

A PROGRESSIVE PAPER FOR MSH PATIENTS

Pomo News

W E E K L Y

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

Vol. 2 No. 10 July 8, 1949 5¢ per copy Population

CASTING FOR NEW MSH SHOW

Dorothy Buchanan, MSH Recreational Director, held sway Tuesday morning in the Auditorium with approximately 20 aspirants for the coming stage play, "Westward Ho".

Patients from Wards F, G, H, I and K were on hand, as well as players from Wards 1, 2, 5, 8, 9, 10, 14 and 15. All were enthusiastic and anxious to get started on rehearsals.

Casting Director Larry De was hard at work with his particular chore, while other aspirants were running through parts of the musical score.

The new play will be an opus in three scenes depicting the westward journey of a hardy band of pioneers from Oklahoma to California.

The first scene takes place in a small town in Oklahoma to a musical score of western tunes. The second is in dangerous Indian country in the Rocky Mountains accompanied by typical Indian music, with the last scene taking place at an old mission in California. A fiesta is in progress and the celebrants are enjoying themselves to the strains of gay Spanish music.

Present plans call for two rehearsals weekly. Watch The Pomo News for further announcements.

STRIKING CARPENTERS HALT CONSTRUCTION AT MSH

Carpenters' strike now in its fourth day, that caused all construction work to cease Tuesday evening at MSH, is state wide, according to W. F. Mello, Project Manager for Moore and Roberts. The strikers are receiving \$1.12 an hour and are asking for a flat \$1.25 per hour. There have been no sympathy strikes, but it was considered impractical to work only a few laborers.

Although all work has ceased on (Continued on Page 8)

NEW SOCIAL WORKER TAKES UP DUTIES HERE

Herschel E. Mason, formerly of Patton State Hospital, began his new duties as Psychiatric Social Worker at MSH on July 1. He shares the Social Service office in the Administration Building with Miss Lucille Jetter.

Mr. Mason was at Patton for two years. He went there from Salt Lake City, which he regards as "home", after three years with the Utah Public Welfare Department and five years with the Utah State Board of Education.

He has a wife and four children, for whom he hopes to find a home in Ukiah in the near future. At present he is living on the Hospital grounds.

Mr. Mason said he likes the official atmosphere at MSH and the congenial people on the staffs. "I'll like it here, I'm sure," he said.

MSH CELEBRATES FOURTH OF JULY

Old Sol and the Weather Man, conspired to make July Fourth, an ideal day for the field events at the MSH Baseball Park.

At nine o'clock in the morning, the patients from the Women's wards paraded into the south wing of the grandstand, followed shortly by the men patients who occupied the west wing. The contestants occupied the south bleachers and the west bleachers were filled with men patients. It is estimated that close to a thousand patients, employees and visitors were assembled.

From deep in center field, at the base of the flag staff, Doctor D. B. Williams and wife were interested spectators of the events of the day.

Directly behind home plate was the microphone, presided over by Frank W as announcer. Between the (Continued on Page 8)

THIS WEEK

MENDOCINO ALCOHOLIC PROGRAM

SATURDAY:

Movie: "Panhandle" (Monogram)
Talmage vs. Sausalito - 2 pm.

SUNDAY:

Church Services (See Page 8)
A.A. Meeting 6 pm in Auditorium.
Softball: 9:30 am.
Talmage vs. Sausalito - 1:30 pm.

MONDAY:

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

TUESDAY:

Dr. Prasser's Group Therapy, Ward 9 Conference Room. 2 pm
Band Practice 9:30 am.

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 Glee Club at 1:30 pm (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.

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 9 pm --Auditorium.

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Have you any constructive suggestions? Send them to the Pomo News.

It is suggested that all alcoholics who wish to do so "join the program". The meetings listed below are open to all alcoholics and any person wishing to attend these meetings will be relieved from any work assignment for this purpose.

IN THE CONFERENCE ROOM, WARD 9

2 pm Monday, Group Therapy Round Table Discussion.

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.

IN THE SOCIAL SERVICE OFFICE, MAIN BUILDING

1 to 1:30 pm Monday through Thursday, Miss Barbara Robinson, Receptionist, will arrange appointments for interviews with the Social Worker.

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

IN THE MSH AUDITORIUM

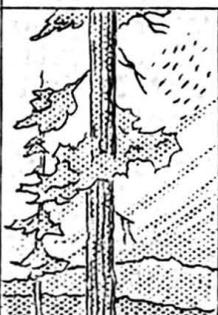
6:30 pm Wednesday and 6 pm Sunday, Alcoholics Anonymous Meetings.

IN WARD 8

6:30 pm Thursday, Group Meeting for Alcoholic Patients of Ward 8.

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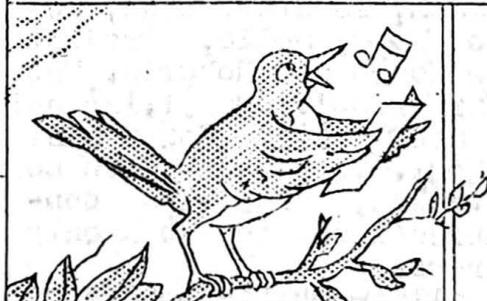
Gordon McWhirter, Social Worker attached to MSH has offices in San Francisco at 507 Polk St., room 200, phone-Graystone 4-0766. He requests that out-patients in San Francisco phone him at the above number. He is available in the city on Monday, Tuesday and Wednesday.



EMPIRE
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262

News FROM THE WARDS

TRANSFERS, ASSIGNMENTS

The following patients have been transferred from Ward 9 to Ward 8: Chester S, William F, Michael C, Frank W, James E, Louis T, Edward F, Henry M, Clarence M, Vernon A, Theodore S, Gerald G, Thomas M, Charles S, Ivan N, Albert H, Chester M, Thomas L, Albert P, Peter A, Albert A and James B.

Hugh McA, Louis G, John G, William F, Eugene O and Willie L were transferred from Ward 9 to Ward 4.

WARD 8 DOINGS

The following patients were transferred to Ward 9: William R, John B, Murray D, Walter H, and Norman S.

Work assignments: James B to the Gardening crew; Albert H, Thomas L and Michael C to Kitchen; Thomas M to Dr. Prasser as houseman; Charles S to Store; Harry M to Tunnel Gang; Louis T to Plaster Gang and Albert P as caretaker for yards of Cottages 1 and 2.

MORE TRANSFERS

Kenneth W to Ward 10 from Ward 15. John S from Ward 5 to Ward 8. Raymond F from Ward 4 to Ward 8.

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Tom H is back in the Paint Shop after one month's treatment of typhoid in Ward 4.

---oo---

Ross H, of Ward 8, had a comely visitor over the week-end in the person of Mrs. H, who arrived from their Los Angeles home Saturday.

CHANGES IN STAFF

The Pomo News acquired a new reporter this week and an artist-stencil cutter whose work is familiar to many old readers of the paper. The reporter is "Ham" R; the artist is Woody C, who has been working at the Industrial Shop. His cartoons appeared in The News frequently last year. Both men are replacements on the staff.

NO FIRE ALARMS

The Glorious Fourth passed without a single fire alarm for the MSH department. In commenting on this happy state of affairs, Fire Marshal L. G. Von Schrittz pointed out that four or five years have passed without an alarm on the Fourth.

AA MEETING HELD

Alcoholics Anonymous held their regular meeting in the MSH Auditorium last Sunday evening. Chairman Joe P called the meeting to order. The attendance showed a slight decline; only about 30 attended, of whom 12 were women.

Lahoma T, a former patient at MSH, very interestingly recounted her experience after leaving here. Leaving here without a job she successfully negotiated the first five months with only the A.A. to help her. She was married and an extremely happy nine months of married life followed, during which both Lahoma and her husband practiced the principles set down by Alcoholics Anonymous.

May F, of the Ukiah sponsoring group, gave an inspiring talk followed by a farewell speech in which Helen D emphasized the different and better frame of mind with which A.A. had enabled her to leave.

Frank W summarized the big help the A.A. program had been to him here.

Fred H was elected chairman for the ensuing week.

LIBRARY NOTES

Joyce M., Patients Librarian, reports the following donations to the Library in the past week:

Mrs. Evelyn Mack, Omaha, Nebr.,
2 Bibles, 3 Readers Digests.

Mr. Bonson, MSH employee,
14 pocket books.

Anonymous, 11 books.

REHBEIN LEAVES

In the temporary absence of W. F. Mello, Project Manager of Moore and Roberts, Vic Vichauser, Office Clerk, released the information that Ralph Rehbein, until recently Superintendent of Construction for Moore and Roberts, has left their employ to take another job.

TRY OUT FOR SPOT IN "WESTWARD HO!"

Now!
CANTALOUPE
WATERMELONS
PEACHES
CHERRIES



TALMAGE STORE



EMPLOYEE ACTIVITIES

TAKING VACATIONS

Listed this week as taking time off from Ward duties for vacations are the following attendants:

R. M. Robertson, Dave Scudero, Ronald Dumas, A. E. Hooker, George A. Smith, Benjamin Vickery, Freeman Alexander, R. H. Tuttle, Harry Johnson, John Brakebill, Joseph Rafferty, Robert Sprague; Marguerite Hunter; Catherine Robertson, Elsie Crowell; Evelyn Johnson, Agnes Broadbus, Ferne Ficoni.

CSEA PICNIC JULY 17

Members of the Mendocino unit of the California State Employees Association and their families are looking forward to a picnic at the picnic grounds in the hills east of the State Hospital, Sunday, July 17.

The affair will start at noon. Participants are to take their own eating utensils. The committee in charge of the food part of the get-together assures there will be plenty to eat.

Don Alexander of the Paint Shop and his wife are spending a few days on the coast fishing and taking it easy. The coast also called W. B. Stoughton, who had chartered a fishing boat, but the sea proved too rough for good fishing.

Bob Wright, Head of the Paint Shop, returned to work after being absent for several days to care for his sick wife.

Ralph Chaney, Clerk of the Supervisor's office, was back at his post Tuesday morning recuperating from a strenuous over-the-Fourth fishing trip to the Eel River country.

Ralph reports that he and the family had a swell time and caught a lot of fish--and that's no "fish story".

Gus Lawrence, Attendant on Ward 8 returned to work last Friday after an extensive automobile tour of Yosemite Valley and other vacation spots.

Mr. and Mrs. Lawrence also visited in San Francisco, Oakland and the bay region.

Employer--"Sorry, I have no job for you. I couldn't find enough work to keep you busy."

Applicant--"But you have no idea how little work keeps me busy."

Animal Editor Talks With Zoo Residents

The Animal Story Editor of the Pomo News had a talk yesterday with a leading guinea pig resident of the MSH Zoo back of the men's exercise yard near Ward 9. He asked some routine questions and, as is usually the case in casual conversations, the subject of the weather came up:

"Well, I'll tell you," said Mr. Pigg, "that spell of hot weather last week was pretty tough on us here in the colony. A couple of my best friends were overcome, as a matter of fact."

He shook his head sadly and the Animal Editor hesitated before he made further inquiry.

"Too bad," murmured Mr. Pigg. "My friend Brown, who lives next door; wasn't dressed properly for the hot, sultry weather and he passed away. Then there was Mrs. White. The heat got her, but she was found in time by the doctor--that is Walter D, the caretaker--and he pulled her through the ordeal."

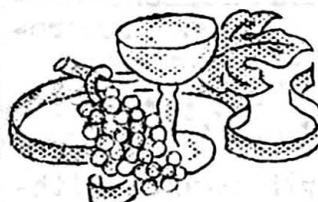
The Animal Editor spoke to a couple of the rabbits. Mr. Black, who is quite a substantial citizen, admitted it had been warm, but "Not too bad." Two families of baby white rabbits seemed not to mind the warm weather as much as their elders and were busy, anyhow, learning how to select the most tasty carrots, explained Black.

- SUGGESTIONS WANTED -

Mrs. Buchanan, Recreation Director, has requested that patients mail any suggestions they may have regarding new forms of recreation to The Pomo News "Mail Bag".

DRUM BEATERS TRY-OUT

Can you play the DRUMS? There will be a try-out in the Auditorium next Monday morning, July 11, at 9:30 a.m. Mrs. Dorothy Buchanan hopes she will have a big turnout. Let's get with you guys and gals.



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LIQUORS





DR. BITTICK GOES TO NEW POST

Dr. Paul Bittick, wife and small daughter, departed from Mendocino State Hospital, bound for Southern California this morning, Friday, July 8.

Dr. Bittick goes to a new post at Birmingham Veterans Hospital, located at Van Nuys, California. There he will assume the duties of resident neurologist.

Dr. Bittick's resignation comes after a year of service at MSH during which time he had charge of Wards 7 and F and T.B. service.

He is a graduate of the University of Kansas Medical School.

LABORERS CARRY ON

Although construction work on the new ward buildings at MSH has come to a grinding stop, some laborers still carry on.

A crew of men were observed Thursday morning cleaning the concrete forms that were used for the foundations on the new Men's ward.

The clamshell excavator is still in operation on the site of the Women's convalescent ward.

RETURNS FROM SICK LEAVE

Eleanor Eby, MSH Switchboard Operator, was back at her post Thursday morning after a six weeks absence on sick leave.

Suffering from an attack of pneumonia Mrs. Eby was hospitalized in Ukiah for five days, followed by a convalescence period at home.

Enjoying a good rest on her leave of absence, she is now back on the job full of vim, vigor and vitality.

JENSENS BACK FROM VACATION

Attendant Clarence Jensen is back on the night shift at Ward 8, after putting several hundred miles on his car's speedometer vacationing.

Mr. and Mrs. Jensen visited Reno, "The Biggest Little City", where he tried his hand at "bucking the tiger", only to come away a sadder and wiser man.

The couple then continued on to Yosemite Valley and way-points, stopping over at Watsonville for a pleasant few days with relatives.

The fisherman was telling his friends about the one that got away.

"It was at least that long," he said, gesticulating with his hands. "I never saw such a fish."

And one of his listeners remarked: "That I believe."

SIGN YOUR LETTERS

As has been stated repeatedly, unsigned communications cannot be used in the Mail Bag. It is not necessary that your name or ward number appear in print at the bottom of a published letter, but we must know who the communications are from. -Editor

Editor, The Pomo News:

Your article was well written in regard to the rattlesnakes killed by myself and Gabe P., except for one statement, to wit: you stated I was charge attendant of Ward 7. I never have been charge of Ward 7 nor do I ever wish to be and it is embarrassing both to myself and Mr. Mosley, who is charge of 7 to see such in the news. In fairness to Mr. Mosley a correction should be made.

Frank R. DuBois

MASONS BUILD FLOORS

Under the watchful eye of Ed Veronda, MSH Masonry Shop boss, patients Louis T and Ermin K, both of Ward 8, laid a beautiful red and gray colored, cork tile floor in the rest room of the Nurses' Home last Friday.

The shower room of the Home was also the receiver of a new cement floor.

The masons were scheduled to start July 7, building a cement floor in a 20' x 40' structure at the MSH Chicken Ranch.

Upon completion of the flooring the building will be used as a straw depository.

--oo--

Little Willie came home after playing a tough game of football.

"Ma," he said, "you once told Aunt Mary that I had your eyes and daddy's nose. Well, look at me now. I'm like grandpa--no teeth."

--oo--

Joe had been jilted and a friend was trying to console him.

"Never mind, Joe. In a few weeks you will forget all about her and be happy again."

"Oh, no I won't. I have bought her too many things on the installment plan."

--oo--

CHURCH SERVICES

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

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

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

Christian Science Church:

Matthew 6:6. Thou, when thou prayest, enter into thy closet, and when thou hast shut thy door pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, July 10.

The subject is: "Sacrament."

Jewish Services:

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

TEACHERS TO HEAR OF MENTAL HYGIENE WORK

Dr. Paul Bittick, of the MSH Medical Staff, said one of the things on the program of the Mendocino County Mental Hygiene Society for this fall is to place before a panel of school teachers of the county the purposes and plans of the organization.

The principal objective of the Society, Dr. Bittick said, is to interest the general public in improving and modernizing care and treatment of patients in mental hospitals. The group wants to enroll as members educators, medical men, law officers, judges, the clergy and civic groups. Relatives of patients and discharged patients especially are invited to participate in the program.

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The dollar doesn't go as far as it used to, but what it lacks in distance it makes up for in speed.

 * SIDELIGHTS ON THE *
 * FOURTH OF JULY FUN *

Well; it was a great day at Mendocino, this Fourth of July... The sky was clear, there was no wind, it was not too warm... The patients who took part in the doings at the Ball Park had the right spirit and enjoyed themselves... The special dance in the evening was a fitting climax.

The three-legged race for women literally was won in a walk. Not so with the men's. The two leading teams showed the boys had practiced and their gait had rythm and even grace.

Just in case some of the boys in the foot racing contests got ideas and forgot where the finish line was, the park was dotted by gents in white pants, posted at strategic intervals. Tch! Tch!

Dr. Williams was an interested spectator near the flag pole in deep center field.

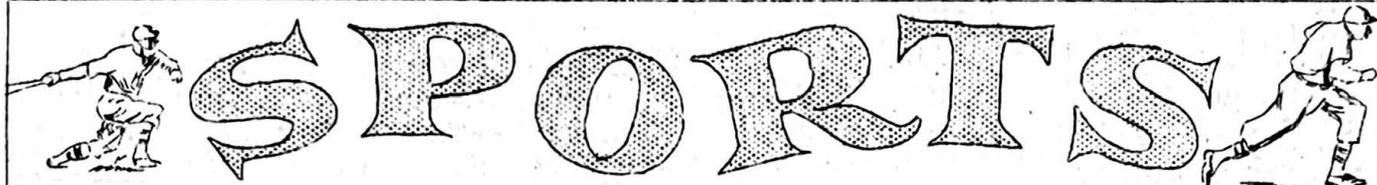
Comic touches were added to the morning program by Eddie N, Ward 6, the perennial juggler in a clown suit and by another clown with a toy cap pistol who was officially listed as a starter--one Duke R.

The festive atmosphere was enhanced by the presence of volunteer coke and candy butchers, who circulated among the spectators.

The busiest people on the diamond were Mrs. Dorothy Buchanan, in charge of the Recreation Department and her assistants, notably Frank W., at the loudspeaker mike. To this group goes a big hand for a big job done in a big way.

Samuel P. N., of Ward 15, color bearer for many years at MSH celebrations, again headed the parade of male patients from the Administration Building to Ball Park. The parade of patients, two abreast, stretched over about two city blocks.

The Fourth of July brought a large number of visitors to MSH. Relatives of patients brought basket lunches and had picnic-style lunches on the shady lawns.



SPORTS

FORT BRAGGERS LOSE 3 IN ROW

It was a chilly, rainy Sunday, that last May 6th, when the Fort Bragg Loggers whipped the Talmage Sluggers here 7 to 5. But the Sluggers didn't forget and they more than evened the score over the holiday week-end--last Saturday, Sunday and Monday--by taking the Loggers in all three games, 8 to 6, 2 to 1 and 11 to 5.

The series was part of the Fort Bragg Paul Bunyan Days celebration and large, festive crowds witnessed each game.

Bankhead hurled the Sluggers to victory Saturday and the contest was highlighted by home runs by Bobby Myers and Bob Moroni.

Ado Severi was on the mound Sunday in a hard-fought pitchers' duel. The game was tied 1 and 1 in the first of the sixth, when Jimmy Laviletta, the Sluggers' first baseman, slammed a homer for the last scoring of the day.

Righthander Warren Goble of the Loggers pitched a five-hit game but wildness cost him the contest. Player-manager Foggy Ottosen of the winners was walked across the plate with the first run of the game in the top of the fourth inning.

A single and two walks off Goble had loaded up the bases in the inning and a third consecutive base on balls forced in the run.

Fort Bragg scored their only run in the last of the fifth on a single, sacrifice, and another single.

In the Fourth of July game, Adolph Luchesi, a high school youth who was a bat boy for Talmage at one time, was given his "big chance"--and made good as a pitcher. He went seven and two-thirds innings before he showed signs of weakening and got credit for the 11-5 win. He was replaced by Ernie Mosna.

Tomorrow the Sluggers take on the Sausalito Merchants here, at 2 pm. The Sunday game will start at 1:30.

WARDS 14-15 DO IT AGAIN

Ward 8, having given up trying to beat 14-15 at softball, figured they would try their luck at hardball. The game Saturday ended with Ward 8 on the short end of a 13-11 score. Still not convinced, they came back Sunday to take a shellacking 10 to 3.

The Sunday affair was not too (Continued on Page 9)

SLUGGERS WIN 19 OUT OF 24

With the Talmage Sluggers going into the closing phase of the 1949 baseball season, it's well to take another look at the games won and lost record of the team. That look shows still a remarkable percentage of victories since the first game of the season on April 3. To date, including last week-end's three-game series, the locals have won 19 and dropped 5.

The talk heard among fans here--certain fans, that is, who talk usually just to be making a noise, that the Sluggers have gone up against only "set-ups" and "High School" teams, doesn't hold water. The teams Talmage has met are from the regularly organized groups or leagues which rotate their playing with each other all over Northern California.

Certainly that Moffat Manteca outfit, last year's semi-pro champions, that Talmage-Ukiah faced, was no "set-up." The Cooper-Varni team, which dropped two here two weeks ago is highly rated in the league play and is no "High School" bunch.

It's been pointed out before that the Sluggers play most of their games at home, which is a distinct advantage; they aren't tired from travel, they know the park and are used to the climate. Considering those points, the Sluggers' seasonal record is still exceptional. In the batting averages printed in the Pomo News last week, eight men of the twelve who may be called "regulars" were hitting .300 or over. This list includes Manager "Foggy" Ottosen, who usually goes in only as a pinch hitter, and the two pitchers, Severi and Bankhead.

Statistics don't lie. Here are the won and lost statistics of the Sluggers in 24 games:

WON--Over Horsetrader Eds, 6-4; Smiling Jacks, 13-1 and 1-0; Mendocino City, 10-2; Daly City, 15-3; South San Francisco, 15-1; Martys, 24-12 and 13-0; Longshoromen, 5-1 and 4-3; Double Plays, 5-4 and 10-5; Los Gatos, 7-6; Irvington, 5-3; Cooper-Varni, 2-1 and 2-1; Fort Bragg, 8-6, 2-1 and 11-5.

LOST--To Daly City, 8-1; Fort Bragg, 7-5; Irvington, 3-0; Moffats 6-1 and 10-7.

The Hospital personnel and patients should be proud of the team.

ADDITIONAL SPORTS, PAGE 9

SCALDED BY HOT COFFEE

Tuesday morning, while working on the MSH Food Truck, Anthony R of Ward 8, sustained a severe burn on his left ankle.

In reaching to secure a can which was tipping, he stepped on the lid of a can containing hot coffee. The lid slipped and his foot plunged into the steaming coffee. Although he yanked it out "muy pronto" the ankle was burned for several inches above the part protected by the shoe.

Anthony is being treated by Dr. R. G. Bramkamp and the wound is getting along satisfactorily.

STRIKE - - -

(Continued from Page 1)

the new Ward Buildings, Bob Chambers, of the State Division of Architecture; informs us that six carpenters, employed by that department, are continuing on the job, re-shingling Cottage 5 and building three new Doctors residences.

CELEBRATION - - -

(Continued from Page 1)

grandstand and the microphone the MSH Orchestra played throughout the morning. Orchestra personnel included Frank W, Ward 8, Drums; Clarence J, Ward 15, Trombone; Ray S, Ward 15 and Willard H, Ward 10, Piano and Marion A, Ward C, Guitar.

Festivities were started by the musicians playing Stars and Stripes Forever, while Samuel P. N, of Ward 15 paraded the flag around the base lines of the diamond.

Following this ceremony Frank D, of Ward 8, took over the "mike" and led the entire crowd in singing the National Anthem. He then led community singing of "Yankee Doodle Dandy", "Grand Old Flag", "I Love You California" and rounded out the concert with "God Bless America".

After the Women's sack race, Sophie R, of Ward K, was presented with a Birthday Cake, while the crowd sang "Happy Birthday to You".

Prizes for the winners of the various events were cosmetics, cigarettes and candy for the women patients and candy and cigarettes for the men patients.

Dorothy Buchanan, Recreation Director, seemed to be everywhere at once, seeing that the Field Day went off smoothly and without any delay.

Frank W, announced the events and winners clearly and efficiently. Duke R, of Ward 8, was infallible with his trusty artillery, as official starter for the races.

Names of the winners of the various events are as follows: Men's

CELEBRATION (Continued)

events--50 yard dash won by Henry G; Ward 15--Sack race won by Ross H, Ward 8--Three Legged race won by George M, Ward 10 and John J, Ward 3.

Robert L, Ward 8, was first in the Egg and Spoon race and Henry H of Ward 3 was declared champion Pic-eater.

A team of strong men from Ward 8, captained by James H, with big Ross H, as anchor man won the Tug of War.

Robert L squeezed all the squal out of the Greased Pig in capturing that event.

In the women's events, Ruby O, Ward C, led the field in the Fat Ladies race. Maria B, Ward K, ran away from the field in the Sack race and Sophie R of Ward K was the best Egg and Spoon racer.

The Three Legged race was taken by Concha B from Ward B and Sophie R.

Ward K; had five stalwarts on the rope, captained by Nancy K and pulled to victory in the womens' Tug of War.

Nancy K also won the Pic Eating contest by several mouthfuls.

The big field meet ended with the Greased Pig event and everyone filed out of the Ball Park to the strains of martial airs by the MSH Orchestra.

BLACK CROWS - BLUE BOYS

Fire Marshal L. G. Von Schrittz and several of his shotgun toting pals were crow hunting on the MSH Ranch property last week-end.

Although the black marauders were there by the hundreds only ten birds fell victim to the nimrods prowess. Old shells were blamed for the poor marksmanship.

The story goes that after the first terrific broadside was fired the crows vanished into thin air.

VISITORS FROM AFAR

Chauncey L, Ward 15, enjoyed a visit with his mother June 26. She is a resident of Shiprock, New Mexico.

June 30 was a happy day for Emma H, Ward E. It was on that date she received a visit from her friends, Mr. and Mrs. J. Vermillion, residents of the State of Kansas.

Sylvia S, of Ward M, was made happy July 2, by a visit from her mother, who came to MSH from Rupert, Idaho.

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Grocery and market ad in an Oklahoma newspaper: "Bologna, lb. 28¢; wieners, lb. 28¢; also corrugated sheet iron, 8 and 10 ft."



MORE SPORTS

BOXING MATCH STAGED AT 12

By Cal, Pomo News Correspondent.

Before I start to give you a review of the events which took place at Ward 12 on the Fourth, I would like to express our gratitude and thanks to Rod Yagle and George Ginochio, both attendants on our section of the Hospital. They gave a large amount of their time prior to the holiday to see that we would have a fine program. I can truthfully say their time and effort were not wasted, because everyone enjoyed himself immensely.

The two main events were softball and boxing. The softball game was, as usual, between the Highgraders and the Lowgraders. The first few innings were tightly fought, but with pressure on the Lowgraders, they fell apart and the Highgraders went on behind fine pitching, to win, 10-5. The winning pitcher was William C, losing; "Flash" K. Plate umpire was Mr. Ginochio, base umpire, George Vost.

The boxing match was scheduled for four rounds, between Eddie E and Flash K. Judges called the first round a draw, gave the second to Flash and in the third ruled a TKO in favor of Eddie.

Results of other events on the holiday program were:

Old Man's Race: 1st-Jack H
2nd-"Professor" 3rd-"Stinky" S.
Wheelbarrow Race:
1st-"Mouth" Z & George S.
2nd-Steve S & Charlie C.
3rd-Eragon C & Eastel S.
Potato Race: 1st-"Speed" S
2nd-Jack S 3rd-"Slim" T.
Pie Eating Contest: 1st-"Prof." M
2nd-Joe W 3rd-Marcus B.
50 Yd. Dash: 1st-"Flash" K
2nd-Roger J & "Dad" D
3rd-William C.
Tug of War: Highgraders.

Prizes for the winners were distributed by Mr. Yagle.

PING-PONG AND CROQUET

The ping-pong table and the croquet court opposite Ward 7 are getting quite a workout these summer evenings before curfew rings for the working patients.

WOW! 31 TO 5 SCORE ON 4TH

It was a hot sunny afternoon, July 4th. A goodly crowd had gathered at the old MSH ball diamond to witness a softball contest between Albertinum Boys Club of Ukiah and an All-Star Hospital team. The crowd grew restless as the Boys Club was late in making an appearance.

The game got under-way--Boys Club go down in order, three strike-outs--All-Stars score 3 runs--Boys Club came back with 2--the crowd went wild--the All-Stars score one more--at this point the boys from town got the range; the "umps" and fans on their side, the Hospital lads fell apart and the massacre ended 31-5 the All-Stars on the short end.

After all the kids from Ukiah were only "80 lbs.", 12 year old youngsters and gave a grand performance. They could hold their own in any league of their class.

The All-Stars and especially the umpires added their share to the comedy of errors. Thanks follows for a good show.

DANCE UNTIL 9

Dr. David B. Williams, Superintendent, this week approved a request by Mrs. Dorothy Buchanan, in charge of patients recreation, that the Friday night dances continue until 9 p.m., instead of ending at 8:30, as in the past.

The new time--6:30 to 9 p.m., will continue through July and August, at least. The special Fourth of July dance and last Friday evening's regular event, inaugurated the new rule.

This answers a request often made by patients, who greatly enjoy the dances and who feel that the time heretofore allotted was too short. Letters asking an extension of time have been printed in The Pomo News Mail Bag.

14-15 DO IT AGAIN

(Continued from Page 7)
bad after the first inning when Wards 14-15 scored eight times, Ben P adding the big punch with a home run over the right field fence.

Danny C pitched for Ward 8, Armando P receiving. For 14-15 it was Basilio H, Henry G and Bill R. Duke R shone as base umpire with his straw-topper and Santiago P called 'em from behind the mound.

DROP YOUR "MAIL BAG" LETTERS IN THE POMO NEWS DEPOSITORY LOCATED AT THE EAST ENTRANCE OF THE TUNNEL

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EDITORIAL

HOW THE LAYMAN CAN HELP PATIENTS

Ex-patients of mental hospitals, relatives of patients and others among the general public often wonder how they can be of assistance in improving conditions in the institutions, how they can help to modernize the methods of treatment and care.

There is a way and a means by which any private citizen can help. It is by becoming a member of the unit of the Mental Hygiene Society in his city or county or the one nearest to him.

The title of the organization may be misleading to some. It is not a group confined to medical or psychiatric or psychological professional people. It is open to the layman; and as a matter of fact, its primary reason for being is to provide an opportunity for all citizens to have a voice in its program.

That program is being carried out on state-wide and national bases. In the final analysis, the sole aim is betterment of conditions for mental patients in public hospitals. The Society keeps abreast of latest discoveries in mental illness sciences, modern facilities and is interested in the movement toward higher skill of personnel. It also keeps an eye on legislation affecting mental institutions.

There is a unit of the California Mental Hygiene Society right here in Mendocino county. It was organized only recently and now has a membership of 22. At the last meeting, last week, Mendocino State Hospital was represented by three: a doctor, a Resident Social Worker and the Psychologist.

These people are deeply sincere in their desire to improve conditions of care and treatment in mental institutions. But they can't get nearly so far with their objectives as they would like without the co-operation of public-spirited laymen.

It is to them and especially relatives of patients, this editorial is directed.

TOWARD BETTER MENTAL HEALTH

GETTING THE PATIENT ADMITTED

Lawsuits against physicians who have "railroaded" mentally well persons into mental hospitals must be "taken with a grain of salt." Not only are such lawsuits often lost, but the legal definition of "insanity" does not gee with modern medical conceptions of mental illness. An individual may be proved legally "sane" yet show symptoms of mental illness unmistakable to a doctor. In addition, scientifically there is no such thing as absolute mental health; there are degrees of mental health and mental illness just as there are degrees of physical health and physical illness.

Frequently a person who looks perfectly healthy, in a doctor's judgment needs treatment for some serious organic disease. Similarly a person who seems "sane" to a jury may have a mental illness easily recognizable to an experienced doctor.

Although in their objective of depriving no one of liberty without due process of law, nearly all our state statutes err in the direction of making admission to mental hospitals too hard rather than too easy, you must, obviously, obey them in order that your afflicted relative can secure the haven and help he needs. It does no practical, immediate good, either to your state of mind or to his, to damn antiquated laws or to try to get by them.

In those states that provide for it, (including California) voluntary admission is the best means of opening the doors of a mental hospital. It involves merely the patient's signing the necessary paper in the office of the hospital's admitting physician. The form of the paper varies with the particular hospital and the particular state. When all it involves is a statement that the signer understands the nature of the hospital, promises to obey its rules, and will give ten days' notice before leaving, it is less painful than when he must declare himself insane.

Voluntary admission is desirable because, by everyone's experience, it is the natural way people go to hospitals. When someone needs an operation on his foot, for example, he is not ordinarily taken willy-nilly to the surgical ward of a general hospital, but is consulted beforehand and goes of his own free will. As a rule, therefore, physically ill men and women enter hospitals ready to co-operate with the institution and its doctors.