

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pomo News

← WEEKLY →

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

Vol. 2 No. 11 July 15, 1949 5¢ per copy Population 2809

MEDICAL STAFF AUGMENTED

MSH received a new addition to the Medical Staff July 5, with the arrival of Dr. James T. Shelton.

Born in Los Angeles, Dr. Shelton attended medical school at the University of Southern California. He interned at Santa Fe Coast Lines Hospital and became a licensed physician in California.

Entering the Army Medical Corps he was discharged with the rank of Captain, May 24 this year at Fort Bragg, North Carolina. There he had been attached to the 82nd Airborne Division and affiliated with the station hospital as a psychiatrist.

Previously he served at Letterman General Hospital in San Francisco and Valley Forge General Hospital in Pennsylvania. He has specialized in nervous and mental diseases.

Dr. Shelton has been assigned to Wards 7 and F, where he will also have charge of the T.B. cases.

He and his wife and daughter Susan, age one, have been occupying Apartment E awaiting renovation of Cottage 1, where they will reside.

CARPENTERS GET PAY RAISE

W. F. Mello, Project Manager for Moore and Roberts, Inc., stated Tuesday that the Carpenters' strike has been settled and the men went back to work Monday morning, July 11. The carpenters received a pay raise from \$2.12½ per hour to \$2.17½ per hour effective July 15, this being an increase of 5¢ per hour.

At the same time a 2½¢ per hour increase was announced for laborers, retroactive to July 1, which raised their pay from \$1.42½ to \$1.45 per hour.

Mr. Mello is going to rush the entire job and try to get all buildings under cover before the winter rains commence.

CANNING SEASON STARTS AT MSH

The MSH Cannery, under the supervision of Henry Brunges, is at the peak of the carrot run.

Starting the canning season on July 6, the plant has been processing carrots for ten days and will continue for another week on this crop.

Beets will be the next vegetable to be canned; followed by string beans which are expected to be ready in about three weeks.

A large crew of women patients are working at the cutting tables and Mr. Brunges has the men patients busy with the heavy work.

Kenneth S and Jack D are repairing a quantity of fifty gallon barrels which will be used for dill pickles.

The output of carrots this season will be much larger than last year and the crop is of better quality.

TO WORK FULL TIME IN SAN FRANCISCO

Gordon McWhirter, Social Worker, who has been coming to MSH Thursday and Friday of each week for many months, to sparkplug the M.A.P. rounded out his work at the Hospital Friday afternoon, July 8.

He departed for his office located on Polk Street in San Francisco, where he will carry on a full time program.

Last October, Mr. McWhirter started to come to the Hospital two days a week and during the succeeding weeks he has been of inestimable assistance to the patients here and to the out-patients who left here for San Francisco.

Mr. McWhirter wishes to assure patients who were admitted from San Francisco, or out-patients who go to that city from MSH, that they will be cordially welcome at 507 Polk St., Room 200, Phone-Graystone 4-0766. He will do all in his power (Continued on Page 2, Col. 2)

WEEK'S ADMISSIONS, RELEASES
Admitted: 27 Released: 32

PSYCHOLOGIST ARRIVES

Benedict T. Lassar arrived at MSH July 5 to become Senior Clinical Psychologist. Raised and educated in New York City, he graduated from Columbia University, majoring in psychology. Mr. Lassar also studied at New York University and expects to receive his Ph. D. degree this year. He also studied abroad at the University of Grenoble in France and was a psychologist in the U.S. Army Medical Corps for 2½ years.

Mr. Lassar was connected with the New York City Board of Education in a psychological capacity, more recently at Norwich State Hospital in Connecticut.

At MSH he is assigned to Ward 12 and will conduct group therapy classes with psycho-delinquents.

Mr. and Mrs. Lassar live in an apartment in the Receiving Ward.

28 ATTEND AA MEETING

The regular Sunday evening, July 10, meeting of Alcoholics Anonymous was called to order by Chairman Freddy H. Members present from Ukiah A.A. Group were Kay F and Natalie J.

Several of the 19 men and 9 women present gave their views on the principles of A.A. and the emotional and physical problems present behind the illness of alcoholism. Those who had previously been A.A. members elsewhere, discussed the benefits they had derived from association with A.A.

Kay F reported a successful meeting of the newly founded Ukiah Group of Alcoholics Anonymous in the Odd Fellows Hall Thursday night, July 7. Ten charter members were present. For awhile these regular Thursday meetings in Ukiah will be open to alcoholics only. Later on open meetings will be held, to which friends and relatives may be admitted.

After electing Mike C as chairman for the coming week, the meeting was adjourned.

MSH COOK WEDS IN RENO

Jimmie Lavilotta, well known first baseman for the Talmago Sluggers and Miss Christine Tompson, popular member of the young set of Ukiah, eluded their many friends and dashed over to Reno last Saturday to get married.

Jimmie took time out from his honeymoon to play first base Sunday but remarked, "We will take a long honeymoon later on".

The popular MSH cook and his charming bride will make their home in Talmago.

KILLS SNAKE WITH BUCKET

When The Pomo News came out last Friday without a single reference to rattle-snakes, it caused several thoughtful persons to think that perhaps St. Patrick had recently paid Mendocino County a visit.

Max Ungerman, Attendant on Ward 4, was cogitating along these lines while strolling along the creek which ambles toward the Russian River on his Potter Valley Ranch.

Idly swinging a bucket at the end of a rope, he was recalling that a neighbor had told him only that morning that he hadn't seen a rattler in a week, when Max put on all the brakes and shifted into reverse. One more step and he would have landed on a three foot rattle-snake, that looked about ten feet long at the time.

Swinging his trusty bucket by the rope, he stunned the snake which crawled into a crevice. After poking the reptile out of the crevice with a stick, Ungerman gave it the "coup de grace" with the good old bucket. Ten rattles and a button was the official count.

Man and boy, we have heard a lot of snake stories. But this is the first time we have heard an authenticated case of getting snakes by the bucket.

NEW SUPERS ON JOB

Starting time last Monday morning found two new superintendents on the job. Jack Cody, who came from a construction job at Imola, replaced Joseph Andraou as superintendent of construction on the Womens' Ward Buildings. Andraou has taken a new job with the State of California.

Dick Payne was promoted from Mill Foreman to superintendent of construction on the Mens' Ward Building, replacing Ralph Rehbein who has taken a job elsewhere.

WORK STARTS ON KITCHEN BUILDING

H. R. Larrick, Superintendent of Construction on the Kitchen Building, started construction work on that building last Monday morning with a full crew.

His carpenters are busy building concrete forms for the foundation.

GORDON McWHIRTER - CONT.

to help them with their individual problems. They can write or telephone him at his San Francisco office.

Herschel E. Mason is taking over where Mr. McWhirter left off and is quite enthusiastic about his new duties.

News FROM THE WARDS

WARD 8 DOINGS

The following patients were received by Ward 8: Olden B, Edward H and Willie L from Ward 1; Herbert G and Ray D from Ward 4; George P from Ward 6.

Edward H was transferred to Ward 9 and Robert L to Ward 14.

Work assignments: Elwyn L, Joseph A and Herbert G to Tunnel Gang; John P to the Kitchen; George P and Darvell C to ward work; Reuben B to the Lawn Gang; Kenneth S and Jack D to the Cannery; Cecil G to Dr. Green; Fred B to the Electric Shop; Harold O'L to the Plumbing Shop and Ray D to the Dairy.

WARD 9 TRANSFERS

Transfers from Ward 9 were as follows: John P, Kenneth S, Cecil G, Warren T, Louis L, Joseph A, Elwyn L, Harold V, Darvell C, Fred B and Harold O'L to Ward 3.

James A was transferred to Ward 4. Ward 5 received George W and Tom Y went to Ward 15.

Daniel C was transferred from Ward 1 to 15 and assigned to work in the Laundry.

WARD I NEWS

Work assignments for Ward I are as follows: Dorothy K to Dr. Lochan's cottage; Frances K to Dr. Bair's cottage; Marybeth D and Elaine D to the Laundry; Patricia M to Pomo News; Cleo W and Eva S to the Sewing Room; Wilda D to the Art Room; Edna H, Frances M, Helen T, Norma F and Cleo R to the Cannery.

Transferred from Ward I were: Elsie K and Emma H to Ward E; Harriet N to Ward G.

--oo--

Among the ranks of Ward I patients who had visitors last Sunday, was Elaine D, whose husband drove up from San Francisco to see her.

--oo--

Deep sighs of gratitude filled the dormitories of Ward I last Monday night when the women patients came from their various work assignments to float off to sleep on the wonderful new Foamex Rubber mattresses. Ward I's quota of 110 of the new mattresses was received with the greatest of appreciation by all the women workers.

The population of the world has doubled in the past century.

WARD M TRANSFERS

Patients recently transferred from Ward M to Ward I were: Marybeth D, Elaine D, Wilda D, Cleo W, Frances M, Edna H, Frances K and Dorothy K; transferred to Ward K was Eva E.

WARD K ASSIGNMENTS

Work assignments from Ward K to the Cannery were as follows: Gertrude A, Valleda D, Mary D, Sophia G; Catherine H, Lena M, Gillerman P, Opal R, Naomi S and Portia T; assigned to the Laundry was Eva E.

IMPROMPTU PICNIC HELD

Marybeth D, of Ward I, very generously entertained several friends at a picnic lunch on the lawn of the Hospital grounds last Sunday; when her husband arrived from Chico, loaded down with good food. The pièce de résistance was ice cold watermelon which was especially appreciated in view of the fact that the temperature hit a new high here over the week-end. A self-appointed guest of honor at the gathering was "Dart", Both's black cocker spaniel, who practically took over the proceedings with his antics and winning personality.

FOOT AILMENTS TREATED

For the past week Dr. Richard H. McAloose, State Chiropodist, has been making life more pleasant for patients with foot troubles.

Every four weeks Dr. McAloose operates at MSH from Monday to Friday inclusive. During his stay here this week he has treated patients on Wards A, B and C, 14, F, 8 and 7. He concluded his visit Friday morning, by administering to patients on Ward I.

From here the doctor goes to Napa State Hospital and on around the route, which includes Agnews, Sonoma and the Veterans' Home at Yountville.

During the year ending June 30, 1949 Dr. McAloose has given 1740 treatments to patients at MSH.

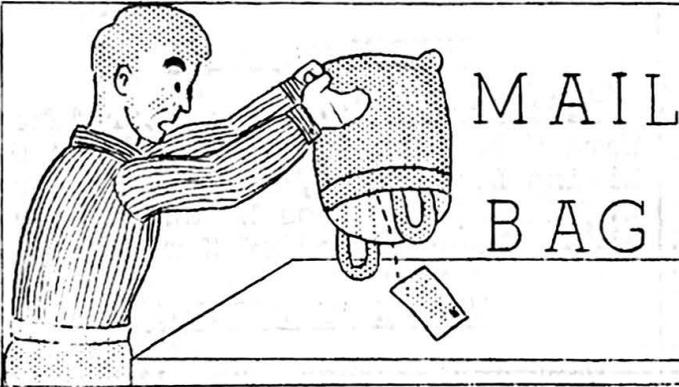
SEND THE POMO NEWS HOME \$2 A YEAR



CALL
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1138-J

For Fine
LIQUORS





Dear Editor:

The entertainment we had the 4th, was the most enjoyed, by all patients, of any type of entertainment we have had since I came here last January. I was most happy to see the bright and joyful look on the patients faces and especially those of Wards 1, 2 & 3, who get to attend very little entertainment. I am sure that what little expense was put out, was well worth it. I sincerely believe that if we could have more of that type of entertainment it would be very much appreciated by everyone. For us patients to look forward too, this would fill a great blank space in our life while here. As the patients begin to recover, those who are able, could enter in the events and it would be a great help in the rehabilitation of the patients. This would draw him closer to athletics, outdoor sports and possibly draw their interest closer to other recreations on their wards, such as cards, checkers, dominoes and chess. We could also have ping-pong tournaments which would get the patients to practicing and playing more ping-pong on their wards.

Recreation here is about the only thing we patients have to look forward to other than getting back into society again, and it is my opinion and I believe everyone will agree, that we should have more recreation and entertainment here at MSH.

We "all", wish to express our appreciation and thanks to Mrs. Buchanan, Dr. Prasser, Mr. Garvey and others who helped carry out the program. We are also grateful to Dr. Williams, Dr. Bramkamp and Mr. Miller for letting us carry out these entertainments.

Chas. E. J--Ward I.



ANOTHER RECORD FOR MSH DAIRY

Dairyman E. A. "Hank" Fanslow has posted another great record made by a cow from the Mendocino dairy herd, going by the pretty name of Mendocino Naida Star.

Mr. Fanslow can be justly proud of the laurels heaped on him by the Holstein-Friesian Association of America in continually producing record breaking dairy cows.

The remarkable 3 years and 3 months old Mendocino Naida Star, compiled the high record of 1072.0 lbs. of butter-fat over a period of 365 days.

The following are excerpts from a letter received July 8, by the able Dairyman, from the Holstein-Friesian Association.

"This is the highest three year-old record that has ever been made in Classification 3X in this country.

"While we make no attempt to keep track of the rest of the world, we happen to know that previously, four Canadians and one heifer in the Argentine had junior three-year-olds, 3X records higher than the recent national champion in this class, Carnation Heilo Cinderella Violet, with her 919.7 lbs. record.

"Mendocino Naida Star has surpassed all five of the cows that we have just mentioned outside of the United States.

"She had 28 days on official test with eight different supervisors employed in the conduct of the test, including an out-of-state check test, covering a three day period, supervised by Oregon State College.

"She is the 435th cow in the United States to produce more than 1,000 lbs. of fat in a year under the supervision of the Holstein-Friesian Association of America. She is the 97th cow to make such a record in Classification 3X.

Which all goes to prove that "Hank" certainly knows his cows and that the MSH Dairy herd is out-standing.

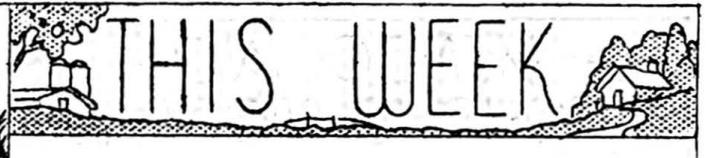
FIRES AT MINIMUM

Fire Marshal L. G. Von Schrittz thankfully reported "no fires" for the past week. He also expressed himself as being very much gratified, at the way the people in the territory under his jurisdiction, are co-operating in keeping at a minimum, fire hazards such as dry grass, brush and accumulations of rags and boxes in out-of-the-way places.

WRITE TO THE MAIL BAG - DO IT NOW!



EMPLOYEE ACTIVITIES



THIS WEEK

TAKING VACATIONS

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

James B. Tremper, G. Pinneo, Walter McConihe, Theo. J. Sousa; Luther Sawyers, Patrick Ryan, Joe Micheletti, Floyd Welch, Frank Bulla; Birdell Ward, Willa Walden, Royce Vickery, Pearl Lemos, Margaret Bulla, Dora Nell Ryan, Annot Pinneo, Lillian Addor, Myrtle Mich-clotti, Anita Sandkulla, Laura Ford, Estelle Tuttle, Lois Carty, Edna Eriksen, Bess Hayden, Clara Ceceoni and Lucille Brown.

WILL DRIVE TO TEXAS

Frank R. Dubois, relief attendant, and his wife, Althea Dubois, Head Nurse, will start on their annual vacation Monday, July 18.

They plan to drive in their Willys Jeep, to Uvalde, Texas, Mrs. Dubois' home town and incidentally the home town of John L. Garner, former Vice-President of the United States.

While there they will visit Mrs. Dubois' two sisters and renew old acquaintances.

The trip is expected to take about ten days, after which Frank and Althea may be found, working hard on their ranch near here.

---00---

Chief Engineer G. O. Walden has moved from his apartment on the ground floor of the Main Building to Cottage 7, formerly occupied by Dr. Paul Bittick and family.

The move was made Friday afternoon, July 8, shortly after the Bitticks' had departed for Southern California.

---00---

Attendants Mrs. Ollie Shipley and Pearl Denham did a particularly nice job of substitution last week on Ward I for the regular attendant, Mrs. Margaret Winchester, who has been on the Sick List.

---00---

Charge Attendant P. L. (Toke) Cornell is proudly driving a new buff colored, five passenger coupe. You guessed it, the car is a 1949 Oldsmobile.

---00---

Fire Marshal Von Schrittz moved last Sunday from his residence in Talmage, to the apartment in the Main Building formerly occupied by Chief Walden.

ANNOUNCEMENT: Glee Club practice will be held Sunday morning July 17 in the Auditorium immediately following Church services.

SATURDAY:

Movie: "Romance of the High Seas" with Jack Carson & Janis Page
Talmage vs. Vallojo Merchants

SUNDAY:

Church Services. (See Page 9)
A.A. Meeting 6:30 pm in Auditorium
Softball: Wards 1, 2 & 3 vs. 8
Talmage vs. Jeffersons of S. F.

MONDAY:

Group Therapy Round Table Discussion at 1 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 1 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.

Pomo A. A. Group Meeting at 6:30 pm in Auditorium.

THURSDAY:

General Discussion Meeting for Alcoholic Patients, 3 pm.
Band Practice 9:30 am.

FRIDAY:

Orientation Meeting for new Alcoholic Patients, 3 pm.

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

Patients' Dance 6:30 to 9 pm in Auditorium.

RESUME WORK ON SILOS

A full crew started to work again Monday morning on the two new silos at the MSH Dairy. They are lining the big feed tanks and placing flat iron retaining bands around them.

It is expected that the job will be completed this week.

**EMPIRE OFFICE
MACHINES**
SALES AND
SERVICE

Phone 144 - 325 N. State St.
Ukiah

MENDOCINO ALCOHOLIC PROGRAM

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 those meetings will be relieved from any work assignment for this purpose.

IN THE CONFERENCE ROOM, WARD 9

- 1 pm Monday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.
- 1 pm Wednesday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.
- 3 pm Thursday, General Discussion Meeting for Alcoholic Patients. Open discussion concerning questions regarding Alcoholic Treatment at the Hospital and plans relating to release from the institution.
- 3 pm Friday, Orientation Meeting for Alcoholic Patients. Purpose of this meeting is to introduce the M.A.P. to new alcoholic patients and to inform them of the true facts in order that they may take full advantage of the program.

Individual interviews by appointment can be had with Herschel Mason, Social Worker, Tuesday and Thursday afternoons.

Gordon McWhirter, Social Worker, has offices in San Francisco at 507 Polk St., Room 200, telephone GRaystone 4-0766. He requests that out-patients in San Francisco call him at the above number. He is available in the city on Monday, Tuesday and Wednesday.

IN THE MSH AUDITORIUM

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

RED ROBIN NURSERY



Phones
1036-W
565-W
262



DOCTOR WILLIAMS SAYS:

Mr. Garvey and I journeyed over to Sacramento, Wednesday morning. We got off to an

early start in order to get there before the valley heat caught up with us.

The purpose of our trip was to consult with the engineers of the Division of Architecture concerning the semi-final plans for the new Hospital and Treatment Building, the Administration Building and the new Auditorium and Library.

Everything is shaping up fine and we had a nice trip.

HARVEST TIME AT MSH FARM

The MSH Farm is doing a good job providing vitamins by way of a large assortment of vegetables.

Carrots by the truckload are being delivered daily to the MSH Cannery. Other table vegetables furnished by the Farm are lettuce, turnips, beets, onions, cucumbers, beans, cabbage, swiss chard and rhubarb. The harvest of peas and strawberries as well as youngberries has just ended.

At present, grain is being harvested and the hands are mowing and baling hay. To facilitate harvesting of alfalfa, a new hay mower and a new side delivery rake have been added to the farm equipment. These will aid in harvesting the bumper crops.

The 3,000 feet of concrete piping recently laid, has been connected up with a 20 acre tract just north of the Chicken Ranch. This new acreage will be sown to alfalfa.

PLENTY OF PORK CHOPS

The MSH Hog Ranch had a busy time last Tuesday. In addition to the usual routine of feeding and otherwise caring for seven hundred Berkshire and Hampshire hogs, Ed Laviletta, Manager of the Hog Ranch, officiated at the butchering of twelve hogs, one of which was a 680 lb. boar.

The busy day started auspiciously by one sow farrowing a litter of ten piglets.

Earl Adams, Hog Ranch operator of the Stockton State Hospital, who is now on vacation, dropped in on Ed to pay a friendly visit. He also visited friends at the Administration Building.

SPORTS

TALMAGE RAPS SAUSALITO

Manager "Foggy" Ottosen unveiled another promising rookie pitcher here last Saturday, in the person of Ernie Bartolomie, a 15 year old high school lad. He started on the mound for the locals, pitching the first four innings, allowing two runs on four hits, one of these being a homer over the left-center-field wall by Wendsloff, third baseman of the visiting team. Young Bartolomie displayed the form of a veteran in his pitching and defensive play.

The Sluggers were held in check the first two innings but broke loose in the third, scoring seven times, which gave Ernie credit for the win. Bankhead took over the mound chores in the fifth and coasted the remainder of the game. Final score 21 to 2.

Manager Ottosen had a day for himself, playing first base in the absence of Jimmie Lavilotta. He walked three times, got his second home run of the year and stole second base twice.

It was lucky for Virga, Sausalito catcher, that his belt buckle held, or the Talmage team would have stolen his pants.

Don Myers hit a long triple in the fourth inning---not satisfied, he came back in the seventh, smashing the ball against Dr. William's back yard fence, for an "in the park" home run.

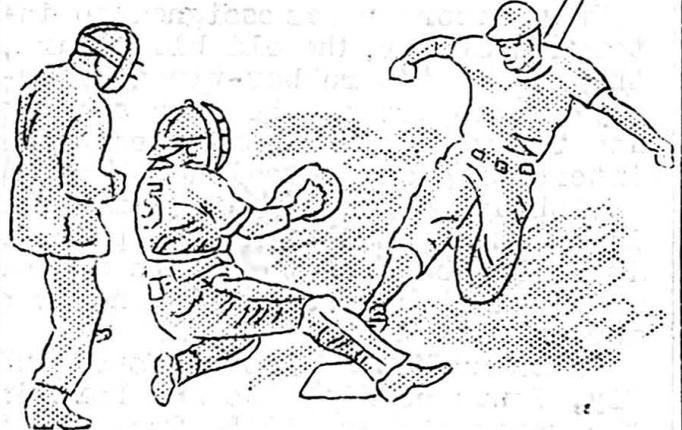
The errors were many and came so fast that the scorekeeper lost count. Batteries for Sausalito were Wagner, Gorman, Miller and Virga. For Talmage: Bartolomie, Bankhead and Moroni. Umpires: Grilli and Paladini. Scorekeeper: Fred Figone.

SLUGGERS WIN NUMBER 21

Talmage won from the helpless Sausalito baseball team 16 to 1 last Sunday to make it two lopsided victories over the week-end.

Severi started for the Sluggers, allowing the one run on four hits, before he was replaced by Mosna in the fifth, who finished the boring affair.

The afternoon sun was too much for the visitor's catcher, Machado, who was prostrated by the heat in the second inning and was forced to retire from the game. Manscabo went in to catch but lasted only



three frames, when he also got too warm (under the collar) and was evicted by umpire Grilli after a lengthy verbal battle over a called third strike.

The Sausalito pitcher Ritchie was wild, walking 11 batters, added to 14 hits, left the fans dizzy watching the Sluggers circle the bases.

Manager Foggy Ottosen expects plenty of competition tomorrow from the Vallejo Merchants and will start Severi on the mound.

Sunday the Jeffersons of San Francisco play here, with Junior Lucchesi chucking for the locals.

For the record--Manager Ottosen informs this reporter that the two losses of the All Stars (Talmage-Ukiah); to the Moffat Mantoca team, were exhibition games and do not go down in the won and lost column of the Talmage team. So---to date the data shows: Games won 21. Games lost 3.

SAUSALITO	AB	H	R	E
Christofani, ss	5	1	0	1
Witsch, cf	4	0	0	0
Miller, lb	4	0	0	1
Wendsloff, 2b	2	2	1	1
Manscabo, c	1	0	0	0
Machado, c	1	1	0	0
Virga, 3b, c	3	0	0	0
Gorman, lf	3	1	0	0
Madson, rf	3	0	0	0
Ritchie, p	4	0	0	1
Wagner, 3b	2	1	0	0
Totals	32	6	1	4

TALMAGE	AB	H	R	E
J. Myers, 2b	3	1	3	0
Guidi, cf	5	2	2	0
Wada, ss	6	3	2	0
Mosna, 3b, p	5	3	2	0
D. Myers, lf, 3b	5	1	0	1
Harding, rf, lf	5	0	2	0
Lavilotta, lb	4	2	2	1
Moroni, c	3	1	2	0
Severi, p	2	0	1	0
Ottosen, rf	2	1	0	0
Bartolomie, rf	0	0	0	0
Totals	40	14	16	2

HIGH OCTANE HAY BURNER TELLS LIFE STORY

This reporter was assigned to interview Spider, the old black mare, that pulls the rubber-tired delivery wagon around the MSH streets and roadways. The experience was interesting and revealing.

Although she is old and her voice is a bit cracked with age, perhaps it would be best to quote Spider as nearly as possible in her own words.

"With my half sisters Topsy and Fly, I was born at the MSH Farm in the month of May, 1925. That would make me twenty-four years old last May. Our father was a Percheron and my mother was one of the best farm horses you could hope to meet. She taught my half sisters and me to be first class workers on the farm. I hate to say this because Topsy and Fly passed on six or seven years ago but I could really work rings around them.

"I think it was in 1942 that I was promoted to my present job. Most any good strong horse can learn farm work. However, my big boss "Hank" Fanslow, Head of the MSH Dairy, looked us all over and decided that I was best qualified for delivery work. Some of the other horses said I was getting too old for heavy work on the Farm but they were just jealous.

"At first I didn't like competing with the trucks. Then I found I was more dependable than they were. When I start anywhere, I get there. No foolishness like faulty ignition or running out of gas, no sir! I have rubber tires on my wagon, too, so they needn't get stuck-up.

"Now I'll let you in on a secret. They are going to give me a brand new rubber tired wagon with bright new paint on it. It will be practically noiseless; ball-bearings and everything. When Hank Fanslow told me about the new wagon, he made a catty remark. He said I was getting kind of gray around the head and neck. Well, I may be getting a little gray; it is only natural at my age but I'm going to have a beauty parlor treatment so

(Continued from Col. 1)
the paint on my new wagon won't out-shine me.

"Did I tell you that I have three particular friends? They are Dan R, wagoner, Robert W, his negro swamper and Butch, the finest little fox terrier you ever met. I forgot for a minute. Robert W passed on a few weeks back. He had been on the wagon for the last ten years. We certainly do miss him a lot. Butch is a very unusual fox terrier. They forgot to cut off his tail.

"Well young man--you say you're fifty seven years old? I still say 'young man'. My friend Hank Fanslow was telling me only the other day; that my twenty four years make me, I think he said, 'equivalent to a lady ninety years old'. I guess you think from what I've been saying, that I'm pretty conceited and opinionated. Hank used those words once to describe me. Perhaps after all he was right.

Come to think of it that truck saves me a lot of steps and since my right fore foot is crooked and I keep wearing out that shoe--let that old truck carry all it wants, even though I know all the routes better than any young truck driver.

"Good-bye young fellow, glad you came around. They have been dropping hints about pensioning me off. I'm too proud to accept a pension, so the next time you come around, I'll be seeing you."

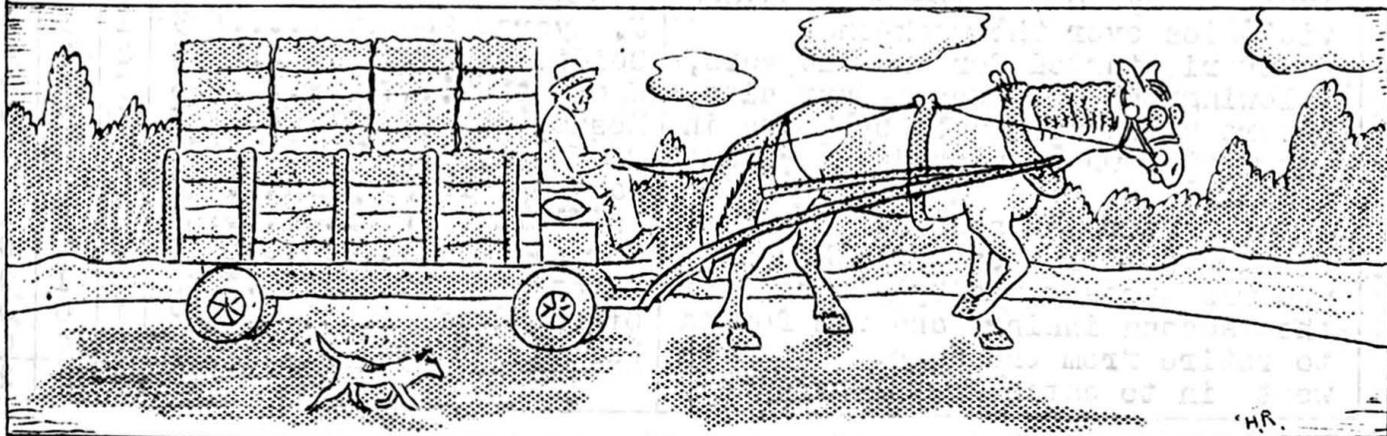
SLEEPING COMFORT

Marion Freitas, Head of the Mattress Shop, has just received two hundred new Foamox Rubber mattresses, manufactured by Firestone Rubber and Latex Products Co.

The slip-on covers, of these mattresses, are secured by metal snaps and may be removed for washing and renovation when necessary.

When the various wards have received their respective quotas of new mattresses, Mr. Freitas anticipates an influx of old ones for repairs.

The Australian black opal has been called "the world's most fascinating gem."



TOWARD BETTER MENTAL HEALTH

GETTING THE PATIENT ADMITTED

It is surprising to most laymen how many mental invalids realize that they are ill and welcome medical assistance. Indeed, it is not unheard of for an individual, unattended by friend or relative, to walk into a mental hospital and say, "Something's gone wrong with me; will you help me here?" Certain types of mental disorders, for instance, carry with them a fear of "going crazy," of losing self-control. Depressed patients frequently recognize the abnormality of their abysmally low spirits to the extent of saying they know they "must be insane." Some persons with delusions of persecution, complaining that their enemies give them no rest, deprive them of sleep, and ruin their digestions, say that they will be only too glad to have the benefits of shelter and care. Even the excited, who believe themselves completely sane, may admit that they are "overwrought" and "nervous" and need treatment.

A few patients, too, agree to voluntary admission as a lesser evil than court commitment. But do not use threats to bring about voluntary admission. Let the doctor do the talking.

Sometimes, of course, voluntary admission is not feasible. Just as some general hospital patients, very ill or unconscious, must be admitted on the say so of responsible relatives, so mental patients not sufficiently reasonable to cooperate must have decisions made for them.

A growing number of states, (including California) fortunately, recognize that mental health is a matter of public health, and have provisions for commitment through the community health officer. Welcome the advice--and authority--of a health officer where it is available. He can ease your burden considerably by the simple process of making out an official request that your relative be admitted to a mental hospital for a time period varying with the state laws.

Jackie was telling his mother about the day in school.

"Today my teacher asked me if I had any brothers or sisters and I told her I was an only child."

"What did she say?" asked his mother.

"She said, 'Thank goodness.'"

PATIENTS DANCE-FRIDAY NIGHTS

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:

"This is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent." John 17:3.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, July 17.

The subject is: "Life."

Jewish Services:

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

LIBRARY NOTES

The following donations to the Patient's Library were reported by Joyce M. Librarian:

Mrs. D. Frost, R.N. Ward F
13 Technical Books.

Cromer C. Nelson, C. S., San Francisco, 50 books.

Mrs. Mary Pulson, San Francisco, 172 magazines, 38 pocket books.

A college man took his father to a football game.

"Now, dad," he said as they took their seats, "you'll see more excitement for two dollars than you ever saw before."

"I don't know about that," replied the old gentleman. "That's what I paid for my marriage license."

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

☆ POMO NEWS ☆

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David A Editor
Duke R Associate Editor
Woody C Staff Artist

EDITORIAL

SMILE AND THE WORLD SMILES WITH YOU

Remember, that as an echo in the hills brings your own words back to you, so the hearts of your associates send back something that is like an echo in answer to your thoughts, words and actions.

If you can smile, they send smiles. If you call them names, you will be called names. If you laugh, others will laugh with you. If you are suspicious, others will be suspicious of you. If you start a fight, you will find others who will fight with you.

If you try to drive a hard bargain, the chances are that someone will try to out-bargain you. If you reach for the dinner check, when dining informally with friends in a restaurant, the chances are that someone in your party will try to get it before you do.

A friendly dog walks right into your heart, while a vicious dog often gets shot. In colonial days the Quakers who settled in Pennsylvania had no trouble with the Indians because they treated them as friends.

There is a spirit in every man that will readily respond to the Christ in you. There is also a selfish or adverse spirit in every man, that responds to the expression of a selfish spirit in you.

Because other persons are moved to send back to us an echo of our mood, we should, for our own sake, be on the alert to express only that which is good.

Do you like to hear discordant words of complaint, discouragement, hate and criticism? If not; begin at once to cultivate the Christ spirit within yourself, so that you will send out only constructive thoughts, and words that will lift the hearts of your associates and then be sent back to you.

All men are connected in their inner nature so that they are influenced by one another's moods to a greater or lesser degree.

The Golden Rule as given in the

COPPERSMITHS AT WORK

William Elliott, Industrial Shop Supervisor, introduced this reporter to Joseph V. G, who is in charge of designing and producing hammered art objects in copper.

Among other creations, such as ash trays, Joseph displayed some truly attractive and artistic wall plaques on which portraits of national figures, such as President Washington, President Lincoln and Eleanor Roosevelt, were hammered in copper.

Much ingenuity and artistic ability, to say nothing of craftsmanship, had been manifested by the workmen.

DRUM TRIAL HELD

A man was on trial Monday morning in the MSH Auditorium--not for his life or a crime committed but for his qualifications as a drummer in the Orchestra.

His name is Fred H and he hails from Ward 3. According to the judge, Dorothy Buchanan the Recreational Director, he was presenting a solid case and would in all probability, be unanimously selected.

(Continued from Col. 1)
7th chapter of Matthew is a statement of a fundamental principle in controlling the lives of men. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them".

It seems that this is a clear statement of the law that our actions find a response in the actions of others. This response may be thought of as an echo and the return of our smile.

SHOW FOR SATURDAY at the MSH AUDITORIUM.



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