

A PROGRESSIVE

PAPER FOR

PROGRESSIVE

PATIENTS

# Pomo News

W D E I R I L Y

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

Vol. 1 No. 46

March 22, 1949

5¢ per copy

Population 2787

## Improvements Being Planned For Better Care of TB Patients

A proposed plan to provide buildings with awnings to protect TB patients on Wards 7 and F from the most severe rays of the sun at certain times, is now on the drawing-boards in the state's division of architects. Dr. Marcus Schramm made the announcement to The Pomo News this week. The doctor made the explanation after a reporter had asked him regarding a statement in public print to the effect that "sun porches" are to be constructed for TB patients at MSH.

The structures will not be sun porches, as the term is usually un-

(Continued on page 2)

## RAZING BAKERY TO BEGIN ABOUT APR. 1

Work of demolishing the Bakery is expected to begin about April 1. This will mean that MSH will start using "boughten" bread and pastries, and will continue to use them until a new Bakery is completed.

Who will furnish the bread and pastries will be decided by bids. It is understood that the Model Bakery of Ukiah will put in a bid for the pastries, and that the Langendorf Bakeries will submit a bid on the bread.

It will require 1,000 loaves weighing 18 ounces each to supply MSH each day, including Sundays and holidays. The amount of pastry will

(Continued on page 10)

## Revelry & Fun Mark 'Irish' Dance at MSH

To the tune of "Put Your Arms Around Me" the gala MSH St. Patrick's Day dance began among shamrocks and evergreen Thursday night. The auditorium was decorated in evergreens and large imitation shamrocks and clay pipes. On the stage were bouquets of daffodils and flowering cherry. In the center was a huge spray of variegated privet.

Privet contains the national colors of Ireland -- yellow, green and white. All combined to set off the hall in a realistic Irish atmosphere. The shamrocks and clay pipes were made at the Industrial Shop under the supervision of Woody C.

Music was provided

(Continued on page 9)

## YAGLE IS ASSIGNED TO RECREATION FOR WARD 12 PATIENTS

Roger Yagle, attendant, has been assigned to give his full time to encouraging and carrying out a recreation program on Ward 12. This announcement was made by Dr. L.G. McKeever, who pointed out that Mr. Yagle has been taking interest in patients' activities on the ward for some time.

The program on Ward 12 will be co-ordinated with that of the group working on similar activities in other wards as far as possible. It was stated that plans include more stress on sports than in the past, and when possible Ward 12 will take parts in inter-ward competition. Music will be encouraged, both recorded

(Continued on page 2)

## Mrs. Buchanan To Work With Group Affairs

Mrs. Dorothy Buchanan has been relieved of her duties as ward attendant and assigned to give her time to working with patients' entertainment, athletics and recreation. Mrs. Buchanan already was giving many hours of her own time to such activities, voluntarily, and has won the love of every patient with whom she has come in contact. The announcement of her transfer to this work was met with rejoicing by all interested in patients' activities.

She will work with the patients who have been assigned to lead in group-undertakings from Room 50 in the

(Continued on page 7)

## TB IMPROVEMENTS

(Continued from page 1)

understood. The buildings will be on outdoor courts which already are in use by TB patients. At certain times of day, Dr. Schramm pointed out, and in certain seasons, the sun's rays are too severe to be beneficial. The buildings and awnings are to enable the patients to remain outdoors, but not in the sun when such exposure would be harmful.

Greater strides have been made during the last six to eight months in the care and treatment of TB patients at MSH than during any other similar period, Dr. Schramm said. The patients have been isolated, to prevent communication of tuberculosis to others. Cases in advanced stages are given special attention, being treated in cubicles, where danger to others is practically eliminated. The TB patients all now are on Female Ward F, Male Ward 7 and some on Ward 12. On 12 they are also isolated.

All TB patients now receive foods containing more vitamins than are provided for other patients, including extra eggs and milk. Attendants have been alerted in proper protection of themselves and others against communication of the disease.

Dr. Schramm is about to introduce the latest method of treating tuberculosis. It consists of the use of streptomycin, produced in much the same manner as is penicillin, but which is particularly effective in treating tuberculosis. It comes from a mold, as does penicillin, and has been developed only recently. In select cases, Dr. Schramm said, it has been remarkably effective.

Dr. Schramm recited for The Pomo News reporter an interesting idea regarding the drugs produced from molds. He pointed out that most everybody has seen dogs wallow on moldy places on grass and elsewhere when they feel ill, as if the dogs knew, maybe by instinct, that certain molds kill certain germs. Man only recently discovered the fact.

The pneumothorax treatment is used when it is believed necessary, at MSH. It consists of collapsing lungs which have been seriously infected.

In the intensive work done in treatment and care of TB patients at MSH Dr. Schramm has received advice and suggestions from Dr. Robert S. Quinn, in charge of the Sonoma County Tuberculosis Sanatorium. Dr. Schramm feels that TB patients here are now receiving quite modern care and treatment, and that other patients are well protected against spread of the disease from infected patients.

The Pomo News wishes that TB pa-

## MSH Chorus Starts With Good Promise

Roy N. chorus director, has reported to Dr. Goodstone that he is greatly pleased with the outcome of the first chorus tryout-rehearsals. He was, however, disappointed with the small attendance on the part of women patients. There were 21 men and seven women at the first rehearsal. New voices joined the group during the second and third tryout-rehearsal bringing the members of the chorus to a total of 43, 23 men and 20 women. Roy said the chorus will have two rehearsals a week, but the days had not been set at this writing.

There were many nice voices and several have been selected for the men's ensemble of eight voices, which will eventually replace the present quartet and for the women's ensemble of nine voices. Concerts are planned for the near future for the entertainment of patients and employees. These concerts will be in conjunction with the orchestra and soloists. Roy has ordered music for the Easter program and has started preparations for this music-observance of Easter.

## Minstrel to Ward 12

Setting a precedent at MSH, 17 entertainers from other wards went to Ward 12 Sunday afternoon and presented a pocket-edition minstrel show. The 250 patients who witnessed the show were most enthusiastic.

They showed that they want more of the same kind of entertainment.

The ward's own pianist, who made the group total 18, was one of the stars of the show. He plays daily on the ward. The men's quartet, who sing at Sunday religious services, made a hit. There was an orchestra of five pieces.

Entertainment is to be provided regular for Ward 12, it was decided last week.

tients could see moving pictures, as do other patients at MSH. This paper wonders why some provision isn't made to provide movie shows for them. It could be done.

## YAGLE ASSIGNED

(Continued from page 1)

and instrumental and vocal, with patients participating.

Plans are being made to encourage patients on the ward to make suggestions concerning recreation, athletics and entertainment.

The plan to stress these activities on the ward were developed at a meeting in which attendants, supervisors and members of the medical staff took part.

# NEWS FROM THE WARDS

## WARD 1

William E, transferred from Ward 1 to Ward 15, unassigned.

## WARD 3

Eugene W. was transferred from Ward 3 to Ward 15, and has not yet been assigned to duty.

## WARD 9

Transferred from Ward 9 to Ward 8 and assigned as indicated: Wallace G, assigned to Patients' Dining Room; Matt A, assigned to Electrical Shop; John S, assigned to Kitchen.

Joseph B, transferred from Ward 9 to Ward 15, unassigned.

## WARD 10

Vernon R, transferred from Ward 10 to Ward 15, assigned to work on Ward 10.

## WARD 15

Lester B, who recently arrived on Ward 15, has not yet been assigned to duty.

## WARD I

Recent transfers to Ward I include Ina C, Mary A, Lena A, Frances C, Lucille B, Josephine DoC, Dora D, Eva DeS, Alma E, Georgia F, Myrl G, Chloe W, Rae J, Elsie K, May L, Isabelle M, Harriette M, Alice P, Emma S, Agnes W.

## RECENT WEEK'S VISITORS

Among patients who received visitors at the Hospital were:

Alice B, aunt, Ukiah.  
 Rizzah G, friend, San Francisco.  
 Dolores S, husband, Ukiah.  
 Meredith J, friend, San Francisco.  
 Mabel G, son, Eureka.  
 Mary A, husband, Tracy.  
 Thelma V, sister, Santa Rosa.  
 Emma W, sister, San Francisco.  
 Iola McD, husband, Eureka.  
 Virginia W, father, Sacramento.  
 Anita N, friend, Talmage.  
 Sally T, husband and children, Guerneville.  
 Pearl S, sister, Ukiah.  
 MaryLou B, father, Willits.  
 Iola McD, mother-in-law, Oakland.  
 Dolores B, mother, Gualala.  
 Hazel M, mother, Nice.  
 Lois G, daughter, Petaluma.  
 Geneva M, husband, Ferndale.  
 Veva W, sister, Lakeport.  
 Grace R, brother, Eureka.

## WHY?

Can't bulletin boards be put up in all wards? This would make poster hanging much easier and would be useful in many ways. They could be simply constructed of fibre board approximately two feet square. -- Paul T, Ward 8.

## MOTHER AND BABY NEARING EVICTION

A mother and her weeks-old baby are about to be evicted.

With the housing shortage so acute, Magnus M, who reported the tragic situation, is appealing for some good person to take this mother and her wailing baby into a home. The mother's home is about to be torn down over her head.

The mother's name is Schurza--- that is, her mother was named Schurza---and nobody has learned her name in the two years she has been around here. Recently she gave birth to one lone kitten---she being a cat. The high cost of living being what it is, Schurza II made quite a hit at the Bakery where she lives, because of her consideration in keeping her blessed event to the minimum.

Now, the Bakery is to be torn down to make room for a new one, and Schurza and her offspring will be out in the cold world unless somebody comes to the rescue quickly. The offspring seems to be part Angora and is quite dark.

Schurza II is white, trimmed with gray, and she is big and fat. In fact, she's enormous. One of the men at the Bakery said, "I believe she eats yeast. Look at what them vitamins done to her."

## WHY?

aren't the "Why's" that appear in The Pomo News acted upon, or at least answered? -- Paul T, Ward 8.

Helen C, husband, Eureka.  
 Ruby H, mother, Modesto.  
 Eva P, husband, Eureka.  
 Violet H, husband, Laytonville.  
 Isabelle M, friend, San Francisco.  
 Margaret D, pastor, Ukiah.  
 Pearl S, nephew, Hopland.  
 Charlotte H, friend, Ukiah.

# WHY?

Paul T submits three "whys", and as they all relate to one subject they are being put under one heading. All pertain to handling of news by The Pomo News.

"Why was no mention made of the quartette which sang at last Sunday's Protestant service? There were at least two members of the Pomo News staff present and a short article either good or bad would have been appreciated. Inasmuch as Pomo has asked for articles and as this is a new project, a good column could have been written.

"Why does The Pomo News carry the article about who the visitors were during the week, in detail? There surely is more news about the Hospital that is more interesting than a lot of dry statistics. If it is at all mentioned it would be nice to have a short statement, simply stating how many visitors came during the week.

"Why is it that invariably articles in The Pomo News giving dates, are wrong? This shows a lack of proof reading on some one's part.  
Paul T. Wd. 8."

## TALMAGE COUPLE BRINGS HAPPINESS TO MSH PATIENT

Sally T takes opportunity to thank a Talmage family for kindnesses to Sally T and her family. Sally said, "I would like to express my sincere appreciation to my true friends, Mr. and Mrs. Granucci and family of Talmage for all their kindnesses to me and my family. Days spent in the home of Mr. and Mrs. Granucci were delightful, especially on the occasion of my baby son's birthday anniversary, March 15.

"The fine couple invited six other children to a party for my young son, a great surprise for me, and certainly a pleasant one."

# QUESTIONS

## ANSWERS BELOW

1. Who gave Niagara Falls its name and what does it mean?
2. What is the largest bay in the United States?
3. What is the largest natural lake in the world?
4. What wood has the lightest weight?
5. Who was the only Indian tribe which could boast a syllabic writing system?

Said one MSH patient to another "What you should have had is a battery of attorneys."

"Yes," said the other "that was the trouble, all I had was a rusty old field piece."

Soon there will be two cars in every garage instead of two families.

A tramp knocked at a back door and asked the lady for something to eat. She asked him what kind of work he did for a living. He said, "Lady, I've followed the water for the last 20 years."

She answered, "By the looks of your dirty face you never caught up with it."

Two old wrecks of humanity were sitting on a park bench.

"I am a man," said one, "who never took advice from anybody."

"Shake, brother," replied the other. "I took advice from everybody."

The little daughter of a famous family was rebuked and put to bed for being cross and ill tempered. After she had been neatly tucked in, the little one commented, "It's temper when it's me and nerves when it's you."

## ANSWERS TO QUESTIONS

1. The Indians called it Niagara, meaning "Thunders of Water."
2. The Chesapeake.
3. Lake Superior.
4. Balsa, from South America.
5. The Cherokees.



EMPIRE  
OFFICE  
SUPPLIES

Call:  
Ukiah 144

OFFICE MACHINES  
SALES & SERVICE  
325 N. State St.

UKIAH  
GLASS

GLASS OF ALL KINDS  
FOR  
EVERY PURPOSE  
Phone - 1166-W



SEVERAL SUGGESTIONS  
RECEIVED FROM WARD 3

A dining room worker on Ward 3, who took part in the minstrel show, wants another show, and suggests that work on it be started soon. He says that the doctors seem to be boosting a patients' show, so the patients certainly should do so, too.

He asks that "The Electric Narrator", Charles K. Ramo, be brought back to MSH with his one-man orchestra. The writer says he was among the many patients who missed the show on Jan. 13. He wants picture shows to include films of "Follies, war films and jungle pictures". He would like to see "Fangs of the Jungle" and "Frank Buck Brings 'em Back Alive".

For baseball amusement he wants to see two games between the Talmage Sluggers and the El Cerrito Merchants, including Murphy, if possible.

He asks for more hot water 12 hours a day for dishwashing in his ward; also a wire basket for cups, saucers, etc. He would like for the radiators to be heated the year round, or, if that is not practicable, he would like to have an electric dryer for dish towels. He said they wash their dish towels on the ward after meals.

From the Editor--Yours was a good letter, Ward 3. Keep up that interest in the shows. Fellows with your interest are needed to help the group now getting an entertainment program going. About that dryer, maybe when all those new buildings are completed we'll have many conveniences we "know not of" now.

Robert C, Ward 12, submitted two very interesting poems. We seem to have quite a number of poets among us. Wish we had room to print all those received.--Ed.

The following letter was received from Lawrence S, Ward 12, on March 8, but was held up because we knew Dr. Williams soon would be able to announce the plans which appeared in last week's Pomo News:

"I would like to know where the new buildings that are to be built

this year are to be placed.

"Also, who will play the first game with the Talmage team.

"Please print this as soon as possible."

As to the first ball game by the Talmage Sluggers, the schedule has not yet been announced.--Ed.

Effie S, Ward K: The entire rehabilitation program of the Hospital includes finding homes and jobs for indigent patients who are able to leave MSH.--Ed.

As has already been stated, space does not permit us to print poems, most of which are very good. One such is entitled, "Let's Live In Harmony" from a patient in Ward 3, who signs himself, "By Father Time and Company".--Ed.

In a letter to The Pomo News, K.H.R., Ward 12, points that willingly doing things for others releases spiritual faculties in the soul that see more to life and is a payoff in itself. The letter follows:

"There is a regular trend among patients to regard their work for fellow patients as being 'just for nuts'.

"The little things soon accrue into a general degeneration, and who, ultimately, is to blame. Indifferent deeds soon become reflexive habits.

"Were we all to be on our toes, environment would attain a quality glow, as when Sacramento officials visit.

"When examples fail us from above, that is no excuse for disregard. That 'every man for himself' policy is what gets us into our individual foxholes.

"Expecting something for nothing out of life is a vanity even among children and 'brass hats'. Doing things willingly for others and not against them releases spiritual faculties in the soul that see more to life and is a payoff in itself."

A brief essay on spiritual uplift was received from Florence B, Ward I.

"Why are we not furnished soap to wash our hands and faces with on our ward? The only soap we ever see is once each week on bathday. Another thing, toilet paper is as scarce as five dollar bills, with the result of overflowing toilets (Continued on page 6)

## THIS WEEK

WEDNESDAY:

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

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

Orchestra practice-9:30 a.m. to 11 a.m. in Auditorium.

THURSDAY:

Social Therapy Group Discussions in Ward 9 Conference Room, new patients, 1 p.m. Patients leaving Hospital, 3 p.m.

Orchestra practice-9:30 a.m. to 11 a.m. in Auditorium.

FRIDAY:

At 2:00 p.m. Social Therapy Group Discussion Meeting for Narcotics and Alcoholics in Ward 9 Conference Room.

If you have a problem, make an appointment to see the Social Worker, Mr. McWhirter, Friday morning. You may make these appointments by calling at the Social Service Office in the Main Building, Monday through Thursday between 1:00 and 1:30 p.m.

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

SATURDAY:

Movie: March 26, "Fighting Father Dunne."

SUNDAY:

Church Services (See Page 9)

MONDAY:

Dr. Goodstone's Round Table Discussion at 2:00 p.m. in Ward 9 Conference Room.

Orchestra Practice at 9:30 a.m. to 11 a.m. in Auditorium.

TUESDAY:

Dr. Prasser's Group Therapy, Ward 9 Conference Room, 2:00 p.m.

Orchestra practice at 9:30 a.m. to 11 a.m. in Auditorium.

MAIL BAG

Continued from Page 5)  
and wet floors at all times from the use of newspaper.

"We men on Ward 15, 100%, would greatly appreciate if the night lights could be left off in our dormitories. These lights bother our sleep very much and there is sufficient light coming in from windows of hall way to light up dorms. Another thing, doors on dormitory toilets shutting off the light and noise of flushing toilets would be a big help toward giving us more sleep and rest.

-- G, Ward 15."

DR. WILLIAMS  
SAYS

Giving workers on Ward 15 certain hours of ground parole is in line with the policy of the Hospital, which is to allow patients all the privileges and parole they can stand. Almost half the patients at the Hospital now have some form of parole.

A part of the preparation of a patient for normal life is the encouragement of contacts and experiences similar to those which occur on the outside. Ground parole and work parole provide these experiences.

Of course, when a patient abuses privileges which have been allowed him, it becomes necessary to cancel the parole.

We are happy every time a patient proves himself to be ready for parole. It not only signifies that the patient is making progress, but that the Hospital is accomplishing the purposes for which it is maintained.

-----

MOTOR VEHICLE RUNS  
THROUGH FLOWER BED

A motor vehicle was driven across a most attractive bed of small flowers on the grounds of MSH while the ground was soft last week. The result was that the bed was practically ruined and many plants destroyed. The MSH personnel takes pride in the flowers which are painstakingly kept blooming on the grounds. Perhaps the driver of that vehicle didn't realize how important those flowers are to patients and employees alike.

The flower bed mentioned was on a corner of the intersection of the main driveway and the road leading to the entrance to MSH grounds.

-----

BUTANE GAS IS TO BE  
CONTINUED IN USE

Butane gas will continue to be used as fuel at MSH after the new buildings are erected, Dr. D.B. Williams, superintendent, announced last week. The gas has been giving satisfaction. It is heavier than air and requires tanks and burners which differ somewhat from those used in connection with natural gas, or that made from coal.

-----

Get Your Copy of "The Pomo News".



**TALMAGE SLUGGERS ADD TWO MORE PLAYERS TO THEIR SQUAD; ONE IS OUTFIELDER; OTHER INFIELDER**

The Talmage Sluggers have added two more players to their squad, it was announced by Manager Foggy. They are Johnny and Don Myers, who were with the Ukiah team last season.

Johnny Myers is expected to try for second base, and Don is an outfielder. Foggy says both are good hitters. There are several men trying for each of the nine positions, and Foggy predicted that he will put a strong outfit on the MSH Ball Park diamond Sunday, April 3, when they open their season. What team will oppose them for the opener had not been arranged at the time this paper came out. The Sluggers will play on the MSH diamond Saturday and Sunday afternoons during the baseball season.

**EMPLOYEE ACTIVITIES**

**ATTENDANTS ON LEAVE**

The following named attendants are on leave: Pearl Bolton, Jean Burham, Merceda Shank, Barbara Knudsen and Lou Scott.

**ATTENDANTS ILL**

Attendants who have been reported ill are: Charles Badger, Walter McConihe, William Nehring, E l l a Coleman, William Schmidt, Elsie Frazier, Ethel Ungerman, T i n a Young, Marguerite Hunter. Katherine Bush, Ethel Smith and Ada Duffey.

**ON VACATIONS**

Mrs. H. Tyer, charge attendant on Ward I, Mrs. M. Winchester, attendant on the same ward, and Mrs. L. E. Miller, in charge of hydrotherapy, are on vacation.

**VISITORS AT BAIR HOME**

Recent visitors at the home of Dr. and Mrs. H. V. Bair were Misses Mae Ahern and Mildred Demarey from Veterans Home in Napa County. They remained over a week end.

*Smoking in M Day Room*

Women smokers in Ward M will be permitted to smoke in the day room hereafter, it was decided at Dr. Goodstone's psychotherapy meeting held Thursday in Ward 9. The conference was attended by Drs. Goodstone and Lochen; Mr. McWhirter, social worker; Mr. Dryden, Mrs. Vickery, Mrs. Scott, Mrs. Tuttle, and Patients Peggy McC, Myrl G and Frank W, representing Wards M, I and 8 respectively.

Bed patients in M are to be attended by responsible patients when they are permitted to smoke, it was decided.

The meeting was an enthusiastic one. It was the consensus that there was an unfair discrimination a-

gainst women smokers, as men are permitted to smoke in their open wards, except in their dormitories and sleeping rooms.

It was agreed that the question of censorship of women's mail will be first on the agenda of the next meeting.

**MRS. BUCHANAN**

(Continued from Page 1)  
basement of the Administration Building.

Dr. Goodstone also announced that patients desiring to use athletic equipment may obtain it from Room 50. He explained that the equipment has been assembled there for safe-keeping, and in order to keep check on it, but patients need only to ask for it when they want to use it.

**ANDY STAHL'S**

*FINE LIQUORS*

PHONE: 1138-J

**RED ROBIN NURSERY**

PLAN WITH US NOW FOR YOUR FLOWER AND VEGETABLE GARDENS.

565-W  
262  
PHONES: 1036-W

## Mendocino - Alcoholic Program - (MAP)

- 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 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 Alcoholic Anonymous "Pomo Chapter."

## 'Pete', Retiring Editor, Wishes New Staff Luck

With this issue, your newspaper has a new Editor, who has replaced the writer.

"Bill", your new editor, is new only to The Pomo News - in that capacity. He comes to you a veteran of the newspaper and other literary fields. With a background covering nearly 40 years of practical experience in the field of writing, readers may consider themselves fortunate indeed to have their Patients' Paper edited by one of his capabilities.

No less important is the fact that Bill too, is fortunate - in that it so happens, that never in the history of The Pomo News, has the little paper been staffed by a more efficient, capable and sincerely interested group of MSH patients.

Cheerful and pleasant, regardless of what fortune might currently be broadcasting, is Maria B.; Associate Editor of The Pomo News.

Popular with both patients and employees, whether in association with her newspaper work or otherwise, she has, on many occasions, "saved the little paper's face" by her determination, pluck and consistent efficiency. Equally willing to lend a hand whenever needed her duties, as she sees them, recognize no boundaries.

I have marvelled at her, when on many occasions, I have actually watched her spellbound; typing copy at a great rate, carrying on a rap-

id-fire conversation with a visitor who had dropped in for a moment or two, meanwhile humming a tune or even singing the words softly; all simultaneously, and believe-it-or-not, doing a darn good job of 'em all! How could any office become dull under such circumstance?

Myrl G. of Ward I, recently arrived at MSH, brings with her 14 years of diversified practice in newspaper and advertising fields.

Capable and efficient, Myrl is equally amiable and pleasant making her addition to the staff an asset indeed. Watch for her work.

Doing the art work on headlines, letters and column headings, among other duties is, "Spider" W. with 2½ years of college, and an expert typist. Coupled with a gift for aptitude, Spider indeed makes for a lucky "find" around any office.

"Yep"! Spider is just one of these guys "you can use anywhere" on a job. Adroitly becoming efficient in the "prima donna" vagaries of the mimeograph machine, Spider will soon take over that department too.

Formerly operated by Andrew S. the mimeograph, an important part of your newspaper requires no little amount of "know how" to insure efficient operation.

Robust and good natured, "Andy" never allowed a dull moment to cast its shadow while on the staff.

So folks, through the offices of "those who make the welfare of The Pomo News - their interest," the future of your paper - The Patients' Paper - is in the hands of a most capable staff.

Vainly, then it is hoped that if the readers in the past have enjoyed the association only a fraction as much as yours truly - it is enough!

Were I less than human I might be less than deeply moved by the angels of our better nature that have made possible my association as editor of the Unique Newspaper of the world!

Yes, you are seeing right - THE WORLD!! - think that one over! No one can cite another exactly like it.

Yes, I would be far less than human if I could fitly and accurately describe my feelings when I truly thank everyone of you people at MSH for a very pleasant association as a patient who was your editor.

Pete P.

Thanks, Pete, for the kind words. All of us, "Bill", Maria, "Spider" and Myrl, won't try to enumerate the fine things you have done for The Pomo News and for the Hospital

(Continued on Page 9)

## TOWARD BETTER MENTAL HEALTH

### ST. PATRICK'S DANCE

(Continued from page 1)

by the MSH orchestra, those "Merry Makers of Music". At the piano was Olga K. Bob L on the sax, Ross H made with the "slip horn" (trombone to you): Manuel A strummed the guitar, and Roger (Gene Krupa) J performed on the drums. "Irish" C was MC; he and Larry D furnished the vocals. "Irish" sang two Irish numbers: "Minstrel Boy", a fighting song of the Irish Bards, and "Little Town in The Old County Down". Larry sang two numbers from the operatta "Desert Song"-"One Alone" and "The Desert Song". Mrs. Buchanan played piano accompaniment for the singers. Larry also sang the orchestral numbers.

SEEN DANCING: Andy S (for silent) and Lila H (for hush), Walter E (the smiling minstrel) and that little bundle of song, Sophie R; "Pete" P, our retiring News editor, and Maria B, his able associate, and many others. There were about 50 couples on the floor for each dance.

THEY SAID: Gordon McWhirter, state social worker, "This is a good thing and goes along with my favorite slogan, 'Helping others to help themselves'"; Dr. L. G. McKeever, "A good dance and everybody is having a good time"; Mrs. Dorothy Buchanan, "I wish to thank the orchestra and all those who contributed to making the dance a success. We have a wonderful turnout and hope to make things more festive in the future."

Among prominent visitors were: Mes. Bittick and Prasser, accompanied by Roger and Linda, the two Prasser Children; Dr. and Mrs. Schramm, Dr. and Mrs. McKeever, and Dr. Green.

Heard on the sidelines at the dance: John S, Ward 8, has spent 26 St. Patrick's Days at MSH and this was the first in his memory that corned beef and cabbage were served to the patients during the day.

Refreshments for the dance were lemonade and assorted cookies furnished from the Attendants' Dining Room.

### RETIREES

(Continued from page 8)  
since you have been editor. Everybody at MSH knows already about your sincere devotion to the job and your work for patients. We of the staff regret your relinquishing the reins, but we know you will always have a warm place in your heart for the paper and the Hospital. We also know that you sincere-

## 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

"Whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." (Philippians 4:8.)

This is the subject of the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, March 27.

The subject is "Reality".

### DRIVE IS BEGUN FOR RECORDS FOR WARD 12

Plans for an hour of record music a day on Ward 12 were adopted at a conference between doctors and patients who comprise the EAR (Education, Athletics and Recreation) group Wednesday.

There is an excellent record-player on the ward. More records are needed than are available, therefore a call has gone out for usable ones. Patients and others who have records which could be used for these daily programs and which they are willing to donate, may turn them in at Room 50, in the basement of the Administration Building. The EAR group will see that they reach Ward 12.

ly wish us of the staff the best of luck - and we'll need that luck to keep up the high standard you've maintained. Signed--"Bill", Maria, "Spider" and Myrl.

# = P O M O NEWS =

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALEMAGE, CALIFORNIA, under the auspices of Dr. David B. Williams, Superintendent. Supervised by Dr. Gerald Goodstone, Clinical Director.

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

Guy ("Bill") W.....Editor  
Maria B.....Assoc. Editor

## RECOGNITION FOR MRS. BUCHANAN

Announcement that Mrs. Dorothy Buchanan has been assigned to give her time exclusively to working with patients in entertainment, athletics and recreation has been received with joy by patients of MSH. In a way this was a formal recognition for Mrs. Buchanan's long-time devotion to bringing happiness and rehabilitation to men and women in the Hospital.

Many a long hour she has put into helping make entertainments successful and other programs interesting. Much of this work was done on her own time.

The patients asked that Mrs. Buchanan be assigned to this work, because they wanted her. There is no greater satisfaction on earth than for a person to know that he or she is needed. Mrs. Buchanan not only is needed, but she is greatly

## BAKERY TO BE RAZED

(Continued from Page 1)

be determined by needs from time to time, and such bids usually are based on quantities of each unit contemplated over specific periods.

The bread will arrive at MSH sliced and wrapped.

An unofficial inspection of equipment in the present Bakery revealed that much of the machinery will have to be replaced. In fact, the new Bakery will be outfitted with almost all new bread-making and pastry-making devices.

The bids on the proposed new buildings will be opened at Sacramento on March 29. It is believed that the contracts will be let by April 1. As soon as the contracts are awarded the work of demolishing the present Bakery will begin. In the meantime the state purchasing agent's department will have received the bids on bread and pastries, and will award the contracts.

The site on which the present Bakery stands must be cleared by about May 1, which, according to tentative schedules, will mark the beginning of work here by the building contractors.

## DESERVED RECOGNITION



*M. S. H. Patients Rejoice,  
that Mrs. Buchanan  
has been assigned  
to their recreational  
activities.*

loved by all patients who know her, and most of them do know her.

She is never too tired to smile, never too busy to listen and sympathize.

When a patient is about to be discharged, Mrs. Buchanan manages to be on hand to bid "Goodbye, God Bless You." Somebody described her as a "One-woman rehabilitation program." She has a knack of bolstering drooping spirits, of noticing and praising progress by a patient.

When members of the recent minstrel show cast got together and surprised her by presenting her a bouquet in front of the evening audience, she was too touched to say a word. She is so unselfish that she is astonished that she is appreciated.

The spirit which Mrs. Buchanan exemplifies is a stronger factor in the carrying out of the purposes of MSH than will be, even, the fine buildings which soon are to be erected here.

## DANCE EVERY OTHER FRIDAY

There will be a dance for patients every other Friday night in the Auditorium.

Occasionally some other program will take the place of the regular dance, but it will be one in which patients participate.

This schedule was adopted last week.

TRY OUT  
GAY 90'S REVUE



AUDITORIUM

MON.—TUE

MARCH 28-29

9-30—AM