

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, TALLIAGE, CALIFORNIA

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## LOBOTOMY PATIENTS DOING WELL

The Pomo News has interviewed various members of the staff at MSH and has learned many interesting facts about the five lobotomies that have been performed here during the past week. The most important news, of course, is that all patients are doing very well.

There have been three women and two men operated upon. Dr. William Berwald of Patton State Hospital performed the first three operations, and the last two were accomplished by Dr. J. K. Orr of MSH.

As an example of the progress of the patients, the first one is already up and in a wheel chair. A peculiarity of her condition is that she now speaks English clearly whereas formerly she talked with a heavy German accent. She looks bright and cheerful and shows a marked decline in nervousness of speech and actions.

It is too early to prophesy final cures, but all indications are that the five operations were a success.

MSH plans are to continue the  
(Continued on Page 3)

## BUILD NEW SILOS

Business Manager J.J. Garvey reports that a contract has been let to the Spiekerman Concrete Pipe Company of Lodi, California, for the construction of two concrete stave silos at the MSH Dairy.

The silos, 14 feet in diameter by 48 feet in height, are to be completed not later than June 28. Foundations were built some months ago, and the Spiekerman Company has contracted to complete the job.

Work will start in about ten days. Completed on time, the silos will have aged enough so that the fall corn crop can be stored in them at harvest time.

## CHIROPODIST VISITS MSH

Dr. Richard H. McAleese, Chiropodist, visited MSH April 19-22, inclusive. During this time he treated approximately 170 patients. Men on Wards 7, 8, 12, 14 and 15 had their foot ailments cared for, as well as women in Ward I.

The outstanding case from the point of view of clinical interest was that of a patient in Ward 7, who suffered from Ainhum, a rare tropical disease found only in the negro race.

Dr. McAleese warns that we are entering the season for athletes foot and suggests strongly that feet be bathed frequently, spaces between the toes being cleaned and thoroughly dried and that if cracks appear the ward attendant be informed so that the proper care can be given. Dr. McAleese has treated over 1700 completed cases since first visiting the hospital in July 1948.

## NEW COKE MACHINE INSTALLED

A new Coca Cola machine has been installed in the tunnel next to the cigarette machine. The new machine has only a nickel slot, an advantage over the old one, which sometimes gave change for dimes or quarters, but only when the spirit moved it.

The spirit in the tunnel is a wayward sprite, in that it also affects the cigarette machine which occasionally refuses to disgorge either cigarettes or dimes. In such cases, patients have found that neither shaking the machine nor calling it names effective.

What we need is to have an addition to the hospital staff - a witch doctor.

## WARD 8 ALKIES ORGANIZE

On Friday, April 15, another meeting of the alcoholic patients of Ward 8 was held. Gordon McWhirter, Social Worker, announced that it was the desire of Dr. D. B. Williams that this group organize, select a service committee and that this committee actively engage in representing to the staff and, if possible, solve its particular problems.

The group or its committee will, however, consult with the ward doctor, the charge attendant or the Social Worker before final action is taken on any major problem. Twenty-five men attended the meeting.

The Service Committee elected to represent them was composed of the following patients: Chairman, Robert G; Secretary, Norman S; Committee members, Fred M, Maynard M, Robert K, Elbert V and George M. This committee will meet with Mr. McWhirter each Thursday at 10 am in Ward 8.

## NEW CHAIRS

From the MSH Business Office comes the information that 1000 new arm chairs are on order and should arrive in the near future. These fine chairs are of chromium frame construction with the seats and backs done in comfortable Duran upholstery.

Also on order are 500 of the "S" type chairs made by Chromecraft.

Bed patients at the Hospital are also to be made more comfortable. Within two or three months, Wards 6 and 7 will be the recipients of 200 foam rubber mattresses now on order.

Tables in the various dining rooms are scheduled for their share of dressing up. Ordered and expected to arrive soon are 150 table tops made of Micarte or Formica (these are patented trade names) composition, both being similar in quality.

They are guaranteed to be stain-proof and burn-proof, done in eye-resting colors. These colorful tops should do much to add to the attractiveness of the dining rooms.

## GIVE TO LIBRARY

The Santa Rosa A. A. Fellowship last Sunday presented the Patients' Library a large quantity of Holiday, Esquire and other popular magazines.

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

## GIVE US CLEAN AIR

The dance every Friday is a wonderful institution. It has developed a delightful atmosphere of friendliness and camaraderie.

But there are certain other elements in the atmosphere that are neither pleasant nor healthful. We refer to the stultifying humidity, the depressing warmth, the overwhelming miasma - in brief, the heat. It adds nothing to the charm of the occasion to inhale the distillation of warm socks, B.O. and thrice breathed air.

It can be avoided.

Turn off the radiators during the dance. Open the windows wider on each side of the hall. Opened from the TOP, there will be little draft.

Let the healthy Mendocino ozone circulate with the freedom of some of our more energetic dancers!

## NEWS FROM THE ANIMAL WORLD

From the Hog Ranch we learn that the contract has been let for a new brooder house. Work on the new Piggie Nursery should begin this month. The present hog population at the ranch is 780.

From the dairy, Dairyman "Hank" Fanslow reports that "Mendocino Fairest", one of his cows, recently gave birth to another bull calf -- the tenth from this same cow in eight years. While this may not be a record, "Hank" says that "Mendocino Fairest" opines that she's ready and willing if any other bovine wants to make a contest of it.

Besides producing a little bull, the dairy is progressing in other ways. Floodlights are being installed in the corral. The left wing of the barn has been completed. The storage room is being filled. The mechanical mixer is in operation. There have been 32 milking stanchions added. The State of California is not ungenerous in showing its pride in the animals here at MSH.

## SMOKEHOUSE BLAZE

The MSH Fire Department was called out Sunday forenoon, April 10, to subdue a small blaze at the old smoke house where hams and sides of bacon were being cured.

Damage was slight. The fire was confined to the interior, so that the only real damage was to the entrance door. Clouds of smoke billowing from the building attracted a throng of sightseers and helped, no doubt, to speed up the curing process.

# NEWS FROM THE WARDS

Ward M reports that Frances K and Marguerite M have been transferred to Ward I, and that Nancy A was transferred to Ward D. Frances has been assigned to Dr. Bair's cottage.

\*\*\*\*

Marghetta C has been transferred from Ward I to Ward H.

\*\*\*\*

Charles W, Ward 8, has been assigned to the ODR and is giving Mrs. Lillian Davis a hand in the kitchen.

\*\*\*\*

Twenty new mattresses and pillows were delivered to Ward 14 by the MSH Mattress Shop April 14.

\*\*\*\*

Clayton S has been transferred to Ward 1.

\*\*\*\*

Wards 14 and 15 have recently been given a going over by the painters. The dining room, office, and lavatory were repainted on Ward 14. In Ward 15 the kitchen and the woodwork throughout the ward were painted.

\*\*\*\*

Ward 1 has a softball team which began a series of twice-weekly practices on Tuesday, April 19. This is the first time Ward 1 has been permitted to take such active part in outside activities. The team does not yet know, however, if they will complete with other league teams.

\*\*\*\*

From Ward 12 we hear that Glenn Pool returned from vacation April 16. Mr. and Mrs. Roy Gibson are also back on duty from their holidays. Irwin E. Ball, popular Ward 12 charge attendant, is presently on his vacation.

\*\*\*\*

Walter E, Ward 14, has accepted a position on the concrete gang, now working at Ward 12. He is disappointed that they are ahead of schedule, as he had looked forward to many happy days of healthy activity.

\*\*\*\*

**PATIENTS' DANCE EVERY FRIDAY NIGHT**

Under the capable supervision of Beecher Conover, Charge Attendant of Ward 14, James R, James C, and Louis C have done a splendid job of improving the grounds surrounding that ward.

\*\*\*\*

Walter D, Ward 8, has taken over the job at the Patients' Library formerly filled by Herbert B.

Herb transferred last Friday to another job.

\*\*\*\*

Don C, Ward 8, started last week off right. He was assigned to the Pomo News and the editor has him doing leg work as a Roving Reporter.

\*\*\*\*

## WARD 8 TRANSFERS AND ASSIGNMENTS

John S has been transferred from Ward 9 to Ward 8 and assigned to the Kitchen; Warren B, also transferred from 9 to 8 has been assigned to Dr. Lochen; Michael O has been assigned to Dr. Schramm; Fred M and Albert V have been transferred to Ward 9 and Glen M to Ward 15.

Stanley S has been assigned to the Marking Room, Omer W to the Garage, and Pat F to ADR.

\*\*\*\*

William M and Raymond S have been transferred from Ward 12 to Ward 15.

\*\*\*\*

(Continued from Page 1)  
operations, taking one or two patients a week until the waiting list is disposed of. Those patients who are most difficult to handle will have first priority, according to Dr. Orr.

As to the operation itself, it has been reduced to a standardized procedure and takes approximately one and a half hours. It was also pointed out that the anesthetist, Dr. Paul Bittick, Jr., deserved special commendation as these operations were particularly difficult for him because the patients were so covered that the eyes and face were troublesome to watch. To this difficulty was added the violent movement of one or two of the patients before the anesthetic became effective.

# THIS WEEK

## WEDNESDAY:

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

Sam Ray, Jr., Veterans' County Service Officer. Appointments made 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: "Call Northside 777"

## 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 am in the Auditorium.



## ENJOYS SPECIAL PROGRAMS

Dear Editor:

This is in regards to the two young ladies who entertained some of us patients in the Auditorium Building with a piano and violin Thursday, March 29. Though they were harassed continually by premature applause, their musical was quite a success.

One of them, after announcing a composition to be played, had the good nature and wit to remark:

"I am sure Mr. Fritz Kreisler was at a circus when he composed this."

I make no claim to have been among those best behaved who attended, what with writing this and whispering friendly but thoroughly cynical remarks about idealism, etc.

All in all, the time was well spent; especially in my opinion, the last group of compositions was good.

Very sincerely yours,  
Kent B, Ward 1.

Yes, Kent, we thought the program especially good entertainment. Programs of this type are always well received. -- Ed.

## WANTS FRIDAY TREATS

Pomo News:

We noted that my letter with regard to a Friday treat for Ward I household workers appeared in Pomo News for Tuesday, March 15, but you did not state whether Dr. Goodstone authorized us to have it and we would like to know if we are going to get it and when.

Alma K, Ward I.

No comment as yet, Alma. Hope to have an answer for you soon. --Ed.

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### SUNDAY BALL GAME

At 1:30 pm Sunday, April 24, at the MSH ball park there will be a game between the Talmage Sluggers and the Mendocino City Ball Club.

Two games have been scheduled for the following weekend, Saturday, April 30 and Sunday, May 1, both contests to be between the Talmage Sluggers and a team from Daly City.

Manager "Foggy" Ottesen informed the Pomo News that the reason there was no game Sunday, April 17, was not because he didn't try, but that no team could be found willing to leave San Francisco because of the Easter holidays.

### WARD 12 BASEBALL

In Saturday's game, Shanyfelt's team beat Bill Russell's with the score of 5 to 1. The score Saturday was 1-1 at the last of the 7th inning, so therefore they had to play an extra inning. In the first of the 8th inning Shanyfelt's team scored four runs, while Russell's team, in the last of the eighth inning, scored absolutely nothing.

There will be no games this Saturday or Sunday, because they are starting to pave the yard today (Monday, April 11).

On Sunday, Bill Russell's team beat Shanyfelt's team by the score of 4 to 1. That was a seven inning game.

-- Phillip W, Ward 12

### INTER-WARD SOFT BALL

The inter-ward soft ball league will open its series on Saturday morning, April 23. At 9:30 a.m. The first game will start between the Ward 8 "Wayfarers" and the Ward 14-15 "Fireballs". A snappy contest is expected and in spite of the competition with the movies to be held that morning an enthusiastic audience is anticipated.

## EMPLOYEE °°° °°° ACTIVITIES

### DAVIS FAMILY VACATIONING

Mrs. Lillian Davis, culinary supervisor of the ODR and longtime resident of Talmage, left on April 17 for a well earned vacation which will extend to May 5. Her husband, William Davis, temporarily employed at MSH as a guard, is also on vacation.

During the absence of Mrs. Davis, Mrs. Mary Von Kegler of Ukiah will be in charge.

\*\*\*\*

Mrs. Theresa Sipkens, MSH Laboratory Technician, was back at her post Monday morning after spending Easter Sunday visiting friends in Vallejo.

\*\*\*\*

Mrs. Mary Sanford, the popular supervisor of the PDR, will start her vacation Friday, April 22.

She is planning to spend three weeks visiting her daughter in Kernville.

\*\*\*\*

Delmer Damgaard, chef in the Main Kitchen, accompanied by his father, Nick Damgaard, left Friday, April 15, in his Chrysler New Yorker for a week in Los Angeles.

Upon their return to Talmage, Delmer will get his fishing gear in readiness for the opening of Trout Season May 1.

\*\*\*\*

Rubye Howard, attendant on Ward F and MSH representative for the Ukiah Republican Press, will return to duty this week following a vacation of three weeks at home.

Rubye paid a visit to the Pomo News office one day last week.

\*\*\*\*

Mrs. Jack Lavell, wife of and assistant to the supervisor of the "conditioned aversion treatment" for alcoholics, was operated on Thursday, April 14, at the Ukiah General Hospital.

Mr. Lavell informs us that his wife is now doing nicely.

\*\*\*\*

Mrs. Gladys Trimeloni, attendant on Ward M, left on her vacation on April 2 to visit her daughter in Santa Rosa.

She will return April 21 to resume her duties at the Hospital.

\*\*\*\*

# MENDOCINO ALCOHOLIC PROGRAM - - - - (MAP)

## IN THE CONFERENCE ROOM, WARD 9

- 2 pm Wednesday, Group Therapy Round Table Discussion.
- 2 pm Thursday, MAP Committee Meeting.
- 2 pm Friday, Social Therapy Group. Free Discussion and Expression.
- 2 Monday, Group Therapy Round Table Discussion.

## IN THE SOCIAL SERVICE OFFICE, MAIN BUILDING

- 8:30 to 12 am Friday, Personal Interviews with Gordon McWhirter, Social Worker.
- 1 to 1:30 pm Monday through Thursday, Mrs. Sharon Lopus will arrange appointments for interviews with the Social Worker.

## IN THE MSH AUDITORIUM

- 6:30 pm Wednesday and 6 pm Sunday, Alcoholics Anonymous Meetings.

## IN WARD 8

- 1 pm Thursday Social Group Meeting for Alcoholic Patients. ATTEND!

"Where did you absorb your fine principles?" asked the interviewer. "At your mother's knee?" "No," replied the great industrialist. "Across my father's knee."

\*\*\*\*

A bus driver was filling out a report about a breakdown on the highway. When he came to the line "Disposition of Passengers", he wrote: "Mad as hornets."

\*\*\*\*



## DOCTOR WILLIAMS SAYS

Dr. Raymond Babcock, chief of the medical staff of the Howard Memorial Hospital of Willits, California, was a guest witness at the lobotomy operation on Tuesday, April 19. Dr. Babcock was a veteran of World War I, having served in the Medical Corps with the 91st Division. Mr. Charles S. Howard of Buick and Seabiscuit fame, engaged him to head the staff of the new hospital in Willits. The hospital was built in the twenties by the millionaire sportsman as a memorial to one of his sons, Frank R. Howard, who was killed in an automobile accident.

Dr. William Berwald of Patton State Hospital left for Patton Wednesday, April 20, after having performed lobotomies on three patients during his stay here. Besides performing and instructing the staff in this delicate operation, he talked to them on Tuesday afternoon on the post-operative care of lobotomy patients. All the patients operated on by Dr. Berwald are doing fine. Dr. Williams says Dr. Berwald enjoyed his stay here immensely.

\*\*\*\*

Dr. Williams assures us that he is highly pleased with progress being made toward the construction of the new buildings at MSH. An office for the contractors is being constructed near the water tower. Bob Chambers, Division of Architecture representative here at MSH, will also have an office near the water tower. Heavy earthmoving equipment and building machinery will be rolling in any day now. Meantime, good progress is being made toward the demolition of the old bakery.

\*\*\*\*



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## TOWARD BETTER MENTAL HEALTH

### WHAT KIND OF A WORLD?

Some of our mental breakdowns are caused by the kind of a society in which we live -- a highly competitive society in which there are few winners and many losers. The drive for success puts an added strain on living, and some can't survive the struggle. Everyone is in competition with everyone else, not only for economic gain, but for esteem, love, respect, and recognition. The impact of competition is felt even in the family. Brothers and sisters vie with one another for the affection of their parents, sons are rivals of their father's for the affection of the mother, and daughters are rivals of the mother.

Competition brings with it hostility. Since everyone is a rival, we view one another as enemies, each seeking a share in the stake. Competition also brings with it feelings of inferiority because it means that the fear of failure haunts us. Hostility, a feeling of guilt, insecurity -- these are the things out of which neuroses are made.

Conflicts within our personality are often embedded in our culture. For example, on the one hand we are taught to love one another, and on the other hand everything is done to spur us on to success at the expense of our fellow men. We are told that we are free to make our mark on the world, but we find that we are limited and hedged in by social convention and circumstance. It is no wonder that these contradictions in our culture reflect themselves in our emotional life and pull us in opposite and wholly different directions.

We are trying to reduce these conflicts in order to provide a happy, normal life for all of our people. Laws are passed to give us economic security and remove the fear of hard times. Our schools are placing less emphasis on competition and more on cooperation. We are beginning to recognize that every person has his own limitations, and his success must be judged in terms of his own particular abilities. Parents, teachers, industry and theologians are now beginning to understand psychiatric problems.

These are important steps towards cutting the toll which mental illness takes.

## + CHURCH + SERVICE

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 am. 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:

"The Lord will perfect that which concerneth me: thy mercy, O Lord, endureth for ever." Psalms 138:8.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, April 24.

The subject is: "Probation After Death".

### EASTER SERVICES

At eight o'clock Sunday morning, April 17, Easter Mass was celebrated in the MSH Auditorium. Father Anderson of St. Mary's Catholic Church at Ukiah officiated. Almost 150 patients of all denominations attended.

\*\*\*\*

### WILL VISIT PARENTS

Elwood Hachman, Jr., former MSH boiler room utility man and son of Tinsop Manager Elwood Hachman, has just returned to San Diego Naval Base after a three weeks' cruise.

He writes that his ship will be leaving the Home Base (San Diego) Tuesday, April 19, bound for Pearl Harbor on another training cruise.

His parents, who reside in Talmage, expect him home on leave the latter part of May.

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A.A. MEETINGS ON SUNDAYS AND WEDNESDAYS IN THE AUDITORIUM

# 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

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

## EDITORIAL

### PRIZE COWS SERVE MSH

By Guy W, Ward 2

Patients at MSH are getting some of the best milk in the nation.

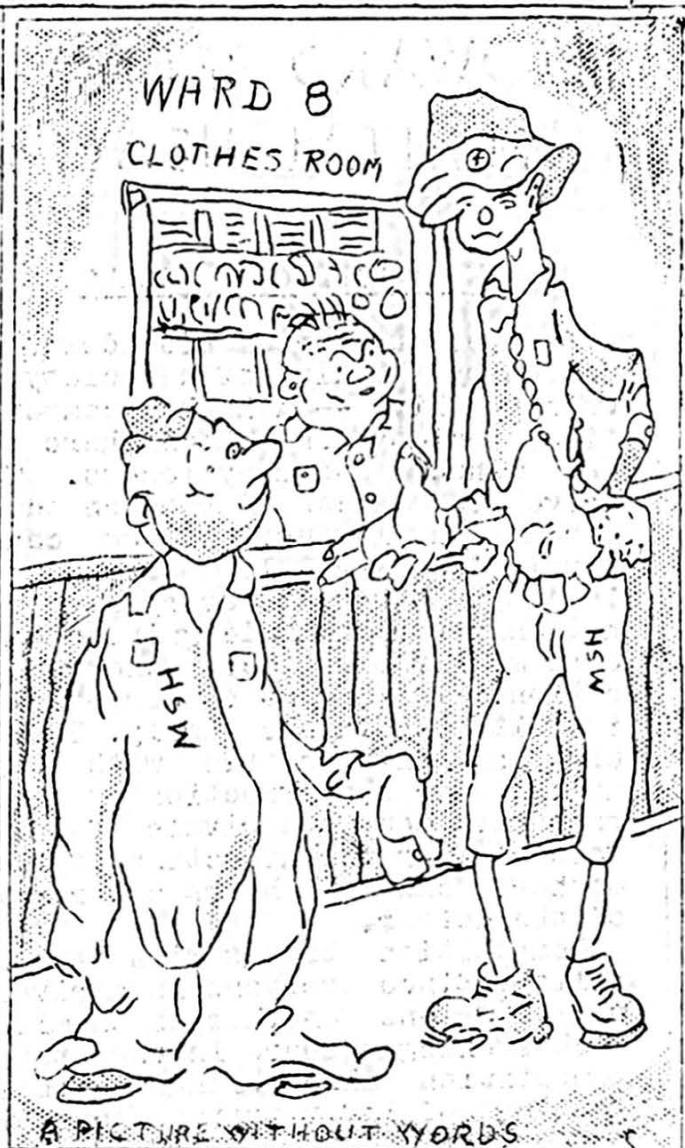
This isn't just somebody's brag, but is a matter of official record. The records are kept by the University of California.

The taxpayers of California, who pay the bills, couldn't purchase for themselves in the open market the same milk for what it costs them to furnish it for patients of MSH. These are just two of the astonishing facts furnished to The Pomo News by H. A. (Hank) Fanslow, superintendent of the Hospital's Dairy Farm.

"For the past six years," says Hank, "our milk costs have ranged from 19.03 cents a gallon to 24.58 cents for pasteurized whole milk delivered to the various wards, dining rooms and diet kitchens." The cost is based on all salaries and feed consumed, whether the feed was produced by the farming operations at MSH or purchased from outside sources.

Cows of renown supply this milk. There's the heifer Mendocino Marie Meg, a national record holder for three milkings a day senior three-year-olds, with a production of 28,350 pounds of milk and 1,035.2 pounds of butterfat for the yearly division. That's quite a lot of milk and butter; even a person little informed about cow lore will admit. Even as a yearling, she had a record of 577 pounds of fat in only 283 days. Her first calf, Mendocino Marie Jose, is just now completing a record of about 650 pounds of fat, qualifying her in a highly specialized division of bovine aristocracy.

Mendocino Meg Fayette is another



MSH cow, four years old, with a record of 37,943 pounds of milk and 1,183.1 pounds of fat. Mendocino Annette Star, a two-year-old, is away up in the running among the nation's classiest young cows.

In group competition, Mendocino State Hospital's team of cows has records in the two, three and four-year-olds for production of high grade milk. Mendocino Mollie Mate, a member of the team competing in the four-year-old class, has a California State record, replacing a record made by another MSH cow.

There are many other fine cows and bulls. They represent several years of breeding, picking and choosing here at MSH.

Hank says his cows are of "a pleasing type, plenty of production and no highstrung animals or kickers."

### CAROLE'S EASTER PARTY

Mary Carole Bittick, daughter of Dr. and Mrs. Paul Bittick, Jr., hosted an Easter party for the children of Cottage Row. Prize winners of the games played were Paul McKeever, Jeff Bair, Joanne Orr and Louise Maynard. Ice cream was served and a cake frosted with green dyed shredded cocoanut as grass on which eggs and bunnies reposed.