

A PROGRESSIVE

PAPER FOR



PROGRESSIVE

PATIENTS

Pomo News

W I E I E I R I L Y

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

Vol. 1 No. 44

March 8, 1949

5¢ per copy

Population 2807

Gala Dance Will Honor St. Patrick

The fourth patients' dance will be a gala St. Patrick's Day celebration in the Auditorium Thursday night, March 17, 6:30 to 8:30 p.m. An all-patients orchestra will furnish music.

There won't be time to get shamrocks from Ireland, but green will be the official color for the affair.

GIFTS TO LIBRARY

Below are listed donations made during the preceding week to the MSH Library, omitting a list of donations brought by Peter R. Johnsen who is visiting here.

Feb. 26, 1 book, Edna Mc., Ward H.

Feb. 27, 3 novels, 1 magazine, J. Chaney, employee.

Feb. 27, 43 magazines; 19 pocket-size books; 10 other books; Ben Romaine, employee of MSH.

Feb. 28, 89 magazines, 31 pocket books; Frank Desmond, employee.

March 1, 65 geographical magazines, seven books, two magazines; Hank Fanslow, employee.

March 1, 50 magazines brought in by employee.

ADMITTED-RELEASED

Msh admissions and releases for the period ending Mar. 6 were; admissions 23; releases 19. Population, male 1639; female 1168; total 2807.

WARD 12 ENTERTAINMENT

Plans are going ahead for a band concert and vocal numbers to be presented in the near future on Ward 12.

DR. WILLIAMS EXPECTS TALKS TO GET RESULTS

RETURNS FROM SACRAMENTO WHERE HE LED PANEL ON ALCOHOLISM AT GOVERNOR'S CONFERENCE AT CAPITAL
A new approach toward meeting the problem of alcoholism.

This was the thought brought back to MSH by Dr. David B. Williams, superintendent, after he had spent two days at Governor Warren's conference on Mental Health at Sacramento Thursday and Friday. He was a consultant to the panel on alcoholism. Other phases of mental health were considered also at the two-day conference.

The panel, which Dr. Williams led during many of its discussion of alcoholism, met in the city council chambers in Sacramento in morning and afternoon sessions.

Upon his return here Dr. Williams was asked by The Pomo News, "Do you believe a law will be enacted by the California legislature to improve the handling of alcoholics?"

"Yes," Dr. Williams answered. "A bill will be framed and presented to the state lawmakers based on our discussions. The proposed legislations will seek to prevail alcoholics from being treated as criminals, and recognizing that they are ill."

Alcoholism is one of the biggest problems facing society, Dr. Williams said. Captain German of the Los Angeles Police Department told the panel that in 1948 there were 110,000 arrests for drunkenness in that city.

Dr. Williams is confident that proper handling of alcoholics would reduce crime and relieve police and sheriffs' departments of much of their burdens.

Many progressive district attorneys and other law-enforcement officers who attended the panel were in agreement that there should be a decided change in public and official attitude toward the alcoholic, Dr. Williams said. Some of the more hard-boiled public officials, especially some of the old-timers, want to continue to treat the alcoholic as a criminal, but there has been a great awakening to the fact that punishment does not cure him.

WHY?

were five-and-a-half rows of MSH auditorium seats empty at both the morning and afternoon performances of the minstrel show? Who let this occur? There is every indication that the minimum instead of patients eligible to go to shows are being allowed to view entertainments.

T.R.S. Ward 8

Dr. G. L. Goodstone of MSH attended the conference and took part in another panel which discussed "Institutional Care and Treatment of the Mentally Ill."

BOOST NEW ACTIVITIES

The Pomo News First Birthday will be May 11, 1949

OFFICE ASSIGNED FOR ATHLETICS-RECREATION

An office has been assigned for athletics, recreation and entertainment in Room 50, which is in front of the Administration building, basement floor. Paul T., patient directing athletics, and Larry De, directing recreation and entertainment, were expecting to get moved into the office today to begin setting up elaborate programs for patient-participation.

AA DIRECTORY

AA patients should stop at The Pomo News before leaving the Hospital. There is a directory containing an AA address near each patient's home.

"TOTAL-PUSH" MOVES

"Total Push" treatment has been transferred from Ward 9 to Ward 10, where there is more room and other desirable advantages. The treatment includes the use of insulin for certain mental illnesses, along

with a broad program of reconditioning. The Pomo News hopes to publish next week a complete review of this up-to-date treatment of which MSH has cause to be proud.

ARTIST WANTED

The Pomo News is in need of an artist. Any patient with drawing-talent who is interested should drop a letter to the editor.

NEW WASHER AT LAUNDRY

MSH Laundry has a new washer, it was announced this week by W. O. Waldon, chief engineer. A crew completed installing the washer March 3. The job was checked by Mr. Davus of the Hoffman Machinery Company, San Francisco, for efficiency of operation.

The machine which the new washer replaced has been sold to the Albertinum parochial school at Ukiah.

HAS VISITOR

Ross H. was visited by his wife for a few days last week. She lives at Huntington Park.

About a Progressive Paper for Progressive Patients.

Contrary to the opinion of many, the matter which goes into the Pomo News is not censored. Neither is it dictated by Hospital "authorities." It is not often even read before publication by Dr. Goodstone, who is officially listed as "supervisor" of The Pomo News project. About the only time Dr. Goodstone sees copy before it is published is when the patients who write, edit and publish the paper, go to him and ask for guidance. This occurs only when the newspaper staff is handling a story of considerable significance and which---if not carefully scrutinized---might be misinterpreted in such a manner as to defeat the very purpose for which the paper was brought into being.

One would have to be a close observer in-

deed who could detect any inhibitions on the part of the staff in handling news. The editor and writers are given complete freedom to utilize their interest and enthusiasm in making the little newspaper lively.

The practice is meeting the approval of Dr. David B. Williams, who by reason of his position as superintendent of the Hospital, must take final responsibility for the conduct of the newspaper.

It would be difficult to imagine a news staff with more freedom. The staff operates the business end of The Pomo News, as well as the editorial and mechanical departments.

The Hospital's staff of 12 doctors are staunch boosters of the Pomo News, and not one of them is ever too busy to find time to give help. Other department

heads and employees likewise show the same spirit of co-operation.

One of Dr. Goodstone's strongly-held opinions regarding treatment of patients is to give them incentives and opportunities to get results. He carries out this belief in his supervision of The Pomo News.

Yes indeed, fellow patients, we are lucky that The Pomo News is published under these conditions.

Also, The Pomo News has reason to boast a bit for itself. Just stop and count the many projects and now developments at MSH which have been launched and boosted to fulfillment through the columns of The Pomo News.

Yes, the paper has been a prolific little rascal.

SEND A POMO NEWS TO A
RELATIVE OR FRIEND

NEWS FROM THE WARDS

WARD 8

The following were transferred from Ward 9 to Ward 8 and assigned as indicated: Marcus M. to ward; Leslie B. Kitchen; Lee Mc. to ward; Forrest T. Kitchen; Elmer T. to Dr. Bair's home; Fred M. Kitchen; Edward B. Lawn; William F. Paint Shop; Terry H. to Ward.

Robert H. was transferred to Ward 4.

WARD 9

Vern P. who has been assisting in handling of insulin treatments has been transferred to Ward 10 for the same duty.

WARD 15

The following were transferred from Ward 15 to Ward 14: James W; Walter Z. and Fong S. Glenn P. to Ward 8.

WARD C

Florence B. transferred from Ward C to Ward I on Feb. 21.

WARD H

Sally T. transferred from Ward H to Ward I March 1, assigned to detail for work at cottages.

Sally T. visited by her husband and three children from Guerneville on Sunday, Feb. 27.

Ina C. transferred from Ward H to Ward I Feb. 24; assigned in the Art Room.

Emma S. transferred from Ward H to Ward I Feb. 21; assigned to Laundry.

Meredith J. assigned to work at Dr. Lochen's cottage; was formerly at the ODR.

WHY?

Now that plans are on foot to make the windows of the hospital more attractive, WHY are those unsightly guards being left on Ward 8 windows?

Attendants at the ward admit that the guards make window washing more difficult than if they were not there. They are kept securely locked, although the back door is open from 5:30 A.M. to 6:30 p.m., and certainly no patient who took such a foolish notion into his head as to want to leave the very desirable ward, would climb through a window at night when he could walk out the door in daytime.

Refinement Comes to MSH: We Are to Have Our Windows Draped

All Wards which have windows appropriate for drapes will soon be blossoming forth in bright colors. Yes! Our windows are to have that "New Look," to make life more pleasant and adding a touch of cheer to otherwise barren rooms.

Two men, George M. and Ralph C., are busy measuring the windows and getting all the necessary information. The material to be used will be washable and fireproof.

We patients will stand for a lot of this "culture" stuff, but if they start insisting on finger-bowls at meal-time, we'll register a complaint.

But, seriously, the drapes WILL look better than those bare windows.

COMPLETE REHABILITATION NEEDED

The State of California holds the spotlight position in the world of mental hygiene. Now the state has a problem of meeting the need for complete rehabilitation of patients. It presents a phase of mental hygiene which should be brought to the attention of the public as well as of hospital authorities. It will require study.

A patient having recovered here --- either through the reflex alcoholic treatment or another treatment - faces a serious problem in going back into his place in society. If he is penniless, and probably threadbare, has no room and no job, his problem is more serious than before he was committed.

Although the social worker makes an effort to see that patients leaving the hospital have jobs and rooms to go to, it is practically impossible to care for all because of limited resources. So, it becomes a problem in which the general public should be vitally interested. Although the public has a tendency to ignore former patients of institutions, the public, nevertheless, is responsible for them. The public should realize its responsibility by making definite arrangements to see that discharged patients have shelters over their heads and jobs to go to. Whoever was in charge could see whether the discharged patients are making sincere efforts to rehabilitate themselves.

Peter Johnsen, Donor To Library, Visits MSH

Peter R. Johnsen, who lives at the Veterans' Home at Yountville and who is a long-time friend of Dr. D. B. Williams, superintendent here, is visiting in the home of Dr. and Mrs. Williams for two weeks. Dr. Williams is a former superintendent of the Veterans' Home. The visitor is well-known to readers of The Pomo News as result of his many contributions to this paper's "Mail Bag", also because of his gifts to the MSH Library.

When he came he brought a number of donations to the Library again. Included were: a set of exposition books, Vols. 1 through 5, "The Story of the Panama Pacific International Exposition", by Todd; "Life of Samuel Johnson", by James Boswell; Constitution of the State of California, the U. S. Constitution (copy), and other documents; a number of other interesting books, puzzles and magazines.

Clyde Dodson Sings

Thursday afternoon, before a very appreciative audience, Clyde Dodson sang three groups of songs accompanied by John Edmonds.

His selections of songs, I feel, were not suited to his voice--this being the opinion of your writer--although at times he showed promise. His second number, "The Jasmine Door", was well done. The comedy number--a take off on grand opera I consider his best, for in this the timbre of his voice showed to best advantage in his full voice.

For his second group Mr. Dodson sang cowboy songs in costumes which were well received. The best one was "The Erie Canal" which was an interesting number, set a good mood and was well suited to his voice.

Closing the afternoon's concert was a group of musical-comedy songs including "One Alone" from the Desert Song and "I'll See You Again" from Bittersweet. . . .

ATTEND A. A. MEETINGS SUNDAY AT 6 P. M.



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QUESTIONS

ANSWERS BELOW

1. Do you think music played a part in the development of civilization? How?
2. What ancient musical instrument was the beginning step in the development of our modern pianos?
3. How did the first adding machine originate and what form of it is used today?

What is the definition of a grapefruit?

It is merely a lemon that had a great ambition.

Actress: "Don't be afraid of Fido. You know, barking dogs never bite."
Writer: "Yes; but suppose he stops barking?"

"Did that actor marry his old flame?"

"Yes; now all the little sparks are flying around, raising blazes."

If a fisherman can get a thousand fish from a fish net, how many ears of corn can "Whispering" Bob N., take from a cornet?

Answer: "An Ear Full."

What kind of a noise annoys an oyster?

A noisy noise annoys an oyster.

Knick: Miss Film has any number of sweethearts?

Knack: Yes; when the leading man broke her heart, it flew in all directions.

ANSWERS TO QUESTIONS

1. Yes. Music is a universal language. It helped people to express their feelings through rhythm and melody; happiness, tenderness, sadness; thoughtfulness, boldness and fear.

2. A cithara.

3. The first adding machine was a counting board used in China several hundred years B.C. It's used in kindergartens and primary grades in America. Today, it is only an improved mechanical form of these old counting boards.

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GIFTS FROM JOHNSEN

Pomo News and MSH Library: I thought it was about time I came up to see your fine news room and library, and get acquainted with you. I received an invitation to come up and spend a week with my friends and your friends; Superintendent and Mrs. Williams. I thought it would be a fine time to bring you some more books and magazines and about 100 books of jig-saw puzzles. They were given to me through the courtesy of Capt. Kenneth Hill, welfare officer and his able assistants, Ralph Kane of the game room and Staff Sergeant Amos Adams, librarian, and through the courtesy of Dan Scpililos, who offered to take me from the Veterans Home. I hope the gifts will be received with the same good will as we are giving them to you.

With kindest regards to all, I remain, as always yours, Peter R. Johnsen, Box 506, Veterans Home of California, Yountville, Calif. (Editor's note: Elsewhere in this edition is an account of Mr. Johnsen being a guest at MSH)

Pomo News: News of the week, the minstrel show, was very entertaining and well presented. We enjoyed it hugely, if somewhat wryly. The "operation" technique seemed somewhat obscure. It lacked the final bang. There should have been a mama doll produced with some remark such as "The doc must have had a baby."

Also; the "Little Grass Shack" number, though sung well, was a little off the beam. As I recollect, the hula is essentially beautiful and graceful when danced correctly by the girls in grass skirts. The men perform in colorfully draped gee-string costumes, with many leis. (The writer gives a description of the hula dance and the Polynesians, which lack of space will not permit us to carry.) Hurrah, anyway for our Mendocino actors. We realize they worked hard. The orchestra was good, too. A. B. R. Ward C.

Thanks A.B.R.---Maybe you have a suggestion for one of the short skits which will be part of the new show.

SEND POMO NEWS HOME. \$2 PER YEAR.

SORRY

It was a patient on Ward H who suggested that the radio be turned on each day after the ward had been cleaned up. Through an error in reading the letter, The Pomo News credited a writer on Ward K with this suggestion. In the letter the writer also expressed satisfaction that there were more outdoor games for use of the ward than there had been in the past.

ACCOMPANIST IGNORED?

Dear Pomo News: I was indeed surprised to note that in the item covering the concert by May Peterson no credit was given to the accompanist! Who was the lady? My enjoyment of the concert was in the upper brackets. I would like to see more of them and more often.

Very truly yours, Ed.B., Ward 2.

The accompanist deserved mention, Ed, and the Pomo News tried to learn the name of the talented pianist, but her name was not registered anywhere that it could be found.

WANTS SHOW REPEATED

To Mrs. Dorothy Buchanan, ward attendant, care Pomo News: I believe it would not be at all absurd or unwise for you to see the officials and request them to allow you to put the late "Land of Cotton Minstrels" on again. For my part, I believe it would be a swell idea to try to do so, for many who saw it told me that they liked it so well they would like to see it again. I think it would be a good idea to take it to Ukiah. Ward 3.

Ward 3: Thanks for the suggestion. It shows you are interested. About taking the show to Ukiah---it has been decided that with the fine chorus and actors who are already functioning, it would be a great opportunity to tackle a new, and more formidable show. It seems that we patients are in for some good entertainment, now that the ice has been broken. And, by the way, if you, or any other patients have talent, get in touch with The Pomo News. You will be needed in that next show.

APPRECIATION

Many, many thanks, Dear Johnnie (The Shop Man) for your kind generosity in digging into your blue jeans and buying the minstrel show (east) cokes, three cases; about 200 store-cookies and two pounds of fancy chocolate candy. May God bless & keep you here for many years. George S., Ward 3. (P.S. We certainly did enjoy it to the last crumb.)

(CONTINUED Pg.6 Col. 1)

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: March 12th, "Adventures of Robin Hood"

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.

TUESDAY:

Get your copy of the "POMO NEWS".

MAIL BAG CONTINUED

OFF-STAGE HELP

Dear Editor Pomo News: There were a few patients who took part in the minstrel show but did not get to sit up on the stage because there was not enough room to accomodate the entire cast. Walter A., Ward 15, sang with the chorus off stage and assisted with the applying and removing of makeup grease-paint for the girls. He says that all the rehearsals were quite educational and enjoyable. All of us look forward to the "coming" rehearsals with much enthusiasm and promise co-operation in giving our best in showmanship. Ward 15.

OTHER LETTERS

Among the letters received for the "Mail Bag" is one from Kent B.



DR. WILLIAMS SAYS

Governor Warren's Conference on Mental Health at Sacramento last week furnished additional proof of a growing interest

in the handling and treatment of mental illnesses. The conference focused attention on the needs of our state hospitals and also on the necessity for a revision of laws relating to mental health.

There is still need for a better understanding of mental hygiene by public officials and by the public itself. However, such conferences as the one of last week, which brought together law-makers, law enforcement officers and civic leaders, are proof that the problem is receiving more attention than it has in the past.

DR. BRANKAMP ON VACATION

A vacation of three weeks began Saturday for Dr. R. G. Brankamp, assistant superintendent MSH. Dr. Brankamp is making an automobile trip, and hinted that he may take some time off for fishing if the opportunity presents itself.

His vacation will end March 26.

MORE SUGGESTION BOXES

Suggestion boxes are being placed in Wards 1 and 2 by order of Dr. Prasser. The doctor already had set-up a box in Ward 3 in which many patients have put notes making suggestions for the betterment of the hospital and the ward. The boxes are locked and are opened only by the doctor. A sign on each box carries the statement that which is written by the patients is "read only by the doctor and need not be signed."

ASSIGNED TO LIBRARY

Herbert B., of ward 15 has been assigned to the Library. A transfer to ward 8 is seen.

!! SPECIAL !!

Baker's Chocolate Bars

89¢ a Box

24 - 5¢ bars

While They Last

Talmage Store

!! SPECIAL !!



NEW PUNCHING BAGS

Dr. Prasser has received a punching bag which has been installed in the court used by Wards 1, 2 and 3. The bag is of the overhead-platform type and replaces the present full swivel bag now used in that court.

Two other similar bags are to be erected for use in the large court, and another for patients of Wards 8 and 10.

The platforms are being constructed under supervision of Joe Addor of the Carpenter Shop.

--- W H Y ---

Why can't the large area in front of Wards 7 and 8 be used for volleyball, badminton, handball, basketball or other games? There is nothing in this space now but a ping-pong table and a croquet set. Although there are trees in the area, they wouldn't interfere with the activities named, but would provide shade which would be welcome during the hotter months.

DR. PRASSER COMPLETES ONE YEAR AS MSH STAFF-MEMBER

Dr. D.O. Prasser, who is completing a year on the staff of MSH, sounded a note of optimism regarding the Hospital's outlook, in an interview he granted a Pomo News reporter during the week. He has seen commendable progress during his first 52 weeks here. He admitted that he would like to have seen greater strides, but he pointed out that most good things come slowly.

He mentioned the new outlook here for occupational therapy, including the programs being given publicity in this week's Pomo News --- athletics, music, shows, plans to put window-drapes in all windows which

Lila Bernice Scatters Sunshine, Also Flowers

Lila Bernice H. saw a whole garden full of China lillies near the ball park Friday and began thinking of the large number of employees and patients in the Hospital who wouldn't have a chance to see the blooms. John B. was passing, so she called him. They got hold of a foot-bath tub somewhere, then loaded it with flowers-- after getting proper permission. Then they took the flowers to various offices and other places where patients and employees work, also to offices of the doctors. They visited The Pomo News and left a bouquet.

lend themselves to draperies, and other new activities at the Hospital. He pointed out that during the year he has been here he saw The Pomo News launched and become established.

There were few pictures in the wards when he arrived. Many have been hung and have added to the contentment of patients. Group therapy is stressed more than when he first came here.

Dr. Prasser stressed that he wanted The Pomo News to make it plans he is not taking credit for these improvements. They have been made during the year he has been here. The progress has been possible because of team-work among the doctors, nurses, attendants and other employees.

Mendocino, like other mental-health institutions throughout the nation, is placing more stress on treatment and rehabilitation than on mere custody of patients. Modern psychiatrists, especially those in state institutions, give more and more time and thought to treating mental illnesses than they do to medicine and the treatment of physical ills.

He brought the name of Dr. Karl Menninger of Topeka, Kas., into the interview several times. Dr. Menninger is considered outstanding in psychiatry. The Topeka specialist holds the view that attendants play an important part in the treatment and (Continued Pg. 10 Col. 2)

ANDY STAHL'S

FINE LIQUORS

PHONE: 1138 - J

REDWOOD VALLEY NURSERY

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Lavelle Pleased With First Year of Reflex Alcoholism Treatment

Jack Lavelle, the technician in charge of reflex treatment for alcoholics, said this week he was well satisfied with results of the program's first year at Mendocino State Hospital.

Hundreds of patients have been treated at MSH since the plan was inaugurated, March 5, 1948, and the amount of "returnees" has been negligible in comparison to those who have gone back into society as useful, non-drinking citizens.

The technician and his wife spent two days in San Francisco last week, visiting the county hospital's psychopathic wards and studying the entire procedure, by which an alcoholic is oriented before being sent to MSH.

Lavelle said he was impressed by the fine way in which patients were treated in the wards. He said his only criticism was the method of holding "bedside courts", declaring such courts were embarrassing to the patient.

Mr. Lavelle conferred at some length with members of the San Francisco lunacy commission, in charge of the city's alcoholic rehabilitation program, and with Superior Court Judge Twain Michelsen. He said both Judge Michelsen and members of the commission made a serious effort to determine whether a patient should be sent to MSH and whether the patient really wanted to help rid himself of the liquor habit.

Mr. Lavelle, also discussed with members of the lunacy commission the problem of improved rehabilitation methods in urban areas such as San Francisco and Los Angeles. The commission, he said, would like to see a job-placement bureau established in order that patients leaving the hospital would have a better chance of getting a job instead of remaining idle too long.

The commission told Lavelle that it was better to have an alcoholic get "quickly attached" to some job and be able to have some decent clothes than to come back from the hospital broke with nothing to do.

Judge Michelsen told Lavelle he was highly pleased with the reflex treatment program at MSH.

PETE'S SISTER HERE

Mrs. Evelyn Mack of Omaha, Neb., is visiting her brother, Pete, editor of The Pomo News. She plans to visit her other relatives and friends in coastal states. She displayed keen interest in the op-

WHY?

Why doesn't the Hospital, along the line suggested by a patient in this week's mail bag, make permanent movie records of the various activities at MSH? The patient suggests that a film be taken of the minstrel show. Why couldn't the idea be expanded? Why not film all social, recreational and other patients' activities, and show the pictures to incoming patients? What greater boost could a patient get than the one he would get from pictures proving to him or her--at the moment he is lowest in spirits ---that the Hospital is not just a lot of hard, cold, stone walls? The average patient is pretty low in spirits when he comes here. This writer was. But if this writer could have seen movies of that minstrel show, of singers rehearsing, of teams in athletic competition, this writer would have said, "I'll get into some of that, some day." Let's have a movie camera as part of the rehabilitation program.

FELINE IN "BLESSED EVENT"

Touched off by the beautiful symphonic strains of the birds, the bees, the flowers and trees, the subject of this item paid "off" in a blessed event at the MSH Bakery on March 1.

"Scottie", as the mother has recently been dubbed, confined her prolific endeavors to the introduction into this "veil of tears" of a single baby feline, much to the awe and obvious delight of all at the bakery.

It is a forgone conclusion that our latest recruit to this sordid world of the living will lack nothing in the way of care, considering the solicitous attitude among patients at the bakery.

MSH GARAGE ENTRANCE ENLARGED

Front doorways of the MSH garage are being enlarged. The improvement was made necessary by the advent of much needed heavy equipment. The size of the opening was increased and this necessitated constructing entirely new doors. Skilled workmen at the carpenter shop are putting on the finishing touches to the complete set.

eration of getting out last week's edition. She made herself quite popular with the staff and all others with whom she came in contact because of her cheerful disposition. She will return east next week.

TOWARD BETTER MENTAL HEALTH

Repainting Of Tunnel To Make Brighter This Unique Feature Here

Bob Wright and his crew of seven men have applied a cream-colored, semi-gloss, quick-drying paint to the walls and ceilings of the tunnel.

The paint is lighter in color than the coat now being covered-over. The painters say it will result in the long passageways being brighter and more cheerful.

It required long ladders to get to that arched ceiling in parts of the tunnel, however the painters didn't fall on anybody's head--and it is said that only a few pedestrians who use the tunnel got eyes full of cream-colored, semi-gloss, quick-drying paint. The pedestrians WOULD look up, you know. The paint didn't show greatly on the attendants' white clothes, and we patients didn't mind having it on our green shirts and blue jeans. It gave us a "busy" appearance. So, what the heck? Our tunnel is repainted--even if a lot of us do look as if we had some new brand of spotted fever.

The tunnel is the unique feature of MSH architecture, and probably the most appreciated of all by the patients. There is something bohemian about it--men sitting relaxed, reading, while it rains outside; a little dog which curls up in the cardboard box, some thoughtful patient has provided for him, and which no other dog, regardless of size, dares usurp; the lineup for meals; attendants taking a shortcut to and from their wards.

If one wants to meet any member of MSH personnel who ever leaves a ward, one has only to stand for a short time at the intersections of the tunnels, and - just as at 42nd and Broadway - that person whom one is hoping to meet, is sure to come along.

Yes, we're happy over the tunnel being repainted.

FATHER DIES

Walter C., Ward 8, returned Friday from an unhappy four-day trip to his home, Loleta, Calif., where he attended the funeral of his father, John Chilcott, who died there Sunday, Feb. 22. We extend our most heartfelt sympathy to Walter, who had lost a brother also only a few weeks previously, but was unable to visit his family at that time.

+ CHURCH SERVICES

Catholic Church - 3rd Sunday of the month in Auditorium. 3rd Thursday of the month, Ward 12, Father Anderson.

Lutheran Church - 3rd Wednesday of the month in Auditorium, 1:30 p.m. Ward 12 immediately 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

"Now faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1.) This is the subject of the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, March 13th.

The Subject is "Substance".

MSH Now Has Quartet Chorus Planned

A newly-organized male quartet for MSH already has begun rehearsing, preparatory to taking part in the Protestant church services Sunday, March 13. Members of the group are George M., bass; Paul T., lead tenor; Roy N., baritone, and Larry De., top tenor.

The singers hope to be ready soon with a complete repertoire of songs for appearances at MSH affairs. They are also beginning to organize a mixed chorus. They have issued an urgent call to The Pomo News for singers. All patients who have singing voices should make themselves known -- to The Pomo News-- men and women.

Roy N. and Larry De. are taking charge of getting the singers together and rehearsing them. They want to have the chorus ready with songs suitable for religious services about Easter time.

— P O M O NEWS —

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PATIENTS MUST HELP

In the Feb. 15 issue of PomNews an article under the heading "Patients Can Help" specifically to point out to the patients their responsibility in connection with the strict observance of Hospital rules governing boundaries etc. However since that time it has become necessary to place a Hospital attendant near the school to see that these rules are enforced, resulting in addition expense to the State, and doesn't speak very well for the patients' appreciation of the additional privileges given to them after much effort and work on the part of various people interested in their welfare.

It was pointed out in the previous editorial that it is not only a responsibility he owes himself in the observance of these rules, but a responsibility he owes to all the other patients and those that might come later, to see that these new privileges are not revoked due to the abuse of some one or more selfish, thoughtless individual.

The Hospital Staff as a whole is, and has been vitally interested in patients' welfare and privileges for them that would result in faster and more pleasant rehabilitation.

Whether the prevailing privileges are revoked and whether further additional privileges may be given depends entirely upon each patient. Furthermore, it becomes obvious that any patient seen flagrantly abusing such rules immediately becomes the responsibility of other patients interested in the present and future welfare of all concerned.

LET'S NOT ALLOW IT TO OCCUR AGAIN

After the final curtain, closing a successful series of three presentations of the MSH patients' minstrel show the black-face makeup had to be removed.

That was necessary.

However, somebody began using bed-sheets, which had been used as curtains, to take off the makeup. Others thoughtlessly did the same. The result left nothing to the imagination in soiled laundry.



CHOIR TRYOUTS

Choir tryouts will be held Thursday and Friday afternoons at 3 o'clock in the Auditorium. All interested in singing please attend.

It was definitely soiled.

On the whole it smacked of an attitude of indifference as to conduct, which reflected on the whole cast. Our reputation as individuals and as a group, such as entertainers, depend on our conduct, as viewed by others.

Let us all, in future shows, endeavor to make certain that such incidents don't occur. The way to avoid a repetition of this particular incident would be to detail somebody to have in readiness a bag of miscellaneous rags which the laundry undoubtedly would furnish upon request.

More about DR. PRASSER

Continued from Page 7
correction of mental illnesses. His views have affected all modern mental hospitals for the better. The attendant now is considered of utmost importance in any program of treatment, correction and rehabilitation, Dr. Prasser said.

Doctors at Mendocino are developing ways to spend more time in giving needed guidance to patients than before, the doctor said.

"Yes," Dr. Prasser added, "this has been a year of progress here. I suppose we all regret that there couldn't be more of it, but we are going ahead. We are not standing still; we are not going backward."

Dr. Prasser lives on the Hospital grounds with Mrs. Prasser, their 22-months-old daughter, Linda Jean, and their young son, Roger.