

A PROGRESSIVE

PAPER FOR

PROGRESSIVE

PATIENTS

# Pomo News

W E E K L Y

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

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## RECOGNITION IS GIVEN MSH

DR. WILLIAMS IS HONORED BY GOVERNOR WARREN; IS MADE PANEL COUNSELLOR

Outstanding accomplishments at Mendocino Hospital in the treatment of alcoholism were recognized by Gov. Earl Warren when he recently named Dr. David B. Williams, superintendent here, to be counsellor to the governor's panel on the study of alcoholism. The panel will meet in conjunction with the governor's Conference on Mental Health at Sacramento March 3 and 4.

The discussions at Sacramento will have a direct bearing on future legislation for the treatment and care of the mentally ill in California.

Dr. Williams will be adviser to a panel consisting of Milton Cherin, M.D., Dean of the School of Social (Continue Pg.8 Col.2)

## BOOSTS MINSTREL SHOW

Describing the "Land of Cotton Minstrels" as phenomenally successful, Gordon McWhirter, social worker, took an enthusiastic report of the show to the regular monthly meeting of Social Staff of the State Department of Mental Hygiene at Oakland, Friday, Feb. 25.

He planned to distribute programs among the social workers present.

## MINSTREL A SMASH HIT

SHOW ACCLAIMED AS BEST EVER PUT ON AT HOSPITAL

The kids in the Minstrel Show at MSH really outdid themselves last Thursday night, Feb. 24, in putting on a performance that was unanimously acclaimed as one of the biggest hits ever put on at the Hospital. Although there were two earlier performances during the day, one in the morning and one in the afternoon for the patients only, the performance Thursday night exceeded all expectations and previous rehearsals.

Under the expert direction of Mrs. Dorothy Buchanan the cast was put thru weeks of grueling rehearsals that came to its final peak of perfection Thurs. night. Nothing too complimentary can be said for Mrs. Buchanan's efforts and her tactful technique in obtaining such perfection from a company of mostly amateurs. Only one associated with her and the cast can fully realize the tremendous psychological effect this has had both on the participants and the other patients which, after all, is the main objective of such ventures. Although the auditorium was only half filled for the two early performances; we have already had a flood of urgent requests, both from patients and outsiders for another such show at an early date, to which end we assure all that such plans are already in a verbal stage and now that we have a new arrival in the person of Larry De., who is a professional and added so much to the show with his remarkable tap-dancing and beautiful rendition of "Carolina Moon" and will be adviser to future entertainment programs.

The show was further highlighted by such numbers as "Calling Caroline" by another professional newcomer, Jimmie D., an extremely humorous "Hula" dance and song with "Chuck" W., and Joe., a vocal, "Old Man River", with Andy S., and a comedy skit by "Irish" C., and "Woody"; The chorus and dance numbers were the feature, however, supported by the MSH Orchestra.

No one part of the show could be responsible for its entire success, because of the way every part of the show was received by the audience which demanded encores of several numbers. The most sentimental part of the show came

ADMITTED & RELEASED MSH admissions and releases for period ending Feb. 27 are as follows: Admissions 57, releases 14.35 of these were transferred from Agnew State Hospital.

at the close when Mrs. Buchanan much to her surprise, was presented with a beautiful bouquet of flowers from the cast, in appreciation of her untiring efforts and lovable qualities during the entire production.

## —SHOW PROPS—

Much credit is given to "Woody" C., Wa. 15, and Lilah H., for the backdrop, art effects, costumes and other scenery they both put so much effort into. The backdrop was painted on strips of paper, then hung to conform. This was a tough job and well done.

Making and fitting of the costumes were quite a job itself that was very nicely done by all the girls of the cast helping.

Hank N., of Ward 15, handled the spot light expertly, with Bob, the interloctuer, doubling in the handling of the Microphone.

The music of the MSH orchestra, under direction of Ira W., and the exceptionally good piano accompaniment by Olga added immeasurably to the shows success.

### LIBRARY GIFTS

More gifts of reading matter were received during the last week by the MSH Library. Included were:

One book, from Matron Ward 9, Feb. 21

Eleven magazines, anonymous donor, Feb. 21

Subscription to Readers Digest, Mrs. Charles C. Holme, P.O. Box 36, Sebastopol, Calif. Feb. 23.

The Library is a busy place these days, many patients having learned that there is a really worth-while collection of good material, including many volumes needed by those who want to do research.

### SAXOPHONE REEDS GIVEN

The MSH Orchestra is in receipt of a box of saxophone reeds donated by Geno Micheletti, who now is in Cincinnati attending the Conservatory of Music in that city. The reeds were sent in by Geno's mother, Mrs. S. Michelletti.

## VISITORS ARE AMAZED AT TALENT— UNCOVERED BY MINSTREL SHOW—

JUDGE AND MRS. GIBSON IN AUDIENCE; SHOW IS HELD TO BE BENEFICIAL TO PATIENTS AS WELL AS BIG FUN

Visitors who saw the Thursday evening performance of the "Land of Cotton Minstrels" in the Hospital Auditorium expressed amazement at the excellent talent displayed by the cast. A large portion of the lower floor was occupied by guests from Ukiah and Talmage.

Among the prominent visitors were Judge Lilburn Gibson of the Mendocino County Superior Court, and Mrs. Gibson. Judge Gibson said he enjoyed the show thoroughly and pointed out the value of such programs as a part of the Hospital's Mental Health program. "I consider such programs to be among the finest means of accomplishing the purposes of the institution," he said.

Dr. David B. Williams, Superintendent of the Hospital, and Mrs. Williams, enjoyed the show immensely. Dr. Williams expressed pride that there is so much good talent among the patients. He also considers such events beneficial to the mental health and happiness of the patients.

Father Keane of St. Mary's Catholic Church, Ukiah, said the show was astonishingly good. He praised the performers and declared that he could see that much hard work had been done to make the show a success. All connected with it, he said, deserve great credit.

The Rev. Leonard G. Brown, pastor of the First Baptist Church, Ukiah, was enthusiastic in his praise of all who made the performance the success it was. He said such programs can not help but be beneficial to all who have a hand in them. He said he was most pleased that he and his family attended.

T. A. Orcutt of Talmage said, "Tell the performers they were wonderful. I enjoyed every minute of it."

The Pomo News reporter, who stood at the door as the overflow crowd was leaving, heard nothing but praise for the show.

All doctors on the staff attended one of the three performances, some with their wives and families. All of them interviewed by the Pomo News were enthusiastic in their praise.

CLYDE DODSON

BARITONE

—THURSDAY—

MARCH 3

AUDITORIUM

1:15 P.M.

### FIREMEN CALLED TO OUTSIDE BLAZE

The MSH Fire Department was called of the Hospital grounds Monday, Feb. 21, 2:10 p.m. when a chimney fire was reported at the residence of A. Parker, half a mile south of the Hospital on the River Road. There was no damage to the house.

The department responds to calls off the grounds, under an arrangement which would bring county fire-fighters to the Hospital if they were needed.

# NEWS FROM THE WARDS

## WARD 1

Sam P. transferred to Ward 8, assigned to Industrial.

Edward F. transferred to Ward 15.

## WARD 3

The following were transferred from Ward 3 to Ward 8 and were assigned as shown: Norman W., Pomo News; Paul T., Athletic Department; Guy W., Pomo News; Edward S., Gardener; Charles S., Carpenter Shop; Walter R., Surgery; Roy N., Surgery; George H., Gardener; Otis H., Shoe Shop; Wilbert H., Sheet Metal; Larry De., Entertainment Department; Ralph C., Kitchen; Ray D., Kitchen.

From Ward 3 to Ward 15 and assigned: Pearl Y., Laundry; Richard F., to Ward; Isiah H., Dairy; Aed H., Paint Shop; Thomas H., Paint Shop; Earl M., Mattress Shop; Charles W., "Big" Gang; Wilson M., "Big" Gang; Arnold S., to Chicken Ranch. Victor A., Hog Ranch.

## WARD 8

The following were transferred from Ward 8 to Ward 9: Ira W., John M., Eugene W., Glenn H., Eugene P. and Wallace M. for treatment.

Aurel D. transferred to Ward 14, Peter A. to Ward 16, Don C., to Ward 14.

## WARD 9

Jack H., Jack B., and Herman K. transferred to Ward 8, assigned to Kitchen.

James H. transferred to Ward 8, assigned to Paint Shop.

## WARD 12

Stephen F. transferred to Ward 15, assigned to Electrical.

## FAMILY VISITS LELAND H.

Mrs. Leland H. with their two small children "Terry" and "Jimmy" visited "Dad", of ward 8, over Sat., Sun. and Mon. returning home February twenty-second.

## WARD N

Emma Mc.D was transferred from Ward B to Ward N.

## WARD C

Florence B. was transferred, Wd. C to Ward I.

## WARD H

Mary A. was visited by her husband up from Tracy on Sunday, Feb. twentieth and twenty-second.

Hazel L. was visited by her son from Ukiah on Sunday, Feb. 20.

## WARD G

Bonnie G. was transferred to Ward I on Feb. 21. She was assigned to help Mrs. Irene Miller at the Female Hydro. Department.

## WARD I

Elsie B. was transferred from Ward I to Ward H.

Risbah C. had company.

Anna B. was visited by her son from San Francisco on Sunday Feb. twentieth.

Laura H. was visited by her son mother and father from Fortuna on Sunday, February twentieth.

## WARD M

Dolores S. of Ward M was visited by her husband from Ukiah.

## LAST WEEK'S VISITORS

Recent visitors to patients at the hospital were: Sister of Alex A. from San Francisco; wife of Leland N. from Pleasanton; sister of Thelma V. from Ukiah; wife of Harry L. from San Francisco; brother of Nellie M. from Menlo Park; son of Jennie K. from San Francisco; friend of Florence C. from Calpella; husband of Violet H. from Laytonville; wife of August from Sebastopol; brother of Adalaides. from Sacramento; parents of Archie S. from Cummings; relative of Fred H. from Sacramento; brother of Max H. from Robbins; cousin of Vincent N. from Colusa; Mother-in-law of Lola MacD. from Oakland; a niece of Pearl S. from Hopland; sister of Max G. from San Francisco; father of Ed S. from San Francisco; son of Mabel G. from Santa Rosa; husband of Mary A. from Tracy; mother of Raymond L. from Redwood; father of Dolores B. from Hawaii; wife of John M. from San Francisco; friend of Mary L. from Hydeville; step son of Fred H. of Sacramento; sister of Grace R. of Eureka; friend of Joseph W. from San Francisco; wife of John P. of Petuma mother of Dolores B. of Gualala; and a friend of R.G. from San Francisco.

## CARD TABLES

A patient has suggested to the Pomo News that somebody could do a great service to the various wards by furnishing them with tables for cards. Suggestions or donations would be greatly appreciated.

A.A. MEETS EVERY SUNDAY 6:00 P.M.

## SOCIAL THERAPY

### NEW MEETING DATE

Because of the Minstrel show, the planned meeting of new patients was postponed from Thursday, Feb. 24. The patients who had been asked to be present at the "Orientation Group" session Thursday March 3, 1 p.m. in the Conference Room.

### FREE-DISCUSSION GROUP

The free-discussion social therapy group met Friday, Feb. 25 without the social worker being present. Mr. McWhirter also will be absent when the group meets Friday, March fourth as he will be with Dr. Williams at the roundtable discussions on Alcoholism at the governor's conference at Sacramento.

Frank W. led the free discussion group Feb. 25. The group will select its leader for the meeting of March fourth.

### INDIVIDUAL APPOINTMENTS

The social worker will be at the hospital for individual appointments Friday, March 11; but not on Mar. 4. Mrs. Sharon Lopus, social service receptionist, will make appointments.

### DR. BITTICK TO LEAD

Dr. Paul Bittick, Jr., will lead the new patients' group at 1 p.m. and also the pre-leave group at 3 p.m., Thursday, March third.

### FEB. 22 IMPORTANT TO GEO. A MARKED 20TH YEAR AT MSH

Washington's birthday last week meant a great deal to George A., now on Ward 8; something entirely different from its meaning to any other person in the whole United States. For him it meant the 20th anniversary of his being locked in what is now Ward 12, Mendocino State Hospital.

Twenty years! Have those long years wrecked George, mentally, physically, spiritually? No! George would be the first to deny that, as would anybody else, who has talked with him and felt the genuineness of his personality, his warm understanding, and his strong will. That iron will hasn't wavered in the slightest during those tedious seconds; minutes, days, weeks, months, years, decades---which have ticked away since he first passed through the portals without abandoning all hope.

George isn't given to looking backward. Strange as it may seem, he is forward-looking. He participates in games and recreation with a vigor which belies his fifty-odd years.

His behavior record is nothing but good. That record shows he has  
(Continued Pg. 6 Col. 1.)

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## QUESTIONS????

### ANSWERS BELOW

1. Was John Wilkes Booth, who killed Lincoln, the famous actor?
2. What are actors who go from town to town in the summer, using any available buildings as a theater, called?
3. What is generally regarded as the first effort to tell a story on the screen?
4. Did Beatrice Lillie ever appear in a play by G. B. Shaw?
5. With what ballet producer was Nijinski associated?
6. Are the Marx Brothers really brothers?
7. Did Walt Disney draw "Felix the Cat"?
8. What motion picture took 1,000 artists three years to make?

Two ants were running along at a great rate across a cracker box when one asked, "Why are we going so fast?" "Don't you see?" said the other. "It says 'tear along dotted line.'"

CAUSTIC COMMENT: Her Last year's dress looks pretty well considering the shape it's on.

Marie went to the Talmage store to buy a sweater for her dog. After much haggling about the correct size, the shop keeper said: "Why don't you bring in the dog?" "Oh," said Marie, "I couldn't do that -- It's a surprise!"

A glamour Girl is one who has what it takes to take what you have. (Air Mail)

A press agent is a man who hitches his bragging to a star. (Hedda Hopper)

### ANSWERS TO QUESTIONS

1. No, but Lincoln's slayer was well known; his brother, Edwin, was the famous actor.
2. Barnstormers.
3. "The Great Train Robbery" (1903)
4. Yes, in "Too True to Be Good."
5. Diaghilev.
6. Yes.
7. No. "Felix" was drawn by Pat Sullivan.
8. "Snow White and the Seven Dwarfs."

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#### THESE WALLS

Dear Editor --- It is about these walls that we are sometimes supposed to beat our heads against that I write you about. On the other side of these walls there is no doubt, a need waiting to be filled, a need as strong as the one we have ourselves. But the walls know when we are not ready to fill this need when we try to go THROUGH the wall, rather than BY it.

It may be less than a week, or it may be more. It holds us back until we are ready. A person must be very much alive, or have the ability to become very much alive, to pass one of these walls, K.B. Ward 1

Yes, K.B. The purpose of everything that is done here is to get us BY these walls, by making us ready to meet those needs on the outside. On the optimistic side -- let us concentrate on THE LARGE NUMBER WHO HAVE PASSED BY THOSE WALLS AND NOW ARE FILLING NEEDS ON THE OUTSIDE.

#### INTER-WARD CROQUET

Pomo News --- I understand that Ward H has received a croquet set. How about some inter-ward games? I have a team from Ward 8. B.N.

Plans are on foot for organized athletics on a larger scale than heretofore attempted. There is no reason why a croquet tournament shouldn't be considered.

#### OFFER OF STAMPS

Alma E. on Ward H informs the Pomo News that she has three Century of Progress stamps and is willing to give them to any stamp collectors who need them for their collections.

#### NIGHT NOISE

Dr. Prasser --- There is too much talking and cursing on that graveyard shift here every night, and it keeps us awake, and we get up too early in the morning.

This is a good hospital, and all hospitals are kept quiet after the patients go to bed. Thank you again for the good work you are doing for us all. Ward 3.

#### BAND ARRANGEMENTS

Nancy K, Ward K, says she has received some sheet music suitable for the band, which she requested from a friend. This kind of cooperation with hospital organizations by patients benefits us all.

Thanks Nancy K.

#### WANTS MORE RADIO

Ward K writer wants the radio turned on "after we get the ward cleaned up," also would like longer time outside each afternoon. The writer seems pleased that there are more outdoor games than there have been in the past.

#### MINSTREL TOUR

Wilbur C, Ward 8, suggests that the minstrel show be put on at Ukiah, and the proceeds used as a start of an amusement fund, to be used to further future entertainments here.

#### PATIENTS' SUGGESTIONS

Mrs. Joan C, Ward G, submits words of an original song which we can't publish on account of lack of space. Mrs. E.M.C., who failed to mention her ward, wants the patients to have opportunity to meet the Pomo News artist. (You have no idea how busy these artists are, Mrs. E. M.C.) From Ward 3 comes a request for more hot water for washing dishes after meals. The same writer wants some good baseball games soon. He probably will get his request, as plans are now being made for plenty of diamond activities. Other interesting letters have been received from Victor J., Ward 3 and Alma K., Ward I. Laurence S., Ward 2, is anxious for those new buildings, mentioned by Dr. Williams, to be started. Aren't we all?

SEND A POMO NEWS HOME TO A FRIEND.

## WHY?

Why can't arrangements be made to obtain books through the California State Library at Sacramento, for patients who want to study technical subjects? It is understood that the library is willing to cooperate, provided the expense of getting the books to and from the library is met by the patients. (This suggestion submitted by Bob M., Ward 8.)

WRITE TO YOUR NEWSPAPER -- C/O MAIL BAG CONCERNING MSH PATIENTS SHOWS. DO YOU WANT MORE OF THEM?

# 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.  
Concert: Clyde Dodson, young American Baritone, will sing in the amusement hall at 1:15 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)  
Alcoholics 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 Practice at 9:30 a.m. in Auditorium, Monday thru Thursday.

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## DR WILLIAMS SAYS

I wish to extend my hearty congratulations to the patients of our hospital who actually par-

ticipated in the highly successful presentation of their Minstrel Show last week.

Gratifying indeed is the steady stream of **congratulatory** reports and messages still pouring in.

Again, the importance of such entertainment with its diversified branches of endeavor cannot be over emphasized from a therapeutic viewpoint.

\* \* \* \* \*

Admitted last week were 35 women patients received in a transfer from Agnew State Hospital.

MARKS 20TH YEAR AT MSH (Continued)  
never had a "beef" or a fight at Mendocino.

He is a Czek, and unfortunately he hadn't taken out his citizenship papers when he was taken into custody. This complicated his case

What was Mendocino like when George First entered it? Well, Ward 13, as the Ward in which he was placed was known then had only 28 patients. He was kept 30 days under "observation", closely confined. Now but two days are given to this soul-trying experience. He didn't get into the yard during that entire month's period.

Attendant Cox was in charge of the Ward. L. E. Miller was supervisor then, as he is now. Dr. Walter Rappaport, now superintendent at Agnew State Hospital, was ward doctor.

Among the old-time patients who were in old 13 when George arrived or who arrived shortly after he did were: Wirt W., 19 years; "Sailor" P., 20; "Winnosee" W., 18; J. C. B., 16; Charles L., 13; Joe W., 15; Henry H. and John Mc., 12.

**NEW SHOW IS PLANNED**

Indications at press time for the Pomo News, is that the minstrel show will not be repeated, as has been discussed. However, there is to be a new show SOON! In fact, work has been started toward getting that fine chorus into rehearsals on sons of the "Gay Nineties" era. It is hoped that a series of short, musical sketches can be in the nature of the well-known "Black Out" idea.

Further details and dates of rehearsals will be furnished as soon as definite details can be worked out.



Sports of all kinds are now provided, at MSH, with the naming of Paul T., Ward 8, to handle the organizing of teams, tournaments, match games and individual competition. Paul was a director of athletics on the outside.

Although an office had not yet been assigned him at the time this item was written, Paul is going ahead making plans for an active spring and summer for sports-minded patients. His ideas include activities ranging from ping-pong to a track meet. An elimination tournament for ping-pong is included in the plans now being made. Other competitive events and tournaments will include horse-show-pitching, badminton, croquet, volley ball, touch football, boxing, and track. While it hardly will be possible to have all the field events--if a track meet is held --- it is hoped that there will be the dashes for men and women, high jump, broad jump, relays, tug-of-war and other events.

Boxing probably will be stressed, with tentative discussion now under way relative to a series of eliminations in boxing, with maybe the semi-final and final bouts held in the auditorium for other patients to witness. All this is tentative, but the discussions seem to indicate that the Hospital is to have some interesting sports activities in which many will be able to participate. The fact that a man has been assigned to take over and push these plans is proof that the doctors are definitely behind the project.

The Pomo News would like to have comments and suggestions concerning the proposed sports program, and the paper urges patients to write in and (Con't. Pg.8 Col.1)

## EMPLOYEES ACTIVITIES

Miss Myrtle Sisk is on vacation. Before she left, however, she was on sick leave for several days. She has gone to Pacif Grove to visit her mother, Mrs. Eugenie Sisk, who has been in a hospital there, but who is better and is at home.

Mrs. Hazel Dahl was off duty last week, suffering from a severe flu attack.

\* \* \* \* \*

### WAGON TRAIN PAINTED IN OIL

Vic, in the paint shop, whose paintings are well known throughout the Hospital, is doing a colorful scene of early pioneer days in the west. The picture in oil is entitled "Wagon Train", and is 22x29 inches. It shows a close-up of a horseman-guide and a covered wagon. Behind them along the trail, are many other similar wagons, filled with settlers seeking homes in the new country. Vic spent the holiday week-end painting the scene.

## WHY?

Why doesn't the P.D.R. TRY to follow some semblance of a schedule in feeding. Since Wd. 8 was made an open ward, many of the non-working patients jam in on first feedings, making other patients who have early jobs late for work. Seems some definite schedule for exact number of patients for each feeding could be worked out easily. In addition to the hazard created in case of a fire by the jammed up mass in front of P.D.R. there are other factors to be considered in case of other emergencies that could arise.

\* \* \* \* \*

### BECOMES PROUD GRANDMOTHER

Elinor Ebbly, MSH switchboard operator, became a proud grandmother recently at the Ukiah home of her son, Leland (Stub) Jenson and wife Alyce.

Her vacation timed for appointment with the arrival of the blessed event, "Grandma" officiated in that capacity at the christening, Feb. 13



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## WANTED AT ONCE

Do you play a trumpet? The more classy name for the instrument was "cornet", before they lengthened it out and put a derby hat in front of it for swing. But whether you play the trumpet or the cornet---- for goodness sake, get in touch with The Pomo News! Even if you just toot a few pieces, make yourself known. You are needed badly, for a special assignment.

And----if there's anybody in the Hospital who can pound a drum, you also are wanted badly---and not by the cops. You're wanted for some very pleasant doings. Tell The Pomo News and you'll find out more. Just drop us a note.

CALLING ALL TRUMPETERS  
AND DRUMMERS!

THE POMO NEWS? THE MINSTREL CAST AND THE ENTIRE MSH COMMUNITY TAKE THIS OPPORTUNITY TO THANK THE MANY FRIENDS WHO CO\*OPERATED SO UNSELFISHLY TO MAKE THE SHOW A SUCCESS.

### SPORTS COLUMN (CONT.)

tell what they would like in the way of athletics.

It is hoped that forms and entry blanks will be made up soon for individual patients and teams to make formal application for entries in the various events, tournaments and meets.

### NEW EQUIPMENT

Just arrived---a shipment of new ping-pong balls and a number of softballs. This equipment will find many uses in the program being planned for this spring and summer.

### ASKS BASEBALL GEAR

Ben B. writes The Pomo News that he hopes there will be more baseball equipment, including balls and bats, to start the season. To Ben we can say that there is every indication his wishes are to be realized.

Ben complains that twice he went out to practice and was asked not to use the diamond. It is quite probable that the diamond was wet and about to undergo some repairs before being used. We understand that there is sodding already being done, and more to be done later. It wouldn't do to get on the diamond until the new sod has had time to get settled and the grass to start growing.

The improvements being made to the diamond include replacing sod around the edges of the grass-plots, which were worn down during last season's play. The diamond is getting into good shape rapidly.

### WARDS ASKED TO WASH BAKERY PANS

Considerable trouble is being caused at the bakery by wards sending pans and trays back unwashed. Magnus M. (Nick), baker's helper, asked The Pomo News to request the wards to co-operate by relieving the bakery workers of the great labor involved when all the pans and trays come back not washed.

"It means more work when we have stacks of pans to clean", Nick said.

### PRAISE GIVEN (CONT.)

Welfare, U. of C. chairman; Lester Breslaw, M.D., State Department of Public Health, editorial writer; consultants, Edmund G. Brown, district attorney, San Francisco; James E. Busch, president District Attorneys' Association; H. P. Gleason, sheriff, Alameda County; Paul A. Gliebe, M.D., U. of C. Hospital; Cullen Ward Irish, M. D., neurologist; Lawrence Kolb, M.D., medical deputy director, Department of Mental Hygiene; Franklin Huston, National Committee of Education on Alcoholism and George W. Thompson, M.D., consultant on neuropsychiatry, Los Angeles County Hospital. Governor Warren wired Dr. Williams, urging him to accept the appointment, which Dr. Williams did.

The two-day sessions will bring together outstanding men and women in many phases of mental health, besides alcoholism.

Despite Dr. Williams' modest announcement of his appointment, it was plain that he was pleased at the recognition given the work being done at Mendocino Hospital in the treatment of alcoholism. When The Pomo News pressed Dr. Williams he admitted that this Hospital also is being accepted nationally as the leader in this particular field of Mental Health.

The Reflex Treatments are administered here by Mr. and Mrs. Jack Lavelle, Technicians, who worked at Shadel's Sanitarium in Seattle, Wash., where the treatments originated.

The reflex treatment for alcoholism has made great strides at Mendocino. Visits to this Hospital have been made by outstanding leaders in Mental Health from all points of the compass, who came to observe the work being done to control alcoholism.

In a letter to Dr. Williams, Governor Warren said, concerning the coming conference at Sacramento: "It is my sincere hope that this conference will provide the information so necessary to the building of a forward-looking mental health program in California and offer constructive guides for its future growth."

# WOMAN'S PAROLE AREA DETAILED

A POMO NEWS EDITORIAL, UNDER DATE OF FEBR.15, ENTITLED--  
 "PATIENTS CAN HELP", APPEARED, CONCERNING THE FOLLOWING.

## REPRINT OF AREA

GROUND AREA LIMITS for hospital women parolees as outlined by Doctors Ruth L. Green, Paul Bittick Jr., and G. L. Goodstone, appeared in the Sept. 28th issue of the Pomo News. At the request of Superintendent D. B. Williams it is reprinted this week in a more elaborated form:

## SOUTH and WEST AREAS

From the west end of the Womens' Front Yard, to the East Fence line of Private Property. The distance between the above two described points, ie. "West side of Womens' Front Yard is, as indicated, point for termination, (or the Western end of your Area limits on the Southwest) and East Fence Line of Private Pasture, as indicated point for termination, (or the Eastern end of your South and East Area Limits) is described below:

Southwest boundry of Area is indicated by road running Southeast from Womens' Front Yard, past orchard to point of road intersection, below orchard, south of Wards G&H and continuing East from above described Road Intersection, the Southern Boundary Line describes a course in an Easterly direction past the orchard which is South of Ward K and continues on to Stock Fence of Private Pasture which is the designated Eastern Boundary of Female Parole Area.

## NORTH and EAST AREAS

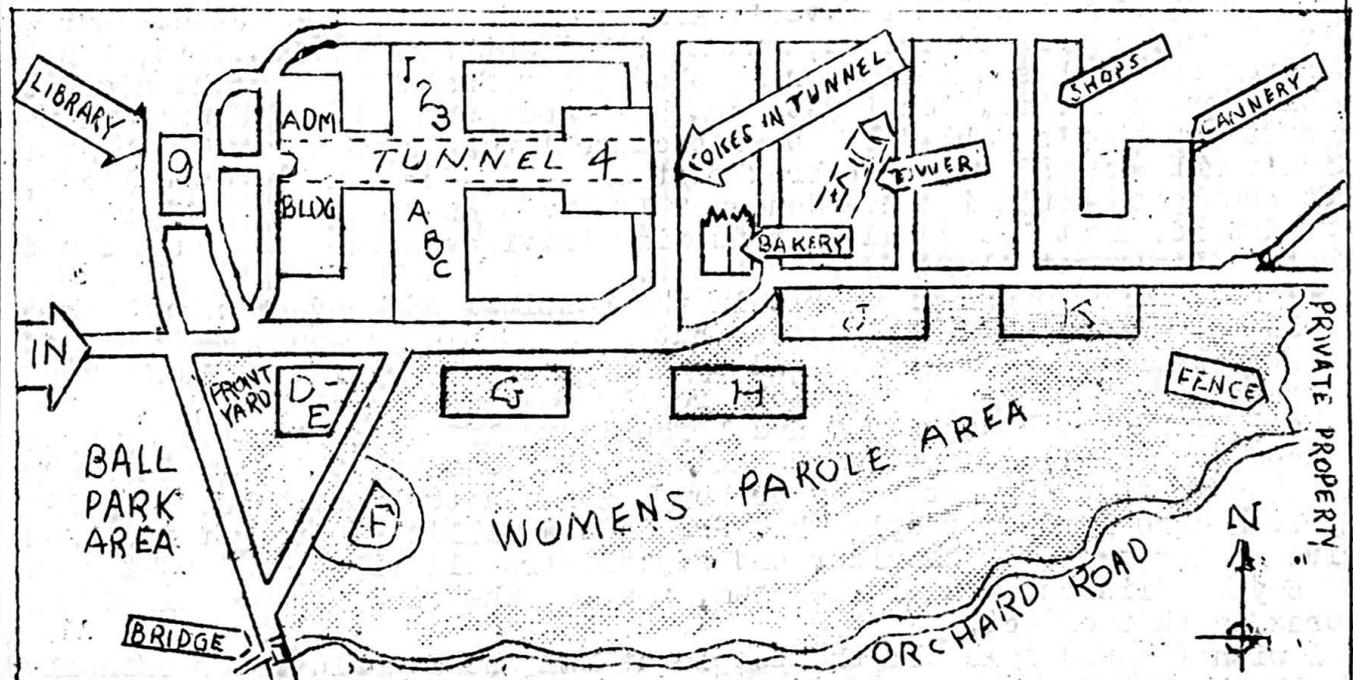
FROM East edge of orchard (located Southeast of the Hospital), your North and East Area Boundary Line describes the following course, from: West End Womens' Front Yard, thence East along road running between Administration Building and Ward G, the road describing the Boundary Jogs Northeast between Badery, Water Tower Area and Ward I, at which point the Road describing North Boundary of Womens' Parole Area jogs back in an Easterly direction between Shops, Cannery Area and Ward K, as far as Stock Fence which terminates MSH property and of course the Parole Area as well.

Again - - - - The above mentioned Stock Fence running North - South, marks your Parole Area on the East. Parolees are allowed in any orchards owned by MSH -- in the Tunnel on business, to buy cokes etc.

OTHER AREAS specified by Charge Attendants from time to time are acceptable. Parolees permitted in other Areas for Work, Errands and Trips to Library for books at all times if off duty. Parolees must definitely stay off property other than that owned by MSH. They must not go to the Talmage Store unless given special permission.

## RELIEF MAP OF PAROLE AREA

IN THE NAME OF PROGRESSIVE FUTURE HOSPITAL PATIENT WELFARE, YOUR UN-ANIMOUS CO-OPERATION IS ASKED. YOU WILL BE HELPING THOSE TO COME.



Dear Editor Pete:

Now that I am leaving the hallowed halls and stately campus of dear old MSH, I would like to get MY two cents worth in, particularly in regard to a recent piece of prose appearing in the eminent Pomo Newsaptly entitled "The Alcoholic Comes and Goes."

It was indeed a pertinent article, and while I think it was written with a certain amount of spite and malice, it must be admitted it had a ring of sincerity and truth in its contents.

First, let us make it clear that I most certainly am no Boy Scout or goody-goody boy who has engaged in high class apple polishing (to use the more polite term) among attendants, doctors and administration personnel in order to get easy breaks for myself during my tour of duty here. I was one of the patients. No better, no worse.

An admitted alcoholic, I came here with what I believed to be an earnest and honest desire to rid myself of the liquor habit. I took the four months "sentence" instead of two months and the aversion treatment I looked for help. I needed help.

And now, in leaving, I can truthfully say I found that help here --- from the doctors, from the attendants, the nurses and technicians, from everyone connected with the hospital. There hasn't been one of them who didn't have a friendly word of cheer or encouragement for me.

Nor did I ever meet anyone in the hospital who "rubbed in" the fact that I was a bum and a no-good in the eyes of my family friends or relatives.

Sure, I've been in on plenty of bull sessions and listened to guys and dolls call the doctors no good, the attendants morons, the brass hats a bunch of politicians who didn't know what it was all about. I've listened a hundred times to the old familiar wail: "Jeez, all I had was a coupla beers and they throw me in this joint, and whatta they do but make me push a block or sweep a floor or chop vegetables or wallop pots. Me who came here to be cured! Jeez, if I only knew the angles I could get me a soft job like some of the smart monkeys here!"

It's the same old refrain. Everybody's out of step in the joint but old Joe "Two Beer" Doaks.

There's where the article was correct in maintaining the alcoholic thinks he's persecuted. He thinks he is, when actually he's not at all. He's only feeling plenty sorry for himself, blind to the fact that the hospital and its staff didn't invite him here. He still wants to be on the outside, drinking himself happily to death and REALLY sorry for himself.

The article asks "Is there any hope?" and answers it by saying yes, there is "by continued research in alcoholism and its resultant problems."

But the article did not mention the fact that all the cures and research in the world can't possibly do any good unless poor old persecuted, misunderstood "Two Beer" Joe Doaks changes his own attitude and comes into the hospital with even a reasonable determination to get straightened out and a willingness to learn how (maybe for once in his life) to "give" instead of "take."

I feel there is much hope for any alcoholic who honestly doesn't want to be one, but that's beside the point of this little idyll.

What I'd like to say is that during the four months I've spent here, I haven't met a doctor, an attendant, a technician, a nurse or anyone else (patients included) I haven't liked, or at least respected. Sure, I've begged favors from some, and I either got them or I didn't, but I never saw much sense in damning them for refusing what might have been a break for me. Can I get sore at a doctor because I didn't land a soft houseboy's job. Can I beef because I worked on a ward where we didn't get ham and eggs for breakfast or steak for lunch? Sure I can, but what good would it have done me? If I was on a not-so-good-with-the-food ward, I at least had compensating privileges that made up for what I didn't get elsewhere.

I could name dozens of people in the hospital who have been nothing but swell to me since I've been here, but I am afraid it would take up too much of your valuable space. And by the same token, it wouldn't take very much space to name those who really have no place in MSH.

Well, I had my "two beers" and I found myself here. I've had my eyes opened (and how!) in more ways than one, but I think the main thing I've learned is that no matter why or how I hoisted too many, when I finally arrived here I found people who were indeed willing to forget that and give me a pat on the shoulder and say: "You're all right, fella," instead of saying "listen, you drunken bum, you toe the line here or else!" or words to that effect.

I wish I could name all the people at MSH who I would like personally to thank, but I guess space won't permit that, either.

All I can do is just to point this letter to all (Cont. Pg. 9 Col. 2..)

# TOWARD BETTER MENTAL HEALTH

## NOTICE TO ALL PATIENTS ON WARDS

8 - 10 - 15 and 16

In going to and from the dairy and other parts of the hospital ranch property patients will use the back road past the slaughter house or (Old Dairy) and not go down the county road in front of the institution.

We do not want any patients going along the county road by the school house nor cutting across private property, and there is to be no molesting of any of the mail boxes along the road.

David B. Williams, M.D.  
Superintendent.

February 21, 1949.

\* \* \* \* \*

### WOMAN PATIENTS VIEWPOINT

For no reason other than that my former husband was a newspaperman of some repute, it seems that I too am expected to be a writer which I am not, but since I was asked, I will express my views.

Since women have become as prominent in public, business, professional and administrative affairs on a level with men in the last generation, it is only natural that they have become entirely susceptible to the same neurotic conditions leading to such breakdowns as those formerly applicable only to men.

It should, then, be obvious that because we happen to be female, we should be looked upon or treated any differently from a man, either while undergoing treatment and rehabilitation or upon release. While our problems in general are exactly the same as those of men, we are further handicapped by the more or less naive of society that expect us to move at a 1949 pace in business or professional circles but are looked upon with an eighteenth century mind if one of us happens to crack under the same strain that men fold up under.

In giving my own personal viewpoint, I might add that I didn't ask for this mad whirl but when I couldn't take it, I knew that I needed and received. I have received this same treatment here and now that I am fully recovered, I naturally expect the same treatment as a man upon leaving. Whether I receive it or not remains to be seen. I realize the handicap but I have only the best wishes and gratitude for the hospital staff in general for the wonderful accomplishments they are making here.

Norma M. Ward M.  
ATTEND AA MEETINGS SUNDAY 6 P.M.

# 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 --  
"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God." (I John 3:1. This is the subject of the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, March 6th.  
The subject is "Man."

ANOTHER ALCOHOLIC LEAVES (continued)  
the good docs, nurses, attendants, business and administrative personnel and say to each: "Thanks for everything. If I don't make the grade this time, it won't be your fault, it will be mine."

So, so long, Pete, and thanks personally to you for an enjoyable and profitable association on the Pomo News, and good luck to you and your hard working staff. You are putting out a splendid paper and I am more than sure you will keep up the good work.

"Red" Ward 9.

Why can't they have a clock in the P.D.R.? If a patient or anyone else wants to know what time it is when they have an appointment to be at a certain place on time they have to guess at the time. A telephone in P.D.R. would greatly facilitate the locating of patients wanted in a hurry some place. Neither would incur any great expense, and add to everyone's convenience.

# — P O M O NEWS —

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

Supervised by Dr. Gerald Goodstone. Clinical Director.

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

## NEW ERA IN MENTAL HEALTH

Dr. D. B. Williams, our superintendent, this week will attend a conference at Sacramento which will have a bearing on future legislation and administration of mental health. Governor Warren has invited leaders in all activities in the state which have to do with mental hygiene, to attend and to participate in the conference. Not only are institution heads and their staff members to take part, but there will be judges, district attorneys, sheriffs, police executives and civic leaders in attendance.

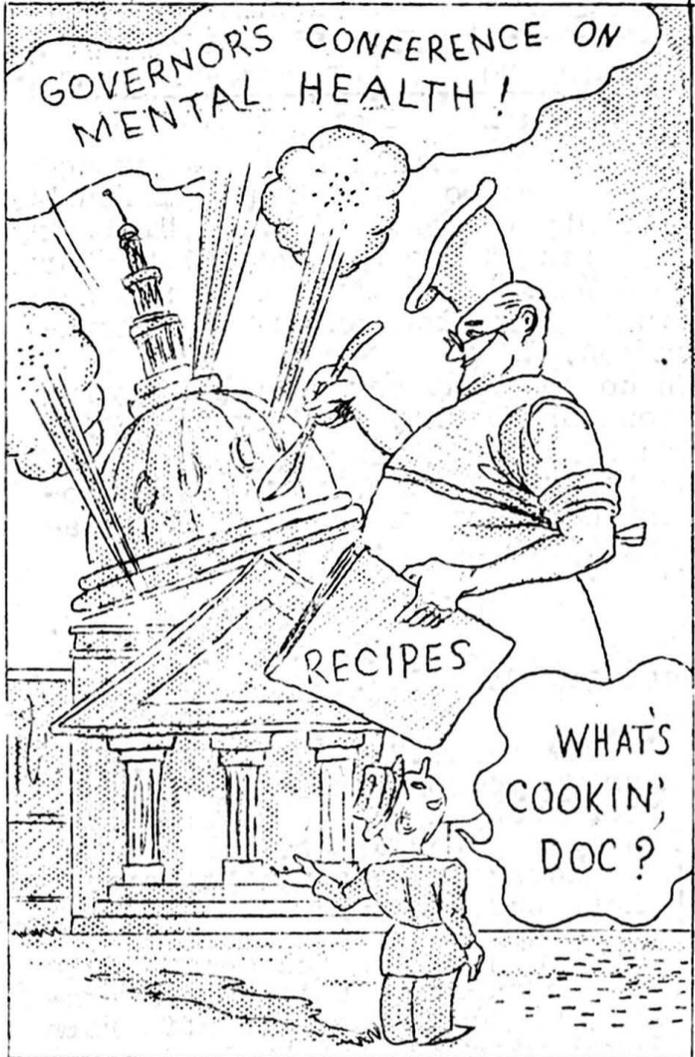
Dr. Williams has been named by Governor Warren to be counsellor--advisor--to the panel of the conference which will study and discuss alcoholism. Mendocino State Hospital, under the guidance of Dr. Williams, has taken the lead throughout the nation in the treatment and control of alcoholism. This leadership is recognized. Visitors from other institutions come here regularly to observe the methods and accomplishments of Mendocino in this particular phase of mental health.

There are many bills before the current California legislature, pertaining to mental health, and more bills may be expected to result from the governor's conference, which will be held March 3 and 4. Leaders in mental health in other states have their eyes on California, and Mendocino is receiving a big share of that nationwide scrutiny.

## REHABILITATION ACTIVITIES

More stress on organized athletics and recreation at Mendocino is indicated by the naming last week of two patients, specialists in those activities, to assume leadership in them. The two are expected to plan programs and to interest large numbers of patients in participating.

The success of the minstrel show last week proves that patients are



hungry for group activities. There is a field for a far broader program of patient-participation than has ever been attempted at any mental hospital. With Mendocino an acknowledged leader in the modern way of treating mental illnesses, why shouldn't this Hospital pioneer in a more varied rehabilitation program?

There are many patients here who want more education. The army, navy and marine corps have found it possible to carry on an extensive educational program for those in the services. A similar program could be carried out at Mendocino. It would not be necessary to have all students in actual classes. Much of the work could be carried out by correspondence, with instructors available in the Hospital for personal conferences with individual students whenever necessary.

Mendocino State Hospital has broken away from the old ways. It should continue to lead into new fields of endeavor in the care and correction of mental illnesses.

## NORWALK HAS PAPER

There has come to the desk of the editor of The Pomo News a copy of "The Norwalk Newscaster" from Norwalk State Hospital. The paper is attractively mimeographed and contains ten pages. Some of the art is unusually good.

There are letters from patients, serious articles, poetry and jokes.