

They come in handy to me most any old time.

But all that's beside the point, my friend,

They follow and persecute me without end.

They wait and see what I take out of my hat,

Then suddenly they ask, "Where did you copy that"?

HERMAN, the poetic Magician,
ORIGINAL.

SEND IN YOUR PROBLEMS,--THERE MUST BE AN ANSWER!

"GOD'S WILL"

I stood on the stage, the lights were dim,

In balcony shown a tiny glim,
There before its' ray a form I knew

Bade me become a star true blue!
Fear became me I willed to do,

An audience I won all, not few.
Before me stood those who had been

seated,
I knew they felt that more were

cheated.
Real joy within me became so great,

Signaled the orchestra, knew t'was fate.

I sang, they stood listening, and there,

Tears sensed God, who removes all our cares.

K.E.L., Ward 1, ORIGINAL.

"THOUGHT AND EMOTION GIVE BIRTH TO CORRECT ACTION"

Hey! Hey! Lets Dance!!

UKIAH
GLASS

GLASS OF ALL KINDS
FOR
EVERY PURPOSE

Phone :- 1166W

SOCIAL THERAPY

THURSDAYS:

At 1 P.M. in the ward 9 conference room, a meeting, 'To Help New Patients'.

At 3 P.M. in the Ward 9 conference room, a meeting, 'To Help Those Who Are Leaving'.

FRIDAYS:

At 2 P.M. in the ward 9 conference room, a 'Free Discussion' Group Meeting.

 AN INDIVIDUAL INTERVIEW WITH THE SOCIAL WORKER MAY BE MADE BY ANY ALCOHOLIC PATIENT BY ASKING THE RECEPTIONIST; MRS. SHARON LOPUS, WHO IS AT THE SOCIAL SERVICE OFFICE BETWEEN 1:00 AND 1:30 P.M. MON. THRU THURS.*

MENDOCINO ALUMNI ASSOCIATION

"Alcoholic 'Graduates' of M.S.H. both men and women are cordially invited to join MAA, in San Francisco while they are on an 'out-patient' status.

MAA is a Social Service, the purpose of which, like the Social Worker, is to help us to remain OUT. MAA brings the MSH Group Meetings, back to the Community.

When you arrive in San Francisco, phone Graystone 4-0766 and ask the receptionist for an appointment. Come in and see me".

"We can then discuss MAA as well as further individual appointments.

Gordon Mc Whirter,
 Bureau Social Work.

ALCOTHERAPY

FOR MEN AND WOMEN PATIENTS

Dr. Goodstone's Round Table Discussion Group will continue to meet, at the time and place designated below: -

MONDAYS:

Conference Room, Ward 9, at 2 p.m.

WEDNESDAYS:

Conference Room, Ward 9, at 2 p.m.

These Round Table meetings are for all Alcoholic Patients, Men and Women.

The attendance is entirely voluntary.

Discussions at these meetings get at the basic cause of our becoming Alcoholics and sometimes solutions are offered that can be applied to an individual case. In any case, it is well for the alcoholic to sit in.

TODAY'S QUOTATION

Weak men tremble at the world's opinion, fools defy it, wise men judge it. -- La Rochefoucauld

Discontent is the first step in the progress of man.

ALCOHOLICS ANONYMOUS MEETS

The regular Sunday night meeting of Alcoholics Anonymous last Sunday night was highlighted by the open discussion of the dangers and similarities of the use of sedatives by Alcoholics, which proved very interesting to all. This phase of the use of sedatives, not having been covered before was very ably presented by Kay A., Ward I, acting as chairwoman, brought out many interesting points. ON LEAVING GO TO A.A.

THERE MUST BE SOMETHING TO IT

Facts concerning AA, as of August 1, 1948: MEMBERSHIP - 67850, GROUPS - 2429, this includes: 48 Hospitals, 55 Prisons, 6 U.S.A. Possessions, 23 Other countries.

GOSSIPS HAVE A KEEN SENSE OF RUMOR.

SANDY STAHL'S
 FINE LIQUORS
 PHONE — UKIAH-1138-J

REDWOOD VALLEY NURSERY
 Plan with us now for your flower and vegetable gardens.
 565-W
 262
 1036-W
 PHONES



Baseball weather is something that just "ain't" around MSH these days, what with recent rains and wet weather.

Just as the infield was getting dried out, another drenching rain paid a visit last Wednesday night, with the next couple of days being too cloudy to allow for drying.

However, the rains didn't dampen the enthusiasm of any number of parole patients who still keep talking up the idea of getting some teams organized.

We still think the idea is a good one ourselves. A quick survey shows there are enough players to make up at least three baseball or softball teams among the patients at MSH, which would be enough for a baby-sized tournament, at least.

A schedule of games for patients' teams could be worked out so as not to conflict with regular games between Talmage and visiting teams. What's wrong with a doubleheader on Sundays, for that matter?

Meanwhile, we go back to harping on our favorite theme. More baseballs, more softballs, more bats. Plenty of these are needed for a better program of recreational therapy at MSH.

Somewhere, someplace there should be enough baseball and softball equipment that is not in use and which could be used here to the advantage of many patients.

There are a lot of guys who like to play a little catch just for the exercise and fun they get out of it, but they haven't got a glove or a baseball.

We know that bats and balls and mitts cost money and people usually are not in the habit of going around and giving things away for free, but maybe they would if they knew how much such items would be appreciated here.

Well, let's hope there will be plenty of equipment on hand by the time the field is really dried out and in good shape for a rip snorting season this year.

News come from San Francisco that the Seals have given Bob Joyce, the rangy pitcher, his unconditional release. That seems too bad. Bob is still a good slabman and certainly doesn't deserve such a bum break at this stage of his career. Only a couple of years back Joyce had a 31-game season.

EMPLOYEES ACTIVITIES

Mrs. Mildred Knutsen, Charge Attendant on Ward F, is on a sick leave with the flu.

Mr. and Mrs. James Gilbert, MSH Attendants, are on their vacation which began February 7.

C.S.E.A. EMPLOYEES

Director Hachmann and Mrs. Hachmann attended a Board meeting and General Council at Santa Cruz, Feb. 3, 4, 5, 6 and 7. This is Mr. Hachmann's last Board meeting, as he did not run for office this year.

He has been director, district 1 for four years.

ASSISTANCE FROM THE 'ARCHIAC'

In addition to the usual skilled help we are fortunate to have each week from the fellows on Ward 8, in compiling the pages and stapling the Pomo News together, for distribution, we had the distinction and pleasure to have the help this week of the one and only "Mighty George Vose", Ward 12, Attendant, to whom we extend our most sincere thanks, and the good guys on Ward 8. (Look up 'Archiac' in Webster's, George).

DELEGATES RETURN FROM GENERAL COUNCIL

The four delegates from Chapter 22, Helen and Ralph Chaney, Howard McCandless, and Al Joyner, have returned from the C.S.E.A. General Council at Santa Cruz. All members of the delegation report a successful convention, and are enthusiastic about the Association's program for the coming year. The delegates will make their formal report to the Chapter at the regular monthly meeting tonight, Tuesday, February 8.

Employees still on sick list are: Eddie Brakebill, Chas. Bradford, W. Winchester; Pearl Bolton, Howard McCandless, Fritz Eberhardt, Sam Leech, Geo. Ginochio, Rudolph Gehring, Merceda Shank, Bill Nehring, Fred Rupprecht.

Employees on vacation: Charlie Badger, Jack O'Brien, James Gilbert, E.S. Witter, Dick Robertson, Mr. and Mrs. Zeryl Dryden, Alice Coffey.

THANK YOU
for the thoughtful collection of magazines for the pleasure of hospital patients recently.

THIS WEEK

WEDNESDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at Ward 9, Conference Room.

Mr. Sam Ray -- Veterans Social Office. Make appointments at Supervisor's Office.

THURSDAY:

Social Therapy Group Discussions at Ward 9 Conference Room "New Patients" 1:p.m.

Patients leaving hospital 3:p.m.

FRIDAY:

At 2 p.m. Social Therapy Group Discussion Meeting for Alcoholics, and Narcotics at Ward 9, Conference Room.

-If you have a problem, make an appointment to see the Social Worker Mr. McWhirter on Friday morning. You can make these appointments by calling at the Social Service Office in the Main Bldg. Monday thru Thursday between 1:p.m. and 1:30p.m.

Cromer G. Nelson, S.C. Christian Science Worker.

SATURDAY:

Movie:

SUNDAY:

Church Services (See Page 9)
Alcoholic Anonymous Meeting, MSH Auditorium at 6:00 p.m.

MONDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at Ward 9, Conference Room.

Orchestra Practise at 9:30 A.M. in Auditorium, Monday thru Thursday.

TUESDAY:

Get your "POMO NEWS".

MINSTREL SHOW PRACTICE AT EVERY OPPORTUNITY.

LYRIC SOPRANO BIG HIT!

Patients of the hospital received a rare treat Thursday afternoon, Febr. 3rd, listening to the lovely voice of Miss May Peterson, whose charming personality is exceeded only by her marvelous voice. Miss Peterson sang twelve numbers that gave her listeners a wide variety of songs, ranging from the beautiful "My Hero", taken from that hit, "Chocolate Soldier", to a number of Danish and Norwegian dross. Included in her numbers were also, several novelty songs that were well received by the audience. Her rendition of "MY HERO" and "ALL THAT YOU ARE" were especially good.

Her accompanist rendered two of Brahms' waltzes that were also very well received.



DR. WILLIAMS SAYS

Mr. J. J. Garvey, Business Mgr. and I, were at Sacramento Feb. 2nd, where plans were approved for the

construction of 3 new Ward Buildings here at MSH.

At an estimated cost of \$2,600,000 for construction, plans are approved and bids should be advertised by March 1.

Plans call for 1 male Ward designed for chronic cases, to house 404 patients.

The other two new Buildings are planned for female patients - "disturbed" and convalescent.

LATE BULLETIN

The Supervisor's Office late Monday received the following telegram from the Veterans Regional Hospital in Oakland:

"Fritz Eberhardt is seriously ill here, with a brain tumor."

(For details see Page 2 - Col. 3)

TO ALL EMPLOYEES

All attendants who gave Mrs Edith Morgan money for a subscription to the "Psychiatric Aid;" please send me their names in order that the money may be obtained and the magazines ordered.

Dr. G. L. Goodstone,
Clinical Director.

HIT PARADE MUSIC

FOR MSH DANCE

Purchased with money from the MSH amusement fund, 10 Piano scores of the latest popular dance tunes, including; "My Darling, My Darling" "Slow Boat to China," and other "Hit Parade" tunes.

Upon receipt of the scores, Mrs. Elliot, Sec'ty., turned them over to Ira W., MSH Orchestra Conductor, who will, with the alacrity commensurate with the need, turn them into "Jive" and Rhythm.

The big Patients' Dance, spotted on the calendar for Feb. 18, is to be replete with good music, good fellowship, refreshments and best of all - a festive air of well being.

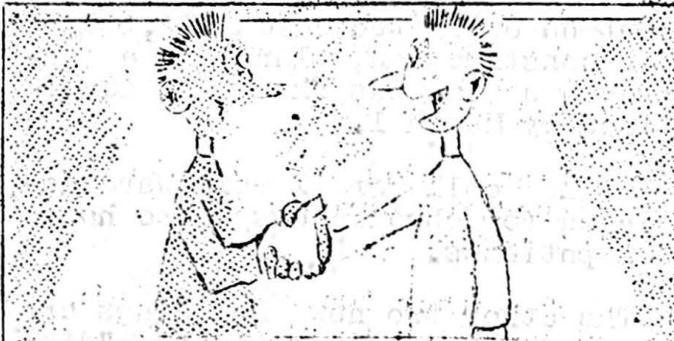
LYRIC SOPRANO (continued)

It is hoped that we here at the hospital have the distinct pleasure of hearing Miss Peterson again, and soon. Our hearts and good wishes go with her.

? QUESTIONS ?

ANSWERS BELOW

1. When and where did the "Battle of the Bulge" take place?
2. What date was the Battle of Guadalcanal?
3. At what time and place in the Philippines did three American submarines sink most of the Japanese Tank Force?
4. Was the famous Civil War "Battle of the Ironclads" fought between the Monitor and the Merrimack?



The patient walked up to the new superintendent.

"We like you much better than the last fellow," he said.

The new super beamed. "Why?" he asked.

"Oh, you seem more like one of us."

He stopped at a small hot dog stand and ordered coffee. Just to be polite he said: "Looks like rain, doesn't it?"

"Well, snapped the testy proprietor "it tastes like coffee, doesn't it."

ANSWERS TO QUESTIONS

1. Not a Navy question, but Navy landing. Craft units were already training for assault and bridge laying with the First, Third and Ninth American Armies (Rhine, 90 days later) so here is your answer:

In mid-December, 1944, three German armies - Von Rundstedt's - 90 mile front through the forest of the Ardennes, to within four miles of the Meuse River.

2. Cruise night action was Nov. 12, 13, 1942. Battleship night action of Nov. 14, 15, 1942. Total major combat ships in Campaign (Aug. 7, 1942 to Feb. 7, 1943) United States: 24 Japan: 19.

3. Sorry, never. This sounds like a newspaper version of Dec. 21, 1941, at Lingoyon Gulf. - Tho in a small spot, the inferior (1941) torpedoes of the three submarines sank only one ship out of eighty.

4. No. The name of the Southern ship was C.S.S. Virginia. Well, well Fought Sunday, 9th of March 1862.

This column was submitted by Ward 12. "Know Your Navy".

AA MEETS EVERY SUNDAY EVENING 6PM.

NOTICE

TO ALL EMPLOYEES

A petition has been prepared through the efforts of the Mendocino Tuberculosis Assn. at Ukiah. For the convenience of M.S.H. employees, the petition may be signed at the Talmage Store.

Our object is to get the signatures of 20% of the voters who voted in the gubernatorial election in 1946.

Of the total population of Calif. 96% is served by some type of Health Dept.

Mendocino County is included in the remaining 4%.

We would certainly appreciate it if the M.S.H. Employees would stop at the Talmage Store, and sign the petition before Thursday, Febr. 10th if conveniently possible.

Additional information may be obtained from the Mendocino Tuberculosis Assn. at Ukiah.

Miss Virginia Scudder,
Executive Secretary.

FARM, DAIRY AND RANCH NEWS.

The boys at the Ranch are having their troubles getting vegetables out of the ground these days, with the ground frozen so hard. Temperatures down to 22 doesn't stop these fellows though from keeping vegetables coming to the kitchen for us.

Unusually heavy frosts makes the whiteleghorn chickens blond nicely together. They also realize they have to keep up their production and do very well, considering.

The parkers at the Hog Ranch eye every visitor with suspicion, and he can very well be suspicious for it takes a lot of pork to fortify us against these iccy blasts, and the poor, (or should I say fat?) guy looks up at you with a questioning grunt or two, wondering if his number is up. He certainly gets the best of care while on this earth.

We were sorry to learn of such a "freakish" accident that August N. had recently at the dairy, which sent him to Surgery for a little patchwork on his anatomy. We hope it doesn't prove too serious, Augie.

As much as we would enjoy giving you the lowdown on a certain horse deal involving the purchase of one racehorse by one Jimmie D. of the Dairy and a certain employee, such is impossible via this medium. But see us privately and we'll give you the dope. Sufficient to say now, that the two (would be) horse traders didn't buy the horse for the paltry sum of \$25,000 and said horse won a \$50,000 handicap race a week or so later, leaving the two crying in their milk.

TOWARD BETTER MENTAL HEALTH

-HERE AND THERE-

Harry L. at Ward 16, (ranch), who is a firm believer in Occupational therapy, says he could double his production if he had a mop wringer on his scrub bucket. Incidentally we of Pomo News, together with its readers, can thank Harry for the alacrity with which our SOS for a Staff Cartoonist was answered in person. Proof of his capable work appeared for the first time Jan. 18th issue, page 10.

-PATIENTS LIBRARY-

Mrs. L. Thomas of San Francisco, has sent about 25 periodicals for the Library, through Mr. A. Schillings, Attendant at Ward 12.

Miss B. Farquharson, Psychologist at M.S.H. has donated 30 magazines.

From Peter R. Johnson, Veterans Home, Ukiah, received 42 Popular Mechanic, 55 varied Mechanic Magazines, Coronets and Geographics.

Mr. Lester S. of the markingroom donated 43 editions of mysteries.

-ART SHOP-

Charlotte Rogers, in charge of the Art Shop, is back after a recent illness. The Ladies from wards H, I, and K are well professed in making fine needlework, beautiful braided rugs cutwork, dainty baby wear, banquet cloths, etc. (People visiting you will enjoy seeing the many samples displayed in lobby).

-AT THE GREENHOUSE-

No news of interest at the Greenhouse this time of year. However, we noted some 1200 potted plants in the Greenhouse that will be put out and around the grounds later, and give it the riot of colors it usually has in the spring and summer.

"Nick", the big, black dog, who, practically runs the greenhouse, greeted us with his customary moans and groans. He took us down to the ball diamond to show us how pretty it was under a solid white blanket of frost, sparkling under a bright early morning sun, which we remarked, was very pretty. Nick agreed in his own whining canine venacular.

-SHOE SHOP CHATTER-

Charlie Valentini, head man of the shoeshop and his able crew are busy at their monthly overhaul and machinery cleaning.

Valentini says that altho they are busy, they are lining up quite a production for spring wear.

John J. S. of the shoeshop has developed a simple exerciser that relaxes and tones up the body while it builds up the muscles also.

One today is worth two tomorrows

SEND A POMO NEWS TO A FRIEND.

CHURCH SERVICE

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 afterward Reverent Rüssert.

Protestant Church - 2nd and 4th Sundays of each month. MSH Auditorium and Ward 12 8:30 a.m. Reverend Linderman and Reverend Brown.

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

Christian Science Church - -

"Soul" is the subject of Christian Science Lesson-Sermon for Sunday, Feb. 8th, with the Golden Text from the twenty third Psalm: "The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoroth my soul"

WHY?

Why not organize church choirs for patients? There is a newly acquired organ, gift of Mr. and Mrs. K. Williams. Surely many patients can get spiritual comfort and solace thru this medium. "M." (no wd. No).

- MORE LIBRARY DONATIONS-

Nancy King has just given us 30 song books and one harmonica which came at a crucial moment, what with minstrel rehearsals and daily orchestra rehearsals, such materials are invaluable.

Mrs. Hazel Dahl, on Jan. 27th and 29th, donated 15 magazines and 10 novels to the library.

Mrs. D. B. Williams, wife of the Superintendent, donated 21 novels, and 7 pocket books. Freda S. and Helen D., both of Ward D donated 9 puzzles on Jan. 30th.

The Pomo News, wishes to express thanks, to each and every donor of these books, magazines and games, on behalf of all the patients here at M.S.H., who so dearly appreciate good reading material and games, and which is so vital in the rehabilitation program. We are sure if other employees, their friends and families could but realize the appreciation of such donations, we would receive more material of this nature.

LEARN THE LUXURY OF DOING GOOD.

POMO NEWS

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"Pete" P.....Editor
Maria B.....Assoc. Editor

WHAT I KNOW ABOUT LIFE

I have recently been pondering the
life expectancy that the Bible
allots to man,

And at this point I figure I have
worked my way through nine four-
teenths of my hypothetical span.
I have been around a bit and met
many interesting people and made
and lost some money and acquired
in reverse order, a family and a
wife,

And by now I should have drawn some
valuable conclusions about life.
Well, I have learned that life is
something about which you can't
conclude anything except that it
is full of vicissitudes.

And where you expect logic you only
come across eccentricities.

Life has a tendency to obfuscate
and bewilder,

Such as fating us to spend the first
part of our lives being embarra-
sed by our parents and the last
part being embarrassed by our own
Childer.

Life is constantly presenting us
with experiences that are unpre-
cedented and depleting,

Such as the friend who starts drink-
ing at three in the afternoon and
explains it's only to develop a
hearty appetite for dinner hear-
ty appetite for dinner because its
unhealthy to drink without eating.
Life being what it is, I don't see
why everybody doesn't develop an
ulcer.

Particularly Mrs. Martingale, the
wife of a prominent pastry cook
from Tulsa.

He had risen to fame and fortune
after starting as a humble pur-
veyor of noodles,

So he asked her what she wanted for
her birthday and she said a new
Studebaker and he thought she
said a new strudel baker and she
hated strudels.

So all I know about life is that it
has been well said

That such things can't happen to a
person when they are dead.

* * --Ogden Nash.

"Eloquence is logic on fire"

TYRONE POWER

in

CAPTAIN

FROM

CASTLE

WITH

★ JEAN PETERS ★

★ CESAR ROMERO ★

★ JOHN SUTTON ★

★ LEE J. COBB ★

SATURDAY ★ ★ FEB. 12

