



# POMO NEWS

PUBLISHED IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSP.  
Talmage, California

Vol. 1 No. 7

Published Every Tuesday

5¢ per copy  
June 22, 1948

## DR. MCKEEVER HEADS ALCOHOLICS INSTITUTE

Monday, June 14 Dr. L. G. McKeever assumed supervision of the MSH conditioned reflex therapy department for alcoholics. Wards 8 and 9 were brought under his custody, also.

Dr. Gerald Goodstone relinquished charge of both the institute and the wards.

### MSH EXPECTS

#### DIETICIAN SOON

After months of search and inquiry, Dr. David B. Williams, superintendent, expects to add the name of Olive G. Scherf to the list of employees at Mendocino state hospital.

Miss Scherf will be the hospital's food administrator and provided present plans don't go awry, her new duties will begin on or about July 1, this year. Her current address is at Sunburst, Montana.

### TO ASSIST SUPERVISOR

After nine and a half years' employment at the Stockton state hospital as an attendant, Chas. R. Anderson took up the duties of new assistant supervisor at MSH last Tuesday, June 15.

Mr. Anderson is Indiana born but has been a resident of Stockton since 1924.

Mrs. Helen Scholl, MSH druggist, is on vacation.

## MSH ORCHESTRA ORGANIZED FOR SHOW JULY 4TH

### BAND COMMITTEE CHOSEN SUNDAY AT REHEARSAL

Three patients, - Bob N. and Floyd E., both from ward 15 and Phyllis P., ward H - comprise the MSH band committee chosen last Friday, June 18 at orchestra rehearsal in the auditorium. Bob was made bandmaster, Phyllis and Floyd, assistants.

## HEART ATTACK AT GAME FATAL

Death came suddenly to Mrs. Gertrude Orcutt, 101 Highway So. Rt. 1, Ukiah, last Saturday afternoon, June 19, while watching the Oakland-Talmage and Ukiah baseball game at the MSH diamond.

Mrs. Orcutt, in her late sixties was an avid follower of baseball. During the fourth inning she suddenly collapsed.

Funeral services will be at two o'clock tomorrow, (Wednesday) afternoon, June 23 at the Ukiah Funeral Chapel. Interment will be at Eureka, California, the Orcutts' home before coming here.

Mr. Orcutt was an employe here at Mendocino state hospital for "twelve or fourteen years" according to Supervisor L.E. Miller last Sunday. He was an attendant on ward 7 and retired in 1943.

### TO NAPA TODAY

Mrs. Gertrude Elliott, MSH administrative secretary, goes to Napa state hospital today to pick up a list of applicants eligible for state hospital duty. Eighteen hundred out of 2000 candidates passed the examination last March, and only they are qualified for employment, according to Mrs. Elliott.

A one year subscription to the Pomo News only \$2.00

There was immediate organization of a MSH band. It was the first real turnout since the movement's conception by the Pomo News less than a month ago.

Handbills distributed to wards June 19 called a second rehearsal last Sunday.

At that time a list was made up of instruments still wanting. Saxophones, clarinets, trombones, an accordion, -all are sorely needed by members to make a proper showing in the "patients day" -Fourth of July celebration less than two weeks distant.

### NEED HELP

Hospital attendants and employes can help accelerate the completion of the MSH orchestra by loaning them musical pieces until they procure their own. Such thoughtfulness would be tremendously appreciated by sponsors of the band as well as the members themselves.

Thanks, Mrs. Edith Ray, for your contribution of a violin to the MSH orchestra -- you were the first to help out!

The Pomo News needs help. If you can type; a good speller, come in - see us.

REQUESTS DISCRETION

CONTRIBUTORS TO THE POMO NEWS:  
 Dr. Goodstone asks that your correspondence to the Pomo News be restricted to general information. If you have a PERSONAL grievance regarding conferences, release, etc. we suggest that you contact your doctor.

HERE FROM SAN PEDRO

Mrs. Louise Pellegrini and husband are MSH visitors this week. They arrived last Thursday, June 17 from San Pedro where they make their home. They will be here 10 days.

LIKES POMO NEWS

"You have a fine newspaper", commented Mrs. Pellegrini in the Pomo News office, last Friday. "I thought at first that news about the hospital would be awfully 'dry'," she continued, "but I was wrong. It's nice to know what the patients are doing and how the doctors feel about them. I am going to subscribe before I leave."

CONFINED TO HOSPITAL

Elmer J., ward 14, was transferred to ward 9 for treatment and possibly an operation for a past ailment last week. Elmer is a spray-gunner in the paint department of the Industrial Shop.

SPENDS WEEK-END HERE

May K. Weinman, surgical nurse at the Huntington Memorial hospital in Pasadena, visited Hank P., ward 8 last week-end. Miss Weinman, a friend of Hank's family, flew here and back.

A.A. MEET HERE

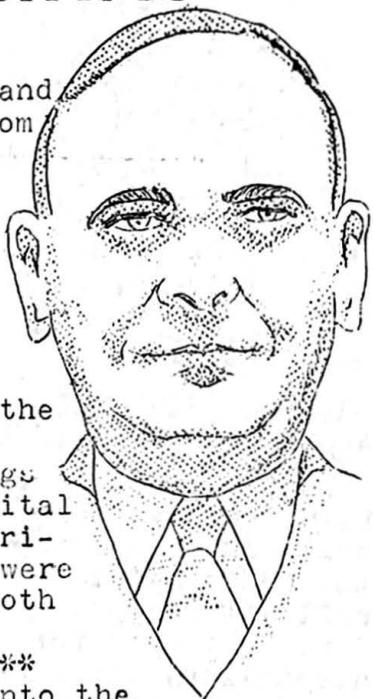
The arrival of seven members of the Santa Rosa chapter of Alcoholics Anonymous last Sunday, June 20, marked the initial meeting of that organization at MSH. About 70 patients were present.

To meet our "deadline" this week some copy had to be shortened and some held over for next issue. Sorry - couldn't be helped.



**DR WILLIAMS SAYS:**

Mrs. Williams and I arrived home from Sacramento last Saturday night, June 19. The weather was hot during the day in the capital city but it cooled off nights. We stayed at the El Rancho the two days we were there. The meetings of all state hospital superintendents Friday and Saturday were all day affairs both days.



\*\*\*

I gave Sacramento the SOS regarding our need for more buildings here at MSH. I also submitted a bid for three pre-fabricated structures for a canteen, library, and a recreation (club) room for you patients. They will try and find something suitable in Southern California, maybe at places like Camp Beale. It's hard to say just how long it will be before the "pre-fabs" actually get here.

\*\*\*

Out of two thousand applicants seeking jobs as attendants at state hospitals, 1800 passed state examinations last March. That's a good average.

\*\*\*

The attendants training program now going on here at MSH is being received very favorably at Sacramento. The program started last March 16 and there are now 162 of our employees taking the course. All employees who have started to work here since 1941 and those who have had no previous attendants' training are attending classes weekly.

\*\*\*

There was lots of discussion about sundry topics during the two days meet but time nor space doesn't permit me to go into them now. I'll bring them up one or two at a time each week in the future.

\* TYPEWRITERS  
 \* CALCULATORS  
 \* ADDING MACHINES

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## POMO NEWS ART CONTEST

Here's your chance to see how good an artist you really are. With this issue begin weekly contests which expire in July and are open to all patients of all wards. Prizes will be given for both men and women entries. Doctors of the institution will be the judges. Parolees may use the Art Department of the Industrial Shop any time to make their drawings. Drawings will not be judged on materials used but purely from originality, simplicity, and timeliness.

Submit your drawings to your charge attendant who will see that they reach the Pomo News Art Editor. Best drawing each week will be reproduced in the Pomo News and will be eligible for the grand prize which will be awarded at the close of the contest, July 31. Art materials, such as paper, pencils, charcoal, art gum erasers, etc. may be obtained from the Pomo News.



### BRINGS HOME BACON

Harry F. Johnson, charge attendant of ward 8, won a horse trophy and a blue ribbon "to boot" at a horse show held last June 6 at the Twelfth District Fair Grounds, Ukiah. The affair is an annual event and is sponsored by the Ukiah Riding Club of which Harry is a member.

The trophy, now a permanent fixture in the Johnson household, was awarded Harry who entered his black and white, registered nine-year-old stallion in the show. The horse was first in the "color class."

The Pomo News is a non-profit project of the Occupational Therapy Department of MSH.

### TO TOUR CONTINENT WITH PARTY OF 20

Virginia McKellup, teacher in San Francisco schools, visited her mother, Mrs. Lucy McKellup last Tuesday, June 15, prior to her departure abroad from New York next Friday, June 25.

Miss McKellup will be one of a party of 20 to tour London, Paris, Geneva, Copenhagen, Stockholm, and cities in Italy and Czechoslovakia. They will return to the states on or about August 25. The trip is conducted by Reverend Fisk, San Francisco educator and lecturer, and is a part of Miss McKellup's post graduate work. She will write three articles pertinent to Europe's economic status during her two months' travels abroad.

Miss McKellup's mother has been a relief night attendant at MSH since 1942 and is one of the hospital's Gold Star Mothers. She lost an only son, Cpl. Paul Victor McKellup, in the last war.

## NEW LIGHTING IMPROVES ADR

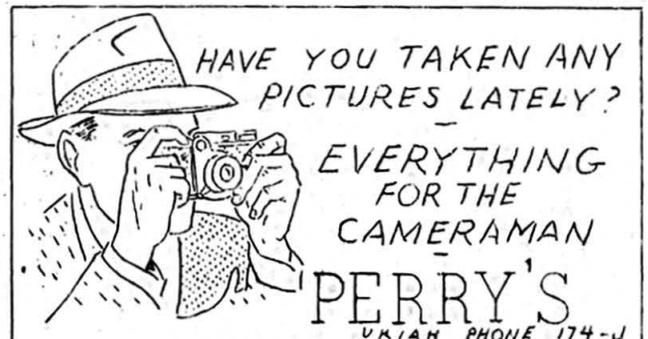
The last of five new florescent lamps was installed in the attendants' dining room Tuesday, June 15. The additional lighting, sorely needed, is expected to expedite service and facilitate the seating of some 78 employes. New cups, creamers, saucers and glasses made their appearance the same day.

Conscientious management on the part of George Ottosen (a.m. shift) and Mrs. Ida Mosley, evening charge, has resulted in not infrequent comments relative to the department's efficiency. Mrs. Mosley's husband, Lee, is charge attendant at ward 7 and she has been at her cateress' post the past five years.

### ATTENDS FATHER'S FUNERAL

Marvin Bowen, MSH maintenance employee, received word last week that his father had passed away in San Francisco last Thursday, June 17. He was 70 years old. Marvin left Friday to attend funeral rites held in San Francisco.

FRANK W. R. who worked at the MSH greenhouse and groomed hospital lawns and shrubbery is gone and Hank . . . ward 8 replaces him as nurseryman and keeper of the turf.



# PLAYGIRL GOES TO WAR

(Cont'd. from last week)

When the war broke out, my boy took her to see the work of war dogs who had been trained for duty overseas and he began to train her at once for service, with the aid of the Army dog handlers. She could do anything any other dog could do in 60 days, and because of the type of bark she had they wanted to use her for shore patrol, which she did for two years. She would walk with her handler on shore duty and when she would see an enemy she would bark like a sea lion. That fooled them and they would come out of hiding to look for it only to be shot by her handler. This service gained her the rank of captain and a citation signed by the late President Roosevelt for service to her country by capturing and destroying over thirty five of the enemy personnel.



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destroying over thirty five of the enemy personnel.

## 'JUMP' TOO HIGH

Upon her return to private life we took her to northern California and Oregon to hunt ducks. She went to work just as though she had never done anything else. While in Oregon she would follow my son into the mountains on skis and make every jump he did. One jump was too high and she dislocated her front shoulder. The army 'vets' put a brace and harness on her that held it in place for six months then it was removed. The following winter she jumped off a high rock after a bird that was dropped and dislocated the shoulder again. This time it was for good. The army 'vets' took X-rays and tried to repair it, but the socket was broken in three places and calcium started to form over the joint which caused her to go lame. She will remain lame until she dies.

## LIFE OF EASE NOW

She is now retired. We never allow her to hunt, or do anything that would cause her any suffering with that bad shoulder. Her home is the back seat of the car. She is let out in the mornings, watered and returns when I can feed and water her in the evenings. No one has ever bothered the car for once they try to get into it they meet her only to be driven back. Then she will lie down again watching them until they go away.

Her diet has been Gaines dog food just as soon as she was able to eat it, along with what table scraps, soup, etc. that was left.

She was never allowed any cooked bones and very little cooked meat. One could put anything on the floor to eat and unless she was told to get it she would stay there with her mouth watering and whine until she was told to get it.

She is fed once a day in an old cast iron frying pan she has used from the start because it was heavy enough that she didn't push it over trying to eat. It followed her into and out of the army and she still uses it.

## HEARTY IN HER DAY

When she was in her prime she weighed 120 lbs., and even though she is black she could stand the heat of the desert as well as any horse we had. Often she would be gone all day with my son while he rode fence, and if he would come home and get a gun she would pester him until he took her out and shot a few birds.

She won't go without her collar. When we put it on loose (so it will drop off) she will carry it all day in her mouth rather than be without it, for when it is off she knows it is for a whipping. As long as the collar is in her possession she knows she is safe.

These dogs have a fine down-like hair under their coat which is very waxy and keeps the cold water from bothering them. It takes about two hours with soap and water to get down to her skin which is white and it takes her about thirty days to secrete the wax back into her coat.

If any of the patients wish to see her, with the permission of Mr. Miller, I will gladly take her to any of the wards whenever time permits.

## TUNNEL ECHOES

Don Alexander, asks how come no tables or benches for visitors to eat on? By the way, can relatives or visitors eat in ADR while here on week-end? Ten patients would like to know.

CSEA members will have a feed July 11 IF they pay their dues by July 9...no dues...no barbecued beef at shindig next month at MSH dam.

Why not let Walter A, play his fiddle or violin on public address system?

Mel Perrine still lights the kitchen stoves...but at a distance of about five feet.

Bill Davis has collection of books on history of Mendocino and other counties. A veritable library, we hear.

Color film now being processed here at MSH Photo Lab. It's expensive, but more colorful. But don't attempt it unless you have

(Con'd. p. 6)



Address all "letters to Editor" to Pomo News...Care of Dr. Goodstone

#### WOULD EXPOSE THIEVES

"I have been prompted to institute a lost, found and stolen column in the Pomo News," writes Frank W. O. from ward 2. Apparently F.W. O. is in charge of the clothes room. He reveals the theft of a patient's pair of shoes while dressing a man for conference recently and adds: "This isn't the first time it has occurred. Just as a lesson I suggest that anyone caught stealing from a patient, attendant or the state be written up in the Pomo News!" Frank concludes his letter with a hearty "bravo! for the MSH fire department -he's seen them in action at both practice drills and real, sure 'enuf fires.

#### WANTS LIBRARY BOOK

Harriet N. on ward G pens, "I read in the Pomo News that you are going to give the patients a library. Would you please let me have 'The Great Controversy' by Ellen G. White? Thanks very much."-----Ed. note: It's your kind of letters, Harriet, that make us feel like waxing the fight for a patients' library to fever pitch. Don't give up; we haven't!

#### COMPOSES TUNE

The Shoe Shop and ward 15 is represented by John J.S. who proffers us a catchy tune entitled, "Mendocino Lullaby" or "Song of MSH." But for the scarcity of space, John, we'd publish the song in its entirety. But we have to be fair with all in regard to allotment of the length of contributions. Maybe next time, huh? And thanks--.

#### ANSWERS WARD 7 REQUEST

Regarding a request from Frank B ward 7 for "instructions on the mandolin" in a previous issue, Robert C., a ward 12 occupant who informs Frank that "he may obtain this information via purchase of a book on self-instruction which may be purchased for a dollar or two at any music store."

#### WRITES FROM SICK BED

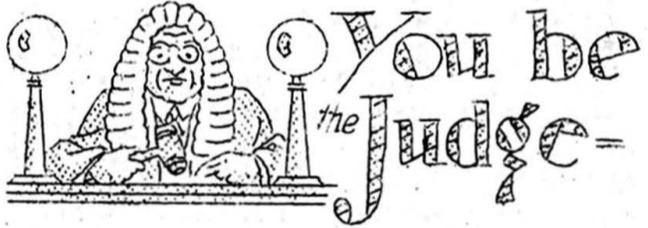
Thanks, Chas. M., ward 9, for your "info" about your newly coined word i-m-p-e-r-t. Charlie says it's not in the dictionary but suggests for a definition: one who is impertinent enough to talk authoritatively about something of which he knows nothing. Says he never misses "How's Your Vocabulary?" each week ---he was in bed sick awaiting reports on three X-rays of his "misbehaving interior" when he wrote us the above.

#### WANTS BOOK FROM LIBRARY

Card games and bingo appeal to Nancy Ellen K., ward K, and she tells us that Helen D. and Florence R., both of ward E are good players, too! She wants a patient library so much...asks us to send her a book...and ends up with "I think my ward is a swell one. The nurses are one in a million!"-Thanks, Nancy Ellen. We'll note your book and see that you are among the first to receive copies from the library, which is as yet inoperative.

#### SALUTES 'NEWS' WITH POEM

Ward A greets us in the person of Alice G. who submits a poem she concocted entitled "Pomo News"--That's durned sweet of you, Alice. And to show our appreciation we are publishing it on page 8 in this issue. We need this space for other donors...  
**BOXING LESSONS:** Betty C., ward H is a determined soul. Again she suggests boxing lessons for the girls, community singing, and expresses her appreciation for the News.-Ed. note: Let's not send in news and sign someone else's name, even in fun, girls. Practical jokes have spoiled many a friendship.



**WELL HERE'S THE LAW QUIZ:** We'll run it straight through to save space.. all set?..Here are some common legal words and phrases that appear frequently in the newspapers. This is presented not only to increase your ability to understand judicial terms but to test your present aptitude at legal phraseology. This item was sent in by L. J., Attorney At Law....ward (?). Score one point for each correct answer. A score of 6 is excellent; 5, good; 4, average. (Ans. on page 8) 1. When a defendant in a criminal case pleads "nolo contendere" he is pleading: (a) Guilty (b) Not Guilty by reason of insanity (c) I do not wish to contend. 2. When a lawyer moves to dismiss a case on grounds that the "corpus delicti" was not established his argument is: (a) The court is without jurisdiction to try the case (b) The body or substantial facts of the crime have not been proven to exist (c) A witness for the state presented false testimony. 3. What do lawyers mean when they use the term, "ex post facto?" (a) The evidence is unlawful (b) The judge is noted for his legal ability (c) After the deed is done. 4. To demur to an indictment is to (a) Object (b) Plead not guilty (c) Agree. 5. Cohabitation between persons related within degrees wherein marriage is

(MAIL BAG Cont'd.)

A LETTER TO DR. WILLIAMS

"Dear Dr. Williams: I have read what the Pomo News says about patients making oil paintings, to hang on the wards. That's right in my line. I used to be a professional artist--I also have a small box of oil paints--but I need turpentine, white lead, brushes. If I could get these necessary materials I could do some good work at the Art Shop where I work. Sincerely, Portia T., ward H." -Portia sent her letter "c/o Pomo News" so she'd know the doctor saw it.

CLARA'S GOSSIP ABOUT

"Spring has sprung!" exclaims Clara B. at ward H. "With catalpa and mock orange blossoms in the air--umm!" Clara whispers that Attendant Ruth Sellers has confided that she might go to Reno and join her chum, Ettie Hart, who is getting married there. Clara bestows her blessings on Attendant Sellers and concludes her message with "Green rings and what with spring-makes maiden hearts do romantic things."--Ed. note: You write a nice hand, Clara. Your contribution is exceptionally legible and just the right length. Send us some more.

LIKES 'NEWS'...BUT WHERE'S BOOK?

Excerpts from letter by Ray L.A. ward 14: "Enjoying very much the Pomo News. It looks like every issue is getting better and I don't think it will be long before it's a regular newspaper. (If "regular" means PRINTED --the sooner the better)\*\*\*saw the paragraph about the cannery in Dr. Williams' column \*\*\*I'm not bragging but the cannery here is one of the cleanest and most sanitary\*\*\*by the way, where is the MSH library and my book of U. S. History and when do I get it? (Soon, we hope, Ray - soon)\*\*\* There are seven English walnut trees near ward 14. I pick them every year and give them to Supervisor Miller, Giles, Bradford, and Kelly Thrailkill."

LINGUIST TRANSLATES POEM

George K. who stays on ward 9, mailed us a poem June 14 entitled "Each Man's Cross", and was translated BY HIM from German to English. "The original written in German," relates George, "is about 120 years old. I memorized it in school as a 14-year-old and still can recite it today\*\*\*."--Thank you, George. We are running it next issue. Your dog story on hand, too. It's good.

SHE'S TOO MODEST

Phyllis L. F., ward H, dedicates another poem this week. How about "giving with" some news, Asst. Bandmaster? You were crowned that title at a recent orchestra rehearsal, if we're not mistaken.

HERE'S SOME 'WICKLES'

F. B., ward C, turns in a poem concerning the monotony of "settling in one place so long"...Wednesday,

June 15 is the datemark on John E.'s contribution to the Mail Bag. Grates, John. Maybe we'll have more room next week...Your message received, Arle W., ward 14. Arle says, "I'm not interested in the Pomo News - just the outside" ...Phyllis L. F. on ward H again. This time with late information on Attendant Ettie Hart who sent Phyllis a postcard picturing courtesans at Reno and this inscription beneath: "Here's where I tied the knot"...K.E., ward 8, sends in his arithmetical solution to the bread slices question. Your first number was correct, K.E. - 8,176,000. Thanks and congrats!

(Tunnel Echoes Cont'd.)

plenty of SUNLIGHT...

Why not a couple of cigarette machines in the AD building? and sandwiches at the ball games?

Suggest that a printed pamphlet be issued picturing "WHAT GOES ON AT MSH" or "NO IDLE HANDS HERE."

Visitors would appreciate it, and the outside world would get a better picture of MSH.

Everett L.S. forsook his chef's cap at ward 14 to shack up nights at ward 8 and help days at Supt. Williams' home. He is a carburetion and ignition expert, and a veteran of World War II. He followed the entire course of the European theatre of war, was in the artillery observation service and flew piper-cubs and Aerona planes. Everett is a specialist in his field, factory trained..taught carburetion and ignition at Fort Lewis, Washington, while in the army. And when the dad-blamed engines just wouldn't run..they turned 'em over to E.L.S..and they were back in the ether in nuttin' flat!

Ed Veronah got the all-clear signal regarding construction of two croquet courts on the grounds last week. Requisition for material needed is now in J.J. Garvey's business office where work orders will be issued to various departments.

How many more computed the number of slices of bread used during 365 days, here at MSH? It was 700 loaves per day, 7 days a week, and there're 32 slices to a loaf..The "mission wonder" turned in one figure and Stanley P. "arithmetician" 8,176,000.



URJAH

LINOLEUM SHOP

LINOLEUM-VENETIAN BLINDS - SHADES AND ASPHALT TILE

MARIO VALENTINI

PHOTO  
1219-W

311 10 MAIN

URJAH

(MAIL BAG Con'd.)

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UKIAH

LINOLEUM SHOP

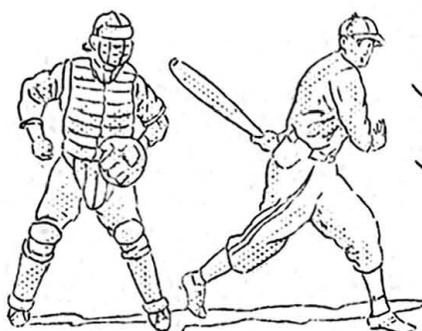
LINOLEUM-VENETIAN BLINDS -  
SHADES AND ASPHALT TILE

MARIO VALENTINI

PHONE  
1519 - W

311 50 MAIN

UKIAH



# SPORTS

## TALMAGE SPLITS DOUBLE HEADER WITH OAKLAND

### BLUES-BUTCHERS GAME & SOFTBALL STARTER

Ward 12 attendant Glenn Pool was base umpire for the Talmage Blues - Ukiah "Butchers" softball mix Monday evening, June 14. Henry N., Slugger masseur who dons pajamas at ward 10, umpired at the plate. It was a maiden event for Jimmie Laviletta's hospital boys. Richardson's Market (Butchers) took first money to the tune of 14-5.

Latest reports are that some members of the Blues, aren't too "regular" at practice sessions held most every night after evening chow.

When questioned regarding their apparent indifference towards the success or failure of the team, a few observed that "no doctors, no patients were at our first game. We were kinda disappointed, I guess.\*\*\*"

Talks with Elwood Hachmann, MSH Tin Shop boss and Jimmie Laviletta, Blues manager, yesterday (Monday) revealed that definite arrangements had been made for the Talmage Blues, hospital softball team, to face the

### SLUGGERS TAKE FIRST GAME

The Talmage Sluggers and Ben's Golden Glows from Oakland split a double header last week-end. The bay boys shouldered the final game Sunday, June 20 at Ukiah and went home consoling themselves with the thought that "half a loaf is better than none".

Their 5-2 win over Talmage Sunday helped to dispel any memories of their lacing at the hands of the Sluggers the day before on the MSH diamond before one of the largest bleachers assembled this season.

Shortstop Wada of the home team swatted a perfect hit over the left field fence in the last half of the eighth and circled the diamond for a homer. Wada's non-stop score more or less compensated for the damage wrought by the Golden Glowers during the first of the seventh when the Talmage nine permitted the foe to add five runs to the score - their side of the tally.

But the grim total at the conclusion of play is what counts. It was "grim" for the Oaklanders, anyway -- 10-6 Talmage.

Follows the line-ups of both teams:

<u>TALMAGE</u>		<u>OAKLAND</u>	
Wada	- SS	Lake	- CF
Meyer	- RF	Macedo	- 2B
Lockhart	- 3B	Bates	- 1B
Brazil	- C	Lombardi	- C
Guidi	- CF	Sabatini	- LF
Meyers	- LF	Brassi	- 3B
Laviletta	- 1B	Sousa	- SS
Valentini	- 2B	Ramondi	- P
Severi	- P	Grocas	- RF
Kirkland	- P		

de Molays, Ukiah nine, sometime this week. "But I don't know exactly what day the game will be played," said Elwood.

### SLUGGER VICTORY CLOSE

Otto Severi pitched for the home town boys last Thursday night,

June 17, and his hurling resulted in a close win for the Sluggers over the Willits nine, 3-2. Ernie Mosna (old reliable) netted two double base hits during the game which was played on the Willits' diamond.

ALWAYS 'PITCHING'



THE BEST OF

EVERYTHING

TO OUR

CUSTOMERS...

# FOGGY'S

### WE'LL TAKE LOUIS

Tomorrow night is THE night so far as a lot of us are concerned. Joe Louis dangles his heavyweight crown before the eyes of Jersey Joe Walcott at New York for the second time this year.

You've bartered lots of opinions by now but here's another: It'll be Joe by a kayo AND in an early round - say the fourth.

No? Then we suggest you read Paul Gallico's Cosmopolitan "short" in the May issue citing the "fifth factor" - and he's so right!

**BACK ON THE JOB**

Mattress Shop Instructor Marion Freitas entered a San Francisco hospital last June 7, underwent an operation to better his sight and was discharged as well. But ensuing pain prevented his immediate return to duty here and he remained three days with his sister, Lucille Kelez of that city, until he was fit to travel. ---

Woodrow C. who beds at ward 8, was paid a surprise visit by his mother from San Francisco last Tuesday afternoon, June 15. "Woody" is staff cartoonist and typist on the Pomo News. ---

*Busy Hands* SPEED  
RECOVERY

**INDUSTRIAL SHOP NOTES**

Always mindful of the undying need for more occupational therapy, W.A. (Bill) Elliott, head of the MSH Industrial Shop has again shown initiative by introducing new work for patients under his supervision.

Ken Williams, assisting Mr. Elliott, is in full accord with the latter's ideas to provide patients with more useful trades than the hospital now affords.

The shop's latest innovation is a spinning machine, recently completed, to be used for modeling pottery. Leather work is in the offing and provided the cost of hides doesn't soar too high, shop patients will soon be tooling wallets, purses and other leather effects.

Plastic work will be another vocation available. Although the current price of material is high, pursuit of the art will be open to all who want it.

"Art students who are devoted to their work and who would like to spend a few hours each day quenching their urge to create, are welcome to visit us," said Mr. Elliott. ---

Your copy of this week's issue of the Pomo News is in the lobby of the MSH Administration building. Only 5¢ Every Tuesday

**PSYCHOTHERAPY..**

MINDFUL TABLE TALK.

By presenting the following beliefs we may help to enlighten others in seeing eye to eye with science and its conception of mental disorders. One of the misconceptions that still lingers in the public mind is that mental disorders come suddenly and that once a victim always a victim. There are some who believe that derangement comes from God or that it is inherited and something which can't be understood. There are those who think that mental disorders are incurable, that state hospitals for the mentally unbalanced are dreadful, unspeakable, places; that their commitment to one of them means the end of everything.

They are convinced that emotional shock, the loss of dear ones, disappointment in love, economic failures and other human misfortunes are wholly responsible, (not just contributing factors), for their collapse. Some believe that there is no protection against mental instability; that a person is either sane or mentally abnormal. Many are of the opinion that "nervous breakdown" is a disease of the nerves. Next week the Pomo News will bring you WHAT SCIENCE IS TEACHING TODAY. ---

**POMO NEWS**

By Alice G. (Ward A)

Tuesday was a day like any day-  
The Sun came up and went away.  
Now it's a day we like to choose  
Because it gives us Pomo News.

We like to hear what doctors say  
What patients thought "They could  
play"

An orchestra would be first class  
We wonder who will really pass.

Our Mr. Garvey's in for sports  
Do you suppose he's ordered shorts?  
There's boxing gloves for "alcohols"  
And for "D.T.'s" there's basketballs!  
Swift and Bill won't have the  
shakes

The folks at home Now Pomo takes.

It's Dr. Williams heads the staff  
He likes it if you send in a laugh  
'A hospital should be full of cheer'  
Suggests take "Pomo" by the year!  
In this brave effort we wish you  
well  
And hope every copy of Pomo will  
sell.

---  
HERE'S YOUR ANSWERS TO L.J.'S LAW  
QUIZ ON PAGE 5

1-c	4-a
2-b	5-a
3-c	6-c

WHEN IT'S PICNIC TIME IN  
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# POMO NEWS

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

Supervised by Dr. Gerald  
Goodstone, Clinical Dir-  
ector

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

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the Occupational Therapy  
Department

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per year.

## THOUGHTLESSNESS

By A. R. T.

The danger of speeding cars about the hospital grounds, jeopardizing the safety of patients, has been stressed before in this space.

But an even more vicious habit of motorists has come to our attention recently - that of improper parking.

Thoughtlessness and remarks like "I never thought of it just that way" will undoubtedly account for most of the employees' cars hugging the rear of ward 9 each day. But just such thoughtlessness may be responsible some dead-of-night for the agonized screams of some fifty patients - helpless, trapped, doomed to fiery death - all because of thoughtlessness.

So let's think of it "just that way". Let's think about blocking the fire department's only entrance to a ward next time you park your vehicle. Let's think about it then DO SOMETHING ABOUT IT. Don't let "thoughtlessness" brand you a murderer.

Bring your subscrip-  
tion to Pomo News Head-  
quarters in the Social  
Service Office, Admin-  
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anywhere in U.S.A.  
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## READ IT DAILY

By now some patients will have noted the new Pomo News bulletin board just inside the east entrance of the administration building "tunnel." It's on the south wall and is reserved for bulletins and data emanating from Pomo News and Photo department headquarters ONLY. "People at work" will be the motto of the Pomo News Photo department.

A news contribution box is being built by Joe Addor and will be placed close by the board, for the convenience of patients and employes wishing to submit news, suggestions, opinions, etc. to the hospital newspaper.

We are indebted to E. J. Veronda, MSH Mason Shop charge, for the 30" x 43" poster board. Following our humble plea for its creation, Ed graciously complied and endeared himself still further by nailing 'er up on his "day off."

## MUSIC TO OUR EARS

You're feelin' bum'... 'sa rotten day... chow's awful... you're outa smokes... there's a taste in your mouth like the inside of a motorman's glove. Then, from out of the depths comes "Here's a letter from Mom. Thought you'd wanta read it."

We read it. And we're grateful to its originator, Mrs. M., of Bolingbroke, Ga. for our sudden return to normalcy afterwards. Her missive is dated June 10. Here 'tis, verbatim:

"Yesterday I received a copy of the Pomo News and have read every word of it three times. It is splendid and it's very gratifying to know their (the hospital's) attitude toward the patients.

"I notice on page 9 that 'Al M. ward 8 was promoted to serving in ADR.' Also that 'Drs. McKeever and Blair are still back east, Dr. McKeever being a member of a deportation party that left a couple of weeks ago. I hope they will be paroling you soon. \*\*\*"

## Spending Summer Here

Mary Buchanan, daughter of Mr. and Mrs. Donald Buchanan, is spending the summer with her parents here. Mary returns to high school in Santa Rosa this fall. Her father is a MSH attendant on ward 7 and her mother is employed in the same capacity on ward H.

## LEAVES BIBLE AND PAPERS

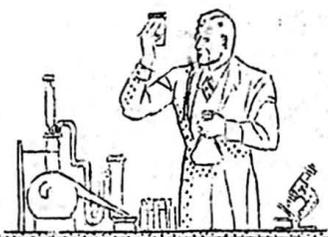
"I left a Bible, and a stack of Christian Science Monitors at the Pomo News office in the administration building awhile ago," said Cromer G. Nelson Jr. to a reporter for the News last Friday afternoon June 18. Mr. Nelson is a representative of the society and has offices in San Francisco. The organization has just completed the erection of a chapel at San Quentin Prison, he reported.

## HOW'S YOUR VOCABULARY?

Ther'ia-PEU'TICS - (n.) meaning: that part of medical science which treats of the discovery and application of remedies for disease. "Therapy" is synonymous but chiefly used in compounding words, as hydrotherapy.

PSY-CHO'SIS - (n.) A psychological term meaning: A concrete psychical process or element; also, any total consciousness at a given moment. Medical definition: a disease of the mind.

## WARD FOUR AND INSULIN



Recollection of books depicting one's restoration to sanity via crude treatments in the past such as placing the patient on a piano stool and whirling him rapidly round and round; a pistol report behind his back when he least expects it; throwing the patient into a snake pit (literally) -- all such antiquated "frights" designed to cure the mentally ill overtook a Pomo News reporter last Friday afternoon, June 25, while at ward 4.

After a 30 minute stroll through the ward and a brief talk with Mrs. M. N. Humphrey, charge of insulin shock treatment, the sharp contrast between the processes of shock therapy as practiced now and decades ago was incredible.

### No Malaria Now

At present there are 14 insulin "shock" patients, (one a woman) and three diabetics being treated on ward 4. Diabetics receive insulin injections twice a day, the amount of the injections depending entirely upon the quantity of sugar in the urine, reported Ella Coleman, relief nurse, in charge of diabetics. Malaria cases are quartered here too, but none occupied cots last Friday. As a rule, there is at least one malaria patient on the ward at all times, in care of Mrs. Russell who keeps an expert watch over the patients when the doctor himself is not on the ward.

Insulin shock treatment is given to patients daily except Sundays, each treatment lasting from 4 to 5 hours. Insulin, as defined to benefit the laity, is simply the purified juice from a pig's pancreas and its injection is intermuscular. All patients receive 20 units the first day. The dosage is gradually increased depending largely upon the patient's physical condition and response. Usually the patients do not go into a deep sleep until after the first week of treatment.

### Patients Gain Weight

One odd note of our insulin expedition was the fact that despite the fact that insulin patients perspire profusely they continue to gain more weight each week of their stay. This is due to an increase in total amount of food eaten due to increased appetite from the insulin. (Insulin is often used in smaller doses just to increase appetite.) Their dispositions are cheerful, they have no fear of the next injection and like to josh each other about their experiences during insulin treatment.

Mendocino state hospital has been using insulin for shock treatment for only the past couple of months but the insulin way of conditioning the mind is not new. Recently the hospital abolished the use of metrazol in favor of the more successful "pancreas juice" treatment. These cases were housed in ward 4, also.

Aside from their daily contact with the needle, ward 4 patients follow the normal pattern of life. They're avid softball fans and each day after the noon meal they hie themselves to the MSH baseball diamond for "workouts" amongst themselves and attendants.

## LEADS COLORFUL LIFE

Mrs. Edith Tuomey, ward 7 attendant for the past ten years, is responsible for the planting of the beautiful flowers around the ward. A decade ago there was nothing but a backyard but her love for gardens and flowers soon changed the barren spot to one of color and beauty. The varied hues of the poppies and other blooms tempts the col-



or camera fan to try his hand. Mrs. Tuomey has taken several color pictures of the blooms in the past. She hails from Illinois and came to California in 1918. The "lady of the flowers" stated that ward 7 was built back in 1908 and was then only a frame building. It was rebuilt and modernized in 1929 and houses 300 patients.

## SUBSCRIBES FOR A YEAR

The name of Mrs. Flo Trotignon, R.R.1, box 136, Oceanside, California, is added to our list of new subscribers this week. Art M., ward 15, subscribed for her last week for a year.

## TO FISH IN WISCONSIN

Mr. and Mrs. Ralph Chaney left last Saturday, June 26 for Lake Michigan and a 24 day fishing trip at Kewanee, Wisconsin. On their way back Ralph and the "missus" will tour Wyoming, Colorado and Missouri, his home state. Mrs. Chaney works in the MSH business office and Ralph is employed in the supervisor's office.

MSH employes may contact the Pomo News anytime they wish odd jobs done. Phone 69.

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# POMO NEWS

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## SORELY NEEDED

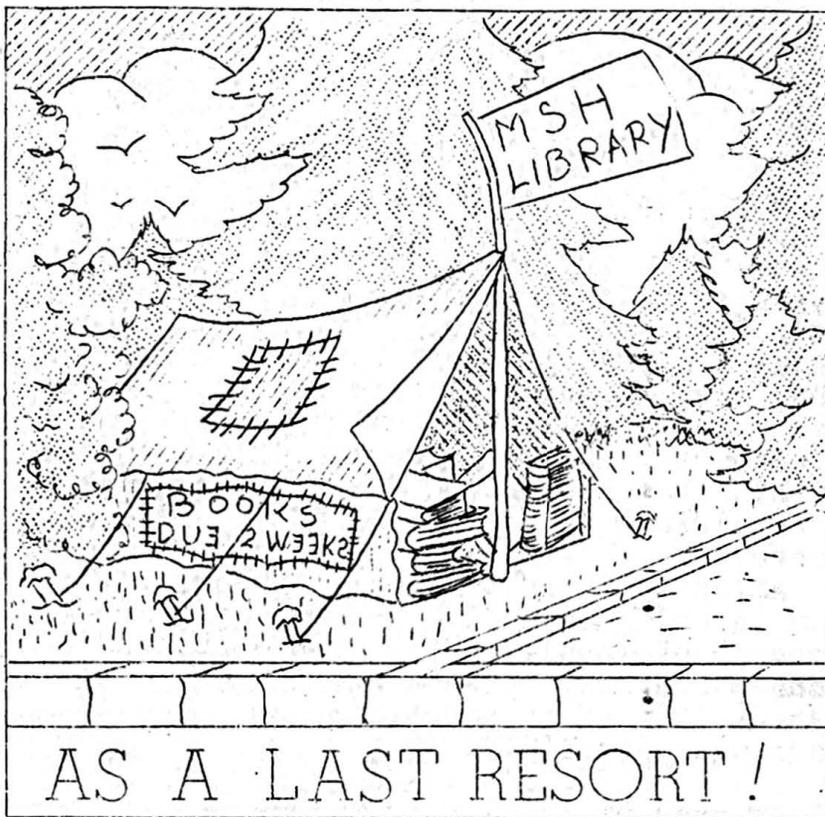
Requests for library books continue to mount. The patients' pleas are not for ten cent comics or light reading but for editions highly recommended by literary connoisseurs. It is our sincere hope that hospital officials will soon heed our oft repeated cries for an MSH library and make available to patients scores of dust-laden volumes that grow moldy with disuse.

## MORE ABOUT PARKING

The spirit of cooperation and the righting of a wrong manifested itself last week by the conspicuous absence of parked cars in the rear of ward 9.

But our thirst for the establishment of proper parking regulations at MSH will not be fully quenched until something is done about illegal parking and consequent congestion along the street in back of the administration building where long, unwinding snake-like vans discharge their cargo daily.

Must others stop, back up, take another more indirect route all because of the thoughtlessness and audacity of drivers who park their vehicles at such absurd angles that others are



AS A LAST RESORT!

barred use of the street? And are those same drivers capable of animating the charred, lifeless body of a patient who might still be alive but for the few minutes it took the fire truck to back up and go around?

Let's not have cause to lament, "It couldn't happen to us -- but it did!" By A.R.T.

## LAST QUAKE 5TH IN 13 YEARS - FIRE MARSHAL

That tremor felt a couple of weeks ago - June 17 at 3:35 a.m. was the fifth quake to be felt in the Ukiah area during the past 13 years, according to L. G. Von Schrittz, MSH fire marshal.

Fire Marshal Von Schrittz, an MSH employe since 1935, studied mineralogy while attending a mining engineering school in Colorado during the early '20's and is versed on the "whys and wherefores" of earthquakes. He was at the Santa Barbara quake in 1925 as well as a witness to the Long Beach disaster seven years later.

## Last One Short

The marshal remarked that the tremor felt by patients here at the hospital June 17 lasted only 3 to 5 seconds. He went on to say that Ukiah and immediate vicinity is located in an "outer" fault - that the core of it is in San Francisco; that the second ring of the core embraces only the outer areas of the fault. This last tremor was probably caused from gas pockets in the earth releasing gaseous substances and the rumbling resulted when Mother Earth settled back to normal again, deducted the marshal.

A new two-fly, 60 foot aluminum extension ladder was received by the MSH fire department ten days ago to supersede a wooden single fly unit, recently rejected which will be sent to Napa state hospital for firemen's use there, said Fire Marshal Von Schrittz last Sunday.

Elwood Hachmann Jr., became affiliated with the state Department of Public Works June 14. He was made helper to Howard Salls, state department plumber.