

# Pomo News

PUBLISHED IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSP.

Talmage, California

Vol. 1 No. 6

Published every Tuesday

June 15, 1948

## VISITS MOTHER HERE

Robert (Bob) Hall Jr., a student at the University of California, Berkeley, is here visiting his mother, Mrs. Ben Vickery, MSH assistant matron.

Mr. Hall arrived last Sunday night, June 12, for a two weeks' stay prior to his enrollment at the University, for the summer session.

## MSH SUPERVISORS TO TRAINING SCHOOL

A sixty hour training course teaching "protective technique"--- methods of handling acutely disturbed patients without injury to patient or attendant--- will be held at the Stockton state hospital beginning Monday, June 21.

T. A. Giles and Kelly Thrailkill, assistant supervisors, will attend the school's classes. The curriculum entails the principles of teaching and the organization of subject matter for instruction. The course is sponsored by the State Department of Education.

Mr. Giles was present at another training course held in Stockton last month.

## TO HOSPITAL

Ted Wimmer, charge attendant ward 5, was admitted to the Ukiah general hospital last Saturday morning, June 12. His condition is reported as "much improved."

# MSH BAND JULY 4?

## ORCHESTRA REHEARSAL A "MUST" THIS WEEK

As we go to press, no particular hour or day has been set for orchestra rehearsal but definite arrangements have been made this week as to how patients wishing to participate in the organization of a hospital band will be summoned and brought to practice in the "MSH" auditorium.

**ALCOHOLICS ANONYMOUS TO BE HERE SUNDAY**  
Word received late yesterday was that the Santa Rosa chapter of Alcoholics Anonymous will be here next Sunday afternoon, June 20 at 3:30 p.m. Assembly of patients and members of the visiting chapter will be in the MSH auditorium.

## ENTERTAIN GUESTS FROM YOUNTVILLE AND VALLEJO

Superintendent and Mrs. David B. Williams entertained Capt. and Mrs. William Falconer and Dr. and Mrs. J. K. Orr at their home last Sunday, June 13.

The Falconers reside at Yountville, California, where the captain is bandmaster at the Veterans' Home there. Dr. and Mrs. Orr come from Vallejo.

band will be summoned and brought to practice in the "MSH" auditorium.

Charge attendants of all wards housing patients who own and can play a musical instrument will please make a list of those who wish to attend orchestra tryouts. The day before rehearsal a representative of Dr. Goodstone's office will contact each ward by telephone authorizing the presence of patients listed at rehearsal next day. Patients who work will be excused from duty in order to attend.

## MUST REHEARSE

It is imperative that rehearsals be frequent and plans for attendance must not go afoul if we are to have an MSH band organized and going by the Fourth of July--Patients' Day.

At orchestra call last Wednesday Pianists Myrtle Z. and Phyllis P., ward H patients and Frank B., harmonica king from ward 7 were present. Ward 15 patients were on hand but arrived late.

## BAIRS HOME AGAIN

Last Thursday, June 10 Dr. and Mrs. H.V. Bair returned home from a 26 day stay in the middlewest visiting Mrs Bair's father who is seriously ill in Kans.



SUMMER BEGINS AT MSH

# POMO NEWS

PUBLISHED EVERY WEEK AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA Under the auspices of Dr. David B. Williams, Superintendent

Supervised by Dr. Gerald Goodstone, Clinical Director

A.R. "Trip".....Editor  
J.M.S... Associate Editor  
"Woody" C.....Cartoonist

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~ EDITORIAL ~  
By A.R.T.

One who helps his fellow man seldom seeks reward. Nor does he expect public acclaim for the good he has done. Yet, it is his type that should be praised and his benignity heralded afar. But to do this would mean destruction of his motive.....his spirit of doing for one less fortunate without any thought of reciprocation would be brought to naught.

Here at MSH we are uncovering many good deeds on the part of employees towards patients. They were doing them before the Pomo News came into existence...so they were done in good faith. Not for publicity or recognition.

It is the policy of this publication, yet in its infancy, to print only that which is of a constructive nature. We want to be helpful without thought of praise. We don't expect reward or want it but we can't help but be pleased if we can promote successfully a better life for the patients while they are here, make their sojourn more pleasant and speed their recovery so they can get well and go home.

By working together, by solving our own problems through cooperation with the doctors and employees we can accomplish much and so doing, hasten our departure.

## COMMENTS FROM THE SUPERINTENDENT'S OFFICE



As I told you last week in the Pomo News I will be in Sacramento next Friday and Saturday, June 18-19. While there I am going to see about procuring Quonset huts or some sort of prefabricated erections that are army or navy surplus. If I am successful in getting these structures, they will serve as temporary quarters for a patients' canteen, library, recreation room, etc.

\*\*\*

We need so many things here at MSH. I hope later on to see a barber shop for the men, a beauty shop for the women, an up-to-date recreation hall, all a part of the hospital. We should have some sort of temporary buildings here within 6 weeks' time. We need new doctors' quarters, too, but I can't tell you anything definite along this line until I return from Sacramento.

\*\*\*

Some of the hospital attendants are taking a great deal of interest in a magazine called "Psychiatric Aid". It's a monthly publication and the subscription price is only \$1.00 per year. I believe they have "club" subscriptions too, at reduced rates.

\*\*\*

I notice that there is a steady increase of new patients in state hospitals of California and there are more being discharged. But the population of all state mental institutions is still high - approximately 29,000.

\*\*\*

More athletic equipment arrived last week.. I want to get some horseshoes for the men, too. Most everyone likes to pitch horseshoes, now and then.

\*\*\*

Our shock therapy program is working successfully. We use only insulin and electric treatments now. Metrazol was outmoded and discontinued at the hospital about a year ago. Approximately ninety per cent of the shock treatments are successful. Our conditioned reflex cure for alcoholics is becoming better known and so far, only four patients have returned for additional treatment.

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About this time every year our cannery gets busy canning peas, beans and other vegetables. The MSH display at Napa State Hospital last April 8-9 looked mighty good.

### WINS MEMBERSHIP TROPHY

It was Ladies' Night at the Ukiah Rod and Gun club last Wednesday, June 9. And Bernice Faas, assistant to Donald Frost, MSH dentist, left the festivities with a smile in her heart and a trophy in her arms.

During a recent membership drive the club offered various prizes to those members turning in the largest number of recruits. Mrs. Faas bested her competitors by six sales and was awarded the Larry Wildberger membership trophy. Fishing awards were presented to Talmage and Ukiah residents the same evening.



A.R.T. GOES BROWSING

Joe B., the man who when not completing jobs for Elwood Hachmann of the MSH Tin Shop, produces those attractive handmade belts that patients go for in a big way...Joe learned the trick of belt-making from Walter A ... both lads are from ward 15. Walter A. went musical and turned out violins and in the Tin Shop Mr. Hachmann is turning out a dozen stainless steel 24 gauge, 2-3/4 gallon capacity containers to be used by the MSH kitchen to lug the grub around to ward 12 attendants' dining room as well as to the rancheros.

WE STOPPED BY THE BAKERY

How would you like the task of slicing 700 loaves of bread a day, seven days a week? That's the work of the bread cutting department in the MSH bakery according to Jim B., ward 8 and his buddy, "the mission wonder."

Harry A., a co-worker of Jim's and "the mission wonder" says "The Pomo News sort of puts a little frosting on the daily routine of life." -- Thanks Harry, that's "sweet" of you. And here's a bakery-brain-buster: How many slices does the department put out a year? 700 loaves a day, every day of the year, 32 slices to the loaf...you figure it out, write us your answer and the first correct solution received gets "honorable mention" in the next issue of the Pomo News. Fair enough?

FROM THE NURSERY

Frank W.R., at the greenhouse, handed us this bit of humor for last week's issue but it was crowded out for the insertion of a more timely article:



A tired doctor had his wife answer the bedside phone, say he was out and give advise, which he whispered to her.

"Thank you very much, Mrs. Smyth," said the voice at the other end of the wire "but I should like to ask just one thing: is the gentleman who seems to be in bed with you fully qualified?"

And Frank included this, headed "stuff and stuff": Sunkist claims that 12 million people each morning use the daily lemon water drink for normal elimination; Ex-Lax claims 15 million use their stuff; Feenamint claims 16 million, Servtam admits to only 10 million users, Carter's Little Liver Pills, 18 million. -I won't go on but a few people are filling a lot of people with that stuff that eliminates that stuff.

Subscribe to the Pomo News! Send it home. Only \$2.00 a year.

GETS "INVITE"

Last week Joe Addor, Carpenter Shop boss, received an invitation to the June graduation exercises at Annapolis. It was sent him by his nephew, Jimmie Davenport of Mackeys, N.C., who is a member of the Academy's outgoing class of '48.

IT PAYS TO HAVE FRIENDS!

Floyd Ross, bossman of the MSH garage, broke his wrist a short time ago...then the lease expired on his house...he had to move.... and after considerable difficulty found another home and through the cooperation of hospital employees and a couple of days of elbow grease...Floyd's house was put in tip-top shape.

HARD AT IT

Occupants of wards 14 and 15 began their annual clean-up campaign about hospital grounds, last week. Armed with hoes, scythes and rakes the weed-warriors felled obnoxious growths in vacant lots and little used yards surrounding the various wards and industrial buildings. Approximately forty patients comprise the group.

HAVE COMPANY

The community of Lodi, California was represented at MSH June 5th when Floyd D., ward 15, was visited by his wife, Katie, and Harold A.'s brother, a physician in the town, called on Harold at ward 8 last Tuesday, June 8.

REGARDING CORRESPONDENCE

Readers of the Pomo News: Do not write messages of any kind on the newspapers you mail home. Postoffice laws prohibit personal correspondence other than first class mail. So, save your "Hi, Mom....feeling okay" squibs for your weekly letters home. Write nothing on the newspaper or its cover except the name and address of the party to whom it is sent.

Contributors to the MAIL BAG department of the Pomo News, please remember to include your name and ward identification on your copy.

friendly-neighborly store

FOUNTAIN	YOU NAME	IT
SANDWICHES	WE HAVE	IT

THE Jalmage Store

ACCOMPANIES SLUGGERS

Henry T.N. ward 10, is a new subscriber to the Pomo News. Henry journeyed to Yountville with the Talmage Sluggers last Thursday in the capacity of team masseur.

GOOD SUBSTITUTE

Mrs Helen Wimmer is pinch-hitting for Mrs. Clara Fanslow, MSH Secretary, who is vacationing with husband, Clifford. The Fanslows will return June 21.

TO HELP ON PAPER

A new helper on the Pomo News is Woodrow C., ward 8. "Woody" hails from San Francisco and is a native son. He has had previous experience in mimeograph work and is a sketcher with no mean ability.

FOR YOUR INFORMATION

New attendants at MSH the past two weeks: George Rossi, Gordon Dudley, Everett Edwards and R. E. Gillespie. Recently resigned: Raymond Sawyers -- Albert Pardini. 39 admissions and 35 discharges for the week May 30 - June 5, inclusive.

Add "It's the Little Things That Count": Roger Yagle, attendant on ward 12 comments "The Pomo News gets better every week. All the patients on our ward read it from front to back." -- Gratias, Rog. That's what we want to hear.

TAKES OATH

Ward 12 Charge attendant Irvin E. Ball who ran for the office of Talmage school district trustee recently, and won by a margin of four votes, took the oath of office at his home in Talmage, June 4.

UM UM IT'S GOOD!

Al M., ward 8 is the recipient of a box loaded with goodies from his mother who is a resident of the deep, deep South. Evidently Mother M. didn't know her son was an ADR employe or she'd never have sent him food. But Al is grateful all the same and wishes he was back where the package was mailed - Bolingbroke, Georgia.

SUGGESTS ADDITION TO O. T.

A new subscriber to the Pomo News is E. J. Veronda, charge of the hospital Masonry Shop. Mr. Veronda manufactures plaques for a hobby and suggests that the MSH Occupational Therapy department put patients to work painting them with water colors. It's a good suggestion and no doubt will be considered by W.A. Elliott, O. T. instructor. Mr. Veronda has always favored the extension of patients recreation and occupation facilities.

## MAIL BAG

John E., ward 10, writes that he thinks the paper is wonderful and that he has a garden with rows of tomatoes, cabbage, cantaloupe and strawberries and some pumpkins. (Ed. note - O.K. John, we'll be over.)

Letter from Ukiah Library states greetings to the staff of Pomo News. They have 15,555 volumes.....From L.J., Attorney at law, (ward omitted) sends in a law quiz idea. Within a week, we'll have it in the News...

Betty C, ward H, would "like to express our appreciation for your paper;" she enjoys it a lot and is glad to hear that an orchestra has been started, and she'd like to take boxing lessons. Betty suggests that in the womens' wards indoor baseball be allowed, as well as community singing. Good ideas, Betty....keep writing.

FROM PHYLLIS L.P., ward H:

Some come to Mendocino,  
From drinking too much "vino"  
Others come for a rest  
This the doctors think is best.  
Some work in the sewing room,  
Making pretty things all day.  
Some stay on the wards  
And polish floors, but do they stay?  
Once a week there is a show  
Then to the ballgame we do go.  
But the uppermost thing in mind,  
Is when do we get to go?

O.K. Phyllis, we hope that we can make things more interesting for you and all the patients, so that when you do go, you'll speak a good word for those you left behind.

FROM NANCY ELLEN K., ward K., likes the Pomo News very much. Believes that what Dr. Williams is doing is a wonderful thing and that he is doing everything in his power to make us happy. We should all be thankful to have such an understanding man. Will you state how many books we may have, what day they are to be returned? Wants a sketch of editor and associate editor. Nancy, thanks..but ye law says no! (Ed. note: Nancy how about a little article on "Why I like dogs for pets?")....)

FROM PEARL M. ward D- Pearl writes that the Pomo News has given her courage to write and ask for a conference and wishes Dr. Williams goodwill on his journey to the state capital, June 18-19. And hopes that consideration will be given her case. (Ed. note: that's O.K. Pearl - the motive of this little paper is to help each other, and to bring to the attention of the medical staff what is on our minds. They're willing to help..if we are willing to help ourselves. The name "Trip" is merely a nickname - State regulations forbid using a patient's last name.

ONE NEVER KNOWS

"What's in the wind?" sniffs Clara B.K. Mrs. Hart, her ward H attendant, is Reno bound the next available week-end and blushes becomingly at mention of a new emerald ring she's wearing. "Who's the lucky guy?" continues Clara. We'd hate to lose Mrs. Hart. She and that sweet smile. She has been with us for years."

(Con't on page 5)



## Playgirl III

Robert R. Housel, attendant on ward 12, relates the extraordinary experiences of his dog, Tippie, in the following paragraphs. Many thanks for your contribution, Mr. Housel. It's so "dog"-goned long we'll have to run it in installments. This is the first:

Born on the 14th of June, 1934, a registered Labrador Retriever, nicknamed Tippie because of the white tips on all four feet and on the end of her tail.

Tippie has traveled all over the United States and Mexico prior to World War II, having a letter from the Stattler Hotel Chain, directing any and all hotels to allow her to stay with her owner at all times.

She is a natural retriever, both on land and water; was schooled from the time she could walk to be house-broken and clean. Cobbs wrapped with different kinds of feathers and a 12 ga. shotgun were used from the start, first with doves, pheasants, and grouse, then to the water for ducks and geese. A water dog, she is web-footed and didn't like bull-heads of the desert. She learned that she only had to stop and hold the foot up that had a stick or thorn in it and we would remove it at once. Her only noise to attract our attention was a low whine, never a bark that would startle game. The only time she was allowed to bark was in answer to questions or commands, and for water or food.

### TRAINED TO PERFECTION

She would range off a short distance in search of game. If we couldn't see her we would speak to her, telling her to speak quietly. This she would do unless we didn't answer her, then she would bark loudly like a sea lion once or twice just to let us know where she had spotted game. From the time she was a puppy, the only thing that was ever used to make her mind was her collar. It was used as a strap and she soon learned that to remove her collar was punishment for a mistake and she would do anything at all to get it back on before she was whipped with it.

Having traveled all over the country with me in the car gave her some idea that anything that happened while I was away must be told as soon as I returned. Then she would meet me at the door and wouldn't allow any of the family to greet me until after she had told me what had happened. Her method was to sit on the floor with her front feet in my lap while I asked her what the trouble was, calling the different members of the family by name. If I called the one who didn't have anything to do with it she just whined but when the name was called who was in trouble, she would bark very loud. The kids used to call her the tattletale because she would give them away. They would sometimes take her collar off for telling on them. But she would tell me about it immediately. (Continued next week)

Camera Fans  
ATTENTION!!!

ANSCO COLOR FILM

NOW PROCESSED HERE IN THE MSH  
PHOTO LAB. - \$1.00 PER ROLL

PRINTON PRINTS: PRICES ON REQUEST.



### MAIL BAG (Cont.)

Winifred F. on ward D submits an "optical illusion" that appeared in a Sunday paper.

She confesses that it's got her stumped and asks us to explain its significance. Sorry, Winifred, but after an hour's study of the figure it's still Greek to us. Wonder what the smart people are doing - Hmm?

From ward 1, Nick G. writes that he is a pretty fair billiard player and asks to have a billiard table brought over so that they can have a tournament. Ed, note: Why not, Nick? Att: please - Dr. Goodstone.... John E., ward 10 boils down his thoughts to just this: God meant for us to labor, idle hands seek mischief. "Come unto me all that labor and are heavy laden, and I will give you rest." Well said, John. God didn't intend for any of us to sit around and be helpless but we must have some sort of outlet for the willingness to work, to use our skill, our art... HARRIET N., ward G. writes in that previous to coming to MSH she heard bad remarks about our hospital. Used to be called the Ukiah State Hospital 'ere the name was changed. Harriet further states that now it is going to be one of the best hospitals in the state, thanks to Dr. David Williams and Dr. G. Goodstone...

HOUSEHOLD HINTS from Madame Neil, ward F:

The hope that goes down the drain pipe is a piteous sight to see

If we could only retrieve it

There would be more for you and me

To soak our wrinkles and creases

Our crevices, folds and pores

There'd be enough left over

To even cleanse our sores (Con'd. Pg.6)

# PNEUMOTHORAX VALUABLE AID TO TUBERCULARS

Rest is necessary to healing.

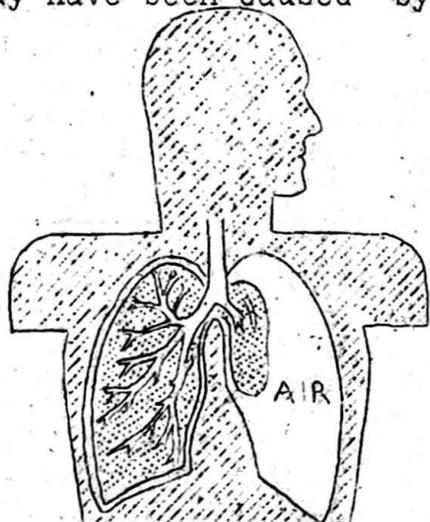
Any injured part of the body heals only if put at rest. A broken leg is put on a splint to hold it steady and keep it at rest.

Rest is also the treatment for tuberculosis. It was upon this simple deduction that Doctor Marcus Schramm effected the practice of pneumothorax at Mendocino state hospital recently. The treatment is now a part of the hospital curriculum and is being given to all patients in need of it.

## Lung Is Pierced

Pneumothorax rests the lung of the tubercular, directly and completely. Punctured, deflated and lying quietly in the chest like a collapsed balloon, the lung has a chance to heal and later may be allowed to inflate again and breathe as before.

Collapse of the diseased lung (see sketch below) also closes any cavities in the organ that may have been caused by



the disease. In such cavities there are thousands of tuberculosis germs which may be coughed up and spread to others. Pneumothorax is, therefore, not only a blessing for the sick but also a protection for the well.

Dr. Schramm is ably assisted in his pneumothorax therapy by Miss Althea West, Norma Garaventa, Mrs. Mamie Chaney and Mrs. Blanch Taaning. All are surgical nurses at MSH.

## HOW'S YOUR VOCABURARY?

Good speech is a "must" in any language. Study your dictionary every day and watch your vocabulary grow! Here's two to practice on:

**SOM'NO-LENT**-An adjective; pronunciation is tricky. DON'T accent it on the second syllable. Means: sleepy; drowsy; inclined to sleep.

**PEN-CHANT**'-A noun. Another frequently accented on the wrong syllable. Means: A strong leaning or attraction; strong inclination.

A note to us via messenger from Mrs. Ervin Burke, clinical office worker, that she "braved the dangers of the wide-open spaces travelling to Santa Rosa June 9 to buy wallpaper, no less." -- Note the "no less". We'll bet apples to donuts that when Ervin gets the bill he'll change it to "no more".

## AWAY FOR THREE WEEKS

Louie Zangerle, head man at the MSH bakery, is on his annual vacation but his faithful help carry on. During Louie's absence Paul Wolf and Henry Figone supervise the labors of five patients: Joe C., Don A., Jim B., Harry N., all from ward 8 and Magnus M., ward 10. Those left to "carry on" while boss Zangerle absents himself are either truthfully unaware of Louie's whereabouts or admirably discreet. Magnus DID mention Sacramento, .. anyway he's expecting to be "in the dough" again by next Monday, June 21. He left May 31.

## SEE SONS GRADUATE

Lenny Wimmer, Billy Hovey and George Ginochio Jr. were members of the graduating class of the Ukiah grammar school last Thursday evening. Exercises were held in the school auditorium at 8 p.m.

The boy's parents, Mr. and Mrs. T. R. Wimmer, Mr. and Mrs. George Hovey and George Ginochio Sr. all MSH employes witnessed the exercises.

## (MAIL BAG (Cont'd)

If Santa invented a gadget

That would really, really work

(Not made just to be in the way and seen) Then F Ward would put in an order

For a "Big one" tinted in cream and green.

And Madame Neil says: Our little Mary after reading about our Mr. Miller, head of "trucking" wishes to start cutting a rug.

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## THE DEVIL VILIFIED

The colored boys on ward 12 heard Willie K., ward 8, denounce Satan and his constant companion, Sin, last Thursday, June 8.

Willie's blast at the Prince of Demons concerned a "four-legged undertaker and a walking graveyard." "The congregation numbered more than thirty, he reports.

His present schedule calls for the condemnation of earthly evils every Saturday at 10am. Last Saturday, June 12, Preacher Willie interested ward 12 with facts concerning "The Prodigal Son."

## REMEMBERS HER FRIENDS

Mrs. Katherine Bush, assistant matron at MSH, sent copies of last week's Pomo News to two old friends of hers now working in state hospitals at Agnew and De Witt, California.

"I'm sure many here at MSH remember Ruth Norman and Elizabeth Cullen," reminisced Mrs. Bush. "I mailed each of them a copy of your June 8 issue.

"Mrs. Norman was a charge attendant on ward B and the receiving ward here before leaving for Agnew," continued the assistant matron and Mrs. Cullen, R. N., was a surgical nurse at MSH until she went to work at the state hospital at De Witt."

Mrs. Bush has been employed at MSH since 1928. "Twenty years next month," she said. "Daisy Edminster, ward A attendant, came here about the same time I did!"

# SPORTS

## HISTORY REPEATS ITSELF

A sports story in the May 25 issue of the Fomo News opened like this: "Errors and apparent lack of practice contributed to the 12-2 trouncing of the Ft. Baker Gunners by the hard-hitting Talmage Sluggers on the MSH diamond last Sunday".

We'll use the same lead again this week, alter the score to read 8-2, change the date to June 13 and -- well, there's your last Sunday's ball game.

Talmage had little opportunity to display their better side Sunday. Their "better side" always shows itself when competition is stiff, so the village nine took it easy after two trips home in the last of the second.

Ft. Baker brought in one run first half of the third which was duplicated by the Sluggers their turn at bat, same inning. First of the sixth netted the visitors another score making the count 3-2 Talmage out front. But shoddy fielding, wild throws and lack of teamwork omened defeat for the Gunners when the Sluggers came to bat last of the sixth and five trips around the diamond upped the count to read 8-2. Succeeding innings were scoreless and at the conclusion of the first half of the ninth, Manager (Top-Sergeant) Cleveland headed his soldiers for home, and "retreat."

Succhesi Jr., moundsman for the Sluggers, was retired first half of the seventh. But Succhesi's replacement wasn't particularly necessary. He pitched a wicked sphere the first six innings. And comes now Jimmie Busch, for his share of credit as an exceptional fielder and second baseman... Young Jimmie's an asset to his team.

## BLUES MAKE BOW

The Talmage Blues, MSH softball team was slated to stage their first game since the team's inception last night, Monday, June 14. The all-patient nine were to meet Richardson's Market, Ukiah team, on the hospital diamond at 6 pm. Below is the probable starting lineup for most of the Blues' softball engagements in the future:

- c - John H. (Chief) P. - ward 8
- p - Jack H. - ward 8
- 1b - Clayton W. - ward 8
- 2b - Frank R. - ward 10
- ss - Henry (Hank) P. - ward 8
- 3b - Bob a. - ward 8
- lf - Harold A. - ward 8
- cf - Al S. - ward 8
- rf - Jorge O. - ward 8

**FLASH!**  
**FINAL SCORE:**  
 BLUES - 5  
 UKIAH - 14

Two distinguished representatives of the Talmage Blues, Hank P. and Clayton W. brought us the nine's lineup and their parting words were:

"Speaking for the team, we're very grateful to Jimmie Laviletta for taking us over-we're going to try and live up to his expectations.

"We are badly in need of caps and jerseys; more equipment, too," said Hank. "We received a chest protector, 5 mitts, one glove and six balls last week," added Clayton "but we haven't enough yet. We are going to see Dr. Goodstone and see if he will arrange to have our caps and jerseys made up in the tailor shop at ward 12 - we figured it would sorta keep down the expense having them made here."

The doubleheader coming up this week-end between Ben's Golden Glows from Oakland and the Ukiah All-Stars should fetch a record turnout both days. The first game commences at 1:30 p.m. Saturday, June 19 and the second will be played in Ukiah the following day Sunday, June 20. Both exhibitions are "benefit" games", sponsored by the Ukiah Lions Club. The proceeds will go into the club's fund for the conduct of local kiddies' Easter egg hunts, Christmas parties, etc.

**JUST PLAIN THOUGHTFUL**  
 Reasons Jimmie Laviletta has so many friends is because he's always doing something for somebody. Just recently he agreed to handle the management of the Talmage Blues, the MSH softball team. Although it's work he knows there's no pay check involved. And, brother, the headaches!

Now comes the word that in his "spare" time (he's an MSH cook and Slugger first baseman, too) he has made over his fishing tackle box into a first aid kit for members of the Talmage nine.

\*\*\*  
 "One of the star members of our team was asked to throw a few curves in 'their direction' by a self-styled sportsman affiliated with a neighboring nine," remarked Foggy Ottoson, Slugger manager, last week. "He was using some of that 'long green' for a persuader," he added, "Course it didn't work."

ALWAYS 'PITCHING'

THE BEST OF  
EVERYTHING



FOR  
OUR  
CUSTOMERS

FOGGY'S

## 'DOC' HOOKS A TROUT

"Good fishing north of Covelo," commented Dr. Donald A. Frost, MSH dentist last Sunday.

Doctor Frost motored to the ranch country early last Sunday and returned the same day with a steelhead weighing nine pounds.

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## ORTHOPEDIC TABLE TO SURGERY!

Employes of the hospital storeroom delivered a new orthopedic table to surgery, ward 9, last Thursday.

The table's chief function is to facilitate the setting of fractured bones and to insure their proper alignment before application of casts. This is accomplished by traction....a pulling apart of the break before setting by means of various pulleys and weights attached to the equipment proper. The table is capable of tilting the patient into any imaginable positions and is raised or lowered by a hydraulic lift. It arrived in parts and had to be assembled here.

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## TRANSFERS JOBS, VISITS, COMMENTS!

Arno Max G., Harold A. and Elmer L. were transferred from ward 15 to ward 8 last week. Elmer L. hired out to the MSH butchershop and Arno changed jobs, from the industrial shop to the machine shop. But Harold A. continued to stay on with instructor Bill Elliott and Ken Williams with full ground parole. Bob A. advanced from ward 14 to ward 8 with the same privilege.

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Jorge O., ward 8, spent Sunday in the company of his wife, Lena, She highwayed-up from San Leandro.

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Elmer L., ward 8 speaks his mind: What would like to see here at MSH is a building with rooms for parolees only with a 'club' room and a good library where a fellow could improve his mind, get himself an education. There's a lot of patients here at the hospital who have had little or no schooling, whatever. I'd think the state would furnish a library for patients here....for fellows who want TO HELP THEMSELVES!"

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## NO IDEA WHAT NEXT MOVIES TO BE!

Due to the lack of information from the Fox Film Exchange, where the coming week's picture was purchased, WE CANNOT GIVE YOU ANY INFORMATION regarding the movie, Saturday, June 19.

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## THE QUESTION BOX.....!!!!!!

We have had so many requests for a question box, that we, add this feature to the Pomo News this issue and ask that your questions be sent in. Keep your 'weather eye' on this column. J.M.S.

## = TUNNEL ECHOES =

Occupational therapy..... there's lots of it handy. Fer' instance..take all of those bricks they tore down recently. Idle hands could clean them all up and build something with 'em...a temporary library, naturally! \*\* "Foggy" asks Chief Pete how long he'd been playing ball... Chief him be 'em catcher for Blues, maybe?.

\*\* The 'Blues' our new softball team needs a little moral support, maybe when we get the band organized it'll help.

\*\* Think it's nice for the ranch to look at the records and figure the big tonnage of stuff they produce...but let's have quality and less tonnage!

\*\* Well, some patient got on the 'beam! Claude H. ward 15, had a couple of boxes of colored slides of his trip through Calif and the boys on the ward thoroughly enjoyed their screening a few nites ago.

" Cigars were being handed out last Thursday by Mel Perrine, ADR cook...reason:blessed event. A baby girl born last Wed.nite in Ukiah Gen.Hosp. and tipping scales at 7 lbs.15.2 oz. That makes 5 Pomoans for the Perrines..

CHRISTIAN CHURCH CONTRIBUTES  
INSPIRATIONAL COPY

"Let Not Your Heart Be Troubled", was one of the opening statements made by Jesus when He taught mankind of the reality of God. That is a good thought for all of us as we face God, and as we face ourselves and our fellowmen. A troubled heart leads to a troubled life; a peaceful heart leads to a peaceful life, Jesus came to bring peace on earth; peace on earth means peace in your soul.

In this life we worry, hate, steal, and even murder in order to have an easier life for ourselves...we do not find what we want! Peace in our lives can come only through the peace in finding God and getting right with the eternal realities of the universe.

Hear again the words of God's Son "Let not your heart be troubled; ye believe in God, believe also in Me."

May the peace of Christ be ever in your hearts.

Oran Bollinger,  
Minister, Christian Church,  
Ukiah, California.

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## MANY FRIENDS

The many friends of Elizabeth C., a patient on ward F, will be grieved to hear of her death last Thursday afternoon. Elizabeth had been one of us since 1932 when she first entered Mendocino State Hospital. Interment was in Ukiah.