

A PROGRESSIVE PAPER FOR MSH PATIENTS' PROGRESSIVE

Pomo News

WEEKLY

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

Vol. 1 No. 49 April 12, 1949 5¢ per copy Population 2796

DELICATE BRAIN SURGERY

THE FIRST IN A SERIES OF BRAIN OPERATIONS THAT ARE EXPECTED TO HELP HUNDREDS OF PREVIOUSLY INCURABLE MENTAL CASES -- A DELICATE AND INTRICATE LOBOTOMY -- WAS PERFORMED AT MSH THIS WEEK BY DR. WILLIAM BERWALD, NEURO-SURGEON AT PATTON STATE HOSPITAL. HE WAS ASSISTED BY DRS. J. K. ORR, H. V. BAIR AND PAUL BITTICK OF THE MSH MEDICAL STAFF.

The patient was an attractive young woman who has been hospitalized since 1944 for dementia-praecox.

Although a well educated person, speaking five languages, she has been noisy, destructive and agitated for years. Frequent violent seizures and prolonged melancholia were rapidly destroying her health.

All other measures having failed, only one recourse remained -- the lobotomy -- a brain operation designed to quiet violent cases by reducing the flow of emotional impulses between the frontal lobe of the brain and the thalamus, "seat of the emotions."

The patient was received at surgery at 9 am and made ready for the operation. The doctors then proceeded with the delicate task, with Dr. Berwald exercising his infinite skill and technique.

The operation proceeded smoothly and the patient was removed to Ward M at 11:30. Two attendants will be in constant vigilance day and night.

Within a few days the patient will be eating and talking but it will be months before the doctors can tell whether the operation has been a success.

PASSES CIGARS

A son, Stephen Bruce Prasser, was born to Mrs. Dorothy Prasser, wife of Dr. D. O. Prasser of the MSH Medical Staff, Monday, April 11, at 1:15 pm.

The baby, weighing seven pounds, ten ounces, was delivered at the Prasser cottage on Medical Row. Mother and baby are doing fine.

(Continued on Page 6)

MAP CONFERENCE

Mendocino State Hospital, in co-operation with the Bureau of Social Work of the State Department of Mental Hygiene, will present "The Mendocino Alcoholic Treatment Program" Friday afternoon, April 22, from 1:30 to 4:30 at a group meeting in the Assembly Hall, 3rd floor, Public Library, Civic Center, San Francisco.

The alcoholic treatment program at Mendocino Hospital and the follow-up service will be discussed by both in-and-out-patient staff as well as in-and-out-patients themselves. The "conditioned aversion treatment" (CAT) will be demonstrated.

The purpose of this meeting is to make known the possibilities as well as the limitations of this program of help for the alcoholic patient who is admitted to Mendocino State Hospital.

Speakers will be introduced by Connie Horstman, who will also make the presentation address.

The first speaker of the afternoon will be Dr. Williams, explaining the background for MAP. He will be followed by Dr. Goodstone speaking on the dynamic aspects of the program.

Jack Lavell will explain the administration of CAT and he will be followed by Dr. Bittick outlining the group psychotherapy in MAP.

Gordon McWhirter will speak on the Social Treatment at MSH and out-patient services.

(Continued on Page 8)

AA AUXILIARY ORGANIZED

An Alcoholics Anonymous auxiliary group, tentatively known as the Pomo Chapter, has recently been organized at MSH.

Permission for the organizing and the privilege of using the Auditorium for the meetings was granted by Dr. D. B. Williams, at the request of Dr. Goodstone.

The purpose of this group is to familiarize new patients who are desirous of learning more about A. A. principles and traditions, and to give every patient interested an opportunity to take an active part in all discussions.

It will also serve as a medium of distribution for the various pamphlets of A. A. literature.

The initial meeting of the newly formed chapter was held Wednesday evening, March 30, in the Auditorium. Approximately fifty patients, men and women, attended and many interesting discussions ensued, all making for an evening well spent.

BREAD MAKES HIT

MSH personnel is being served excellent bread. When it was announced that the Hospital would buy outside bread after the bakery was closed there were some who feared that need for economy might make necessary the use of bread that wasn't up to the standard of that from MSH's own bakery.

But the fears proved to be groundless. MSH gets daily plenty of fresh, light, wholesome bread--white, whole wheat and rye. The coffee cake is tasty and nourishing.

There are doughnuts, too!

Now there's a new fear.

A hospital wouldn't be a hospital, any more than an army would be an army, if there were not some "viewing with alarm."

The worry now is--will that new bakery-to-be provide as good bread and pastries as the outside bakeries are supplying now?

However, that fear also probably is groundless. The new bakery will have all modern machinery, and we've always had good bakers. At any rate, MSH is getting good bread now, as it has in the past.

PATIENTS! YOU ARE FORGETTING THE "MAIL BAG". OR, ARE YOU JUST BEING NEGLECTFUL?

SHOO FLY SHOO

They say there are certain species of house-fly which have become immune to DDT.

Some MSH employees declare the immune ones all have flocked into the Attendants' Dining Room at MSH. Questioned closely, none of the employees admit having seen any of the multitude of flies which have taken up abode in their dining room actually hit by a volley from a spray gun, but they assume somebody is doing some DDTing around the place. If so, they declare, their claim of an immune bunch of flies is proved.

There is only one place in the dining room, they say, where the flies don't congregate. That's under the fan. And - they say - the waiters preempt that spot.

It is believed the flies come from the kitchen. A set of screen doors, hinged on springs, between the dining room and kitchen, has been suggested as a partial remedy.

LIBRARY GROWS

Donations of books, magazines, jigsaw puzzles, playing cards and other games are still coming in a steady flow to the Patients' Library.

All of these articles of entertainment value are greatly appreciated by the patients, and Joyce M, the librarian, is always on hand with a cheery greeting and a big smile to assist everyone in the choice of idle time diversion.

Recent donations included many interesting items:

Mrs. Hazel Dahl, an MSH employee, donated 14 magazines and Mr. Gordon McWhirter brought in 34, along with 2 books and 2 Pocket Books. Earl Oakes, another employee, brought in 5 jigsaw puzzles.

Marghetta C presented a Mormon Bible and Miss Myrtle Sisk, Ward G, brought in 14 magazines. Mrs. Herbert was in with 24 magazines, while Mrs. Bessey Scott, charge attendant on Ward M, came in laden with 184 assorted periodicals.

Another fine donation was received from Dr. J. H. Hansen of Ukiah, consisting of 49 Pocket Books and 142 magazines.

Mrs. D. B. Williams, wife of the Medical Superintendent, made a donation of 22 religious books, one novel and 10 miscellaneous magazines.

Joyce, the hard working librarian, says, "Thank you all again."

NEWS FROM THE WARDS

HOSPITAL COMMISSARY WANTED

The subject of why MSH does not have its own store has been a topic of conversation among the patients for the past month. Unless I am totally in the dark as to why such a store is not feasible, I cannot see why such a place cannot be built.

We, the patients, would welcome such an addition wholeheartedly, and, at the same time, save a few dimes that we have not been able to do heretofore. The prices at the Talmage Store are much higher than the current prices in town, which should be reason enough to place our orders at some store in Ukiah, where a reasonable price for commodities is charged, not to mention appreciation thereof.

As an example, one carton of cigarettes at the Talmage Store costs us \$1.69, while the same article in town is from \$1.49 to \$1.55. Quite a difference on one article alone.

A store of our own with a reasonable profit to cover construction costs and upkeep would be the real answer; however, if this cannot be done, a change of grocers would at least be beneficial to all concerned.

--An Interested Patient.

SIXTY-FIVE YEARS YOUNG

Elsie K, Ward I, had another birthday this week. She was 65 years old on April 12, and celebrated the occasion by giving a party for 20 of her friends.

Attendant Mrs. Hallie Tyer accompanied Elsie and Lila H to the Talmage Store and there they purchased the necessary goodies for the gala affair.

Lila H acted as hostess, while Elsie presided at the cutting of the huge birthday cake. Besides the attractively decorated cake, jello and ice cream were served.

Tables were beautified with wild flowers - Johnny Jumpups, Buttercups and Indian Pinks predominating. A good time was had by all.

THE POMO NEWS IS THE EYES AND EARS OF MSH. SEND A COPY TO A FRIEND.

WARD 8 TRANSFERS AND ASSIGNMENTS

Alanson F, from Ward 7, assigned to Dr. Schramm's cottage; Frank W, from Ward 9, assigned to garage; Stanley S, from Ward 9, unassigned; Frank K, Dairy; Duane T, Dairy; Fred S, Vegetable Room; Johnny G, Ward 16 Kitchen; George M, Dr. Lochen's cottage; Wm. C., Errands for Ward 8; Thomas M, Kitchen; Gratton T, Superintendent's cottage; Edward B, Ward Work; Hok L, Dairy; Thomas L, Dairy; Steven F, Electrician; John S, Paint Shop; Wallington B, Kitchen; Omer W, unassigned.

WARD 12 NEWS

Ward 12 is getting a new face-lifting job. We already have the dining room, surgery and psychologist's room next to the doctor's office painted, and we are wondering what our esteemed artists will conjure up next. They will probably paint our own individual suites (we hope).

Jack D transferred to Ward 8 to work in Dr. McKeever's home. Jack was our radio man. Ray C has been transferred to Ward 15. We wish both boys a lot of good luck.

Due to the efforts of Bill (Rip) Russell and Mr. I. E. Ball, the patients of Ward 12 were out in the yard today (March 24) for the first time in quite awhile. Thanks to Mr. Ball and Mr. Russell.

Ward 12 patients enjoyed the stage show very much. We patients, and the attendants also, would enjoy more shows in the near future, if possible. We thank Dr. McKeever, Mrs. Buchanan and Mr. Yagle for all they have done for us.

--Phillip S, Ward 12.

Lorraine R and Chester W were recently transferred from Ward 8 to Ward 15. Both of the men have been assigned to Dave Scudero's "Big Gang".

Walter E was transferred last Monday from Ward 8 to Ward 14. He has no job assignment as yet.

THIS WEEK

WEDNESDAY:

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.

Sam Ray, Jr., Veterans Social Service Office. Make appointments at the Supervisor's Office.

Band Practice 9:30 am and Choir Practice at 1:30 in the Auditorium.

Pomo A.A. Group Meeting at 6 pm in Auditorium.

THURSDAY:

Social Group Meeting 1 pm, Ward 8 for Alcoholic Patients.

2 pm MAP Committee Meeting, in Ward 9 Conference Room.

3 pm, Social Group Meeting for new patients and for those about to leave the Hospital.

Band Practice 9:30 am and Show Practice at 1:30 in the Auditorium.

FRIDAY:

Social Therapy Group. Free Discussion and Expression, 2 pm, in Ward 9 Conference Room.

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

Patients' Dance 6:30 to 8:30 in Auditorium.

SATURDAY:

Movie: "April Showers".

SUNDAY:

Church Services (See Page 7)

A.A. Meeting 6 pm in Auditorium.

MONDAY:

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.

Band Practice 9:30 am and Show Practice at 1:30 in the Auditorium.

TUESDAY:

Dr. Prasser's Group Therapy, Ward 9 Conference Room, 2 pm.

Band Practice 9:30 a.m. in the Auditorium.

THE CATHOLIC CHURCH WILL HOLD A SPECIAL EASTER MASS SUNDAY MORNING AT EIGHT O'CLOCK IN THE AUDITORIUM.

THE JEWISH PASSOVER STARTS THE EVENING OF APRIL 13. JEWISH COMMISSION OF PERSONAL SERVICE WILL SEND MATZOS FOR ALL OF THE JEWISH FAITH.

QUESTIONS?

(ANSWERS BELOW)

1. Fill in the correct colors in the following quotations: (a) "My love is like a ____, ____, rose," (b) "Spreading himself like a ____ bay tree", (c) "I never saw a ____ cow", (d) "Something borrowed, something ____."

2. Who was known as the "Mad Monk"?

3. Was Nancy Hanks mother or wife of Lincoln?

4. Which is farther south: Tunis, Africa, or New Orleans, Louisiana?

5. Whose picture appears in every copy of the Saturday Evening Post?

The other day, an extremely stout woman attired in a rather roomy pair of slacks passed by the Farmers' Market down in Birmingham. She was moving at a surprisingly fast pace, and the strange spectacle she presented from the rear seemed to excite the risibilities of an old farmer standing nearby.

Catching the eye of another spectator, he observed with a chuckle:

"Bud, I never thought I'd live to see a sight like that - looks like two little boys fightin' under a blanket."

Her father - "And what are your prospects?"

Her suitor - "Pretty good, unless your daughter has misled me."

Attorney - "Now, tell the court exactly what passed between you and your wife during the altercation."

Defendant - "Six plates, a rolling pin, a teakettle and a flat-iron."

Patron (to waitress) - "This is supposed to be an oyster stew, but I haven't found a single oyster in it."

Waitress - "Well, if you had an Irish stew, would you insist that there be an Irishman in it?"

"What kind of oil do you use in your car, Bill?"

"Oh, I usually start by telling them how lonely I am."

(Answers to Questions)

1. (a) Red, (b) green, (c) purple, (d) blue.

2. Rasputin.

3. His mother.

4. New Orleans.

5. Benjamin Franklin's.



Chester S of Ward 8 is the newly appointed manager of that ward's proposed softball team. He has assumed the responsibility of organizing and fielding a first division club and urgently requests that all interested softball players report for practice.

Practice times will be announced and bulletins posted on the Ward. Chester will have the full cooperation of Dorothy Buchanan and the Recreational Department in lining up games and is anxious to get the season started.

TALMAGE SLUGGERS vs. SMILEY JACKS

The MSH baseball team trimmed the Smiley Jacks last Saturday on the MSH diamond 1 to 0 in a game in which there were 14 hits. The Smiley Jacks smacked safely seven times against a total of seven for MSH, but MSH was able to bunch 'em sufficiently to put a run across.

Baird did the twirling for MSH for six innings, being replaced by Sonolia. Lockart and Moroni caught for the locals. Carrasco pitched for Smiley Jacks and Tufo caught.

After the Smiley Jacks of San Francisco had finished booting the ball about the MSH baseball field last Sunday, the Talmage Sluggers wound up with a 13 to 1 victory in a melee, the outcome of which had never been in doubt.

In view of the fact that nobody on the Smiley Jacks outfit was able

(Continued on Page 6)

EMPLOYEE ACTIVITIES

A. A. (Hank) Fanslow, MSH Dairyman, gave out with the information this week that the new house on the knoll above the Calf Barn is nearing completion, and soon will be occupied as a dairyman's cottage.

Ken Williams, assistant foreman of the Industrial Shop, reports that the patients under his supervision are busily engaged in building the scenery and getting the necessary "props" in readiness for the Gay Nineties Revue.

E. R. Stilwell, MSH Men's Marking Room "charge", entered Ukiah General Hospital following an attack of illness Saturday. Reports of improvement stimulated hopes of friends that he would still be able to make that vacation fishing trip planned for the latter part of the month.

With the arrival of the fourth week of Spring, it was verified that two MSH clinical secretaries had caught the annual spirit and commenced vacations.

Mrs. Helen Wimmer started her vacation Monday, and Mrs. Velthea Burke was absent on Tuesday, same reason.

Mrs. Catherine Dryden of the MSH Secretary's Office was a Sacramento visitor Monday and Tuesday.

The MSH Laboratory technician and two nurses from Surgery (names withheld) journeyed to San Francisco last weekend, visiting in the bay region.

The good ladies report that they had a wonderful time; going places, doing things, and seeing people.

EMPIRE OFFICE SUPPLIES

144

RED ROBIN NURSERY

565-W
262
1036-W

PHONES

MENDOCINO ALCOHOLIC PROGRAM - - - - (MAP)

IN THE CONFERENCE ROOM, WARD 9

- 2 pm Wednesday, Group Psychotherapy.
- 2 pm Thursday, MAP Committee Meeting.

IN THE SOCIAL SERVICE OFFICE, MAIL BUILDING.

- 1 to 1:30 pm Monday through Thursday, Mrs. Sharon Lopus will arrange appointments for interviews with the Social Worker.

IN THE MSH AUDITORIUM

- 6 pm Wednesdays and Sundays, Alcoholics Anonymous Meetings.

IN WARD 8

- 1 pm Thursday, Social Group Meeting for Alcoholic Patients.

(Continued from Page 5)
to do any serious hitting against Severi, Talmage pitcher, the whole team of visitors, it seemed, took turns in the pitcher's box.

Severi not only pitched airtight ball, but he slapped a homer over the fence, as did Bob Guidi, center fielder.

Baird took a turn at pitching for Talmage. Moroni did Talmage's receiving.

(Continued from Page 1)

Mrs. Prasser is in such good health that she was up for a little while the first day and is around and about now, although resting easily and getting lots of sleep.

Roger and sister Linda, accompanied by a group of their young friends, were the first visitors to see the new baby.

Dennis C was almost as proud as the father, and Rita H, the Prasser's capable housekeeper, has been a big help.



DOCTOR WILLIAMS SAYS

The MSH Board of Trustees held a meeting at the Hospital Thursday,

April 7. President Mrs. Jessie C. Hildreth of Ukiah, Dr. Royal Scudder of Fort Bragg and E. P. Sailor of Upper Lake were in attendance.

The visitors spent the entire day at MSH.

Lobotomy operations were started at the Hospital by Dr. William Berwald this week. He is chief neurosurgeon at Patton State Hospital and is here operating and training MSH surgeons in the lobotomy technique.

Dr. Berwald will be here for two weeks and there will be one lobotomy operation every day during his stay.

The show, "Gay Nineties", is rapidly taking shape. Rehearsals are running smoothly and scenery and props are being assembled in the Industrial Shop.

Show dates will be May 4, 5 and 6. Wednesday performances will be for patients only. Thursday and Friday performances will be open to the public.

FIRE IN WARD 14

A fire discovered at 3:30 Monday morning, April 11, supposedly caused by a lighted cigaret, resulted in a slight amount of damage at Ward 14.

Destroyed were one chair cushion, seven bedspreads and a blanket.

Fire Marshal Von Schrittz suggests that everyone, attendants as well as patients, be very careful while smoking and exercise due caution.

Be sure your cigaret it out!

He furthermore stresses the fact that no matter how small the fire it should always be reported. Small fires into big ones grow. Turn in that alarm!

ANDY STAHL'S
FINE LIQUORS

PHONE

1138-J

TALMAGE STORE

EASTER BASKETS
EASTER CANDIES
24 - 5¢ BARS BAKER'S
CHOCOLATE STILL
AVAILABLE - 89¢

Phone: 246-J

TOWARD BETTER MENTAL HEALTH

WE CAN CUT THE TOLL

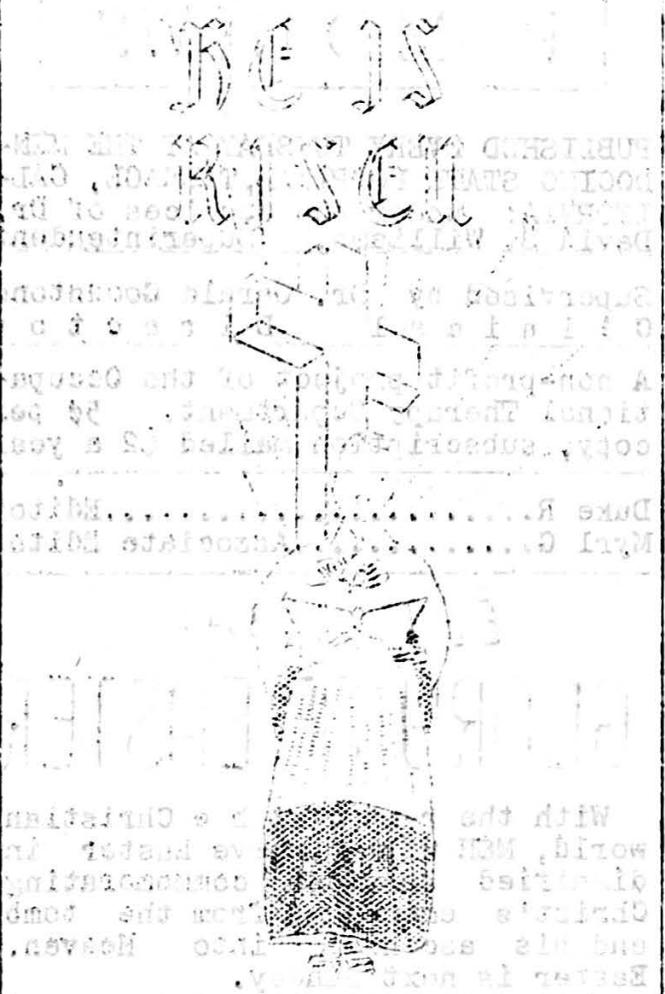
Each year serious mental illness strikes thousands of new victims and takes its toll in human suffering and misery. Each new case means a promising career cut short, another family without a mother or breadwinner, a tremendous social and economic waste. Translated into dollars and cents, the cost of mental illness in lost earnings amounts to almost a billion dollars each year. The other costs of nervous and personality disorders greatly increase this burden. What can we do to prevent this terrific human and economic loss?

Safeguarding Our Children

First of all, we can safeguard the mental health and happiness of our children. Prevention starts at birth. A baby is a bundle of desires and wants. He wants to be fed, to be otherwise physically comfortable. When these wants go unsatisfied the baby becomes restless, begins to cry. Feed him or change his diaper and he stops crying. If you fail to satisfy these basic desires, his whole organism is affected - his emotional life gets out of balance, he feels frustrated and unhappy. Most important of all, give your baby the love he needs and wants. Without this love and affection, he feels lost. The strange new world into which he is born is a "buzzing, booming confusion". He needs to feel secure and protected, and he looks to his parents for this sense of security and protection. Don't fail to give it to him.

Helping Them Grow Up

The time comes when babies must grow up and learn to do things for themselves. Some babies find it hard to break away from their mothers, and some mothers find it hard to give up their babies. Don't keep your child tied to your apron strings all his life. He needs to explore things, learn to get along with other children, and cooperate with them successfully. Youngsters are sensitive. All of us are afraid. Your child needs all the self-confidence he can muster, and you can help him develop it.



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

* * * * *

Lutheran Church - 3rd Wednesday of the month in Auditorium, 1:30 pm.; Ward 12 immediately afterward.

* * * * *

Protestant Church - 2nd and 4th Sundays of each month in MSH Auditorium and Ward 12, 8:30 a.m. Reverend Lindemann and Reverend Brown.

* * * * *

Jewish - C. Stern of the Jewish Committee on Personal Service in State Institutions visits the Hospital once every month.

* * * * *

Christian Science Church: "John seeth Jesus coming unto him and saith, Behold the Lamb of God, which taketh away the sin of the world." John 1:29.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, April 17.

The subject is: "Doctrine of Atonement."

* * * * *

POMO 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

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

Duke R.....Editor
Myrl G.....Associate Editor

EDITORIAL

GLORY OF EASTER

With the rest of the Christian world, MSH will observe Easter in dignified services commemorating Christ's emerging from the tomb and his ascension into Heaven. Easter is next Sunday.

Faithful Catholics will attend an early Mass at which there will be present a number of visitors from Ukiah. At the Protestant service there will be music especially prepared by a choir of patients.

Easter, unlike Christmas---which also is a religious holiday---has remained almost entirely a day of quiet observance and worship. True, the annual Easter parade in some communities, especially in New York City, smacks more of a fashion show than of a religious ceremony, but the parade is of less importance today than it was a few decades ago. In the Nineties church-goers donned new spring garments and paraded along the sidewalks of Fifth Avenue in New York, on their way to services.

Today Fifth Avenue is not the street of fashion it used to be. Incidentally, the weather in the eastern metropolis only rarely justifies the wearing of new spring millinery and gowns. It is usually too cold. So, the nation's most publicized Easter parade is gradually becoming a thing of the past.

A new kind of observance, and a more appropriate one, is taking its place. It is the sunrise service. Sunrise services are held on Easter mornings now in many parts of the United States. Here on the West Coast and in the Rocky Mountain sections they have become beautiful and impressive. Often

Easter



they are held in natural amphitheaters with mountains for backgrounds. Great Choirs, some comprised of hundreds of trained singers, welcome the birth of the day with songs which swell out over the wide spaces and reverberate in deep resonance through the gorges.

Thoughts of MSH patients will turn in memory to many an impressive service at home on the holy day, but all of us who will may realize our desires for quiet communion and worship at services provided here.

(Continued from Page 1)

A patient chairman of A. A. from MSH will be interviewed by Dr. Williams. Bob George, A. A. of San Francisco will speak, as will Darrell Ford, detention steward at San Francisco Hospital.

George Reich will discuss Vocational Counseling with alcoholics and Florence Krenz, The Alcoholic and Public Welfare.

Two M.A.A. out-patients will be interviewed by Dr. Williams from a brief compiled by the Social Worker.

Dr. Lawrence Kolb will be introduced by Connie Horstman for a summation, followed by discussion and questions.

Jack Ploscowe will close the meeting.
