

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

Vol. 1 No. 45 March 15, 1949 5¢ per copy Population 2805

ACTUAL WORK ON NEW BUILDINGS FOR MSH EXPECTED TO START ABOUT MAY 1

\$3,699,000 Contract Calls for Three New Wards, Bakery & Kitchen

Actual work on Mendocino State Hospital's building and improvement program is expected to start about May 1.

This was the optimistic statement of Dr. D.B. Williams, superintendent, this week following the announcement that bids had been asked on the estimated \$3,699,000 contracts. A kitchen, commissary and three ward buildings are expected to cost about \$3,405,000. All wiring, transformers and old electrical equipment are to be replaced at an additional cost of \$113,000 and roads on the grounds are to be improved and resurfaced at an estimated cost of \$139,950.

Dr. Williams expects the contracts

to be awarded April 1, as he foresees no difficulty in the state getting bidders. The bids are to be opened March 29. All contracts for state buildings recently have been below the estimates, he pointed out. This indicates a lowering of costs of material and improved labor conditions. Contractors are looking for construction work.

"I expect to see the grounds filled with construction machinery and materials by or shortly after May 1," Dr. Williams said. "The Hospital and grounds will present a lively appearance."

The most expensive one of the new buildings will house the kitchen and the commissary. It will cost about a million dollars and will cover the area now occupied by the Bakery. Included in it will be a new bakery; the main

(Continued on Page 8, Col. 2)

MSH Pioneers 'Total Push' Ward Started

On March 2, 1949 a conference was held between Dr. Williams, Dr. Goodstone, Dr. Bramkamp, Dr. McKeever and Dr. Prasser. It was decided to spearhead the efforts of the Hospital with as fine a ward as the Hospital is capable of producing. Dr. Goodstone suggested the ward be known as a "Total Push" ward, when everything possible is given the patient to push him back to the goal of happy, normal life--eventually outside the institution.

Such a ward is even now mushrooming into being. Two days after

(Continued on Pg. B)

BENEFIT DANCE TO BE HELD HERE SATURDAY FOR TALMAGE SLUGGERS

A benefit dance will be held in the MSH Auditorium on Saturday night, March 19, for the "Talmage Sluggers" baseball team. Players on the team are raising funds to purchase new uniforms.

Volley Ball

GAMES START THIS WEEK.

Arrangements were made over the week end for volley ball to be started this week on the various wards. Ward 8 already has two teams who are waiting patiently for other wards to get organized and give them some competition. Men interested may sign up with representatives on the wards.

(Continued on Pg. B-2)

Arts & Crafts Singing for Various Wards

Community singing and arts and crafts projects are to be taken into the wards, according to an announcement from the newly opened entertainment, athletic and recreation office. The arts and crafts activities will include finger printing, papier-mache work, paper-flower making and cloth-stenciling, the announcement stated. The program is expected to be in operation within the next 10 days, and as many patients as wish

(Continued on Page 8)

ATTEND A.A. MEETINGS.

Occupational Therapy Adds Another Feature

Following a conference with Superintendent D. B. Williams, Friday, May 11, Mr. Cromer G. Nelson C.S. outlined the following as a development of their talk when contacted by a Pomo News reporter.

"The Christian Science Monitor," popularly read, International Daily Newspaper, is rated as one of the 5 leading newspapers of the world.

Eagerly sought the world over, especially by inmates of prisons, Institutions, Mental Hospitals and others, a plan now in use elsewhere by Mr. Nelson is forming here which can find only favorable issue among MSH patients.

Under the plan a copy of "The Christian Science Monitor" will be delivered free of charge to any MSH patient who desires to receive it.

The paper will be delivered to you daily at your respective wards upon receipt of your application. Merely send your name and ward number to Pomo News C/O Dr. G. L. Goodstone, Director of Occupational Therapy.

Help Prevent F-I-R-E

(1) Keep electrical extension cords in good condition.

Replace frayed ones. Now!

Tomorrow may not do!!

FRED S. EQUIPT TO REPAIR YOUR RADIO

Fred S., Ward 8, announced this week that he will repair any radio at a reasonable price. He is a skilled radio repairman and has equipment for doing the work. Anybody needing his services may get in touch with him as he is occupied part of the day.

The repairman may be contacted daily through Mr. Stillwell in the Marking Room.

AA Notes

More than 40 patients attended the meeting of Alcoholics Anonymous Sunday evening, March 13, in the MSH Auditorium.

Introduced by Chairman Henry B., "Dee", member of the Santa Rosa Chapter of AA explained to newcomers the aims of Alcoholics Anonymous, its beginnings and its growth to more than 80,000 members in the United States since its founding 15 years ago.

Several interesting episodes from member patients were related; and candy and cigarettes were distributed at the close of the meeting.

AA MEETS SUN. EVE. 6:00

GIFTS TO LIBRARY

Joyce, librarian, reports the following donations: March 4, Chloe W., 1 non-fiction book; W. Davis, employee; 14 magazines; March 5, anonymous, 20 magazines three novels; Florence Lundstrom, 519 Ellis St., San Francisco, two novels; March 8, Dr. Schramm, 10 magazines; March 6, George G., 16 magazines; Mrs. D. B. Williams, 29 magazines; March 9, Mrs. Mary Vom Kagler brought in seven magazines and books from other donors.

ADMITTED-RELEASED

MSH admissions and releases for the period ending Mar. 14, were; admissions 19; releases; 22. Population, male 1637; female 1168; total 2805.

Father Passes

Mr. Elwood Hachman Sr. was notified by phone today Mar. 11, of the death of his father from a heart attack at Sacramento.

Mr. and Mrs. Hachman left here immediately for that city. No further particulars are available at this time.

Numerous friends among acquaintances at MSH join relatives, in expressing their sympathy to the bereaved family.

Operation Successful

Frank G.M. was transferred from Ward 14 to Ward 9 for an emergency operation for strangulated hernia. He is doing fine. The operation was performed by Dr. Orr, assisted by Dr. Schramm.

MSH TECHNICIAN TO SPECIALIST

Mrs. Teresa Sipkens was among passengers to Sacramento, March 11.

Following a check up appointment with a specialist there, she will resume duties as MSH Laboratory technician Monday, March 15.

BENEFIT DANCE

for the 'TALMAGE SLUGGERS'

SAT. MARCH 19

They Need New Uniforms

MSH AUDITORIUM

NEWS FROM THE WARDS

WARD 8

The following were transferred from Ward 8 to Ward 9 for treatment: Eugene W., John O., Noble B., Michael C., Milton W.

WARD 9

The following were transferred from Ward 9 to Ward 8 and assigned as indicated: John F., assigned to Fire House; Charles C., assigned to Paint Shop; T. E. H., assigned to Ward; Hugh A., unassigned; Harry A., assigned to Kitchen; Robert M., assigned to Kitchen; Croy T., unassigned; Elbert V., unassigned; Earl W., unassigned.

Carl S., transferred to Ward 15, not yet assigned to duty.

WARD 15

Michael A. and James H. were transferred to Ward 15. They have not yet been assigned to duties.

The following were transferred from Ward 15 to Ward 8 and assigned as indicated: Roger J., continued at Dairy; Edward S., assigned to Dr. Bair's cottage; Herbert B., assigned to Library; Reed H., assigned to Paint Shop; Thomas H., assigned to Paint Shop.

Wallace W., transferred to veterans' hospital at Palo Alto.

WARD A

Anna J. was transferred from Ward A to Ward H., Thursday, March 3. She was assigned duties in the Sewing Room.

Rosalie L. transferred from Ward A to Ward H. Thursday, March 3. She was assigned duties at Laundry.

WARD CHIT-CHAT

Myrl G. Ward M. was transferred to Ward I and will be on the staff of The Pomo News. Myrl is a former newspaper woman.

Friends of Anna B., Ward I, will be happy to know that she is getting along nicely after her operation.

Isabelle M. formerly of Ward M, and now a resident of Ward I, has been assigned to culinary duties at the ODR. Lucky dame!

We hope Rita H. Ward M, is finding enough needlework to keep her busy. Keep up the good work, Rita.

Frank G. M. was transferred from Ward 14 to Ward 9 for an emergency operation for strangulated hernia. He is doing fine.

RECENT WEEK'S VISITORS

Recent visitors to patients at the hospital were: husband of Gloria C., San Francisco, wife of Ross H., South Gate; friend of J. C.G., Modesto; husband of Dolores S., Ukiah; friend of Masie C., Ukiah; cousin of Carl O'D., Indiana; brother of Manuel A., Fresno; friend of Geo. M. Los Angeles; son of Rita Hudson, San Francisco; wife of Vincent N., Colusa; mother of Chas. M., Redwood City; husband of Pearl S., Ukiah; step-son of Fred M., Sacramento; wife of Robert H., Delhi; wife of Robert R., Summit City; father of Forest T., San Diego; niece of Sarah Y., San Francisco; son of Oscar B., Potter Valley; husband of Peggy McC., San Francisco; parents of Robert S., Gerber; friend of Cardova P., Ukiah; brother of Max H., Robbins; husband of Mary A., Tracy; wife of Charles J., Santa Rosa; wife of John P., Petaluma; husband of Geneva M., Ferndale; father of Wallace W., Berkeley; brother of Alma E., Elk; husband of Virginia W., Sacramento; wife of Marcellus M., Sacramento; wife of Albert T., Elk; sister of Grace R., Eureka; mother of Laura H., Fortuna; brother of Robert H., Rio Vista; father of Edw. S., San Francisco; brother of Carl M., Castro Valley; step-son of S.G., Elk; wife of L. L. B., Cloverdale; sister of Lillian G., Oakland; sister of Clarence B., Oakland; sister of Norman L., Oakland; friend of Lillian M., San Francisco; brother of Rose L., Eureka; husband of Elvira M., Fort Bragg; daughter of Augusta E., Oakland; father of Oliver M., Sacramento; husband of Florence P., Rockport; son of Anna M., San Francisco; mother of Robert N., San Francisco; mother of James E., San Francisco; mother-in-law of John G., San Francisco; brother of Tom F., San Francisco; father of Billy N., Willits; friend of Sam N., Santa Rosa; husband of May L., Fort Bragg; mother of Dagoberto A., San Francisco; sister of Grace R., Eureka; husband of Sally T., Guerneville; brother of Jack S., San Francisco; son of Clementina F., Marysville; parents of Archie S., Cummings; son of Elizabeth N., Willits; husband of Iola McD., Eureka; father of Clarence C., Willits; son of Mabel B., Crescent City; brother of Jack M., San Francisco; son of Morris S., wife of George C., Eureka; brother of Robert B., San Francisco; daughter

(Continued on Page 6)

QUESTIONS

ANSWERS BELOW

1. Where do the modern scientists study the heavens with powerful telescopes?
2. Of what use was Galileo's telescope and what idea developed from this?
3. What is the use of seismograph?
4. Name a solid with six sides?
 " " " " three "
 " " " " two "
 " " " " one side?

"Katherine, would you tell the class what happens when a body is immersed in water?" asked the science teacher.

"Certainly. The telephone rings."

A woman can look at an automobile that is passing her at 50 miles an hour, and tell whether or not the woman in the car is the man's wife.

Happiness is not a station we arrive at -- but a mode of Transportation.

The new cars have four speeds-- first, second, third and you'll be sorry.

There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.

ANSWERS TO QUESTIONS

1. Mount Wilson Observatory, Mt. Hamilton Observatory and Palomar Observatory.
2. The telescope was used to study stars, the moon and other things in the world about them. From this idea, next came the microscope a smaller instrument which make things look larger. It's aid and usefulness have enabled many to learn about diseases and how to combat them.
3. It is an instrument that records earthquakes.
4. Cube cylinder cone sphere.



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Lab Worker's Quick Thinking Halts Fire

MSH fire trucks answered a call to the Ward 9 chemical laboratory at 1:35 p.m. March 9 to extinguish a chemical fire. While handling a pint bottle of nitric acid used in analyses, Mrs. Sipkens, laboratory technician, accidentally knocked over the bottle and a small fire started. By quick thinking Mrs. Sipkens extinguished the fire by using a chemical. She also avoided a bad chemical burn by the use of soda. The Hospital is fortunate to have such employees, as Mrs. Sipkens, who by her calm actions avoided the probable loss of valuable laboratory equipment.

SUGGESTS LINDEN TREES FOR HOSPITAL GROUNDS

Linden trees would be ideal for replacing old trees which are cut down on the Hospital grounds, in the opinion of Arno G., Ward 8. He says there are only a few in California, and little is known hereabouts regarding them. The tree is popular in Europe where it is native. There are some in Golden Gate Park in San Francisco, on the road next to the Chinese Garden when one walks in the direction of the Pacific Ocean. Arno suggests that authorities at the park might give Mendocino State Hospital some young Linden trees.

Arno points out that the tree is medium size. After the season of orchard-blossoms it starts flowering, becoming overspread with thousands of little flowers. They fill the air with fragrance. The flowers attract bees which make a honey, which often is used to make cough medicine. In parts of Europe the flowers are dried and made into a medicinal drink. Some drink it in place of tea.

Arno is anxious that MSH authorities try to plant Linden trees on the grounds here.

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

∇ ∇ SPECIAL ∇ ∇

Baker's Chocolate Bars

89¢ a Box
24 - 5/8 bars

While They Last

Talmage Store

∇ ∇ SPECIAL ∇ ∇



DECIDES TO DANCE

Dear Editor: Now I hate to make a liar out of myself in the eyes of certain persons, but here goes:

I have said that I do not dance and did not care to learn. You see, I have nothing to brag about along this line, but if the psychological moment should arrive, I will try a circle two-step.

I have read something about our having dances regularly in your paper, but not about when the next dance is to be. Was it mentioned? Has it been decided? If not, here is a chance to use your influence. How about a dance by the twentieth? Please? K. B., Ward 1.

Well, K.B., it seems you are to have your wishes---all of them. There is to be a dance before the twentieth---on the night of March 17, to be exact. So try to be there and somebody certainly will be willing to help you get that circle two-step perfected.

ASKS PRIVILEGES

Alma K, Ward 1, asks whether household workers will get a weekly "treat" such as she says has been granted to Laundry workers and those assigned to the Art Rooms.

They have theirs on Fridays, she says.

Samuel P, Ward 15, feels that some workers in the Laundry should get ground parole, as is given others on male and female wards.

OFFERS TALENT

J. R. D., Ward 5, offers to do a series of recitation in future entertainment programs. He said that many of the jokes in the recent minstrel were lost because the performers didn't speak loudly. He also thought that when the amplifying system was used at the minstrel show it was too noisy in some instances.

Walter, Wd. 15, asks that somebody possessing a movie camera take scenes of the minstrel show and have the reels shown at the movie-show, either with the regular shows or as a special show. The suggestion was passed on from Walter by Samuel P., also Ward 15. The suggestion is a good one. It is hoped that movies can be made of the forthcoming show, and shown here,

also kept for future showings to patients who will come to MSH later, and will want to know what activities there are here.

Kent B, Ward 1, thanks those who have been inconvenienced by certain occurrences and have displayed consideration and understanding.

FOR BETTER COOKING

Dear Pomo News: I have been eating rice and meat here for some time and know of some better recipes for the cooks! Could I try to cook, too, here? I know I can cook for eight to 10 persons, but don't know whether I could enlarge sufficiently for 50 or 100. I cooked for six to eight sheep-shearers. My brother and my cousin used me as a cook also.

The rice and meat can be cooked or aerated and prepared in so many ways it is a shame we always have it the same way. On the farm I used shoulder of mutton, fried brown, then fried onions. Take out the onions and put raw rice into a small amount of fat and fry it one minute, until it starts to swell. Then put into casserole and bake, put in fried celery stalks and leaves. Put this in before you put in the onions, if you have the celery. If you have carrots, use a few, or put cooked peas on top of the casserole.

I am crazy for okra. (The writer at this point submits other recipes which she believes could be used in preparing the raw foods which are available in the institution.)

Alma E. Ward H.

EGGS & OTHER THINGS

Editor of Pomo News: Many thanks for the good news about scrambled eggs, hot cakes, German fried potatoes. I did not want them all at one breakfast. Change every mornings as you have plenty of young blood from Gamarrillo S.H. with ground paroles.

How about putting one of those poor boxes at the door of Ward 5 and letting our state employes drop in a penny or two? George S. Ward 3.

With federal income tax having hit their pocket-books rather hard on March 15, employes might like to have poor-relief boxes set up to meet their own heavy expenses in these days of high prices. This would be a bad week to ask them to donate to anything, George.

ABOUT ICE CREAM

We have ice cream on Ward I sometimes, which is served to workers on Wards G and H too. We liked the samples of ice cream, but we kindly ask this: could you possibly make it eight gallons instead of five next time? Kitchen, Ward I.

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.

Dance at Auditorium March 17th.,

FRIDAY:

6:30 to 8:30 p.m.

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 1:30 p.m.

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

SATURDAY:

Movie: March 19th, "You Were Meant for Me."

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."

Ward News Continued from Page 3.

ter of Wilbur C., Ukiah; brother of Elroy E., Los Angeles; friend of Frank S., Fort Bragg; son of Eugene S., Lodi; father of Noble B., Gridley; husband of Geneva M., Berkeley; sister of Grace R., Eureka; mother of Mary R., Willits; friend of John B., Fort Bragg; niece of Mrs. S., Ukiah; daughter of May L., Berkeley; husband of Bessie M., Nice; parents of Archie S., Cummings; daughter of R.C.B., Bakersfield; daughter of May L., Berkeley; wife of George C., Willits; mother of Walter D., Ukiah; mother of Charles M., Redwood City; brother of Laura H., Denver, Colorado.

POMO NEWS THE EYES AND EARS OF MSH.



DR. WILLIAMS SAYS

Besides the new buildings and other improvements at MSH to be started soon, details of which are to have a new Administra-

tion building. Funds already have been ear-marked for it at Sacramento.

The new building will replace the present structure, which will be torn down. The new building will permit all administrative offices to be brought together. There will be no apartments of rooms for anybody to live in the building. All activities other than those which pertain to administration will be in other buildings.

The new building will make for more efficient administration, and, of course, will reflect in greater efficiency and improved treatment for patients.

We all are looking forward eagerly to the time, which seems soon, when our Hospital will have facilities and conveniences for us all, of which we will be proud.

Like That "A" Bomb First Time Terrific

"Bacon!"

It started as a sibilant whisper from behind the closed doors of the patients' dining room during the pre-dawn of Tuesday, March 3.

It was heard by sensitive ears in the tunnel. The word was repeated by the hearers, "Bacon!" It rolled from all outside openings of the covered passageways.

In the same way that faint words are picked up by an amplifier and increased in volume "Bacon!" exploded into a boom which carried it reverberating out over the Hospital grounds. "BACON!" By now it had become thunderous.

It wasn't a false rumor. It was true! There was bacon that morning for breakfast! It wasn't the thick, all-fat stuff which came to be called bacon by civilians during the recent war. It was in thin, crisp slices---just as Mendocino patients had dreamed about it for many baconless aeons.

AND THERE WERE EGGS, TOO!

WHY?

Why can't the food at the patients' dining room Monday nights be improved? The food is not so good. R. S. Ward 5



Men on Wards Are to Sign Up For Boxing

Men who want to take part in the MSH boxing programs will be given an opportunity to sign up this week.

Paul T., will visit the various wards on the dates indicated below, and will list the names of the men in the different classes, according to weight.

It is intended to conduct a program which will give every boxer chances to meet opponents in his weight, and to strive for a title. It is believed that the inter-ward bouts will develop keen interest as well as good boxing.

On Wednesday, March 9, tomorrow, Paul T., will visit Wards 1, 2 and 3 and give every man anxious to box a chance to sign up.

Wednesday night he will be on Wards 8 and 10 for the same purpose.

He will sign-up boxers on Ward 12 on Thursday. Friday night he will be on Wards 14 and 15, and Saturday he will go out to the ranch and sign up men on Ward 16.

Announcement of the first bouts will be made soon.

TALMAGE SLUGGERS IN 1949 DEBUT APRIL 3, AT MSH BALL PARK

The "Talmage Sluggers" will open their 1949 baseball season on April 3 at the MSH ball park.

Watch for further announcements.

"We planned a practice session last Wednesday but of course were rained out," 'Foggy' Ottosen told reporters at his Talmage Filling Station, Friday.

"A work out" is planned for next Sunday, weather permitting.

"We expect to have an even better team than last year."

EMPLOYEE ACTIVITIES

STATE PUBLIC HEALTH CLASSES ARE HELD HERE

Employees of MSH who handle food attended a three-day course in the Auditorium given Wednesday, Thursday and Friday last week by the State Department of Public Health. The classes were conducted from 10 to 11 a.m.; from 1:30 to 2:30 and from 3 to 4 p.m. each of the three days. The classes from 3 to 4 each afternoon were for Bakery employees.

MORNING STEAM

Attendants who wear glasses have trouble seeing the food they eat at breakfast in the ADR because the room is enveloped in steam. Their glasses fog. The trouble is not experienced at the noon and evening meals.

MRS. SIPKENS' SHOES RUINED

Although Mrs. Sipkens, who prevented a serious fire in the hospital laboratory by quick thinking, suffered no physical injury, both her expensive, white-leather shoes were ruined. One sole was torn completely off and the other damaged beyond repair. The stockings she was wearing also were a total loss.

SHOWERS BEING REPLACED

Showers in the Nurses' Home are being replaced. To Elwood Hachmann and his Tin Shop crew fell a good portion of the work, replacing pans under the showers. Some masonry has been necessary and there was also a job for the Paint Shop in connection with the replacement project.

NEW ELECTRICIAN

Arthur S. Cunningham, resident of Sonoma, has been employed as electrician in the Electrical Shop.

DON'T FORGET HELP THE "TALMAGE SLUGGERS" GET NEW UNIFORMS MARCH 19, AT THE BIG BENEFIT DANCE.

ANDY STAHL'S
FINE LIQUORS

PHONE: 1138 - J

RED ROBIN
NURSERY

PLAN WITH US NOW FOR YOUR FLOWER AND VEGETABLE GARDENS.

PHONES: 565-W
262
1036-W

Mendocino Alcoholic Program (M.A.A.)

- IN THE CONFERENCE ROOM, WARD 9:
- 2:pm Wednesday (and Monday) Group psychotherapy with Dr. Goodstone.
 - 3:pm Thursday Social group meeting with Gordon Mc Whirter, MAP social worker. This group is particularly for new patients and for those about to leave but others are welcome when chairs are available. New patients are asked to attend this group as soon as possible after entering; those leaving should attend the Thursday before going out.
 - 2:pm Friday Social therapy group Free discussion & expression. "What can be changed?"
 - 2:pm Monday (and Wednesday) Group psychotherapy.
 - 6:pm Sunday - MSH AUDITORIUM Alcoholics Anonymous "Pomo Chapter."

ARTS AND CRAFTS TO WARDS

Continued from Page 1)

to participate may do so.

The patients assigned to carry on the MSH entertainment, athletics and recreation programs moved in to their office in Room 50 in the basement of the Administration building last week. The room is in the front of the building and is easily accessible.

The patients leading these activities stated, "This office will be known as the EAR office, which, by the way, does not mean eye, ear, nose and throat, but Entertainment, Athletics and Recreation."

Larry De., is in charge of entertainment is already mapping out a new show of MSH talent to stage.

Paul T., in charge of athletics, has launched a boxing program; details are on the sports page of this edition.

Gep. M. is secretary-typist, and will assist in various projects, principally the community singing and the arts and crafts programs.

Roy N., is assigned as coordinator for the A Capella Choir, the male quartette, the women's ensemble, the mixed ensemble and community singing. He will also help in the arts and crafts projects.

The men in charge of the programs give credit to Joyce M., of the library for donations to their comfort.

STOP AT "POMO NEWS" IF YOU ARE AN ALCOHOLIC. GET AN AA ADDRESS NEAR YOUR HOME.

Happy Birthday, Joyce

Patients swarmed to the MSH Library Sunday, March 6, to wish Joyce M. in charge, many happy returns of the day, and to sing "Happy Birthday to You." It was Joy's birth anniversary and the more than 100 who made it a point to wish her well didn't let her forget it.

"The success of the party was just as much of a surprise to me as to the patients", said Joyce. "I could think of no other way to observe my birthday than to give the boys and girls a party.

"There must have been 100 or more people here. I don't think a match could have been squeezed in at any time, from nine o'clock until four; it was just packed - jammed!

"We had ice-cream, we had cake-- four beautiful enormous cakes with candles; we had music by our gifted banjo player; there were oodles of birthday cards and presents. It was the happiest birthday I have had in many, many years.

"Mrs. Williams, wife of Dr. Williams, sent me a lovely birthday cake, and Mrs. Lloyd Tyer, charge attendant of Ward I, sent a special cake with candles. Mrs. Lavelle was a special guest. Oh, it was a thrilling party!"

MSH CONSTRUCTION (Continued)

kitchen, the butcher shop, a general store room, the parole patients' cafeteria and a cafeteria for employes. Dr. Williams was enthusiastic in his description of the cafeteria--including that of the patients. They will be cheerful, and a person will be able to select the food he wants to eat.

One of the three ward buildings will house 404 male patients. It will be across from Wards 14 and 15. This will necessitate moving the present lumber yard, which stands on the spot the new ward building will occupy. It will contain four dining rooms.

Another of the ward buildings will take care of women who are acutely disturbed; the other will house quieter female patients.

Dr. Williams is particularly pleased that the entire electrical setup at MSH will be replaced. He pointed out that wiring, transformers etc., are old and out of date.

Tar type surfaces will be put on roads on the grounds which now are in bad condition. The state division of architecture has scheduled for construction soon a hog farrowing barn to cost \$21,500 and two sun porches for tubercular patients to cost \$20,000.

MSH PIONEERS TOTAL PUSH

STORY STARTS ON PAGE 1

(Con't from Pg. 1) the conference the insulin shock unit was already moved and functioning. From this nucleus attendants and nurses are now being trained in using the special features of this ward. It is hoped in the near future to have a 24-hour shift. Insulin and electric shocks are to be only a small part of the total activity of the ward. Not all patients on the ward will be receiving shock treatments.

An essential part of the "Total Push" will be friendly attention given the patients as they need it. Proper attitudes toward each patient will be shown by all ward personnel through a thorough understanding of each case. For recreational therapy on this ward a patient in the Hospital with special talents along this line has already been selected--Allen R--although all ward personnel will engage in this activity somewhat. Recreation is to consist of sports, picnics, group games, both indoor and out, dances, parties and the like---things which make life bright for anyone, and which will entice the patients back to the solid world of reality.

Occupational therapy is to be high-lighted, both on the ward and off. It is to be for each individual patient and of such a nature as to be pleasant, interesting and worth-while. It is planned to use the Hospital's fine industrial shops and farm possibilities to re-train patients in old skills or give them new ones to enable them to find work when released from the Hospital, as well as to form a gradual transition to life outside the institution.

The work of this ward is to tie in closely with Social Service so that when the treatment is completed the patient is not simply dumped into the world outside and left to flounder by himself. If at all possible, a job and a home will be waiting, and friendly support as the patient needs it, supervision and continued contact with the Hospital furnished by Social Service.

Group therapy will also be a feature on this ward. This, of course, is good, but is not a substitute for the intensive personal psychotherapy which will be lacking until the Hospital obtains enough doctors who are psychiatrists or in training for psychiatry. In the meantime, we'll do our best with what we have and we're never licked while we're still trying, are we?

All the above is our goal, the ward at present being pretty drab to say the least. The drapes which are to be obtained for the entire Hospital will be a help to relieve some of the bare, lifeless atmosphere out there is much else still to be done. Furniture on the ward is hard, wooden, uncomfortable and many years old. There are no comfortable sofas, no bright pictures. The building itself is sadly in need of painting. There are none of the pleasant accompaniments of home such as a few potted plants in the window, floor lamps, record player & radio, and the like. One of the most troublesome problems at present is the eating facilities. Food at present must be carried over to the ward, cooling off on the way, and sorrowfully there are only some uncomfortable chairs and ancient, unpainted tables at which to eat. It is hoped that more modern furniture and some cooking facilities, such as an electric stove, can be obtained. At least a few special dishes each meal could be prepared under the supervision of the main kitchen and a steward to liven up the necessarily unpretentious food.

These are some of the things we do not have -- the things we do have are a handful of people determined to do their best for the patients. Nurses Tanning and Hebert and Attendants Overman and Sipkens have set up the insulin ward with amazing speed. The business office facilitated this speedy transfer. Special credit goes to Mr. Miller, supervisor of attendants, for rapidly obtaining the 26 hospital roll-up beds for insulin treatment, and replacing Attendant Gordon Strickland, an able and interested attendant, in training on this ward. Drs. Goodstone, McKeever and Prasser have all had their share in the institution of this ward. Dr. Williams has wisely seen its virtue and given the go ahead signal.

It is interesting to note that the work accomplished thus far has not been that of any one person or small group but that of the entire Hospital, and the degree of success or failure will depend upon how well the Hospital as a whole can work together as a team.

EDITORS NOTE--Not to despair; but shall remember, that though the day is wasted, there yet remains one effort to be made; that reformation is never hopeless, nor sincere endeavor every unassisted. --Anonymous.

Ward Workers on 15 Get New Privileges

Freedom of the grounds four hours a day for ward workers on Ward 15 was instituted this week. The new freedom will be in effect five days a week, "Toke" Cornell, attendant in charge, announced. The ward will be closed Saturday and Sunday each week, as heretofore. Men who have jobs in the shops and other places off the ward, will not be affected, as they already have individual privileges.

Mr. Cornell said he had been wanting to give workers in his ward added privileges for some time, and this plan finally was developed. "We have good workers on the ward who deserve this added privilege," he said. "There are some rules which they will be expected to obey, but the idea is to give our patients all the privileges possible. Our plan fits in with the modern idea of encouraging patients in personal responsibilities, which has been adopted at MSH."

Some MSH Patients To See Ukiah Play

A limited number of MSH patients who have ground parole will be able to see the stage play "Junior Miss" to be presented in Ukiah Friday and Saturday nights, April 8 and 9. The play will be produced by a talented amateur group of performers of the Ukiah community.

Arrangements for allowing some MSH patients to see the show were made by Dr. L.G. McKeever, who gave the following announcement to The Pomo News:

"A few tickets to 'Junior Miss' have been donated by the management of the play to MSH patients. Patients who have ground parole and who wish to attend, should turn their names in to The Pomo News. If more apply than there are tickets available, lots will be drawn to determine who shall go."

Ground-parole patients desiring to go should turn in their names to this paper as soon as possible. Patients will go in buses, in two groups, one group each night of the play.

BOUQUETS TO POMO NEWS GALS

Ed S, who works at the green house, Sunday brought two bouquets to The Pomo News office, made of pansies, white, yellow and natural violets. Myrl and Marie were recipients of Ed's thoughtful kindness.

POMO NEWS-The Eyes and Ears of MSH

WHY?

Don't they wash the potatoes before they cook them? I have never seen such dirty potatoes as were served in PDR the other day.

Why-don't they serve more green beans and beets instead of all the parsnips.....? L.D. Ward 8.

EVANS AND JOHNSON EXCHANGE POSITIONS

Javerne Evans, charge attendant on Ward 5 has been transferred to Ward 8 as charge, and Harry Johnson, who has been charge attendant on 8 has gone to Ward 5 as charge. Mrs. Alice Coffey, who has been an attendant on Ward 8 for four and a half years said, in connection with the change, "The patients and I will miss Mr. Johnson. We all like him. Also, we feel sure that Mr. Evans will find that Ward 8 is a good one, and we'll give him a hearty welcome."

HAVE YOU YET WRITTEN LETTER TO MAIL BAG?

The Mail Bag of The Pomo News is anxious to get new writers to send in contributions.

This doesn't mean that the regular writers are to be ignored. It is hoped that they continue sending letters.

Nearly every patient in the Hospital gets an idea once in awhile which would be interesting, and may be helpful, if the idea were put before the readers of this paper.

Send in your ideas.

MRS. VON KAGLER GIVES BOOKS

Works of Steinbeck and Lardner were included in a number of books given by several contributors to the MSH Patients' Library. Fiction and mystery novels by other authors also were among the volumes.

Mrs. Von Kagler brought the books into The Pomo News office Wednesday.

GREATNESS

No man is greater - than his prejudices will permit him to become; than his ability to think for himself; than his character, regardless of his reputation or his artificially created prestige; than his power to discount his own estimate of himself.

VOLLEY BALL (Continued from Page 1)

Ward representatives are: Wards 1, 2 and 3, Walter (Red) R, Ward 8, Paul T, and Ward 15, Earl M.

ENLIST IN THE NEW ACTIVITIES.

TOWARD BETTER MENTAL HEALTH

THREE FAMILY-CARE SOCIAL WORKERS HERE

Three social workers engaged in the family-care program were at MSH Tuesday. They were Miss Elizabeth Albright, Charles Devereaux and William H. Dawson. Their work has to do with the placing of patients in homes supervised by elderly persons of excellent character who have been licensed by the state to conduct the homes. The patients usually are elderly persons who can not support themselves, but who can get about, who are not suffering from any serious physical ailment, and who are co-operative.

There are more such patients in state institutions, the social workers said, than can be placed in the available homes. The procedure is less costly to the state than is institutional care, and the money provided by the state for their care, food and rooms is spread about in the different localities. Several such patients usually are placed in one home.

The three were here in connection with MSH patients who are being placed in homes in different parts of the state.

DIVERSIFIED ACTIVITIES AT MSH INDUSTRIAL SHOP

The Industrial Shop, under direction of W.A. Elliott, turned out eight shamrocks, about 3x4 feet in size, for decorations for the St. Patrick's Day dance to be held in the Auditorium Thursday night, March 17. Woody C. gave of his skill and talents to make the shamrocks attractive, as did others who work in the shop.

The shop also is working-over the Venetian blinds in the MSH Business Office. New tapes and new ropes have been put on the blinds and the slats have been cleaned and refinished.

There are many other activities at the shop. Trays of all kinds and shapes are being made out of scrap copper. The trays are not only beautiful but useful. Designs are attractively hammered.

WHAT IS YOUR PROBLEM? Perhaps the social worker might help with either a personal problem or a problem you left at home; or perhaps you want to talk over a trouble you might have on leaving. Make an appointment at the Social Service office in the Main Building Monday through Thursday from 1 to 1:30.

† 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
"Truly in vain is salvation hoped for from the hills, and from the multitude of mountains: Truly in the Lord our God is the salvation of Israel." (Jeremiah 3:23.)

This is the subject of the Golden-Text for the Lesson Sermon in Christian Science Churches for Sunday, March 20th.

The subject is "Matter".

TOWARD BETTER MENTAL HEALTH

Discrimination against women patients, particularly in the matter of mail, was discussed Friday afternoon at a lively meeting of the social therapy group for alcoholics, in the Conference room of MSH. Gordon McWhirter, social worker, conducted.

The discussion of mail brought out that there is no restriction on men parole patients writing during the week, and no censorship, although these restrictions are enforced for parole women.

There was a vigorous discussion following a suggestion that patients' clothes be fumigated and pressed before Conference so that patients may present good appearances both at the Conferences and when leaving the Hospital.

Mr. McWhirter led a spirited discussion of different phases of alcoholism.

Patients present pronounced the meeting one of the best they had attended.

—P O M O NEWS—

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

Supervised by Dr. Gerald Goodstone, Clinical Director.

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

Editorial

The alms most precious
Man can give to man
Are kind and loving words,
Nor come amiss,
Warm sympathizing tears to eyes
That scan the world aright.
The only error is neglect to do
The little good we can.
-- Anonymous

In the first 1949 issue of the "Pomo News", Jan. 4, an editorial appeared on page 10 opposite a cartoon depicting the New Year at MSH as a very frightened "White Elephant" about to undergo a transformation. Fearlessly confronting the beast with drawn saber in one hand and a huge paper roll marked "Resolutions" bundled 'neath his other arm, stood our version of Mighty Mouse.

"En Garde!", the cartoon described the mouse as crying.

The editorial, under the caption, "Germination", mentioned among other things: the seeds of TOLERANCE and HUMILITY, as sown by a handful of pioneer crusaders at MSH (being the White Elephant), a place of retention, not rehabilitation; a decadent monument to social indifference.

From inception, their plans were confronted by odds that presented a perspective which, to an administration possessed of less determination, would have become dissolved into the chasm of oblivion born of discouraging futility!

Nevertheless, the seeds were sown in a "garden" fearlessly described as to conditions, by D. B. Williams, Superintendent, as quoted by Hale Champion, "Sacramento Bee" feature writer. In a recent series of articles, Champion ably presented a remarkably descriptive literary picture of MSH. The series was accompanied by "on the spot" photographs of existent deplorable conditions in every mental institution in the state of California. Mendocino was described as one of the most sadly neglected.

That those crusading seeds of

St. Patrick's * Day *

MARCH 17, 1949



JIG TIME - 6:30 P.M.
MSH AUDITORIUM

You Were Meant For Me

Starring

Jeanne Crain and Dan Dailey

MARCH 19

MSH—Auditorium

psychiatric endeavor did germinate and flower in such barren soil against odds is evident.

Listed in the New Year's issue of the "Pomo News" were some 25 different new projects, all importantly consistent with improvement of mental health--every one--representing, as they truly were: touchstones of progress in mental hygiene.

"A new concept of viewpoint regarding the rehabilitation of the mentally ill"-Pomo News", Jan. 4--- best describes the trend of MSH Medical Staff Administration, who meet every ounce of cooperation in kind.

Now, with the "Total Push" program just launched with overall athletics, amusement, crafts and other splendid occupational therapy endeavors soon to become prevalent on all wards, the work of those responsible is not only commendable, but a little short of miraculous, all things considered.