

A PROGRESSIVE PAPER FOR MSH PATIENTS PROGRESSIVE

# Pomo News

W E T U R I V

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

Vol. 1. No. 41 - February 15, 1949 5¢ per copy Population 2740

## SACRAMENTO BEE REPORTERS COVER MSH

Two representatives of the Sacramento Bee, Feature Writer Hal E. Champion and Photographer Don Smith, visited MSH last Thursday, gathering material for a story on the hospital's need for more and better patient housing facilities.

The two newsmen spent the entire day inspecting the various wards, including the surgery department and clinical laboratory.

Dr. David B. Williams, MSH Superintendent, and Supervisor L. E. Miller escorted Champion and Smith throughout the hospital.

Champion said his father was greatly interested in the proposed new building program at MSH and also in overcrowded conditions.

## THE LOCHENS TOUR MEXICO

Dr. and Mrs. Lochen returned from an extended trek thru Old Mexico, all bronzed up and looking ten years younger, after the 6,000-mile trip.

The Mexican Chamber of commerce should send them orchids for their complimentary phrases in regard to the good roads, hotel accommodations and everything in general, for the most comfort and convenience of the American Tourist.

(Cont'd Page 6 Col 2)

## DEATH OF FRITZ EBERHARDT MOURNED BY MANY FRIENDS

Funeral services were held in Ukiah last Friday for Fritz Eberhardt, veteran attendant at MSH, who died in an Oakland Veterans' Hospital Feb. 7, after a brief but severe illness.

Mr. Eberhardt, 55, one of the hospital's most beloved and popular attendants, was stricken with a brain tumor in Ukiah last week and after emergency treatment at the MSH surgery ward, was rushed to Oakland for specialized care.

Scores of hospital officials and friends filled the Ukiah Baptist Church for the funeral services, which were held under the auspices of the local post of the American Legion and conducted by the Rev. Leonard G. Brown.

Mr. Eberhardt, a veteran of World War I, came to MSH in 1924, after working as an attendant three years at Napa State Hospital. He remained here until his untimely death.

Highly popular among both personnel and patients alike, Mr. Eberhardt made hundreds of friends in and about the hospital. He was an ardent sportsman and loved nothing better than to go on camping trips whenever possible.

Just before he left for Oakland, he joked with Pruitt Edwards, a fellow attendant, about making another camping trip together, "when I get well."

Mr. Eberhardt was preceded in death by his wife, Mrs. Jennie Eberhardt, only by a few months, passing away last Nov. 12, in Ukiah. His only surviving relative is a step-son, R. R. Johnson of Wabash, Ind. Mr. Eberhardt came to this country from Switzerland more than 40 years ago. After a colorful career as a circus acrobat and a cowboy, he entered hospital work finally coming to California after termination of army service.

## DANCE FOR MSH PATIENTS

With the addition of a trumpet and the grueling pace, the Orchestra has been going through to give you good music, prospects point to a top-notch Dance Friday, Feb. 18th, 6:30 to 8:30 P.M.

The ladies may expect quite a twirl if actions in P.D.R. are any sign. It's nothing to see several of them waltzing down the aisles of the mess hall, holding out their trays in front of them at a discrete angle, as if it were their most beloved partner, doing a practice spin. We saw "Gabby", "Ole" Charles E. Ross and the "Paraldehyde Kid" jitter-buggin' up a storm in the tunnel in preparation for the forthcoming shin-dig Friday night. - So don't miss it, -

## ORCHESTRA PRESENTED TROMBONE

Miss Patilu Farquharson, MSH psychologist, has kindly donated a trombone to the MSH Orchestra.

The instrument was much needed, and as luck would have it, there appears to be a trombone player on Ward 8, who has repeatedly told Orchestra Director Ira W., that he would be only too glad to play in the orchestra if he had a trombone.

The Director expressed his pleasure over the acquisition of the instrument and added that he hoped many more instruments would be donated to the orchestra.

### THANKS

Due to the change of Minstrel rehearsal dates it became necessary to adapt a new technique in keeping everyone informed of last minute change to a late for the Pomo News issue. Since the new dates are of vital importance we were able to have them flashed on the movie screen, informing all participants of the new date of the show, Feb. 24th and rehearsals; Sun. Feb. 13, 1:00 p.m.; Tues. 15th, 6:30 p.m.; Wed. 16th, 1:00 p.m., and Sun. Feb. 20th 1:00 p.m. For the efforts and cooperation of the Projectionist, Lawrence Samsoe and Asst. Supvr. Tom Giles, we express thanks for success of this new medium of information.

## REWARD

FOR LOST DOG

\$5 REWARD FOR FINDER OR INFORMATION LEADING TO WHEREABOUTS OF BLACK AND WHITE DOG, MARKINGS OF A RETRIEVER. ABOUT 1½ YEARS OLD. SEE ATTENDANT F. DUBOISE, OR, POMO NEWS

## BLACK FACES SHAPING UP

ROUGH EDGES COMING OFF NEW SKITS AND ROUTINES MAKE COMICAL INTERESTING SHOW HIT PROSPECT  
The fellows and gals in the Minstrel are really buckling down to practice now and accomplishing something. With the addition of a couple of skits and dance routines, things are shaping up nicely.

An undertaking of this kind requires no end of patience, hardwork and cooperation, all of which is immediately obvious to the observer. Mrs. Buchanan seems to have a gift of handling people and the mutual amount of work and cooperation should turn out to be a good show.

NOTE to entire MINSTREL CAST: Study your parts and songs every spare moment and learn your cues. 'This is a MUST!'

## CORNELL'S SOUTH ON VACATION

Mr. and Mrs. "Tok" Cornell are back to work at MSH after a 15 day vacation, 10 of which were spent in Southern California.

The pair enjoyed a visit with Mr. and Mrs. Lee Cornell, employees of the State Hospital at Norwalk.

Meanwhile, the "weather man" benevolently graced their visit with some of his "best."

### PLEASANT VISITOR AT POMO NEWS

Mrs. Anna B., of Ward I, was a Pomo News business caller Sunday Feb. 13th.

Remaining only a short time, Mrs. B. thanked the Staff for their cooperation adding "I have other things to do, and am sure you people have.

Too; I might want to enjoy another visit -- sometime."

### WHY NOT

With several new buildings about to be constructed at MSH why not incorporate plans for a modern Bowling Alley.

Such a plan would provide splendid recreation facilities for both employees and patients. Let's hear from patients & employees.

## SAFETY FIRST

The curve in the drive just at the entrance of the main building has always been a danger point, as neither pedestrian nor motorist can see each other through thick low branches of redwood at this corner.

How about trimming off branches of both redwoods flanking entrance to about the height of 9 ft. from ground and eliminating this hazard before an accident?

### HELP PREVENT FIRES

The MSH Auditorium was subject to a regular routine through check, by MSH Fire Chief L.G. Van Shultz, Sunday Feb. 13.

With Minstrel Show practice assemblages, several entertainment features in the near future; our MSH Fire Marshall keeps an ever watchful eye on conditions that may mean a disastrous fire. All possible precautions are taken.

## NOTICE

### CHANGE OF DATE

The MSH Minstrel Show date has been changed.

The Show originally advertised for Mar. 4th, is scheduled now for presentation on Thursday, Feb. 24th.

# NEWS FROM THE WARDS

## Ward 8.

Pete P., has a noisy half Buck., which is always dropping when the people sleep.

Please, some one take it away from him or give him a paper dollar (Naturally for 2 half bucks.)

Complainant is his room mate.

John B., a husky fellow is working as apprentice at the MSH Shoe Shop.

He likes the trade and intends to go into business for himself -- later.

Signpainter William M. M. an old timer; has turned more signs in this institution than a coach painter. It is a forgotten art.

As a hobby, Martin took up swimming and at one time held world's record long distance swimming.

Martin has had judicial experience and in Indian Days was a Deputy Sheriff and still has a badge to show for it.

Following patients were transferred from Ward 8 to other Wards as follows: Jos. R., Leo L., and Fred H., to Ward 9, and Pete D., to 10.

Since we hadn't heard anything on the accordion but a few nightly various notes, played over and over much to everyone's distress, we had begun to think that this particular accordion only had a few notes on it until Mike C., the Irishman, asked to have a look at it, and he immediately blasted forth with real music on it. What a relief. "Could use you in the Band, Mike, -- (if we had an accordion.)"

## Ward 9.

Hamilton H., transferred to Ward 8, assigned to the Kitchen; Nicholas S., to Ward 16, unassigned; Jos. B., to Ward 8, assigned to Dairy; J. McD., to 16; Chas. E., John P., and Gordon S., to 8 and assigned to the Bakery, and Harry L., to Ward 8.

## Ward 2.

Ed. B., of Ward 2, pertaining to MSH Stamp Club in which you are interested. The club will have regular meetings in the near future. Notice of which will be in the Pomo News.

Thanks Ed. -- for the stamps that you sent over.

## Ward 15.

Andrew S., was visited by friends from San Francisco on Sun-

## - SHOW -

The MSH Movie for Feb. 26 will be a Fox Picture:

"Angel in Exile"

day, Jan. 30.

Henry N., made a color wheel for the spot light, which will be used the first time for the Minstrel Show.

Charles C., of the Industrial Shop has completed several comical faces of clay in the Ceramic Dept. These faces will make nice wall decorations.

Daniel C., and Geo. A., were transferred to Ward 8. Dan assigned to Laundry truck, Geo. to Carpenter Shop.

## Ward I.

Meredith J., was transferred on Feb. 8 from Ward H. She is now assisting Mrs. L. Davies in Kitchen duties at the ODR.

She was visited by a friend from San Francisco, Thursday, Feb. 3rd.

Sophie R., on Ward I, was visited by a long time friend who resides in San Francisco.

Ward I is indisposed with the "old and bringing in the new." Yes, it's a Westinghouse Frigidaire in gleaming white now standing in the kitchen.

## Ward F.

Chloe W., of Ward F, your letter and a philatelic article was received. As you are interested in devoting part time to this Occupation. Why not get in touch with Pomo News through your attendant.

## CARPENTER SHOP

Joe Addor in charge of the shop has installed a new door in Ward 12, between the Clinical and the Dental Offices.

The stage in the MSH has been enlarged for the Minstrel Show by John M., of Ward 8 one of the shop's helpers.

Mr. Sam Ray, assistant to Joe has been on the sick list last week with "flu."

We hope cheerful Sam will be back on his job soon.

Mud thrown is ground lost.

-SEND A POMO NEWS TO A FRIEND.-

# COMES LEAP YEAR TOO

Seems as how this St. Valentines Day racket dates back to 306 A.D., when a certain Roman Saint had been "martyred", (whatever that is), and since that day choosing Valentines on his day, Feb. 14th, his name has been associated with this date. On the eve of St. Valentines day young people of both sexes met and each drew a name from a common lot of names of the opposite sex. So, each gentleman got a lady for his Valentine and he became the Valentine of a lady. The gentleman remained, (now get this!), BOUND to service of their Valentine FOR A YEAR! A similar custom in the Roman Lupericalia, (another one of those catch-as-catch-can affairs where a couple of goats would get killed and the local swains with Hollywood haircuts, would run around dressed up in these goatskins hitting all the females with thongs to keep them from becoming sterile), which seems to be going on. (maybe Mussolini was the one that revived it.) Anyway, St. Valentines day is still in operation with the more naive of both sexes, sending anonymous sentimental or ludicrous missives that are prepared previous to the occasion. But, (states our source of information), this practice is on quite a decline. No wonder! Look at that 'catch line', ----'BOUND to SERVICE for A YEAR!'

Not in 1949 Brother! (and or Sister).

## LADIES WANT TO HIT THE BALL

A farsighted patient asked if it wouldn't be a fine thing to have a couple of croquet sets for the ladies on their grounds and yards to while away their time and interest, when the weather permits.

We heartily agree and think that it would indeed be a fine idea. (if the Industrial shop will take a cue from this in making the mallets and balls, it is almost as good as done.

Thanks to a farsighted patient.

--"He who builds a church within his heart, and takes it with him everywhere, is holier far, than he who builds a one-day house of prayer.

# MEET "PASHA" AFGHAN HOUND

Arriving at the home of Doctor and Mrs. Gerald Goodstone, as a X-mas gift from Arthur Goodstone, of Vancouver, B.C.; a brother of Dr. G. L. Goodstone, MSH Clinical Director, 'Kabul Pasha' (Afghan Hound), is a happy youngster about four months of age, very much a pup.

Bred in a high cold country the Afghan Hound has defied any change in distinguishing characteristics, chiefly his magnificent dignity.

Son of the Canadian Grand Champion, our latest K-9 friend can trace his royal lineage, (through Royal Families), where they were highly favored as hunting dogs, back to their original ancestors in Egypt.

There, in the ancient Holy land where Jehovah delivered the Ten Commandments to Moses, we find the breed first mentioned on papyrus.

"The Monkey Faced Dog," a translation from Afghanistan vernacular was taken to England by returning British Army Officers after the World War, and became "quite the rage" across the Atlantic. By the same medium, they are found in increasing numbers in India, Persia and Arabia, where they are highly favored in hunting the leopard and coursing gazelle and jack rabbits.

Of no mongrel breed is "Pasha", who's ancestry is traceable back over 3000 years of careful breeding; the first of his kin arriving in this country about 15 years ago.

## MORE LIBRARY AND STAMP DONORS

Mrs. Boardman was among a list of MSH Library donors this week with a contribution of 12 fiction Books.

Mrs. Bessie Scott, attendant Ward M. personally delivered a very nice collection of stamps of the Pomo-News office Monday Feb. 7th.

## GOOD GUYS WE KNOW

Geo. A., was recently transferred from Ward 15 to Ward 8 and was assigned to the Carpenter Shop. Glad to have such an amiable fellow with us. Good luck, George.

ANDY STAHL'S

FINE LIQUORS

PHONE: UKIAH-1138-J

REDWOOD VALLEY

NURSERY

PLAN WITH US NOW FOR YOUR  
FLOWER AND VEGETABLE GARDENS.

565W  
262  
1036W

PHONES:



Elsie B., Editor.

HOPE THIS CHEERS YOUR DAY-

May you never lack a dollar,  
May you never lack a friend,  
This little prayer I'm leaving you  
Is one without an end.

Arthur M., Ward 14.

EDITOR POMO NEWS and LIBRARY:

Well at last I am sending you 32 decks of cards as I promised you sometime ago, I hope they will come in handy. I think there are 3 or 4 decks of penoche, the rest plain.

Hope you can get some nice whist games, perhaps some nice whist clubs as well as a little poker game on the side, when no one is looking.

I have some 300 magazines of all kinds on hand, will bring them up when the weather gets better, as I would like to see the News room, and Library. I am sending another Geographic magazine of Febr. 1949. Trust this finds you in good health, I remain sincerely yours,

PETER R. JOHNSON  
Vets Home, Calif.

Pomo News:

I hope that you will publish when they will build the new administration bldg. and backyard wards, kitchen, and store. It was something I read about in a Ukiah paper and was wondering when they would start building. Yours truly,

Lawrence S.  
Ward #2.

Dear Lawrence:

I believe Dr. Williams answered your question in his column last week as to any building going on here at Mendocino. Thank you.



EMPIRE

OFFICE  
SUPPLIES

OFFICE MACHINES  
SALES & SERVICE  
325 N. State St.

"MY VALENTINE"

YOU never could be duplicated,  
This makes LIFE so complicated.  
LOVE like yours is life sublime  
Until I find a SUNNIER clime,  
Then t'would be on ANEL'S wings,  
Where ECSTASY awaits for Kings!  
"I LOVE YOU!"

"THOUGHTS ARE THINGS \*  
Only the best are worth keeping."

"FROM MASTHEAD WINNER."

Pomo News:

Musical arrangers and copyists can borrow musical composition from libraries, universities, stores, and bands. If they are reliable sources, these places will be glad to lend their works, for they know the arrangements will be returned in top condition. Professional copies of any number are given away free (without any obligations) upon release of any new song, if you know whom to write.

Sincerely yours,  
Robert Clark.

Dear Robert:

Thank you very much for the information and interest.

MY DEAR FRIEND AND COUNSELOR:

Would like for you to have me go to conference so that I may explain my ability to undertake a good size business, as I have money to spend. Also I thank you for your courtesy in answering my letters, and to Mrs. Blakely printed in the Pomo News. I understand I have .99¢ at MSH Office, I can bank at your bank when you get the community hall here at Talmage.

Always your best friend,  
F.C. KNOPP, MSH.

My dear Mr. Knopp:

I trust that you will be given another opportunity, exhibit your ability, time changes things, and hope is a basic factor of life. Leave your mind open to suggestions your doctor may make as to right changes of thinking. I hope that you will be well enough to leave soon. Thank you.

TALMAGE  
STORE

— YOU BUY RIGHT —  
WHEN YOU BUY RIGHT HERE

# 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: Febr. 18th  
"SO WELL REMEMBERED".

**SUNDAY:**

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

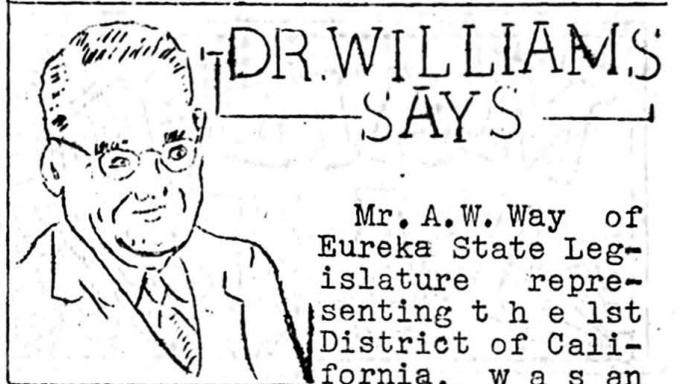
**MONDAY:**

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".  
MINISTRAL SHOW PRACTISE:  
Sun. Feb. 13, 1:00 pm  
Tue. Feb. 15, 6:30 pm  
Wed. Feb. 16, 1:00 pm  
Sun. Feb. 20, 1:00 pm



Mr. A.W. Way of Eureka State Legislature representing the 1st District of California, was an

MSH visitor February 8.

Spending the afternoon with us, Mr. Way later attended a meeting of the CSEA., at which place he addressed the group as principle speaker.

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We are making every possible effort to get housing for more employees, the shortage of which has presented an ever increasing problem.

\*\*\*

UNFORTUNATE ACCIDENT

Karl S, Ward 15 Dairy worker had a very unfortunate accident Sunday that might result in the loss of two of his middle fingers from his left hand. His hand became entangled in a line he was handling during the hoisting of a cow. The line slipped and his fingers were caught, almost completely severing them. It is hoped Karl doesnt lose them and since he is noted for his powerful constitution, he has a good chance of their healing

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(Cont'd from Page 1, Col. 1)

Since the hotel rates and other expenses were so reasonable, (\$7.00 per day for best hotels, including best in meals), it makes us all turn green with envy to think of them enjoying swims twice daily in a pool covered each morning with freshly cut gardenias, while we were shivering from extreme cold.

Dr. Loenen says business in general in Mexico seems very good and there is a tremendous amount of construction of all kinds under way. He was also quite impressed with rural school conditions which were excellent. They seem to have enjoyed every mile of their trip and sure look it.

THE PHILATELIC CLUB

Dear Editor:

I would like to participate in assembling your stamp collection. I don't wish to devote all my time to the project but as a hobby I am very much interested. Yours truly,

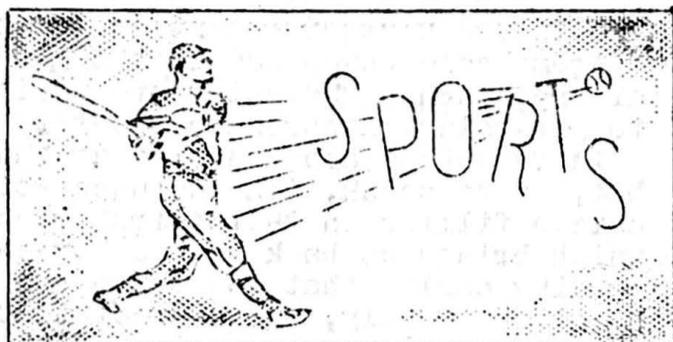
CHLOE W. Ward F

P.S. Maybe our philatelist would find something of interest in the enclosed article: FEDERAL PHILATELY There will be 32 commemorative --- Stamps this year that you may buy, Address: Post Office Dept., Wash.25 D.C.

Dear Pomo News:

Enclosed herewith a few stamps, domestic issue that may possibly be used in the "Pomo News stamps" In a recent issue of the News I note that you made a call for philatelists to aid in the hospital - collection. Please include my name for some of the "work". Once upon a time I did something like that in a very small way. Yours truly

Ed B. Ward 2.



Dear Boss--

This is just a note to tell you there is a great lack of sports news around MSH these days. Won't be, either, until the rains quit raising hob with the ball-field.

But speaking of baseball, did you notice that Herman Wedemeyer, the former All-American halfback from St. Mary's and presently employed by the Los Angeles Dons, might join the San Francisco Seals?

"Wedey" not only was a great football player, but was a first rate all-around athlete. He liked baseball so much that whenever he could, he was out on the St. Mary's diamond working out. He was a good pitcher, batter and outfielder.

When the Seals got around to opening their annual tryout sessions the other day, who was there conferring with Manager Lefty O'Doul but Wedey.

Wedemeyer isn't the talkative type so he wouldn't say yes or no when the sport scribes asked him if he wanted to join the Seals. But it stands to reason Wedey, whose contract with the Dons still has one more year to go, wasn't just paying a social call on O'Doul.

Could be that he could be released from his contract with the Dons and show up with the Seals this spring.

If he does, boss, he'll be a good drawing card -- and a good ball player.

\* \* \* \*

#### -WARDS GET NEW REFRIGERATORS-

All wards received new electric refrigerators last week, except Wd. 8, to be used for the conservation of milk and special diets for some of these wards receiving special treatment etc. Various vials for injections have to be kept at low temperatures and it was found that the electric refrigerators proved more satisfactory, consistent with economy

\* \* \* \*

All patients are allowed to send one Pomo News home to a friend or relative every week on letter writing day. See your charge attendant about procedure.

BE SURE THE ADDRESS IS CORRECT!  
WRITE PLAINLY.

## EMPLOYEES ACTIVITIES

The C.S.E.A offers a \$25.00 Government bond for the employee securing the most members up until Mar. 1st, 1949.

Mrs. Sylvia Alexander, charge Attendant at the Marking Room was relieved during a recent 2 weeks vacation by Mrs. Ward.

Mrs. Margaret Winchester, Late Attendant on ward I, is back from quite a siege of illness from flu.

Following Employees are on vacations: Besse Scott, Emma Lee, and Mamia Jenson, Katharine Bush, Ida Bush, Alice Bean, Beatrice Larson, Amy Galli, Theo Badger, Gloria Dale, Sylvia Alexander, Evangeline Stanley.

Sick List includes: Jessica Howard, Laura Ford, Myrtle Sisk and Grace Stillwell.

Lou Scott is on leave.

Sam Ray, Carpenter Shop Employee has returned to work after a brief illness with flu. Sam says, "I still feel lousy."

\* \* \* \*

Following patients had out - of town visitors:

Ruby K. was visited by friend from San Francisco,

Mary G., brother, Fort Bragg,

Mary A., husband, Tracy,

Bill M., mother, Santa Rosa,

Sara Y., niece, San Francisco,

John R., mother, San Francisco,

Anna B., son, San Francisco,

Salvadore G., Half Brother, Elk,

Wayne W., wife, Petaluma,

Nicholas S., Brother-in-law, sister, Ukiah,

Edward C., brother, San Francisco,

Max H., parents, Robins,

William J., wife, San Francisco,

Clarence J., wife, Santa Rosa,

Pearl S., friend, Ukiah,

Alva J., Daughter, Santa Rosa,

Patrick K., Priest, Ukiah,

Elizabeth N., son, Willits,

George M., father, Willits,

Charlie M., mother, Redwoodcity,

Sophie R., friend, San Francisco,

Walton D., mother, Ukiah,

Vincent P., friend, Arcota,

Gemma M., son, Eureka,

William M., brother, San Francisco,

Sallie T., husband, Guerneville,

Alice B., aunt, Ukiah,

David F., father, Ukiah,

Oscar V., friend, Fort Bragg,

Alford G., wife, San Francisco

John M., wife, San Francisco,

Anna B., son, San Francisco.

## QUESTIONS

### ANSWERS BELOW

1. Where did the abasive battle of the Spanish War take place?
2. What ship in what war made a n historic trip around the Horn?
3. How many ships were present at Iwo Jima?
4. What date did Americans land in Casablanca?
5. Who were the first persons to fly the Atlantic Ocean?
6. When did Lindberg come in?

Two breezy Westerners who visited Wall Street in search of funds for mine developments, were introduced to a shrewd financier. "Suspicious old chap, isn't he?" remarked one, when they had left him.

"I didn't notice. How is that?"

"Didn't you see how he counted his fingers after I had shaken hands with him?"

Teacher: "When do the leaves begin to turn?"

Dick: "The night before exams."

You can always tell whether you are on the right road by the grade.

At the beginning of a speech, applause expresses faith; in the middle, hope; at the end, charity.

A young man went to a priest to ask his blessings on drinking. After the Blessings, the priest said, "Now don't forget these Blessings are only good before the first drink."

### ANSWERS TO QUESTIONS

1. Battle of Santiago (Cuba) July 3, 1898. Cerma's Maria Teresa, Vizcaya, Colon & Oquendo, and Schby's Brooklyn, Oregon, Texas and Iowa.

This lead to increased American gunnery, as only 3% of American shots, fired at battle Rouge, were hits.

2. U.S.S. Oregon, Lack of logistics almost caused a triangular war, 15,000 miles in 66 days. Only terms in naval history that deck officers staked a boiler.

3. Blandy's entire force of old battleships, escort carriers, cruisers and destroyers S. Pronee and Mitches entire "tank force 58" U.S. Marine Corps, casualty rat: 32.6%.

4. Around Casablanca (14 to 140 miles) on Nov. 8, 1842. French capitulated on Nov. 11, then after signing aviators. Turned searchlights on the American Ships 7 were torpedoed, 4 (transports) went down.

5. N.C.4. Nungesser and Coli.

6. Lindbergh, was the 63rd person;

QUESTIONS ABOVE, COMPILED AT WARD 12.

With the weather relenting in its extreme cold waves somewhat the men of the Ranches and dairy are rarin' to get going on spring projects.

In fact they are champing at the bit, so to speak, like a bunch of maiden fillies in their first race, which brings us back to the horse-trading angle that seems to come up almost weekly, and we feel that it is the solemn obligation of this highly ethical staff to forewarn any and all who might be tempted to make a little wager now and then with certain of these gentry as to the alacrity of the horse driven by Dan R., hauling food. Seems some of said gentry will casually offer you attractive odds that the horse will or will not get up when he happens to lie down. The trick is that the horse stays down or gets up either one upon a given signal from said bookie, the sucker having not one chance. In fact we hear from confidential sources that such unorthodox knavery is inherent, since it's well known that the father of one such horsetrader once was in the act of consummating a deal with a farmer, selling the farmer a beautiful horse that was raised in a circus and knew nothing else. The farmer closed the deal and the two started for said farmers ranch to get the money. They had to ford a small stream enroute and being unacquainted with streams the nag stopped. The farmer punched the horse in the flank, which was the signal for the horse to kneel down. The farmer remarking impatiently, "Whats wrong with this fool horse?" The quickwitted horsetrader replied "Oh, I forgot to tell you, he points fish too." So, use your own judgment about making any wagers or any other kind of deals with these City Slickers.

\* \* \* \*

Scaffolding is being built around the water tower to patch the leak that was mentioned previously. The scaffolding is about half finished.

### FROM OUR FRIENDS

Recent donations to the MSH Patients Library are as follows:

Mrs. Laura Ford, 118 North St., Ukiah, California. Feb. 3. 88 Magazines and 12 Pocket Books.

Mr. Peter R. Johnsen, Vets. Home Yountville, Calif. Feb. 9. 1 National Geographical Magazine, also; 32 decks of Playing Cards which have already been distributed.

Mr. A. O. Umfrid, 2841 Guifado St., Los Angeles, Calif. Feb. 10. 4 Puzzles.

Miss Elsie Fitzpatrick, Employee Ward I, Feb. 2nd. 40 Magazines.

Thomas Horne, Ward 4, 1 Book.

Jessie Hildreth, Ward M, Feb. 10. 2 Novels.

Florence Conrad, Turlock, Calif. Feb. 1. 2 (late) Novels.

# TOWARD BETTER MENTAL HEALTH

Voice.

From the Medical Dept., early last week, bearing the signatures of Ward Dr. Prasser and Supt. D. B. Williams, a work order went to the MSH Carpenter Shop.

In the Pomo News issue of November 30, in the Social Therapy column appeared the following:

"A box with a letter slot in the top - designed by Dr. Prasser and lettered at the Paint Shop, bore on its face, the following printed words:

"FOR THE GOOD OF THE PATIENT."  
"HELP MAKE LIFE ON THIS WARD MORE PLEASANT. YOUR SUGGESTION WILL BE APPRECIATED."

They are read only by the Doctor and need not be signed."

The Work Order, in the hands of the Carpenter Shop calls for duplications of the original "Suggestion Box" which was placed on Wd. 3.

The "New Boxes," (strongly built to withstand "rough treatment"), are destined for Wards 1 and 2.

"The 'question Box' provides the only means whereby all the patients are able to contact the Doctor directly and without intervention."

## WHY?

Now that spring is coming along, why can't parole patients be allowed to remain outside later than the winter lockup hour of 6:30 p.m.?

Why can't more green vegetables canned or otherwise, be included in the daily diets? Parsnips can and do get monotonous--and that's putting mildly.

## WHY?

Speaking of blood donors, - why not start a blood-bank here at the hospital? Many large organizations, large firms and communities now have their own blood-banks. They are invaluable to everyone personally and the community at large in cases of National, Local or Personal emergencies. (Look at Pearl Harbors short sighted view and resulting disaster.)

There must be many of the various blood types who would be only too glad to contribute.

\* \* \* \*

-GIVES BLOOD TRANSFUSION-

Elliot A., Ward 12, gave a blood transfusion Thurs. Feb. 10. Nice going Elliot.

"ITS MORE BLESSED TO GIVE THAN RECEIVE"

# 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 Reverend Russert.

\* \* \* \*

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 -  
"Great is our Lord, and of great power: his understanding is infinite." (Psalms 147:5). This is the Golden Text for the Lesson-Sermon in Christian Science Churches for Sunday, February 27th. The subject is "Mind."

Included in the sermon are the Bible, and "Science and Health with key Scriptures, by Mrs. Eddy.

## MUSIC FOR DANCE PROGRAM FEB. 18TH., 1949.

- 1.--1. Galway Bay
2. Angry
3. Let Me Call You Sweetheart
2. 1. Melancholy Baby
2. Lavender Blue
3. Far Away Places
3. 1. Peg O' My Heart
2. A Tree In A Meadow
3. Anniversary Waltz
4. 1. Near You
2. Dream
3. Alice Blue Gown
5. 1. My Happiness
2. Now Is The Hour
3. Naughty Waltz
6. 1. Maybe You'll Be There
2. On A Slow Boat To China
3. Missouri Waltz

## FINALE

1. GOOD NIGHT SWEETHEART

## ORCHESTRA:

Olga K. Piano; Bob L. Sax; Bob N. Drums; Marion A., Guitar; Ross, Trombone; Ira W., Trumpet & Conductor.  
(Cut out program and bring to the dance with you for reference).

# POMO NEWS

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

Supervised by Dr. Gordon Goodstone, Clinical Director.

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

.....Editor  
Mable B. ....Assoc. Editor

## PATIENTS CAN HELP

Since the arrival of Dr. David B. Williams and his present medical staff, we patients know a new progressive administration policy is steadily and surely taking place at MSH.

Despite many obstacles, all of which go to make challenges to Dr. Williams and his staff, there has been a strong determination to uphold many precedents, set in the past 50 years, on behalf of the status of mentally ill patients.

Changes for the betterment of their welfare continue steadily, and these changes vitally concern us as patients.

Therefore, as an aid to the permanent adoption of certain rules considered pertinent to the maximum patient welfare, all MSH patients are asked to cooperate wholeheartedly in conforming as nearly as possible to all new rules.

It is better to enjoy certain new privileges, than to abuse them and eventually lose them.

It follows, then, that patients who now enjoy such freedom as is now provided through the good offices of Dr. Williams are largely responsible by their actions as to whether or not patients who come later will be permitted the same privileges.

In the name of progressive future hospital patient welfare, your unanimous cooperation is asked.

### POMO A.A. GROUP IN DEBUT FEB. 13

It was unanimously decided Sunday night at the regular weekly meeting to give the local A.A. group the name "Pomo Group" since it has been decided to establish this as a regular group, receiving the same recognition as any other of the thousands of A.A. Groups throughout the country. The mailing address hereafter is EDITOR, Pomo News,

