

A PROGRESSIVE  
PAPER FOR MSH PROGRESSIVE PATIENTS

# Pomo News

WEEKLY

PUBLISHED EVERY FRIDAY IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSPITAL, TALLMAGE, CALIFORNIA

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## OUR FIRST BIRTHDAY

POMO NEWS CELEBRATES FIRST ANNIVERSARY - MAY 11

It was just a year ago that Dr. D. B. Williams, Superintendent; Dr. G. L. Goodstone, Clinical Director, and other members of the MSH Staff saw their hopes for a newspaper for and by patients realized.

The first edition, which appeared Tuesday, May 11, 1948, had but four mimeographed pages, but it showed signs of having been given much advance planning and thought. Its atmosphere of helpfulness and cooperation among patients and between patients and medical and executive personnel has been maintained, just as it was started in that first edition.

It has not been easy to keep staffs of writers, editors and mechanical department men and women functioning. All are patients. They have to "take shots," attend conferences for group therapy, get recreation and do all the other things which they came to Mendocino to do. The hope of every patient who works on The Pomo News is to get well and go home, just as it is the main hope of all the other patients. Some remain for only a few weeks. Some for a few months.

It has been surprising that such a high standard has been maintained by the paper. The work is much more demanding and exhausting than many who are not familiar with newspapering might imagine. The weekly results of the staffs have been proof of sincere desires to do their best.

There is the gathering of news, which takes time and work. Patients could help by sending in their news items and writing letters to the paper. Some weeks the patients do this, but not as often as they could. Then there is the writing.

(Continued on Page 9)

## GAY NINETIES REAL SMASH HIT

MSH has another theatrical smash hit. The Gay Nineties Revue started its three day run Wednesday amid enthusiastic applause from patients and attendants. The show is finely done, highly amusing and offers an hour and a half of first class entertainment. Dorothy Buchanan, Recreational Director, has again done an organizing job of huge proportions. The production reveals what can be done with amateur talent when direction is inspirational and understanding.

The motif of the era is charmingly carried out in the stage backdrop, the curtain and the design panel in front of the stage. The layout and art work are strictly professional. Paul T and Woody T are certainly deserving of much credit for this work for it creates proper atmosphere for the show.

The costuming is well done. Credit for this splendid work goes to Larry De, who also wrote the script and directed the rehearsals and performances. Larry has sound knowledge of continuity and stage business, including a great deal of theater talent. Many thanks are due him for the success of the show.

Make-up for such a performance is also a big job and it is most trying to get an entire cast ready for curtain time. Chauncey L, Paul T and Larry did wonders in this respect. The make-up job was polished and these boys too are due much praise.

The performance of the cast shows many weeks of rehearsal and genu-

(Continued on Page 8)

## WILL GIVE TESTS

Pattilou Farquaharson, MSH Clinical Psychologist, is about to contribute her particular techniques toward testing the results of the lobotomy operations. None are well enough yet, but the tests will begin soon.

From the Wechsler-Bellevue analysis an intelligence level will be established, while from the Rorschach test will be determined the personality changes. In other words, the former will tell the doctors the amount of usable intelligence that the operation has freed from the inner tensions which existed prior to the operation, while the latter will demonstrate not only the personality improvement in the patients, but in what direction the patient has improved.

Though they will not be applied to the lobotomy patients, other tests are available if called for by the Medical Staff. Besides the two mentioned above, two more personality tests, the Thematic and Apperception and the Szondi, are available, as well as another intelligence test, the Stanford-Binet.

Any of these tests may be used by Miss Farquaharson; the choice, however, is determined by the doctor's specification as to exactly what he wants to know about the patient.

## LEAVE FOR KANSAS

Mrs. H. V. Bair and 1-year-old daughter Jane, left Friday, April 29, by United Air Lines to spend three or four weeks with her parents, Mr. and Mrs. Phil Grossardt, of Claflin, Kansas.

Mr. and Mrs. Guy Bair, parents of Dr. H. V. Bair of MSH, left the same day by automobile for their home in Wichita, Kansas, after visiting here. Accompanying them was Jeff, six-year-old son of Dr. and Mrs. Bair.

## OFFICE READY

Bob Chambers, of the Division of Architecture, here in connection with the new building program, expects to be installed in his new office this week-end. As stated in the last issue of The Pomo News, his new quarters are just west of the water tower.

?????

The story goes that Mr. Garvey tore down the bakery to remove Louie. Now Mrs. Davis is wondering if the ODR is going for the same reason.

## RELINE BOILER

There are four huge boilers in the MSH plant. Old number three proudly wears on its face a bright brass name plate bearing the inscription, "MENDOCINO-1928." This means that No. 3 is 21 years old and of voting age this year.

Chief Engineer G. O. Walden says it has done yeoman duty for these many long years and has never had its firebox relined. Under the supervision of Chief Walden, the men from the MSH Mason Shop are relining the huge firebox. The combustion chamber is about 10' x 14' and it will take some 5000 bricks to do the relining job. This work is not done by the ordinary bricklayer but is a highly specialized field. Two courses of bricks, dipped in fire clay are laid. When finished, the lining is about 9" thick and must all be covered with high temperature cement.

MSH is fortunate to have men capable of supervising and doing this type of work.

## GETS TREATMENT

Dr. and Mrs. Marcus Schramm departed Thursday, April 28, for San Francisco where Dr. Schramm is now being treated at the Mt. Zion Hospital for a severe sinus infection.

He is progressing nicely and is not expected to be away from MSH for long.

## NEW SHOES ON WAY

Charles Valentini, Shoe Shop Boss, proudly reports that his men are once more producing low cut shoes. During the winter, these are not manufactured, but now that the Spring weather is with us, lighter footgear is now the style.

## CLEAN UP DIAMOND

A crew of about 50 men Tuesday of this week cleared the high grass and weeds from the recreation area opposite Ward 7, including the softball diamond, and generally cleaned up about an acre.

\*\*\*\*

### NOTICE CHANGE OF RELEASE DATE

Beginning with this issue, and our second year of publication, The Pomo News will be released every Friday.

\*\*\*\*

SORRY -- THE POMO NEWS DOES NOT HAVE SPACE FOR POETRY.

# NEWS FROM THE WARDS

## BUSY WEEK AT WARD 8

Attendants on Ward 8 had a busy seven days with new arrivals, transfers and assignments since the last issue of The Pomo News. The list of patients processed follows:

Jack G from Ward 9 to 8, assigned to Tunnel Gang; John F from Ward 8 to 9; Clarence S, 9 to 8, assigned to Main Kitchen; Leo K, 9 to 8, assigned to laboratory; Jack W, 9 to 8, assigned to Dr. Bair as houseman; Ralph T, 9 to 8, assigned to Tunnel Gang; Mario M, 9 to 8, assigned to Dr. Lochen as houseman; Charlie Mc, 9 to 8, assigned to Main Kitchen; Herbert J, 9 to 8, to Main Kitchen;

Edgar S, 9 to 8, Administration Building janitor; Gabe P, 9 to 8, assigned to Industrial Shop; Harold O'L, 9 to 8, assigned to Plumbing Shop; Ted K, 9 to 8, assigned to Kitchen; Jerry H, 8 to 9, for treatment; Matt A, 8 to 9, for treatment; James McC, 9 to 8, assigned to Dairy; Harold P, 15 to 8, assigned to Clothes Room; Fred K, 8 to 9 for hospitalization; Earl W, 9 to 8 to Main Kitchen;

Harold V, 9 to 8, assigned to The Pomo News as artist; Pat D, 8 to 10; Robert S, 8 to 10; Herbert B, 8 to 10; O.B., 8 to 10; John McD, 8 to 10; Robert K, 8 to 9 for treatment; John E, 9 to 8, to Main Kitchen; Vernon F, 9 to 8, to Main Kitchen; Lloyd B, 9 to 8, on ward work; Johnny W, 9 to 8, assigned to The Pomo News as stencil cutter; David A, 9 to 8, to The Pomo News, as reporter; Albert M, 9 to 8, to Kitchen; James D, 9 to 8, to Kitchen; William F, 9 to 8, to Laundry Truck; Norman S, 8 to 9 for treatment.

## WARD 15 ACTIVITIES

Charge Attendant P. L. Cornell is very positive in his statement that the softball team of Wards 14 and 15 "will not lose a single game this season--to Ward 8's Wayfarers or any other team." Cornell's Fireballs have already beaten Ward 8 twice in the first two games.

The week's transfers at Ward 15 included:

Harry B, 15 to 4, for rest; Elijah W, 12 to 15, assigned to Dining Room in 15; Charles J, 12 to 15; Kenneth W, 12 to 15, to Shoe

Shop; Gene F, 15 to 4, for rest; William M, 15 to 16 (Ranch).

A new bulletin board has been installed in the day room at Ward 15.

## WARD I REPAINTED

Robert Wright, in charge of the Paint Shop, put a crew of six men to work this week on the job of completing the interior of Ward I. He estimated the work will be finished in a week or ten days.

## MAKING RAPID PROGRESS

W. F. Mello, superintendent in charge of construction of new buildings at MSH, said if weather is favorable pouring of concrete will start within a week at the site of two new women's buildings on the flat adjacent to Ward K.

Foundation excavations have been completed and forms will be placed in the next few days.

## MORE LIGHT SUGGESTED

It has been suggested that some kind of night light be installed at the entrance of Ward 7 in the interest of safety. Under present conditions, it is said attendants going off duty at night are in danger of falling on the steps in the dark.

## TALE OF A CAT

Johnny W of Ward 10 has an almost constant companion in a big grey cat which follows him about the grounds like a dog. He is an "almost constant" pal, because now and then he slips off on a hunting expedition. The feline, called simply "Kitty" by Johnny, won't make up with a stranger.

\*\*\*\*

John F, Ward 8, is recovering from a simple hernia operation performed by Dr. J. K. Orr on April 26. He is still in bed in Ward 9, but is doing fine.

\*\*\*\*

Louise M, Ward E, had an infected birthmark removed from her right thigh by Dr. J. K. Orr. She is up and around and feeling splendid.

# THIS WEEK

**WEDNESDAY:**

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

Sam Ray, Jr., Veterans' County Service Officer. Appointments made at the Supervisor's Office.

Band Practice 9:30 am and Choir Practice at 1:30 in the Auditorium.

Pomo A.A. Group Meeting at 6 pm in Auditorium.

**THURSDAY:**

Social Group Meeting 1 pm, Ward 8 for Alcoholic Patients.

2 pm MAP Committee Meeting, in Ward 9 Conference Room.

3 pm, Social Group Meeting for new patients and for those about to leave the Hospital.

Band Practice 9:30 am and Show Practice at 1:30 in the Auditorium.

**FRIDAY:**

Social Therapy Group. Free Discussion and Expression, 2 pm, in Ward 9 Conference Room.

Cromer G. Nelson, C.S., Christian Science Worker.

Patients' Dance 6:30 to 8:30 in Auditorium.

**SATURDAY:**

Movie: "The Plunderers"

**SUNDAY:**

Church Services (See Page 7)  
A.A. Meeting 6 pm in Auditorium.

**MONDAY:**

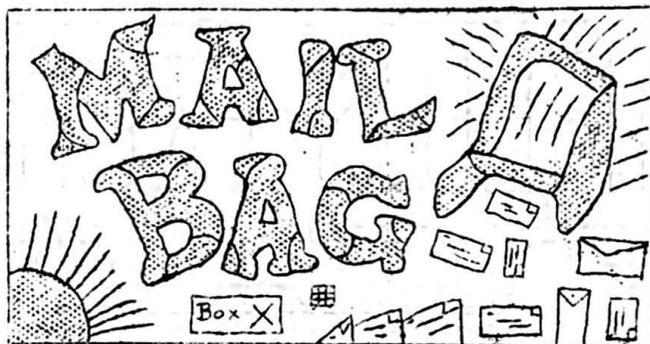
Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.

Band Practice 9:30 am in the Auditorium.

**TUESDAY:**

Dr. Prasser's Group Therapy, Ward 9 Conference Room, 2 pm.

Band Practice 9:30 am in the Auditorium.



WHEN WRITING TO THE "MAIL BAG", PLEASE SIGN YOUR INITIAL AND WARD NUMBER -- Editor.

**FOR SOFTBALL BLEACHERS**

Editor of Pomo News:

It seems to me that construction of some bleacher seats at the softball diamond would be a great improvement and would induce a greater attendance at the inter-ward and other games. At present spectators have two or three benches at their disposal and the majority of the onlookers are forced to stand or sit on the ground.

There must be plenty of old lumber around the institution that could be used for building bleachers; it would not be necessary to use new materials.

--Reader - Ward 8

Dear Reader -- Your idea is a good one. Maybe something can be done with a little cooperation.--Ed.

\*\*\*\*

To The Pomo News c/o The Mail Bag: Some Ball Games. Now that the 1949 Baseball and Softball season is in full swing, let us have some baseball games between the El Cerrito Merchants - including Murphy, if possible - and the Talmage Sluggers, also some games between the Fort Bragg players and the Talmage Sluggers.

Movies: Let us have at least one good war picture and at least one good jungle picture in the near future. Something like "Fangs of the Jungle" may be just the film to give us a good jungle picture.

"Frank Buck Bringing 'Em Back Alive" has also been entertaining in bygone years. A short film of different breeds of horses would go well with a much longer war or jungle picture. Let us have them, please.

From Oliver L.D., Ward 10  
P.S. -- Until a few days ago, I was a Ward 3 patient.

The human body is remarkably sensitive. Pat a man on the back and his head swells.

\*\*\*\*



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### SLUGGERS SPLIT TWIN BILL

The Talmage Sluggers were cold as December on Saturday, but hot as the Fourth of July in the Sunday game with Daly City.

In Saturday's game, the Sluggers fell apart at the seams. Costly errors in the first and second frames gave the visitors a three run lead. The underdog position so disheartened the home team that they played a brand of ball foreign to them. Getting their only run in the fifth, they committed enough bobbles to go down to defeat by a score of 8 to 1.

Final boxscore was Daly City, 8 runs, 9 hits, 0 errors; Talmage, 1 run, 6 hits, 7 errors. Home runs were garnered by Johnny Harding, who poled out the Sluggers' only tally and Joe Petropolus of Daly City. Batteries were Baird, Soinila and Moroni for Talmage; Joseph and Lufrano for Daly City.

Sunday saw a different picture. The shoe not only was on the other foot but Daly City used it to boot the ball around. Talmage got one run in the first inning, another in the second and then proceeded to drive seven runs across the plate in the third. Daly City sparked in the fourth, scoring three runs, but to all intents and purposes the game was already over. Talmage continued to play errorless ball behind the redoubtable Severi, who was replaced in the sixth by Bankhead, to show the fans his wares.

Boxscore gave Talmage 15 runs, 19 hits, 0 errors; Daly City 3 runs, 4 hits and 9 errors. Batteries were Severi, Bankhead and Moroni for Talmage. Leon, Clapp and Joseph pitchers, Lufrano and Karp catchers for Daly City.

The Sluggers will play South San Francisco Saturday at 2:30. Sunday they will play Fort Bragg, starting at 1:30.

(SPORTS continued on Page 7)

## EMPLOYEE ACTIVITIES

Karol Lewis, clinical secretary who handles work connected with patients to be separated, is spending her two weeks vacation in Southern California, visiting the while in Santa Monica.

\*\*\*\*

Avis Bartholomew is back at the helm after several days' indisposition. Mrs. Bartholomew is secretary to Drs. Goodstone, Bair and Orr.

\*\*\*\*

Mrs. Grace Stilwell, Ward D attendant, is visiting with relatives in Tracy during her vacation.

\*\*\*\*

Kay Jones, clinical office, left the service of the State of California after four years at Talmage, Friday, April 29. Miss Jones said she is spending some time in Oakland before proceeding with other plans. She was secretary to Drs. Green, Bittick and Lochen.

\*\*\*\*

The clinical secretaries were regrouped this week to fulfill various functions to be performed for MSH Staff members. It is anticipated that a new secretary will be added to the staff by the middle of the month, making the total number of secretary-stenographers nine instead of eight after the vacancy created by Kay Jones has been filled. Veltha Burke, who disposes of the work connected with incoming patients, now occupies the senior-stenographers' room with Helen Wimmer.

\*\*\*\*

Mrs. Helen Wimmer, who had been acting as temporary senior-stenographer in the clinical office for some months, has passed the written California Civil Service Examination for that post and has been holding down the job permanently since April 1.

\*\*\*\*

Jack Lavell, CAT Technician, reports that Mrs. Lavell is now sufficiently recovered from her recent operation that she is once more helping Jack at "Duffy's Tavern."

\*\*\*\*

ALCOHOLIC PATIENTS GROUP THERAPY IS HELD EACH MONDAY AND WEDNESDAY, AT 2 PM, WARD 9 CONFERENCE ROOM. COME AND JOIN THE DISCUSSIONS.

# MENDOCINO ALCOHOLIC PROGRAM - - - - (MAP)

## IN THE CONFERENCE ROOM, WARD 9

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

## IN THE SOCIAL SERVICE OFFICE, MAIN BUILDING

8:30 to 12 am Friday, Personal Interviews with Gordon McWhirter, Social Worker.

1 to 1:30 pm Monday through Thursday, Mrs. Sharon Lopus, Receptionist, will arrange appointments for interviews with the Social Worker.

## IN THE MSH AUDITORIUM

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

## IN WARD 8

1 pm Thursday, Group Meeting for Alcoholic Patients of Ward 8.

\*\*\*\*

Once upon a time two horses were walking down a road together, chatting of this and that and the weather. A little dog trotted along the road toward the horses. As he came within speaking distance, the pup said cheerily, "Good morning, lovely day, isn't it?"

"The horses passed on without a reply, but one of them tossed his head back toward the canine and marvelled to his companion, "Imagine that -- a talking dog!"



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## DOCTOR WILLIAMS SAYS

Members of the MSH Board of Trustees and a number of prominent citizens of Ukiah were my guests last night at an open house at my residence. The group attended the patients' comedy theatrical production, "Gay Nineties Revue", in the Auditorium and enjoyed the show greatly.

Among the visitors were Superior Judge and Mrs. Lilburn Gibson.

Speaking of the show, Mrs. Williams saw the Wednesday afternoon performance and was enthusiastic in her praise for the acting, the stage setting and the general showmanship displayed in the writing and direction. After I had seen last night's performance, I fully concurred. In my opinion, the Gay Nineties Revue is on a par with many professional productions.

\*\*\*\*

MSH is going to be a busy place for the next five years as the huge construction program, now getting underway in full swing, progresses. The heavy equipment being used by the contractors to raze old structures and to clear and level land at the sites of new buildings does the work of scores of men in years gone by. Rapid progress on the initial phases of the program is being made.

New and additional buildings have long been the foremost need at MSH to eliminate fire hazards, provide modern facilities and to relieve the serious overcrowding.

\*\*\*\*

Bam: "Do you think the Senator put enough fire in his speech?"

Slam: "My opinion is he didn't put enough of his speech in the fire."

\*\*\*\*

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# TOWARD BETTER MENTAL HEALTH

## WHY HOSPITALIZE?

Do not go upon the premise that for the mentally ill to live among other mentally ill men or women is the same as if a mentally well person lived among them. He is better off in their company than in that of the mentally healthy, for they will not overtax his emotional strength. Others will have the same poor memory that he has, or the same difficulties in meeting life, or whatnot. In the hospital he need not compete with the mental vigor of the normal, and this in itself is soothing.

Soothing, too, is the tolerance of mental invalids for one another's foibles. To a degree almost unattainable for any normal people except those professionally concerned with mental illness, they disregard one another's annoying habits, bear with being scolded, and discount delusions. Such an atmosphere is far more conducive to tranquillity than the criticisms or distress that a mentally sick person is likely to encounter in a world of the mentally well.

Mental patients, moreover, tend to be each unto himself; and cooperative behavior - such as the ganging up of prisoners - is a rarity in mental hospitals. Many are so wrapped up in their own fantasies and delusions that they are oblivious to the noisiness of disturbed patients.

Nor need you fear that when the patient begins to improve, he may suffer a "setback" because he is in a mental hospital. Many recovered patients have testified that seeing the oddities of other people was the greatest factor in helping them to correct their own. A woman who had been deeply depressed, for example, told her physician that the first step in her cure came when she realized, by seeing other depressed women on the ward, that other people were even unhappier than she and that, therefore, she was relatively well off and might again have something for which to live.

\*\*\*\*

Opportunity merely knocks; temptation knocks the door in.

\*\*\*\*

DON'T FORGET MOTHER'S DAY - MAY 8.

# CHURCH SERVICE

Catholic Church - 3rd Sunday of the month in Auditorium; 3rd Thursday of the month in Ward 12. Father Anderson.

\*\*\*\*

Lutheran Church - 3rd Wednesday of the month in Auditorium, 1:30 pm; Ward 12 immediately afterward.

\*\*\*\*

Protestant Church - 2nd and 4th Sundays of each month in I.S.H. Auditorium and Ward 12, 8:30 am. Reverend Lindemann and Reverend Brown.

\*\*\*\*

Jewish - C. Stern of the Jewish Committee on Personal Service in State Institutions visits the Hospital once every three months.

\*\*\*\*

Christian Science Church:  
"As in Adam all die, even so in Christ shall all be made alive."  
I Corinthians 15:22.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, May 8.

The subject is: "Adam and Fallen Man".

## INTER-WARD SOFTBALL

The Ward 8 Wayfarers didn't fare so well at Sunday morning's softball game with the Fireballs of Wards 14 and 15, losing by a score of 8 to 7. It was the second game of the season here, and the second win for the Fireballs who took the opener 10 to 8 the week before.

Ward 8 had a chance to win in the ninth after a 4-4 tie which developed in the sixth frame had been broken. With two men down, a runner on second, Bob G. of the Wayfarers came up. The score then was 8 to 7. With George C, a fast hurler, facing him, Bob struck out.

Francis B, for Ward 8, poled out a homer, and George C did likewise for the Fireballs.

Ward 8 made 11 hits and had four errors; Ward 15 banded out 15 hits and committed four bobbles. Umpires were Fred M and Bill F; the scorekeeper was Ross H of Ward 8.

The same teams will meet again at 9 a.m. next Sunday on the softball diamond opposite Ward 7.

## MSH ALUMNI MEET

Gordon McWhirter, Social Worker, who spends Thursday and Friday of each week at MSH, may be reached at his office in San Francisco on Monday, Tuesday and Wednesday mornings. His office is at 507 Polk Street, Room 20, telephone Graystone 4-0766. He requests that ex-patients of MSH who are in the vicinity call his office, for there is a group meeting each week, exclusively for MSH people.

Mr. McWhirter says that the sole purpose of this weekly group meeting is sociable conversation and he assures us that those in attendance always have a good time. When you are in San Francisco, call and find when this group meets. It may be beneficial to you as well as entertaining.

## LIBRARY DONORS

Joyce M, librarian at the Patients' Library, has received word from Mrs. Katherine Steele, Director of Nursing Service, at Sacramento, explaining that two recent shipments of magazines for the use of MSH patients came through the efforts of employees of the State Personnel Board. The last donation consisted of 47 magazines, and the librarian extends her thanks.

Other recent contributions to the Library include:

Walter Davis, MSH employee, 51 magazines, his second gift; Mrs. Strickland, MSH employee, nine religious books; Miss Pattilou Farguarharson, 98 magazines and nine Pocket Books; Miss Grace Hall, San Francisco, four puzzles and 12 magazines; Men's Marking Room, 34 Magazines; Miss Hebert, MSH employee, Ward 10, 12 magazines; Mrs. Lucy McKellup, MSH employee, 12 Magazines; Gunnar Sputho of Ukiah, 8 magazines.

\*\*\*\*

A young lady stopped at a notion counter and asked to see a man's comb.

"Do you want a narrow man's comb?"; the clerk asked.

"No", replied the girl, "I want a comb for a fat man with rubber teeth."

\*\*\*\*

Doctor: "The best thing for you to do is bury yourself in your work."

Patient W.E.: "But doctor, I'm a concrete mixer."

\*\*\*\*

SEE YOU AT THE NEXT PATIENTS DANCE

## LIE DETECTOR WANTED

The staff of The Pomo News was cognizant of the opening of trout season last Sunday, but only one member of the crew was fortunate enough to get an opportunity to go out. You guessed it -- he was Editor Duke R.

At break of day (figuratively speaking) the boss and Powell C, another ardent fisherman at MSH, lit out for a "staked out" spot equipped with expensive rods and lines and 5-cent hooks.

"We'll have a fish feed at noon," promised Ye Ed as he took off.

The other members of the staff, mouths watering, watched the hands of the old clock in the tower creep toward noon. By 2 o'clock they were more than somewhat hungry. By 4:30 they decided it would be wise to take on a little sustenance at the PDR -- and did.

Duke was sighted before bedtime in Ward 8, but he was preoccupied; he said nothing about any fish or any fish dinner. Nor has he said anything along that line yet. The News' ace reporters have been unable to locate Powell.

### ADMISSIONS AND RELEASES

MSH admissions and releases for the period ending April 30, are as follows:

Admissions, 39; Releases, 22.  
Population, 2787.

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### GAY NINETIES Continued

line hard work. Enthusiastic audience applause is ever the reward of the actor and actress but certainly all of the patients and personnel of MSH should be grateful to these hard working people.

Thanks to the following:

Maria B, Grace K, Lillian M, Joe W, Woody C, Clarence J, William G, Frank W, Paul T, Larry De, Roy N, George M, John S, Joyce M, Ralph C, Helen N, Louis C, Chlooe W, Jessie D, Joan C, Jack D, Beatrice C, John G, Naomi T, Bernard K, Leslie B, Sophie R, Lila H, Vernon F, Donna R, Nancy K, Chauncey L, Otis K. H., Norman W, Myrtle Mand Frank D.

At the piano, Bill M and Ray S furnished quality music. These men are both musicians of broad professional experience and they paced the show beautifully. More applause is due these fellows.

There were three shows for the MSH patients Wednesday, a show for the public Thursday night, with the final performance for the public Friday night.

\*\*\*\*

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## MSH OPEN HOUSE

Thursday, April 28, Open House was held at MSH for the General Public. The program consisted of entertainment, a talk and a tour.

The guests were entertained from 1:30 to 2:00 pm, by the MSH orchestra, doing a variety of numbers.

This program was followed by discussion by Dr. L.G. McKeever on "The Treatments Given at MSH for Different Types of Patients". In his twenty-minute talk, the doctor spoke briefly on the treatment for Alcoholics, the Lobotomy program, Group therapy, Insulin shock and Electric shock. For the latter, the electric shock machine was displayed and explained.

Following this, the guests were conducted on a tour of Wards 9, 11, 15 and I, and all the Shops. The tour was conducted by Dr. R.G. Bramkamp.

Finally a session of questions and answers was held in the Auditorium, Dr. McKeever answering the queries of the guests. In spite of the small crowd they seemed to have been well entertained and well satisfied as to the conduct of the Hospital.

## JOE ADDOR SAYS

Joe Addor, Master Carpenter, in charge of the MSH Carpenter Shop, reported this week that the new lumber storage shed has just about been completed, although a quantity of lumber still remains to be stored. Two of Joe's patient workmen, George A and "Chuck" S, are engaged in tearing down the old storage shed, which will make room for one of the new men's ward buildings across the street from Ward 14.

Nearby the old shed, the brick structure which formerly housed the paint shop still stands, but probably will be razed within a week.

Assisting Addor in the improvements, besides George and "Chuck" are Paul McS, Nick A, and Lawrence G.

POMO NEWS IS THE EYES AND EARS OF MSH. MAIL A COPY HOME GRATIS NOW.



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## AIDS MEDICS

Jerry K, Pomo News' crack reporter, now knows not to run around giving free advice. In the library the other day he was expounding the virtues of the Dewey Decimal system to Librarian Joyce M. Somehow his abysmal knowledge of bibliophilistic procedures reached the ears of the Medical Staff.

As soon as that efficient body could do so (and this was faster than Severi's hot one) Jerry was assigned to going from door to door on Medical Row collecting medical books to be returned to the Staff library.

Next, he listed these by authors and arranged them alphabetically by authors on the bookshelves of the Conference Room. At typing this list he balked - a skill that had not been included in his bookish career.

He is now back bloodhounding for the MSH paper - a stronger and more silent character.

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### FIRST BIRTHDAY Continued

Preparing a news story is not easy if the writer strives to make it interesting and informative. Then there is the editing -- the reading of all copy and checking details. Heads must be written. Headline writing is not easy. The mechanical work of the cutting of stencils, both with the typewriter and with the stylus - by hand - takes skill. The operation of the mimeograph machine is quite a chore. It is not something for a person to tackle who has no mechanical sense.

Each edition of The Pomo News represents much work by several patients -- long hours of work.

MHS is fortunate that it has a staff of doctors who want the paper to be free from interference. Dr. Goodstone, who is the responsible doctor, believes that the paper should be allowed to reflect the opinions, the wishes and the expressions of the patients. It always has.

If the patients like the idea of having a newspaper, they should give every cooperation. The best cooperation is sending in ideas and news stories, also comment for the Mail Bag.

The Pomo News is proud of its tradition, even if it is only a year. It looks forward to its second year with confidence and belief that it will become "better and better".

ALCOHOLICS ANONYMOUS MEETINGS SUNDAY NIGHTS IN THE AUDITORIUM--6 PM

# POMO NEWS

PUBLISHED EVERY FRIDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA: under the auspices of Dr. DAVID B. WILLIAMS, Superintendent

Supervised by Dr. Gerald Goodstone  
Clinical Director

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

## AVE ATQUE VALE

(Hail and Farewell!)

The Pomo News no longer will seem the same. Duke and Myrl are leaving.

Duke has been not only the editor, director, artist and over-all guiding genius of the paper, but-- what is the most vital accomplishment of all--the Great Provider. He has furnished late-hour food, coffee and sustenance without which The News could not have reached the inspired heights it has in the weeks gone by.

And without Myrl there would have been no paper at all. Her meticulous labor, 12 hours of it, often seven days a week, was primarily devoted to making the stencils, accurate, neat and clear. No mere stenographer's job this, but hard, slow and detailed work.

So-ooo, dear readers, if the paper after this issue is not what it used to be, nor as well done, we who are about to take over realize how high we will have to raise our sights, to come anywhere near the standard that has been set.

Without our head and arms, Duke and Myrl, we may be like the Winged Victory -- rushing headlong, but we know not where.

-- David A.A.

## RAISES BROOD IN TREE

The "Woodpecker Song" -- if song it can be called -- is to be heard in volume around the grounds of MSH these spring days. In the saved off stub of a limb on an old tree beside Ward 8 are three neat nest holes, drilled with a carpenter's skill by red-headed woodpeckers.

A Pomo News reporter watched Mama Woodpecker feeding her brood while she clung upright outside one of the holes the other day.

WRITE TO THE MAIL BAG - DO IT NOW!



## SNAFU WINS

Sideline fans at Saturday afternoon's baseball game found more interest in watching a black Dachs-hund cavort at the end of the field than in watching the eighth and ninth frames of the lop-sided game.

The underslung canine proved to be another addict of the bottle. Only, his "jug" was an empty soda pop bottle. At first he was unable to pick up the round object in his mouth and that bothered him. Snarling and barking, he rolled the bottle ahead of him with his nose and paws.

At last he got it in his teeth and with his tail wagging in victory, he trotted off.

P.S. -- The pooch belongs to none other than Dr. D. B. Williams, MSH superintendent.

MOTHER'S DAY - MAY 8. SEND A CARD!