

A PROGRESSIVE
PAPER FOR MSH PATIENTS
PROGRESSIVE

Pommo News

W E E K L Y

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

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GAY NINETIES REVUE

LONG RUN BOOKED FOR GALA SHOW
SETS NEW RECORD FOR MSH
SCHEDULED FOR THREE DAYS

A long run has been booked for the MSH Gay Nineties Revue. It sets a new record for MSH by being scheduled for performances, May 4, 5 and 6 in the Auditorium.

Not only will this be the longest run for an all-patients show at MSH, but another precedent has been set in the holding of twice-a-day rehearsals just preceding the first performance. There will be dress rehearsals on Sunday and Monday, May 1 and 2.

Another feature of the preparations for the big show has been the fact that all costumes were designed and pictures of them drawn in color. Many weeks of preparation were made before the show was cast.

The 40 artists and artistes who comprise the cast were carefully selected and they are drilling enthusiastically in their lines, their music and the business of putting across their "stuff."

There will be singing, dancing and skits. Comedy will predominate but there will be a few serious moments in the show which will take many oldsters in the audience back to that era when Victoria was Queen of England and Cupid went around in a horse-drawn vehicle.

Scenery for the extravaganza is beautiful, and represents many hours of work by artists and workers. Woody C used his artistic talent to cut linoleum blocks from which window cards and posters were made, advertising the show.

MSH patients will see the show Wednesday, May 4. Night performances will be given for the general public on May 5 and 6.

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SAN FRANCISCO MAP CONFERENCE

At 1:30 pm Friday, April 22, in the Assembly Room of the San Francisco Public Library, the Mendocino Alcoholic Program's aims, methods and progress were explained to an audience of 65 people who were interested in various social aspects of the problem of alcoholism. Present were representatives of welfare agencies, Alcoholics Anonymous, the Sheriff's office, the District Attorney's office, the Salvation Army and various other charitable institutions, as well as doctors and psychiatrists.

The program was divided into two parts. During the first hour, the chairman, Connie Horstman, supervising Social Worker for MSH, introduced Dr. Goodstone, MSH Clinical Director, who outlined the MAP and introduced various associates.

First was Jack Lavell, MSH technician in "Conditioned Reflex", who spoke briefly on the aversion treatment technique. Dr. Paul Bittick talked on group therapy and questioned patient "X", an alcoholic member of Ward 8, on his reactions to MAP. Dr. Goodstone then queried patient "Y", a resident of Ward 9 now undergoing the aversion treatment. Finally, this hour was brought to a close by an address by Gordon McWhirter, MSH Social Worker, who spoke on his department's contribution to MAP, especially in social therapy.

The second hour of the program was taken up by talks by representatives of various interested

(Continued on Page 5)

PUBLIC HEALTH INSPECTOR HERE

Dr. Riley H. Guthrie, representative of the U.S. Public Health Service, visited MSH Friday and Saturday, April 22 and 23.

Dr. Guthrie is on a tour of inspection of all the Mental Hospitals in California at this time and he elected to make MSH his first port of call.

After an inspection of a majority of the wards and other installations here, as well as consulting at length with the staff, Dr. Guthrie commented very favorably on what he observed at the institution.

NEW X-RAY DRYER

Bert Sandkulla, X-Ray technician, reports the acquisition of a new film dryer in the MSH X-Ray laboratory. The new machine will speed up the drying of films 80% which, Bert says, is most gratifying to the doctors.

Due to the fast drying process diagnosis can be speeded up considerably and patients receiving treatment will be greatly benefited. Heretofore it has been necessary to wait several hours for dry films; wet films do not permit accurate diagnosis as they are too obscure.

Bert is quite proud of this new addition to his laboratory.

CANNERY READY FOR BUSINESS

The MSH Cannery, according to Henry Brunges, cannery superintendent, is ready for the 1949 canning season and rarin' to go.

Mr. Brunges declares that the plant and equipment are in tip-top condition and everything is in readiness to start production about June 20. Electric services and wiring have been renovated and small repairs have been made.

Henry had just returned from an invigorating vacation and is anxious to get the cannery machinery working.

81 YEARS YOUNG

George W, pride of the MSH Paint shop, celebrated his 81st birthday Monday, April 25. He is in good health and works every day. George entered MSH in 1906.

WRITE TO THE MAIL BAG. DO IT NOW!

ARCHITECT HERE

Mr. Gray, Architect from the State Division of Architecture, spent two days here last week while on an inspection tour. His stay here was in preparation to drawing plans for more new MSH buildings.

Plans are being prepared for the remodeling and enlarging of the Receiving, Medical and Surgical building and to construct a new Administration building at an estimated cost of \$1,380,000 for both projects.

Also in the planning state is a new Auditorium-Library building to be built at an estimated cost of \$139,000.

VETS ATTENTION

R. Seligman, Field Contact Officer for the U. S. Veterans Administration, will call at MSH Wednesday and Thursday, May 4 and 5. He wishes to interview every patient here who has ever been in any branch of the U. S. Armed Services in order to ascertain if he can supply any service or benefit for all veterans. Mr. Seligman requests that all former servicemen send their names and ward numbers to Mrs. Dena Munson, MSH clinical secretary.

MSH DENTIST CARRIES ON

Dr. Donald A. Frost, MSH Dentist, has been carrying on his duties in spite of a broken rib. The fracture was acquired in an automobile accident Sunday night, April 17. Dr. Frost described the accident as of minor importance. He was laid up two days, Monday and Tuesday, April 18 and 19, but has been serving his patients with his usual skillful calm in spite of his handicap.

NEW BALLGROUND READY

Chot S, captain of Ward 8 softball team, and his aides, Ray F, Armando P and Al B, have cleared the grounds across from Wards 7 and 12 for the return game between the Ward 8 "Wayfarers" and the Wards 14-15 "Fireballs" to be played Sunday, May 1, at 9:00 am. The Ward 8 quartet takes its occupational therapy seriously and deserves a vote of thanks.

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: "Return of the Badmen"

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.



Dear Pomo News:

The following inquiries, I realize, can't be answered by your excellent publication, but they are submitted in the hope that if printed they may come to the attention of the powers that be and thus some corrective action might be taken.

1. Why not put the hearty snorers together, instead of scattering them so that they keep the rest of us awake?

2. If we can't have a community store on the grounds, can't we at least have a 5¢ candy bar machine somewhere near the "coke" machine?

3. Why can't we have better ventilation during the movies?

4. Why can't we have pitchers of water on the FDR tables, especially at the noontime meal?

5. Why can't the women's softball team get out to practice in the morning?

Yours sincerely,
W.P.B., Ward 8

We can't answer your five questions, but will print them and wait for developments. -- Ed.

Dere Editeur:

They have me here as an alkyholic. I dont think its fare I wish you wuld take up this idee with the doc. Insted of puttin us in a closed plaic like this wy caint they just put us all on an iland like off Santa Barber and then we wuldnt bother no one xile theycall it. The drinkin ones culd get drunk and the reformin ones culd reform and when they reformd they culd swim back. No Drs. or gards or nothin. Save the State \$\$\$.

Wats rong with that idee?

yours simply,
Alky Selzer

Dear Alky: Your point is well taken but we believe Angel Island in San Francisco Bay is a more advantageous location. -- Ed.

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NEWS FROM THE WARDS

OLD TIMER FRACTURES HIP IN FALL

Erle H, a 78-year-old resident of Ward 7, received a fractured hip one day last week, caused by a fall in the ward lavatory. He was taken to Surgery where Dr. J. K. Orr operated, putting a pin in the fractured bone and applying a Wells-Jones splint and cast.

As it will be six to eight weeks before the cast can be removed, the progress of the case cannot be reported but the patient seems to be resting easily.

UNDERGOES HERNIA OPERATION

Thursday night, April 21, Drs. J. K. Orr and H. V. Bair performed an emergency hernia operation on John H of Ward 16.

The patient is reported to be doing nicely and expects to be up and around soon.

FROM WARD 1

To Pomo News:

Why can't there be one or two attendants detailed to take the soft-ball team from Wards 1, 2 and 3 to and from the ball park on practice days?

After much trouble and time I got permission to take the team to the ball diamond to practice and when it is going fairly smooth the team has to lose their practice because there's no attendant for escort.

There's only two mornings a week allotted for practice so one or both mornings has to be lost because of lack of an attendant when one could very well be taken from some other ward where there are more than enough.

I would think that when a patient is willing to go and stay on these wards just to help make some activity and recreation for the other patients, that a little co-operation could be given.

After all, it is for the betterment of the patients.

"Red", Ward 1.

Ward 14's facelifting has been completed now that the entire downstairs has been painted, while on Ward 15 exterior patch-painting and other touching up jobs approach completion.

WARD 9 HAS A BUSY DAY

Ward 9, Receiving, had a busy time Thursday, April 21. Six men arrived from San Francisco in one group and three other men arrived shortly thereafter from other points, making nine admissions for the one day. Charge Attendant Frank Bulla stated that he recalls only one other day when a greater number of men were received since he has been in charge of this ward.

The following day six of these men were transferred to Ward 8 and assigned as follows:

William Adrian R, tunnel gang; George B, paint shop; Edward M and George P, PDR kitchen, and Granville K, Pomo News. The remaining men received at Ward 9 this day were James G, Ernest N and Robert M. The last two men were transferred to Ward 7. James G went to Ward 8 the following Monday.

On Saturday, April 23, Harrison C, Ted K, Louis L and Harry B were received at Ward 9. These men were still unassigned Monday, April 25.

Lewis D and Robert S were transferred from Ward 1 to Ward 8, Friday, April 22. Lewis D has been assigned to the storeroom.

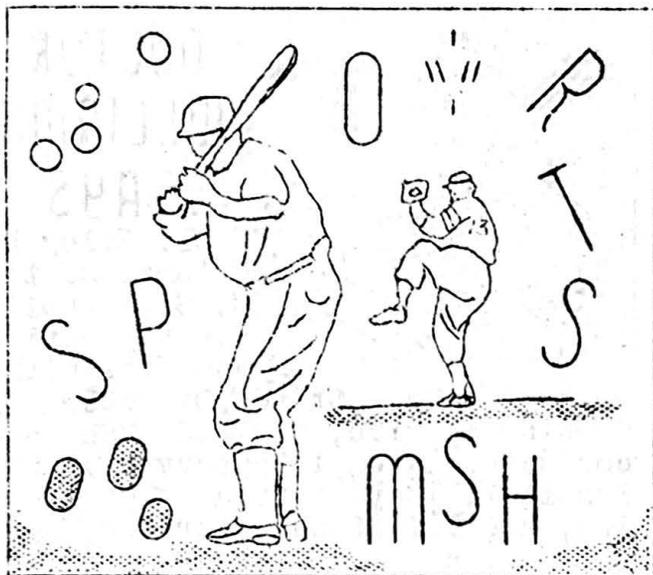
Clement S of Ward 8 has been assigned to the Kitchen, and James G of the same ward went to the Tunnel Gang on Tuesday, April 26.

Leo K was transferred from Ward 9 to Ward 8, but is still working in the lab. Wallace G and John F went from Ward 8 to Ward 9, and Lewis L was transferred from Ward 8 to Ward 16.

Jerry K and Norman S were assigned to the Pomo News, as was Bob G, transferred from his former job as Dr. Schramm's houseman.

Johnnie K was transferred to Ward 15 from Ward 16. Transferred out of 15 to Ward 9 was Pearl Y, while Vern R was transferred to Ward 12.

POMO NEWS IS THE EYES AND EARS OF MSH. MAIL A COPY HOME GRATIS. SEND A COPY TO A FRIEND OR RELATIVE.



WARD 8 LOSES OPENER

A team composed of Ward 14 and Ward 15 players beat Ward 8 in a soft-ball game last Sunday morning, April 24, by a score of 10 to 8.

Wards 14-15 got 17 hits as against 14 by Ward 8. It was a close game all the way and was thoroughly enjoyed by both fans and players.

This was the first inter-ward game of the season and Chet S, Ward 8's team manager, says 8 will take 'em next time.

This game was scheduled for Saturday, April 23, but the Ward 8 boys took seriously a rumor that the game was called off. The Ward 14-15 fellows showed up as per schedule but were left with their bats over their shoulders. Perhaps the little extra practice resulted in their winning the Sunday game.

MENDOCINO CITY MOWED DOWN BY SEVERI

Ado Severi's airtight pitching and Bob Myers' timely slugging routed the Mendocino City team, Sunday, April 24, in a game in which the result was never in doubt after the first inning.

In the second half of the first frame Myers poled a four-sacker over the 330 foot sign with the bases loaded. This prodigious clout was followed by two more runs in the same stanza to give the Talmage Sluggers a 6-0 lead. Spotted this healthy advantage, to which was added two runs in the fourth, one in the sixth and one in the seventh, Severi went on to win in a breeze.

Pitching every inning as though he were battling through a scoreless tie, the Slugger's hurler struck out 16 Mendocino City batters. His teammates, however, eased up in the eighth and let Mendocino score two runs on a pair of infield errors.

Final score was Talmage 10 runs,
(Continued on Page 6)

EMPLOYEE°°°° °°°°ACTIVITIES

Ward 15 will be without the services of popular Bob Haslam for the next two weeks. Bob started a fourteen-day vacation last Saturday and said that after completing some urgent work at his residence he planned a motor trip down South.

Mr. and Mrs. William Elliott returned to their respective jobs Monday, April 25, after a pleasant two weeks vacation. Bill is supervisor of the Industrial Shop and Mrs. Elliott is MSH Secretary.

The Elliotts made one trip to San Francisco and several other short trips to nearby points, but most of the two weeks was spent relaxing at their home in Ukiah.

SAN FRANCISCO M.A.P. CONFERENCE

(Continued from Page 1)

groups not directly connected with MSH. Darrell Ford, detention steward at the Psychopathic Ward of the San Francisco City and County Hospital, suggested a longer stay in the hospital before alcoholics submitted to a hearing. Paul Gardner then explained the Alcoholics Anonymous program.

Florence Krenz, head of the San Francisco County Welfare Department, next expounded her difficulties in rendering relief to non-residents of San Francisco. She was followed by George Reick, of the California Bureau of Vocational Rehabilitation, who presented statistics on his work, which indicated greater success with alcoholics who had taken the aversion treatment. He was followed by Glen Bridges who spoke as a member of the MSH Alumni Association. Finally Dr. Gregory Valdosian, Director of the Canon Kip Psychiatric Clinic, summarized and commented on the addresses of all previous speakers. A paraphrase of Dr. Valdosian's comments follow:

"The program is an advance over that of former years and seems to be going ahead with optimism. It is now a positive instead of a punitive program. Much has been done but more has yet to be accomplished."

The meeting closed with questions from the floor and answers from the MSH staff.

MENDOCINO ALCOHOLIC PROGRAM - - - - (MAP)

IN THE CONFERENCE ROOM, WARD 9

- 2 pm Wednesday, Group Therapy Round Table Discussion.
- 2 pm Thursday, MAP Committee Meeting.
- 3 pm Thursday, Orientation Meeting for new patients and for those about to leave the Hospital.
- 2 pm Friday, Social Therapy Group. Free Discussion and Expression.
- 2 pm 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, Receptionist, 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, Group Meeting for Alcoholic Patients of Ward 8.

SEE YOU AT THE PATIENTS' DANCE FRIDAY NIGHT. REMEMBER, YOU HAVE A SHOW DATE NEXT WEEK.

SPORTS

(Continued from Page 5)
 17 hits, 2 errors; Mendocino City 2 runs, 4 hits and 3 errors. Batteries for Talmage were Severi and Moroni; for Mendocino City, Gibeny, Gordon and Schultz, with R. Lemos and Fein doing the receiving.



DOCTOR WILLIAMS SAYS

Dr. Riley H. Guthrie of the U. S. Public Health Service and Mrs. Katherine Steele, State Director of Nursing Service, visited MSH and conducted a complete survey of the Hospital. They arrived Friday morning, and left Sunday morning, April 24, having made a tour of all the wards and workshops. Every nook and cranny of the institution was inspected. They also examined in some detail records and statistics. Their conclusion after this complete examination was that the hospital is running very well.

Mr. Gray, architect for the Division of Architecture, is now designing the plans for the new Administration building, as well as an Acute Treatment Unit and Hospital and a modern Auditorium-Library building. We went over the preliminary plans with Mr. Gray.

A new firewall is being constructed on the second floor of Ward 10 as well as an outside stairway. When this work is completed, it is planned to build a ramp leading out of the Insulin Ward.

Foundation work is being started on two new women's wards to be erected on ground in the rear of Ward K. One of 100 bed capacity is intended for disturbed patients; the other of 280 beds will be for convalescents. MSH is progressing another step toward new facilities in that ground is being cleared across from Ward 14 for a large new men's ward which is planned to house 404 patients. The Director and his staff will follow with keen interest the erection of these modern facilities.



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TOWARD BETTER MENTAL HEALTH

A HEALTHY ATTITUDE TOWARD MENTAL ILLNESS

Some time or other some member of one out of every five families in these United States behaves so abnormally that he lands in a mental hospital.

In addition, everywhere and in every walk of life are uncounted numbers of borderline cases, and of seriously deranged persons who ought to be in mental hospitals but aren't.

Yet, almost every time mental illness strikes in any form, there is much unnecessary suffering for both relatives and patients because most of us are so unprepared and bewildered when one of our loved ones ceases to be himself, so ignorant of the medical resources for restoring him to normality and of the way mental hospitals are set up to help people get well.

The most important thing for your patient's changes of recovery and for your own peace of mind is to realize that mental illnesses are illnesses like any others.

Once you have accepted the essentially simple fact that you are dealing with someone who is sick, you will stop being exasperated and anguished by the incomprehensibly perverse and unreasonable actions of the sufferer. You will no more think of blaming him for the torrent of abuse he pours forth upon you, for his "stubbornness," his dirty habits, or the "lazy" way he sits staring for hours instead of going about his business, than you would blame him for vomiting if he had stomach trouble or for lying idle if he had a broken back. Moral censure, exasperated wonderings "Why must he behave like that?" will give way to the kind of pity you would naturally give to anyone physically incapacitated. Both physical and mental breakdowns are misfortunes, but there is no reason to regard the one as any greater misfortune than the other.



MOTHER'S
DAY

TALMAGE STORE

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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 three months.

Christian Science Church:

"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Romans 6:16.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, May 1.

The subject is: "Everlasting Punishment."

(Continued from Page 1)

The singing of soloists and groups promises to be the outstanding feature of the performance but colorful costumes and lively comedy will be important contributions to the production.

The show was developed along lines requested by many who wrote The Pomo News when suggestions of patients were asked. The Pomo News hopes patients will write to the Mail Bag and tell what they think of the efforts of the talented group who has worked so hard to make the performance a success.

The producers and performers should be encouraged, and the best encouragement MSH patients can give them is to go to the show and generously applaud the numbers they believe worthy.

There will be many numbers deserving great applause. The show will set a new standard for MSH entertainment.

CONSTRUCTION STARTS AT MSH

MSH old timers will soon have to learn anew to get around our grounds. Three cottages in Medical Row are now under construction.

The old bakery is now almost a thing of the past and before long a new building will be under construction on this site. A new men's ward, the largest building on the grounds, will be erected across the street and east from Ward 14.

Two new women's wards are to be erected on the flat beyond Ward K.

No longer will Ward 12 men find their inner court a puddle of mud in rainy weather. Paving of the court was completed this week. The cement is tinted green to absorb the glare on bright days.

Awnings are being put up in the inner courts of both Ward 7 and Ward F to permit the patients to enjoy the summer weather without sunburn.

It is interesting to watch the activities at the sites of the old bakery building and the new men's ward. Workmen are now loosening the brick of the few remaining walls of the old bakery. A skip loader scoops up the loose brick in 3/4 yard bites and loads a truck in less time than it takes to do something that hardly takes any time at all. As is usual with the operation of construction machinery, this activity draws daily a fair number of spectators. The contractor could no doubt do well by erecting a side-line bleachers. He'd probably have to accept cigarettes as the price of admission, but then maybe the contractor smokes.

Across the street from Ward 14 the scenery is also changing rapidly. About one hundred fir trees have been removed and a clearing of about two acres is now in readiness for the excavation necessary for the foundation of the new men's ward building. The removal of these trees is a spectacular sight. In the old days each tree would have had to be sawed or chopped down and the stumps removed by blasting or team.

Now a two-hundred horsepower bulldozer noses up to a sixty to seventy-five foot tree and simply pushes it over. All but the branch roots comes out of the ground as the tree falls. Then a chain is hooked onto the felled tree and the bulldozer tows it away.

Two temporary frame buildings are being built on the lot identified by the water tower. The east building will house W. F. Mello, superintendent of construction for the contractor, Moore and Roberts, Inc. The west building is to be the office of Robert Chambers, Division of Architecture.

The dog population of MSH will not be able to read its mail so freely for some time to come, as they are faced with the problem of acquiring a new postoffice. All the trees in the lot facing the Industrial Shops now have seven foot guard fences around them. This lot is to be used for power saws, assembly and lumber storage. The fences are to protect the trees from damage by trucks or lumber.

There will soon be almost a hundred men employed by the contractor on those various projects. The buildings will be of the most modern design and construction. The commissary building to be erected on the site of the old bakery will, among other things, house the institution kitchen, the patients' dining room and the attendants' dining room. There will be an ice cream freezing room as well as equipment for manufacturing ice cream. The incoming supplies will be received on the first floor and outgoing supplies and food will be dispatched from the second floor on the higher street level. No longer will a person wandering around in the dark be able to locate their position by smell for the commissary will have a garbage freezer to facilitate the sanitary handling of such refuse.

All construction now under way will be completed in about eighteen months. Yes, the old timers will have a hard time for a while getting used to all these new buildings and it won't be long now.

ATTENTION!

ALL PAROLE PATIENTS ATTENDING MOVIES OR ENTERTAINMENTS, PLEASE REMAIN SEATED UNTIL ALL OTHER PATIENTS HAVE LEFT THE AUDITORIUM.

Judge: "What started the trouble between you and the plaintiff?"

Defendant: "Well, your honor, it was like this. He threw a cup of hot tea over me; I hit him in the face with my bag of tools; then he broke a chair over my head -- and the next thing we knew we were quarreling."

CLIMBERS SCALE SQUAW ROCK

Ed Veronda, superintendent of the Mason Shop, and Dick Robinson, head of the lawn detail, dusted off their alpine picks and did a little mountain climbing last Sunday.

About fifteen miles south of MSH and near Hopland is Squaw Rock. Frequently the Greyhound bus drivers call the rock to the attention of passengers. From Highway 101 the people see a huge mass of rock rising perpendicularly 1200 feet into the air. This face can not be scaled, but from the east side climbing is possible but difficult. Veronda says it's a good half-day job to make the climb to the summit and return.

Apparently the love life of the American Indian was quite as complex as present day woo, for as the legend goes the rock acquired its name by virtue of an Indian maiden, in the despondency of unrequited love, taking a leap from the summit with no parachute.

Both Veronda and Robinson say that the effort involved in the climb is more than amply rewarded by the breath taking view from the peak. The valley is visible for miles in all directions. The highway, river and railroad tracks parallel as far as the eye can see and one must needs be aware of the ingenuity of man in adding to nature's transport facilities.

If you hear Veronda or Robinson yodeling while pursuing their daily tasks, just remember that they are both receiving salaries from the State. They're just old mountain climbers, that's all.

SON VISITS MSH

Jean K. Schramm, son of Dr. and Mrs. Marcus Schramm, arrived this week for a three day stay. Young Schramm is up here from the University of California at Berkeley, where he is studying for his Master's Degree in Near Eastern Languages.

ADMISSIONS AND RELEASES

MSH admissions and releases for the period ending April 23 are as follows:

Admissions, 26; Discharges, 27.
Total population, 2781.

THE SATURDAY MOVIE IS "RETURN OF THE BADMEN". A GOOD SHOW - SEE IT.

NEW FACES IN MSH ORCHESTRA

General comment on the dance Friday, April 22, was to the effect that the MSH Orchestra had improved considerably over its former performances. This may primarily be credited to the acquisition of several new and exceedingly talented members.

Roy S and Bill M at the piano supplied a quality of rhythm somewhat lacking heretofore. Frank W, as Master of Ceremonies, contributed much to the evening. As added features, Larry D sang "Sidoney" and "Tell Me Tonight", later followed by equally well done renditions of "A Pretty Girl is Like a Melody" and other songs by Oscar B.

Frank W, besides being the new emcee, doubled as trap drummer, Bill H, the trombone, and Oscar B, playing the saxophone, added their usual inimitable touch to the syncopation.

Dorothy Buchanan, Recreational Director, is well entitled to be proud of her MSH "Redhots."

?? QUESTIONS ??

Do you like animals? Here are five questions from the zoo. How many can you get?

1. What is a mammal?
2. What is a rodent?
3. Which is the largest bear?
4. What is:
 - (a) herpetology?
 - (b) ichthyology?
 - (c) entomology?

5. Does the Arabian camel known as the dromodary have one or two humps?

ANSWERS

1. Any animal that suckles its young.
2. The order of gnawing mammals.
3. The Kodiak bear.
4. (A) relating to reptiles; (b) relating to fish; (c) relating to insects.
5. One hump.

THIS IS **** A JOKE

Two alcoholics were seated in a bar when a horse came in and ordered a martini with an onion in it. The bartender served the drink, the horse tossed it off and strolled out.

One of the alkys nudged the other and exclaimed, "Did you see that? Unbelievable, isn't it?"

The other alky shrugged. "I don't see anything so remarkable," he replied, "in putting an onion in a martini."

POMO NEWS

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

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C l i n i c a l D i r e c t o r

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

EDITORIAL MENTAL HEALTH WEEK APRIL 24-30

Mental Health week is being observed throughout the Nation.

Without question public attention is being focused more than ever before on mental health. The mentally ill have been the most neglected of all people. This has been because of ignorance.

It has been only a few years back that state "asylums" were nothing more than places to keep mentally sick people in confinement. There was no thought of treatment or cure. It wasn't long before that period that "asylums" were indescribably filthy and inmates cruelly abused.

Today treatment of mental illness has become recognized as being as much a part of human welfare as the treatment of tuberculosis. The treatment of mental ills is not confined to hospitals. Private psychiatrists have more work than they can do, so great has become the demand for mental treatment before illnesses of the mind become serious.

Psychiatry is being taken into the public schools. As yet this is not as common as it will become, for psychiatrists say that the younger mentally ill persons receive treatment, the better their chances for recovery.

The public has much yet to learn. Populations of state institutions would be reduced if more psychiatrists and employed personnel were provided. The cost of doctors and employees would be increased, but the support of many patients would be eliminated by cures.

However, psychiatry must go into the homes. It was a long time before need for the visiting nurse, who advises families concerning physical health, was realized. Now every populous city and county has

visiting nurses.

The time will come when every family will have psychiatric examination and care of some kind.

This would reduce the numbers who go to jails, penitentiaries and mental institutions, to be supported by the taxpayers.

The job that needs to be continued, however, is informing the public that mental cases are actually "sick" -- just as a person who has pneumonia is sick. The public hasn't yet digested this fact. Too many people still believe that all mental illnesses are inherent, that they just ARE and that nothing can be done about them.

The recent awakening to the fact that alcoholism is an illness is going along, hand-in-glove with the realization that the majority of other mental disturbances are illnesses that could have been prevented, and often - quite often - can be cured.

The treatment of mental illnesses is making more rapid strides than any other of the sciences which have to do with the improvement of the human race. People are beginning to realize that the thinking processes can go haywire, just as can a carburetor -- than which the mind is a much more delicate mechanism.

The old family physician knew this -- but only from observation. There was little scientific data to which he could turn, but he knew that many illnesses that seemed to be physical, actually were mental.

Today psychiatry goes back into infancy and seeks out the point at which the mental processes got "off the trolley." When this is found, there is a definite procedure for improving and curing the patient.

The psychiatrist is on proven ground in his treatments -- although just as in other sciences there are always new advances. Psychiatry is an exact science and its field is much broader than the average person can realize. It encompasses all human accomplishment -- for it marks and explains every human impulse and action. It knows why one may become a millionaire and another becomes a "stew bum."

There's a reason for both -- and psychiatry knows the answer.

It may be some time before mental health and what should be done about it are fully understood by the masses, and especially by the politicians -- the law makers. However, the time is coming.

-- Guy W.

DON'T FORGET MOTHER'S DAY - MAY 8.
BE SURE TO WRITE HER A LINE.