

POMO NEWS

PUBLISHED IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSP.
Talmage, California 5¢ per copy

Vol. 1 No. 8

Published Every Tuesday

June 29, 1948

GALA TIME - JULY 4TH!

TO LEAVE

TECHNICIAN POST

Brent Searway leaves the employ of Mendocino state hospital tomorrow, Wednesday, June 30.

Mr. Searway has been clinical laboratory technician for MSH the past six months at ward 9. He has no definite plans for the future but expects to take the state civil service examination for laboratory technician soon.

PASSES STATE CIVIL SERVICE EXAMINATION

Dr. Ruth L. Green received word last Saturday, June 26, that she had passed the state civil service examination for psychiatrists.

Dr. Green took the written examination last May 6, the oral, June 16. She has been a member of the Mendocino state hospital medical staff since 1935.

RETIREES

Mrs. Mina Poole has retired.

Effective July 1, Mrs. Poole quits her post as charge instructress of the MSH sewing room after a record 24 years in the same department. She has been on vacation since June 1, this year.

Since her absence her duties in the sewing room have been assumed by Lillian Addor.

Although the possibility of her retirement (Cont'd. on pg. 2)

A.A. MEETS HERE

Last Sunday, June 27 marked the second meeting of Alcoholics Anonymous at MSH. Some 75 men and women patients heard the A.A. definition of the "first step" in the organization's program for alcoholics in the auditorium at 6 p.m. Material regarding the function of Alcoholics Anonymous was distributed to those assembled.

Four representatives from the Santa Rosa chapter presided and plans were discussed relative to a chapter here. There will be no meeting here next Sunday but one will be held the following Sabbath, July 11. A good turnout is expected.

WARD FILMS APPROVED

The following addressed to the editor was received last Friday:

"As requested, we will send our film, "Shortest Way Home", to you in care of our agent, Mr. T.W. Poulos, 102 S. State Street, Ukiah, California, where you will please arrange to pick it up on July 3, 1948.

"This is a 16mm color-sound film, with a running time of approximately 32 min.

"We have had many favorable comments on this film and we are very sure that you and the patients at (Cont'd. on pg 4)

MSH BAND TO ENTERTAIN PATIENTS AT BALL PARK SUNDAY

Next Sunday, the "fourth of July" is Patients' Day at Mendocino state hospital.

Of all the holidays in the year this is probably the most anticipated, eagerly awaited date on the MSH calendar, judging from data received from Supervisor Miller's office last week. Assistant Supervisor Kelly Thrailkill tells us that the celebration will be held at the hospital ball park shortly after 8:45 a.m. when a parade will form in the main "front yard" across from the administration building and ward 8. Sam N., ward 15 is to be color bearer and with Eddie N., star juggler and MSH clown from ward 6, he will lead the procession south to the ball park.

Musical numbers to be played by the institution band at the baseball diamond are: Star Spangled Banner, Take Me Out To The Ball Game, a piano medley, I'm Looking Over A Four Leaf Clover, Monologue (Robt.N.), You Are My Sunshine, a duet and the finale.

A Variety of Races

At 9:15 the fun begins. Both men and women patients will participate in games and events to be staged alternately throughout the morning. The hospital public ad-

(Cont'd. pg. 3)

(Mrs. Poole-cont'd.
from page 1)
ment has been rumored
of late, no definite
word of her departure
from the hospital staff
was made known until the
latter part of last
week. Her home is in
Regina Heights, Talmage.

Mrs. Poole, one of
the longest employed at
Mendocino state hospital,
has been faithful and
devoted to her work
these many years. She
is beloved by all who
know her. Students at
her classes were continually
impressed by her patience
and perseverance, her
tolerance for their faults.
Mistakes were hers,
achievements theirs.

AT MSH MONDAY

Visitors at the Pomo
News office yesterday
(Monday), June 28 were
Mrs. Gordon McWhirter
and C.P. Devereaux both
representatives of the
state department of
Mental Hygiene. Location
of their office is at
121 E. 11th Street,
Oakland. Mrs. McWhirter
is the wife of the
psychiatric social worker
who comes from San
Francisco each fortnight
to interview MSH patients
and is affiliated with the
same state department
as his wife.

--

EDITH MORGAN TO LIST SUBSCRIBERS

Beginning today,
June 29 all subscriptions
to "The Psychiatric Aid",
a National Mental Health
Foundation magazine
published monthly, will
be handled by MSH
Attendant Edith Morgan.
She will be on hand
shortly before In-Service
Training lectures in the
hospital auditorium
every Tuesday and
Thursday. "The Psychiatric
Aid" is a magazine for
state hospital attendants,"
declared Dr. G.L. Goodstone,
last week. "It contains
news of particular interest
to them and prints solutions
of attendants' problems
at other state hospitals
that are frequently
identical to those
confronting attendants
here."



was here yesterday (Monday).. Miss Owens makes
her headquarters at the state capital.

I have heard nothing further from Miss Olive
Scherf, our hospital dietician-to-be. She said
she would be here tomorrow to assist in the
preparation of hospital food and advise as to
its ingredients. Her letter was postmarked
Sunburst, Montana. I'll probably have more
definite information about her and her duties
by this time next week.

Mrs Gertrude Elliott, our administrative
secretary, tells me that there has been a
substantial increase in the number of incoming
patients as compared with the number discharged
the past two weeks. From June 21 to June 27
there were fifty admittances and only twenty-
seven releases. I don't like to hear that. I
don't expect it sounds any too good to you
patients, either. But that's something I can do
little about but you patients can; it should
be an incentive to you to reverse the figures
by entering in to all possible activities that
go on here at the hospital such as A.A. meet-
ings, softball games, volley ball, croquet and
you should join up with the MSH band, if it's
at all possible. I hope later on to be present
at more of your gatherings but right now work
keeps me at my desk most of the time. Mean-
while you must help yourself to speed the
approach of your return home by taking
advantage of all activities that the hospital
sponsors for your good.

LIKES THE POMO NEWS

While here Wednesday, June 25, Gordon
McWhirter, psychiatric social worker from San
Francisco, said "I like the Pomo News...not
only generally speaking but for the idea that's
behind it....what it represents....it's needed
by the patients".

With those words of encouragement and more
regarding the function of his office and the
nature of his work, the state's department of
Mental Hygiene representative departed. But
he left behind a copy of a ten minute radio
script- questions and answers relative to
the responsibilities of a psychiatric social
worker and his many problems.

WARD 8 ATTENDANT STRICKEN ON JOB

Attendant Gus Lawrence suffered a heat stroke
last Thursday morning, June 24, while on duty
at ward 8. About 11:30 Charge Attendant Harry
Johnson summoned Dr. L. G. McKeever who order-
ed him to be taken home. His condition was re-
ported improved the following day and he plan-
ned to be back at work the first of this week.

DR. WILLIAMS SAYS:

There's really not much
of interest to report
this week. I have been
rather busy catching up
on my work since my
visit to Sacramento last
week-end. It does not
take long for it to pile
up.....

Miss Laverne Owens, food
administrator who re-
presents the state De-
partment of Mental
Hygiene in Sacramento,
was here yesterday (Monday).. Miss Owens makes
her headquarters at the state capital.

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the Mendocino State Hospital will also find it very enjoyable.

"You may show this film for a ten-day period, after which you will please return it to our Ukiah agent, in order that other bookings we have scheduled may be accommodated. Very truly yours, Pacific Greyhound Lines".

And so begins the first of a series of "short shorts" to be shown MSH patients on the wards intermittently in the future. Requests for their presentation was made by the Pomo News recently, and last Friday word came that definite arrangements had been made for ward movies evenings effective July 1.

FLIES SOUTH TO SEE

DAUGHTER AND FAMILY

Mrs. Ella Mae Lippy, night attendant on ward C, left by plane last Friday, June 25, to visit her daughter, Mrs. Marshall T. Skully and family at Lexington, Kentucky.

Mrs. Lippy has never seen Sally Ann, the younger of her two grandchildren. She said she was thrilled at the prospect of seeing both, however, and "appreciated very much getting a 30 day leave". Mrs. Lippy has been an employe here since 1942 and lives at the Nurses' Home. She will return by plane.

DOGS



by
JIM

(The following is contributed by James N. Martin, MSH attendant, who is a dog fancier of no mean repute. "Jim" has been employed here since the first of the year and came from Santa Cruz, California, where he made his home for 15 years before coming to MSH. He was born in Minnesota and is now living in Ukiah - and strangely enough, sans canine.)

Dogs exasperate me. They refuse to take me seriously. Few of them can resist the urge to wipe their feet on me especially if I happen to be wearing my only good suit.

I've owned many dogs but none of them ever paid the slightest attention to anything I said to them. To most dogs, even now, I seem to appear like something out of a comic strip. Take the two handsome setters, for instance, which frequent the grounds about the hospital. Whenever I meet them in the tunnel, as I often do, they sniff a few times, then wink at each other and begin to grin. They wouldn't for the world have me think they can't go along with a gag.

"BOTH PUPS TOGETHER"

The dog I remember best was old Rover, the first dog I ever owned. Perhaps it's because we were both pups together. He was given to me on condition that I teach him everything a good dog should know, but he taught me far more than I was ever able to teach him. He considered his own ideas so much superior to mine that he refused to change a single one of them.



From him I learned the value of true companionship, the pleasure to be found in simple things, and the adventure certain to be had in each new day if we but sought it. Some of Rover's ideas outran my own. He believed that cats belonged in trees and that it was his duty to keep them there. He shamelessly made love to the lady pigs and if he could sneak up on the old red rooster and extract a mouthful of tail feathers, that was one for our side.

ALL OVER A COW

When he stubbornly insisted that the best way to drive a cow was to nip at its nose, I decided to teach him differently. I used a long leash and pulled him back to the cow's heels time after time until it began to look hopeless.

(Cont'd. on page 10)

LOVE THAT LEAVES A BRAND ON A MAN

A MARK ON A WOMAN!

THE FLAME

Starring
JOHN CARROLL · VERA RALSTON
ROBERT PAIGE · GARDEN OF EDEN CRAWFORD
with HENRY TRAVERS · BLANCHE YURKA
CONSTANCE DOWNING · HATTIE MCDANIEL

A REPUBLIC PICTURE

(Patients' Day Cont'd.)

dress system will be used - Attendant Beecher Conover manning the "mike" - to announce and broadcast the results of egg races, fat ladies' races and a pie eating contest for the women; a potato, wheelbarrow, foot, 3-legged and novelty races and a tug-o-war contest for the men. Prizes will be awarded the winners.

ANTICS IN THE BLUE

Following the athletic events a miniature "flying circus" will be staged. Seven diminutive motor-powered planes patterned after popular life-size crafts will take to the air. Their aerial gyrations are guaranteed to thrill the most worldly. Presentation of the "air circus" Sunday is made possible through the cooperation and thoughtfulness of Frank Trimeloni, 20 Lewis Lane, Ukiah who has been good enough to contribute his planes, time and effort to the entertainment. The exhibition aloft will last about an hour.

Patients at ward 12 will sponsor a program the same day similar to the above but their festivities will be comprised of their own personnel. A softball game between patient teams will be featured both morning and afternoon in addition to their games and contests.

EXPECT LARGE ATTENDANCE

A good crowd is expected at the ball park Patients' Day. Approximately 1200 were present at the celebration last year and increased interest this year is indicative of a greater turnout than ever before. Credit for arranging talent, scheduling events and general assistance with the affair's presentation goes to Beecher Conover, who will be "emcee" for the day.

MSH band members have drilled hard and steadily the past few weeks in order to organize and be prepared to entertain those assembled at the ball park next Sunday. Determination and no end of grit on the part of Bandmaster Robert N. and his assistant Phyllis P. will be responsible for the musicians' presence on the field July 4 and their participation in the proceedings. Follows a list of the band members and their respective parts:

Robert N. (ward 15) Bandmaster, trumpet; Phyllis P. (ward H) Ass't. Bandmaster, piano and vocal; Floyd E., harmonica; Bill W., violin, Marion A., guitar -- all from ward 15; Olga K., (ward H), piano and vocal and Myrtle Z. (ward I) vocal.

The noon meal next Sunday will deviate a bit from routine. Here's the menu: Roast pork and brown gravy, baked or mashed potatoes, chilled tomatoes, cream, cake w/

LAUNCHES ALCOHOLIC MEETS

Group psychotherapy for alcoholics was instituted by Dr. G. L. Goodstone at MSH yesterday (Monday), June 28. The meetings are to be held each Monday and Thursday of the week at 3 p.m.

ADMINISTRATION BUILDING NEWS

Tomorrow holds a double meaning for Caroline Sweeney, hospital employee. It's the last day of the month and her last day of work - at MSH, anyway.

Caroline has been here about a year and is the daughter of Mr. and Mrs. H. G. Sweeney, Ukiah. The family threesome go to Lake Tahoe to celebrate "the fourth" but daughter Caroline en routes to San Francisco alone the following Tuesday, July 6.

Caroline has no definite plans but regardless of future activities her fond memories of dear old MSH will be vivified by the arrival of the Pomo News at her doorstep each week for a year. Her friends in the clinical office subscribed for her. The gift subscription was supplemented by a set of jeweled earrings - a farewell gesture from "all the gang."

There will be a new face at the MSH switchboard in the Administration Building next Thursday. Mrs. Grace Westley, of San Francisco, who will help direct hospital communication after July 1st, replaces Evangeline Stanley. Caroline Hansen is on a six months' leave of absence and will be a "regular" when she returns August 1st. Winifred La Duke, pinch hitting during Miss Hansen's absence, relinquishes her duties upon Miss Hansen's return August 1st.

GOING HOME

How we all long for that day! The day that will signify our return to mental health and a new design for living. The day that will be cause for rejoicing by our loved ones who have waited long and patiently.

But to those who feel they cannot afford to wait, who leave without proper consent...they find no peace, no rejoicing. Simultaneously they have harmed those they left behind. They have jeopardized the freedom of fellow parolees by their impulsiveness and inability to control themselves.

If many more leave without benefit of their doctor's consent the progress of others may be impeded via revocation of parole and the recall of other liberties now enjoyed.

Our doctor is better at determining the length of our stay



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

THANKS, LILA H!

A letter and a bit of Indian craftsmanship of her own making was the contribution of Lila H., ward I, last week. - Thanks, Lila. We'll make your gift to the NEWS the start of a collection of patient offerings. So, send 'em in, readers!---

THEIR CAT'S AILING

Ward E. Patient Frieda S.: "Our pet cat that we raised on a spoon since it was ten days old is ailing *** we vegetable workers wish we had benches to sit on to rest our tired feet." Frieda also informs us that their "flower garden back of ward E is growing nicely" and that they shell forty sacks of peas in the front yard daily "as a pastime." -- Some "pastime"! Whaddaya call "work", Frieda?

WE CALL IT 'TONICITY'

Don't feel indebted to us for publishing your contributions, Nancy Ellen K., ward K. The Pomo News is YOUR paper, - The patients' paper. We're just working for you, remember? Miss K. sprinkles orchids 'pon the hospital paper: "With Dr. Williams and Dr. Goodstone behind you, the NEWS can't help but be a success. **I'm not much of a writer," she concludes. - Maybe not "much of a writer", Nancy, but why do we feel so good after reading your letter!

WANTS A BOOK

No. 18367, ward F asked for "Purple Cow" and submits her opinion of something worse than MSH without a library: "I am more deadly than the atomic bomb. I wreck without killing. I rend hearts and ruin lives. I have no respect for justice or truth, no mercy for the defenseless. I reside with the unholy and haunt the pious. I grow strong on greed, mistrust dishonor yet I feed on good and evil alike for I am wily, sly and malicious. I never forgive and rarely forget-- my name is gossip."

HAS USEFUL HOBBY

Herb B. ward 15 writes in to tell us that he is a past grand at the art of making link belts out of scrap leather...makes tobacco pouches and billfolds too, and he wants to take singing lessons in order to vocalize suc-

cessfully. Herb says he is out of condition right now, however. He works in Charlie Valentini's MSH Shoe Shop. As long as we're "plugging patients" let's say that Bob A. ward 8 who works in Bill Elliott's Industrial Shop is no slouch when it comes to "body and fender work".

ORCHIDS TO DR. MCKEEVER

"Dr. McKeever is now our ward doctor and we appreciate having him. He has a very nice way of convincing us that it's not as dark on the "inside" as one would think; we have every opportunity to make it bright. He is good for our morale. I believe that we have had all the MSH doctors on our ward at one time or another." So deducts Nancy M. whose current abode is ward M.

WRITES ABOUT A.A.

James W.P. ward 15 writes the following (in an exceedingly legible hand): Dr. Williams is to be commended for his forethought by sponsoring an Alcoholics Anonymous chapter here. I hope he realizes, however, that there are many here at MSH who are alcoholics but not quartered on an alcoholic ward. As I understand it, A.A. is open to all who want to avail themselves of its benefits. From "skid row" to Wall St. the A.A.'s are subjects of respect and admiration. I have talked with several alcoholics here and they feel sure that Dr. Williams will permit patients from wards, other than alcoholic ones to attend these meetings."

MORE SHORT STUFF

Betty C. ward H reports that someone other than herself is turning in data to the mailbag and signing her (Betty's) moniker ...Winifred F., ward D got a kick out of a recent request for an MSH skating rink that would accommodate 10,000. Winifred suggests peep-show machines, 3 on each side of the day hall -- PLUS overstuffed chairs...Portia T., ward H: I think it would be a good idea for the MSH band to meet the new dietician at the station ...Pearl M., ward D writes that inasmuch as she is not eligible for A.A. (a tee-totaler) she has but to say "congratulations" to the new chapter here at MSH and to Dr. Williams for his sponsorship.

SENDS IN MSH BAND DATA

The MSH band is shaping up quite well, according to Phyllis L. P., ward H - however, they still need base, clarinet and saxophone players. Phyllis says that Dr. Goodstone told her this week that he would get some music
(Cont'd. on next page)

for the organization. They need music badly but the band will be "all set" the 4th nevertheless, she concluded.

MORE SHORT STUFF

Let's not forget the ones that do the cleaning up at all hours of the day and night, opines Dora, ward C. They seldom complain, continues Dora, and if it were not for them, MSH would be in a mess. Ed. note: Everyone's job is important, and those who do the cleaning up are doing as much as any of us. Well...To A.B.A., ward C. we'll catch up on you. Regarding your two letters: how does the old "sheet" look to you by now? Word divisions, etc. As to your suggestions on a book review, hospital CARE packages, the overall-plan-developments report...just keep your eye on the Pomo News, A.B.A.

FOOD HANDLERS should be more careful, writes a tubercular patient from ward 12. More precaution wanted handling food. He also mentions the MSH X-ray machine, regards to taking a deep breath and not changing the paper on the machine for the chin rest. How about it, Bert?

Robert C., where 'yo all at? You ask about purchasing a harmonica. You state that you have the funds. We'll find out if it's OK. You say you can play sax, clarinet...been twenty years in the field...and you can repair brass and wood wind instruments, replace keys, and pad saxophones and clarinets...write lyrics; compose music; harmonize melodies, transpose musical compositions...sounds like just what the orchestra needs!

NO NOTEBOOKS...the second of the letters from A.B.A., mentioned above, states that there are no notebooks in ward C to write news on...and she would appreciate a dozen or so...your poem in the coming issues, A.B.A...we're tapping out an SOS on poetry this week. Must be spring instead of summer!

WFOA!

Magnus M. ward 10, MSH bakery worker, reports his estimate on the how-many-slices-per-year? "dough" quiz as 9,100,000.--Oops! That ain't the way we heard it, Magnus. We think you'll find 8,176,000 about right.

A POSTSCRIPT

We forgot to mention Nancy M.'s expression of gratitude to the MSH greenhouse "for the beautiful flowers we have on our ward. They reflect care and lots of work to produce such beautiful blossoms. Our ward M is filled with fragrance...asked where they were raised we're proud to say 'MSH greenhouse.'" Nancy is at ward M.

COPY MISDIRECTED

Ed. Note: -A few patients have been submitting Mail Bag copy that is too closely akin to an advertisement. Such contributions must necessarily be deleted or referred to our classified column, "for sale" department. Rates upon request.

MSH WARD INTERIORS

GLISTEN WITH PAINT

Local help comprises the paint crew seen daily now in the MSH administration building. Harry Britton, Ed Smith, Harold Holmerest, Ralph Phillips, J. Connor, Charlie Davis, and Tommie Ritter, Bill Belk - all are from Ukiah and represent the State Department of Architecture in Sacramento.

They're not new on the job - the slap, slap of their brushes could be heard about a year ago this time when the painting contract was let. And according to Ed. Smith, second in command it will be another twelve months before the job is completed.

To date women's wards A, B, C and F and men's wards 7 and 10 have been newly coated inside, ward 10 to get an outside coat, as well. The contract calls for the whole interior of the administration building and the outside of windows to be painted before "finis" can adorn the contract's cover.

Harry Britton and Ed Smith are both project foremen and are subject to the over-all supervision of State Architect Z. J. Montgomery. Mr. Britton erected the doctors' cottages along MSH's "medical row" and besides his present participation in the painting of the administration buildings' "insides" he is busily engaged putting up an addition at the hospital dairy.

Anyone having any old musical instruments - especially a snare drum - that they would loan the MSH band for use Patients' Day, please contact Dr. D. O. Prasser - (Signed) MSH Bandmaster.

Mr. and Mrs. F. R. Whitehead with daughter, Doris from Stockton were at MSH last Sunday visiting Mrs. Whitehead's brother, Harold A., ward 8.



UKIAH
LINOLEUM SHOP

LINOLEUM - VENETIAN BLINDS
SHADES AND ASPHALT TILE

MARIO VALENTINI PHONE 1519-W
311 So. Main Ukiah

=SPORTS=

BLUES SCORE WIN JUNE 22

The Talmage Blues squeezed out a 10-9 win over the Ukiah De Molays on the MSH ball diamond last Tuesday evening, June 22. It was their first meeting with the fraternal order this season.

They met a second time the following Thursday, June 24, same time, same place only to discover that both teams were short of regular members. But a practice game ensued, regardless of the manpower shortage, and the newly-born Talmage nine suffered defeat at the hands of their opponents.

The line-ups for both Tuesday and Thursday twilight encounters were identical except for the substitution of Hank P., ward 8 for Blues' manager, Jimmie Laviletta, on the mound the second game. Jimmie absented himself from Thursday's tussle in order to occupy the pitcher's box at the Ukiah-Talmage fracas at Ukiah the same night. The hospital nine's line-up which sufficed for both games, follows:

LF...Jorge O.
LB...Clayton W.
2B...Bob A.
3B...Joe B.
SS...Hank P.
C..."Chief"
RF...Harold A.
CF...Milton D.
P...Laviletta,
Hank P.

GET PICTURES OF
THOSE OUTINGS

Everything for
the Camera Fan

PERRY'S

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E. Stanley, Ukiah
Phone: 174-J

Tonight (Tuesday), June 29 the Talmage Blues vie with the Ukiah Athletic Association softball nine at the MSH diamond, game starting at 6 p.m.

"It will be our fourth game," declared Clayton W., Blues first baseman, early today, "and I'm afraid the going will be a little rough for our team. We've lost so many men the past week. We don't begrudge them getting discharged but their leaving suddenly sure puts a cramp in our style...but we've got our fingers crossed," he concluded.

The Blues received their long awaited baseball caps about a week ago and are expecting the arrival

IT'S THE LITTLE THINGS THAT COUNT

Mr. and Mrs. Roy C. Gibson, MSH relief attendants, were visitors in San Francisco last week-end.

Incidentally, Roy and two other attendants were working on ward 12 last Wednesday, June 23, the night of the Louis vs Walcott bout (postponed) - and were scheduled to go off duty at 7 p.m. If they went home "on time" or stayed on and quit late meant to ward 12 boys the difference between hearing the fight broadcast or going to bed. The threesome volunteered to work overtime and had the championship match come off, ward occupants would have heard every blow.

The mere fact that three attendants volunteered to stay overtime probably doesn't seem important to most of us, but consideration for those less fortunate than they meant plenty to the 272 quartered on ward 12.

LOTTA BIRTHDAYS

Ralph T. ward 16, better known as the "coca cola man", who takes care of the thirsty baseball fans down yonder at the MSH diamond struts around with a Bulova watch, a gift of his mother and step-daddy. His birthday is October 29 and it's rumored that he's going to have a 'wing-ding' of some sort on that day. Ralph has put in 22 birthdays at MSH.

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

If you can play baseball or want some excellent physical exercise see Jimmie Laviletta about getting on the MSH baseball team.

WHERE GOOD SPORTS MEET.



FOGGYS

The Talmage Sluggers came home from a double-headed engagement with the "Humboldt Crabs" on the Arcadia diamond last Sunday, June 27 with voices stilled but heads unbowed. The Sluggers lost Saturday evening to the Crabs 10-2.

The second game was Sunday p.m. when the Talmage nine were on the losing end of a 10-9 count.

MSH BAND NEEDS PLAYERS

WANTED - One trumpet player, one violin player for MSH band. We will furnish instruments. Send your name, ward number and instrument you play to "MSH Bandmaster, c/o Dr. D. O. Prasser" immediately.

THANKS, A.A.!

The Santa Rosa chapter of Alcoholics Anonymous sends the Pomo News a check for \$2.00 with an order for a year's subscription beginning with this, the June 29th issue.

Be the next to subscribe! The Pomo News, \$2.00 per year, delivered anywhere in U.S.A.

Busy Hands
Speed recovery

CANNERY BEGINS WORK TODAY

Today, June 29, the hospital cannery starts production of beets, carrots, string beans and peaches.

MSH's famous blood-red beets will be the first of the lot to be "tinned" and, in all probability peaches will follow peaches.

The cannery has been open and work preparatory to canning in full swing, under the capable foremanship of Henry E. Brunges since the first of the year. To insure start of operations by today new equipment has had to be installed - the affixing of a new steam disposal canopy, a single unit, required two months' work. The vegetable washer, shaker-rinser, dicer, carrot peeler, all are extremely versatile. The main pressure cooker is a huge chamber which holds up to 480 number 10 cans simultaneously and a variance of even two degrees from the correct temperature inside cannot be allowed.

Fruit is handled somewhat differently from the vegetables. They are processed via one continuous series of operations whereas the latter are processed by separate machines. Size 10 cans are to be standardized for regular use. As the season progresses we will have more news about the cannery.

PSYCHOTHERAPY

THE MIND IN THE MAKING

What Science Is Teaching Today

1. That mental disorders develop gradually over shorter or longer periods of time-
2. That many of the afflicted are restored to health after a period of hospital treatment-
3. That mental derangement is a condition no more to be ashamed of than pneumonia or a broken limb-
4. That it is a mental disease and should receive medical attention, just as tuberculosis, cancer or other physical conditions-
5. That many persons with mental disease are being cured today and restored to health and normality-
6. That our asylums are being turned into hospitals in which the mentally ill receive medical care and treatment, and from which between 25 to 60 percent are discharged recovered and improved-
7. That personal misfortunes and tragedies are frequently the immediate causes of mental instability, but that the accumulation of unfortunate experiences beginning very early in life (many of which the patient is unaware) and misconceptions about life in general are really responsible for unsettling mental balance and bringing on mental breakdowns-
8. That "insanity" is a convenient term used by the courts to denote irresponsibility in the eyes of the law, and that there are many different kinds of mental disorders just as there are many kinds of physical disorders.
9. That there are usually danger signals and symptoms of an approaching breakdown that can be recognized and dealt with by doctors trained in mental diseases (psychiatrists).
10. That there are different degrees of mental health, just as there are varying degrees of physical health.

HOW'S YOUR VOCABULARY?

Readers' word suggestions are always welcome. Address them to: "Pomo News, How's Your Vocabulary, c/o Dr. Goodstone." Submit words that are commonly used but often misspelled, misused, or mispronounced. Improper employment of words is certain betrayal of a too limited vocabulary.

This week's entries:

AN'I-MATE---(v.) To give natural life to; make alive; quicken. Synonyms are: enliven, inspirit, stimulate, exhilarate, etc.
EL'E-GY---(n.) A mournful or plaintive poem; a funeral song. Don't confuse with "eulogy" which is a composition, an oration commending something - as the character of the deceased.

FOR THAT
4th of July
OUTING
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Church News



(The following poem is a translation of George K's, ward 9. The original was written in German about 120 years ago. He memorized it when he was fourteen years old.)

EACH MAN'S CROSS

The pilgrim who had climbed the mountain's height
Saw at his feet the valley softly glow
In eventide's slow fading rosy light.
On fragrant grass wearily did he throw
His worn out body and prayed his Maker keep
And guard his soul in slumber here below.
At once his heavy eyes touched gentle sleep,
Yet, wide awake his spirit into space
Was carried by a dream of meaning deep.
The sun's bright disc became God's lucent face,
The sky His flowing robe while all around
The earth as hemline gave it handsome grace.
Thus did it happen that the pilgrim found
Himself addressing humbly to the Lord,
His earthen form prostrated on the ground --
"Grant him Thy peace who calls Thee Father, Lord,
Judge him but by Thy mercy if he fails
To name his failings with the proper word
To Thee, oh God, confess I what me ails,
Lend Father Thou, an understanding ear
To Thy poor child's complaints and tearful wails.
Too heavy is the cross I have to bear,
I want its weight but measured to my strength
My present load brings me a breakdown near".
While childish thus he talked to God at length
He suddenly felt lifted by a squall
Up high above riding on wings of strength.
His feet touched ground soon in a spacious hall
Where there stood cross by cross: A booming voice
That shook the vault did counsel: "Big or small?
All mankind's grief is stored here. Thou rejoice.
Now choose thine own here from among them all."
From cross to cross he went to make his choice.
He took up this one then would that one hold
On his bent back to get at any rate
The feel of each one's mass and size and mold
Not finding what he looked for seemed his fate.
Of flashing brilliance, one proofed purest gold,
Yet solid as its mass so solid was its weight.
Thrice had he wandered through the holy shrine
Then one he noticed overlooked before.
"This cross", he cried, "Lord, so Thou wilt beminie
On looking closely when he reached the door
Found it was his in every detailed line.
.....
He took it up and he complained no more.

AT WARD 12 SATURDAY

Rev. Willie King delivered a sermon to ward 12 June 19, the text being, "All the days of my appointed time will I wait, 'till my change come". The topic was, "Hope of Man," taken from the 14th chapter, verse 12 of Job. Rev. Willie King has given ward 12 these services unselfishly and cheerfully. They are appreciated by members of the ward.

His congregation continues to increase each week. Comments from patients and attendants that Rev. Willie delivers favorable sermons are common. He is a devout Bible student and speaks several languages, two of which are German and French.

CHRISTIAN SCIENCE LESSON FOR SUNDAY

"Christian Science" is the subject of the Christian Science Lesson-Sermon for Sunday with the Golden Text from Isaiah: "O house of Jacob, come ye, and let us walk in the light of the Lord" (2:5).

The following citations are included in the sermon:

Acts: "And there sat a certain man at Lystra, impotent in his feet, being a cripple from his mother's womb, who never had walked: The same heard Paul speak: who steadfastly beholding him, and perceiving that he had faith to be healed, said with a loud voice, Stand upright on thy feet. And he leaped and walked" (14:8-10).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "The physical healing of Christian Science results now, as in Jesus' time, from the operation of divine Principle, before which sin and disease lose their reality in human consciousness and disappear as naturally and as necessarily as darkness gives place to light and sin to reformation" (Pref. xi).

'VACATIONING' AT HOME

The Vickers are on vacation. Assistant Matron Royce and Attendant Ben left for San Francisco, Cal. Thursday, June 17 but planned to remain in the city only a few days and spend the balance of their three weeks' holiday working towards completion of a new home. The couple will return to duty July 7.