

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pommo News

← W I E I K L Y →

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

Vol. 2 No. 12 July 22, 1949 5¢ per copy Population 2799

C S E A PICNIC HUGE SUCCESS

In accordance with tradition the C.S.E.A. staged its annual picnic last Sunday from noon until seven in the evening, at the C.S.E.A. picnic grounds located above the State dams in Hill Creek Canyon.

Numerous tables were scattered throughout the grove of bay trees and alders which threw grateful shadows over the more than 250 guests who occupied the tables during the afternoon, either eating, playing cards or just enjoying each others' company.

Theoretically lunches were served at 12:00 noon, 3:00 p.m. and 6:00 p.m., these being the hours when various C.S.E.A. members came off shift. Actually however, the serving was practically a continuous performance. No impaired appetites were noticed.

Barbecued beef, chili, bacon and beans, potato salad, home-made cake donated by members, and coffee, beer and pop were served cafeteria style. Guests brought their own eating utensils; knives, forks, spoons, plates and cups according to plan.

Ed Veronda spent Saturday night and Sunday morning at the two barbecue pits attending too and from (Continued on Page 10, Col. 1)

PIPE IN NEW WARDS

Ed Owens, in charge of plumbing in the new Ward buildings, is putting fabricated pipe under the slab (floor) area in the Convalescent Womens' Ward building.

Fabricated piping is also being laid under the Disturbed Patients Ward building, ahead of the slabs.

Thousands of feet of this material is being laid in the new Ward buildings. The piping comes in varying sizes. Some of it is manufactured out of cast and galvanized iron and some is made of copper.

TO GIVE RECITAL

The MSH Glee Club will be heard in two concerts to be given in the Auditorium, Monday, July 25.

There will also be an organ recital by Ray S of Ward 15 at both performances.

The afternoon concert will be for the closed wards and is scheduled to start at 1 p.m. The evening presentation at 7 o'clock is for cottage patients, parolees and guests.

Several solo numbers are to be featured and will be presented by Frank D, Myrtle H, Larry deR, Geo. M and Joyce M. Roy N the conductor will sing, "Because".

The MSH Male Ensemble is appearing in a new and well rounded presentation.

This is to be the second appearance of the Glee Club on the Auditorium stage and will be the climax of many weeks of diligent practice.

Under the direction of Roy N, the group now numbers 16 men and 14 women. Roy is a capable conductor and in a few short weeks has accomplished wonders with his singers.

The Hammond Electric organ, played by Ray S in his organ recital, has been most generously donated for the occasion by Darrell Lynch of the 7-11 Club in Ukiah.

SCHEDULE MAINTAINED

Dick Payne, the superintendent of construction on the new Mens' Ward, says work is progressing according to schedule for the concrete to be poured up to the first floor of Unit 1. The same is true of the heater room and the transformer room in this building.

Approximately one-half of the walls in Unit 3 are ready for pouring to the same point.

Carpenters have completed their work on the forms for the outside walls of the fan room and all of Unit 2 up to the first floor.

WEEK'S ADMISSIONS, RELEASES
Admitted: 25 Released: 36

CELEBRATES BIRTHDAY

Charles Valentini, head of the MSH Shoe Shop, was guest of honor at a party last Saturday evening, July 16 at his home in Ukiah. The occasion was his 62nd birthday.

The whole Valentini family was present including his wife and their three sons Albert, Mario and Lino and their wives; also Marie their only daughter. Two grandchildren, Gene and Jerry, whose parents are Mr. and Mrs. Mario Valentini, completed Charles' cup of happiness.

Each guest brought an appropriate gift. At the end of the most enjoyable dinner the birthday cake appeared, bearing 62 candles. Yes--Charles blew out every one of them with the first puff.

TO GIVE BABY SHOWER

A baby shower for Mrs. Dora Nell Ryan, evening attendant on Ward M, will be given Friday evening, July 29, by Mrs. Bessey Scott, charge attendant on Ward H.

The party will be held at 8:00 p.m. in the garden of Mrs. Scott's home in Ukiah at 214 North Dora Street at the corner of Smith. All women employees are invited, and anyone who wishes to donate on a crib please call Ward M.

Mrs. Ryan is the wife of Patrick Ryan, attendant on Ward 3. Both Mr. and Mrs. Ryan are enjoying a vacation at the present time. The new addition to the Ryan family is expected to arrive the latter part of August.

SPORTS NEW PACKARD

Kathryn (Kay) Brown of Surgery, is driving her new 1949 Packard two-door Club Sedan. It is rumored that she sent halfway around the world for the color, a rich Egyptian Tan.

Tuesday and Wednesday of last week Kay drove to Santa Rosa where she tore herself away from the new Packard long enough to attend an enjoyable dance.

AWAIT OKEY FOR CANTEEN

Elwood Hachmann, MSH, Tinsmith, reports that the proposed Patients Canteen to be constructed at a convenient location on the Hospital grounds, is still awaiting the go sign from Sacramento.

The Canteen, to be privately operated, would fill a great need in the everyday life at MSH, both for patients and employees alike.

Mr. Hachmann says that he is ready to start the project immediately upon receipt of an okey from the proper authorities.

SHELTONS MOVE

Dr. James T. Shelton and family, moved this week from the apartment they had been occupying in Ward E, to Cottage 1 on Medical Row.

A detail of women patients headed by attendant Eleanor Hall had given the cottage a thorough housecleaning and otherwise readied it for occupancy.

The detail then moved to the apartment just vacated by the Sheltons' and proceeded to ready the premises in anticipation of a new tenant.

CANNERY WORKING BEETS

The MSH Cannery finished putting tin jackets on the carrots last Monday. An even 4054 No. 10 cans of carrots constituted the run. Henry Brunges estimates that about ten acres of carrots were processed.

Last Tuesday the Cannery started on beets, of which they expect to turn out 5000 No. 10 cans.

The Tuesday morning output was 548 cans. Given a fairly constant delivery of beets from the MSH vegetable gardens, Brunges expects to complete the run in about ten days.

Work is expedited by a sterling vegetable cutter and dicer, which is run by an electric motor. As the vegetables are cut or diced they drop into a shaker which screens out small pieces and slicers, thus assuring uniformity of product.

TO BUILD AT HOG RANCH

Lines were surveyed this week for a new Hog Farrowing Building at the MSH Hog Ranch.

This was the initial field job of F. M. Irwin, who recently joined the "brass" as associate to Bob Chambers, of the Division of Architecture. He described his job as being in the nature of a shock absorber.

CHIEF ENGINEER ON VACATION

Last Friday G. O. Walden, Chief Engineer and his wife went to Clear Lake to enjoy the second installment of his annual vacation.

CONCRETE FORMS IN

H. R. Larrick, superintendent of construction of the new Kitchen, has completed the concrete forms for the foundations of the entire building. He reports the crews are cooperating real well, which may be the result of the recent raise in pay.

News FROM THE WARDS

WARD 8 DOINGS

The following patients were received by Ward 8: Gene O from Ward 4; Charles W from Ward 7; William E from Ward 15 and Robert L from Ward 16.

Work assignments: Norman S to X-Ray; Charles B to Laboratory; Jim O to Food Cart on Ward 9 and 11; Barney O'H to Kitchen; Earl M to the Food Truck; Walter H to PDR; William E to Dr. Bair's cottage as houseman and Gene O to Dr. Frost's Dental Office.

WARD 9 TRANSFERS

Transfers from Ward 9 were as follows: Charles B, Paul P, George H, Earl M, Barney O'H, James O, Walter H, Thomas H, Edward H, Dean C and Fred H to Ward 8. Dean M was transferred to Ward 4.

WARD 10 NEWS

T. R. Wimmer, charge attendant of Ward 10, has 19 men receiving insulin shock treatment. There is also one women patient taking the treatment.

Todd L was reassigned to the Lawn Detail from the Enright general work detail.

Antonio B was transferred from Ward 10 and was assigned to work at the Chicken Ranch.

HAPPENINGS AT WARD 15

Charge attendant P. L. Cornell has recently received 116 new Simmons innerspring mattresses, which brought joy to the hearts of his patients.

Four new chromium and Duran upholstered, 3 person capacity settees, have been installed in the day hall of Ward 15.

Bobbie K was transferred from Ward 8 and assigned to work in the Laundry.

EASTERN VISITOR HERE

MSH had a visitor from the Eastern seaboard July 12 in the person of William Yocum, of Catonsville, Maryland. He came to visit Hannah F of Ward D.

TRAILER FOR SALE

Just the thing for that vacation! Albert C. Valentini has a canvas covered trailer for sale. Priced reasonable. It is 5' by 6' and 2' deep. Trailer may be seen at 214 Clara Avenue, Ukiah.

WARD I ACTIVITIES

Helen T has been reassigned from the Cannery into the ODR.

Dolores B who was transferred to Ward I last week and assigned to the Sewing Room, has since returned to Ward A.

Lila H has been transferred to Ward G.

Ward I received four of the new chromium and leather settees for their day hall last Friday. Two of them are in green leather and the other two in bronze.

Norma F received as a visitor, her mother, who arrived last Saturday from San Francisco and has spent the entire week visiting with her daughter.

Augusta E was visited by her daughter from Stockton last Monday.

Bonnie G was taken into town for luncheon by her sister-in-law during the past week-end.

Marybeth D was visited by Reverend Witt, a minister from the Holy Trinity Episcopal Church in Ukiah. They have mutual friends in Chico.

Charlotte P and her husband, Joe P, who is also a patient on Ward 8, were visited last week-end by Charlotte's sister, Gladys and two other friends from Santa Rosa, one of whom was Tim W, a member of A. A. and quite well-known throughout the Bay area for his work in that organization.

WARD M NEWS

New arrivals during the past week in the Womens' Receiving Ward were Marie B and June H, both from Redding; also Inez McG from San Francisco.

Ward M lost a good worker last Tuesday when Alice S was transferred to Ward I, where she has been assigned to Dr. Shelton's cottage.

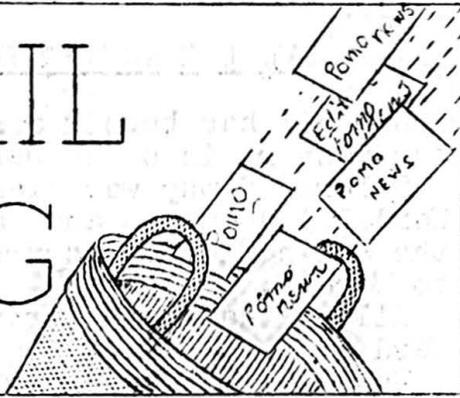
However a fair exchange was made when Evelyn S was transferred from Ward I back to Ward M and her former job in the kitchen there.

VISITOR HAS CLOSE CALL

Despite heat, dust and roadhogs, Helen T of Ward I received as a visitor her brother Lloyd, who arrived from San Francisco Saturday, July 16, after what turned out to be a hazardous trip on his motorcycle.

Shortly before he reached Talmage, he was forced off the highway by an unidentified woman driver. The resulting spill left Lloyd with a badly dented motorcycle, one broken headlight and an aching back. Nevertheless he scrambled up, brushed himself off and resumed the journey to MSH to see his sister Helen. Fellas, she must really be worth visiting.

MAIL BAG



Editor, The Pomo News:

When I entered the ward dining room yesterday I thought for a moment my eyes deceived me. There on our trays instead of the expected and dreaded beef stew were big slices of delicious corned beef of dark red, tender meat trimmed around the edges with tasty yellowish-white fat. And going with it were big bowls of white mealy potatoes and sliced carrots delicate of color and temptingly fragrant. Old man Jiggs never tasted a better meal of his favorite dish at Dinty's than we were served last Sunday. That was, indeed, a welcome change from the usual monotonous Sunday fare. The rest of the patients felt the same way even if they were not so articulate about it as I was in my enthusiasm. I simply felt elated and I can assure Chef B. that we all did full honor to so delightful a meal. If I was outspoken a few weeks ago in my criticism about the never changing dominical fare of beef stew just as outspoken I am today in my praise of our able Chef's change of mind about the Sunday menu and although a self-appointed speaker--I thank him joyfully in the name of all the patients. I will also give voice to a hope that this may mean the beginning of a more varied Sunday meal in the weeks to come. Hail to the Chef!

Geo. K, Ward 9

Editor, The Pomo News:

I am enclosing a few lines I would like you to read to your out-going group at Mendocino Hospital and also to the Alcoholics Anonymous meeting at the hospital.

My name is Charles W and I think most all of you know me. I have been an alcoholic patient in and out of the hospital a number of times. My last trip to the hospital March 29th I was told that I had a touch of tuberculosis. Well, it was quite a shock to me. It is the first time I have ever had anything wrong with me except a hangover.

Well, when I left the hospital May 29th through the kindness and help of Dr. Brankamp I was admitted right away to the San Francisco County Hospital for treatment. Well, I am going to be here for six months and maybe longer. So I would like

Mail Bag--Cont.

to ask you patients from San Francisco that know me when you get well and come back to the big City come out and see me when you can and I will appreciate the visit.

Signed: Your friend, Charles W, San Francisco County Hospital, Ward 22, Room G.

Note: The above message was received by The Pomo News from Gordon McWhirter, former Social Worker at MSH, requesting that it be read to his out-going group and at the Alcoholics Anonymous meetings.

WARD 12 SPORTS AND NEWS

Our section of this Hospital had their weekly softball game between the Highgraders and Lowgraders. Both games were won by the former team. Saturdays game was won by the lop-sided score of 13 to 4. The Highgraders started the first inning with four runs and scored easily throughout the game.

Sunday's ballgame was also somewhat lop-sided, ending in a 12 to 5 score. Anyone seeing the games played between these two teams can readily see the mistakes of the Lowgraders. There is no cooperation on this team. I'm sure if someone got a good hold on this team, I doubt if the Highgraders would win all the time. One little phase in team handling is praise and when a mistake is made go through the procedure of helping a guy out, not yelling at him all the time.

As a sport, volley ball is becoming almost as popular as our softball games. I can assure you that Mr. Yagle has persuaded patients to play sports who had never played before and now you can't get them off the playing field.

Dr. Lochon has done such a fine job on our ward, that the patients are already speaking about the fine work he is doing.

I would like to start a campaign before fall and I'm hoping the effort will not be in vain. What I am getting at is that two movies a week during the winter months would be very good for the patients.

Since the weather will be too vile to be out-doors I'm sure that the management can see our side of the situation.-----"Cal", Ward 12

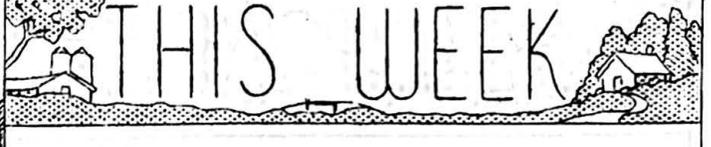


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EMPLOYEE ACTIVITIES



THIS WEEK

TAKING VACATIONS

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

Frank R. DuBois, Dink Beaver; William Lewis, Ernest Patterson, Donald Dale, Gordon Strickland, Kelly Thrailkill, E. J. Richter; Ferne Figone, Marguerite Hunter, Dorothy Johnstone, Margaret Thrailkill, Gloria Dale and Mable Patterson.

--00--

P. L. Cornell, charge attendant of Ward 15, and his wife will drive to San Jose over the weekend to visit their daughter and son-in-law, Mr. and Mrs. Brutton.

--00--

Mrs. Margaret Winchester is back on the evening shift at Ward I. She was slightly incapacitated for several days last week after running afoul of some poison oak.

BACK TO WORK

Mrs. Sharon Lopus is back at her desk in the Clinical Office after an enjoyable two weeks' vacation spent in Fort Bragg and San Francisco.

During their five days in Fort Bragg, Mr. and Mrs. Lopus and children took in the Paul Bunyan Celebration, visited old friends and cavorted on the beach.

In San Francisco they went to see the "Ice Follies" and took the children out to Fleishhacker Zoo for a glorious day.

RETURN FROM VACATION

Bert Sandkulla, wife Anita and their 13 year old daughter have returned from an enjoyable vacation lasting from June 24 to July 13.

They motored to Berkeley where they visited Bert's sister, Mrs. Charles A. Young, for a few days.

From there the Sandkulla family went to Fort Bragg and other points on the coast where they had planned to go salmon fishing with a commercial fisherman. The fish generally start running during July, but this year they didn't show up on schedule, much to the disappointment of the Sandkullas' and monetary loss to the boatman.

Swimming and a lazy life on the beach resulted in some enviable coats of tan.

The vacation wasn't a total fishing loss however, as Bert took the abalone limit on three separate tides.

WRITE TO THE MAIL BAG. DO IT NOW!

SATURDAY:

Movie: "Scudda-Hoo! Scudda-Hay!"
(June Haver & Lon McAllister)

Cartoon: "Taming the Cat"

Baseball: Talmage Sluggers vs.
St. Helena Blue Sox, 2 pm.

SUNDAY:

Church Services. (See Page 9)

A.A. Meeting 6:30 pm in Auditorium

Baseball: Talmage Sluggers vs.

St. Helena Blue Sox, 1:30 pm.

Softball: Ward 8 vs. Wards 14-15

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.

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.

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

THURSDAY:

General Discussion Meeting for Alcoholic Patients, 3 pm.

FRIDAY:

Orientation Meeting for new Alcoholic Patients, 3 pm.

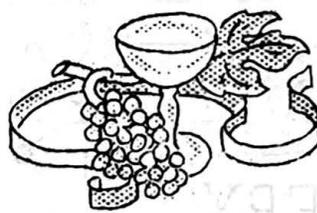
Cromer G. Nelson, C.S., Christian Science Worker.

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

The "Westward Ho!" Cast and members of the Glee Club will be notified of time and dates for rehearsals by Recreational Director Dorothy Buchanan.

Said a foreman to one of his workman:

"When I hired you two weeks ago, you told me how good you were. Now tell me all over again. I'm getting discouraged."



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For Fine
LIQUORS



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

IN THE CONFERENCE ROOM, WARD 9

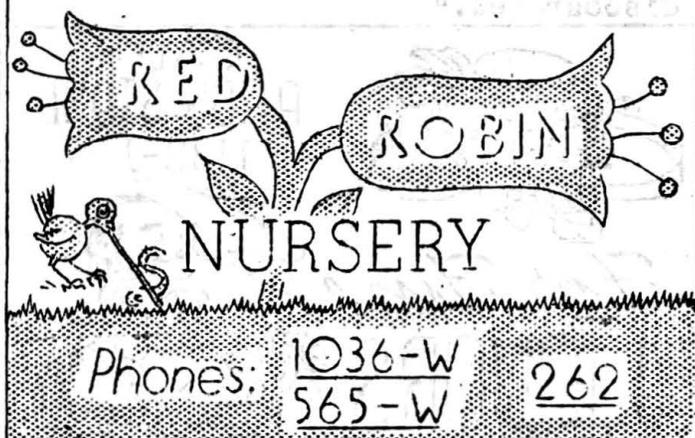
- 1 pm Monday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.
- 1 pm Wednesday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.
- 3 pm Thursday, General Discussion Meeting for Alcoholic Patients. 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, Alcoholic Anonymous Meetings.



RED ROBIN NURSERY

Phones: 1036-W 262
565-W



DOCTOR WILLIAMS SAYS:

I attended a meeting over in Sacramento last week, called by

the Director of the Department of Mental Hygiene, to discuss with the State Hospital Superintendents, problems concerning a salary re-adjustment.

The officials of the department felt that there should be an increase in salary because no adjustments have been made in the last two or three years.

The Department of Finance and the State Personnel Board, will propose the salary scale to the State Board of Control, for final action.

The new pay scale as proposed, will be upon a gross salary and all maintenance provisions will be eliminated.

Mr. Carvey and I, with Dr. Kolb and other officials of the Department of Mental Hygiene met with the Division of Architecture all day Thursday. We reviewed and revised the plans and specifications for the new Hospital and Acute Treatment Unit. Plans for the Administration Building, Library and Auditorium were also reviewed. All construction plans are progressing favorably and rapidly.

POURING PROGRESSES

Jack Cody, structural superintendent of the Womens' Ward buildings, has completed pouring up to the slabs (floors), on building "A" which is the Womens' Disturbed Ward. The footings in this unit required exceptionally deep digging.

Forms are now ready for pouring in the Womens' Convalescent building. The basement walls of this structure have already been poured.

Johnnie's mother was showing him a picture of the Roman martyrs being thrown to the lions.

"Isn't it terrible?" she asked.

"Yes, mother," he replied. "Look at that poor little lion over in the corner. He hasn't any."

First Farmer--"Why do you say that city folk don't know how to cook?"

Second Farmer--"Well, there was one here this summer and on her first day I saw her trying to open an egg with a can opener."

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TALMAGE STOPPED TWICE AT HOME

VALLEJO MERCHANTS WIN 5-3

Coming from behind to overcome a two run lead established by the Sluggers in the second inning, the Vallejo Merchants cracked down on pitcher Bankhead for two runs in the sixth frame and went on to win the ball game 5 to 3.

Bankhead pitched cagey ball the first five innings allowing only one hit. In the sixth Jacobsen led off with a two bagger and scored on Messner's single to centerfield. Messner on the same play advanced to second as the ball got away from Guidi and went on to third when Mosna missed the throw-in from the outfield. Obert walked and Maroon beat-out a perfect bunt to fill the bases with no outs. Rymer then flew out to centerfield, Messner scoring after the catch for the second run. Bankhead tightened up and retired the side by striking out the next two men.

Vallejo came back in the eighth stanza when after one out, Maroon poled a fast ball over the right-field fence for the only home run of the day. Rymer flied out to centerfield again but Sausedo singled and advanced to third when Bond bounced the ball over the leftfield fence into the bamboo patch for a "ground rule" double. Jenkins was safe on first after poking a slow roller at J. Myers who booted it allowing Sausedo and Bond to score on the play for the Merchants' final two runs.

Severi batting for Lavioletta in the ninth got life due to Maroon's error and went to third when Moroni doubled to rightfield. Bankhead went down second to first, Severi scoring number three for Talmage. J. Myers flied out to center. Foggy Ottosen replaced Guidi at the plate but in his effort to salvage the game, popped up to the infield for the final out of the game.

Ernie Mosna came up with a "neat hand" catch of a fly foul off the bat of Maroon in the second inning, that was a dandy.

Vallejo scored 5 runs on 8 hits while Talmage had 3 runs on 6 hits.

JEFFERSONS DOWN LOCALS 6-5

Advertised as a baseball game, the Sunday game turned into a comedy of errors. A total of eighteen being committed by the two teams, honors being equally divided.

The Jeffersons trailing 4 to 1, scored twice in the seventh inning and added three more in the eighth for the 6 to 5 win.

Lucchesi started on the mound for the Sluggers, pitching two-hit ball for the first five frames. He had six strike-outs while his teammates executed six beautiful "boots" in his defense.

Much to Junior's dislike, Foggy singled in his place in the fifth. Mosna was the victim of the defeat as he hurled the remainder of the contest.

Foggy Ottosen, giving his all, lofted a slow pitch over the right field fence for a homer in the eighth, the only earned run of the game.

When Toney, the Jeffersons' manager and "old man of baseball" came to the plate the first time wearing a crash helmet, the fans wondered if he intended to circle the bases in a midget racer.

Sunday Box Score--

JEFFERSONS OF S.F.	AB	H	R	E
Puchalski, cf	4	1	2	0
Maunu, 2b	5	2	0	1
Mahoney, lf	3	0	0	1
Thiebaut, rf	5	0	0	0
Gamba, c	5	1	1	1
F. Biagini, 3b	5	0	0	2
Brown, ss	4	0	0	3
Toney, lb	3	0	0	0
G. Biagini, lb	0	0	2	0
Maloney, p	3	0	1	1
Totals	37	4	6	9

TALMAGE SLUGGERS	AB	H	R	E
J. Myers, 2b	4	2	1	1
Guidi, cf	4	0	1	0
Wada, ss	5	2	1	3
Mosna, 3b, p	5	1	0	2
D. Myers, lf, 3b	5	1	0	2
Harding, rf, lf	3	0	0	0
Lavioletta, lb	4	0	0	0
Moroni, c	4	1	1	0
Lucchesi, p	0	0	0	1
Ottosen, rf	3	2	1	0
Totals	37	9	5	7

Home runs: Ottosen. Two base hits: Maunu, J. Myers. Bases on balls: Maloney 2, Lucchesi 2, Mosna 3. Strike outs: Maloney 5, Lucchesi 6, Mosna 2. Winning pitcher: Maloney. Losing pitcher: Mosna. Umpires: Grilli and Palladini. Scorekeepers: Fred Figone, Duke R and Johnny W.

CHICKEN RANCH IS VITAL UNIT

When A. Bossi took over the management of the MSH Chicken Ranch 27 years ago last June 1st, the ranch could boast only 1500 chickens. In the short space of a year, the hard working poultryman had increased the flock to 3000.

From this meager start, he has systematically increased the chicken population, until it reached a peak of 13,000 just before he started killing fryers a month ago.

In the past month 1075 fryers have met their fate and gone to grace the dining tables of the Hospital.

The henhouse normally accommodates about 5300 laying hens. Most of them are White Leghorns, this variety of chickens being considered the best for egg production. About 3000 White Leghorn baby chicks are added each year to replace the old hens, of which 2000 will be killed between now and fall.

Mr. Bossi has just received 1000, three weeks old chicks, of the Rhode Island variety, which are replacements for the ones lost in the fire two months ago. Of these, 450 roosters will be caponized within the next two weeks. This will still leave him two months behind in capons as a result of the fire. The Rhode Island Reds are produced primarily for the table.

Mr. Bossi has his own secret formula for mixing laying mash, thus keeping egg production up and cost down.

Exact records of all phases of the poultry and egg production disclose the fact that mortality is remarkably low in spite of the hot weather.

Concrete flooring in the new straw storage building located in the rear of the quonset feeder house, has been completed and the building is ready for use. This is the first of the Chicken Ranch's share of the new construction program at MSH.

SHOE SHOP BUSY

Charles Valentini, head of the Shoe Shop, and his assistants, had a busy time in the week just passed. They manufactured 27 durable pairs of new shoes and then topped it off by repairing just under 100 pairs, which were more or less worn out.

All shoes worn by the patients are made and repaired by the MSH Shoe Shop.

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

A A MEETING APPLAUDED

The regular meeting of Alcoholics Anonymous was held in the MSH Auditorium Sunday evening, July 17, at 6:30 pm. Co-chairmen were Mike C and Mion H. For the benefit of new patients who were in doubt as to whether they were heavy drinkers or true alcoholics, an intensive discussion ensued describing the various alcoholic patterns and reactions to alcohol.

Guests from the Ukiah group were Natalie J, George B and Kay F, former patient here, who read excerpts from a recent Dale Carnegie article entitled "Worry Is Your Worst Enemy", which was of interest to many patients who face a blank future upon their release from here.

Co-chairmen for the coming week will be Alice M and Mike C.

EXPRESS APPRECIATION

Los Angeles residents Mr. and Mrs. A. O. Umfrid, enjoyed a visit July 14 with Marian J, on Ward K. The couple expressed their great appreciation of the care given her and stated they thought her condition had greatly improved since their last visit.

The Umfrids renewed their Pomo News subscription for another year and gave their opinion that the paper is accomplishing a great deal in acquainting the public with the aims and successes of MSH in treating mental patients.

CAT POPULATION UPPED

Figaro, famous feline of Ward K, belonging to Attendants Marie Caldwell and Barbara Jefferson, became the proud mother of triplets at 3 o'clock in the morning on July 13. Unable to make it over to Ward M in time for the blessed event, Figaro quietly gave birth to the kittens in the middle of her owner's bed.

Latest reports from Attendants Caldwell and Jefferson reveal that mother and little ones are all doing fine.

MECHANICAL INSPECTION

Howard W. Salls, Mechanical Inspector of the Division of Architecture, was much in evidence this week at MSH.

He was making an extensive inspection of all the new buildings now under construction.

ATTENTION: PATIENTS AND EMPLOYEES

Are you desirous of having a Canteen on the grounds at MSH? If so write to the Pomo News "Mail Bag" and express your views.

TOWARD BETTER MENTAL HEALTH

TAKING THE PATIENT TO THE HOSPITAL

Because a favorable attitude toward the hospital gives a patient a head start on his journey to mental health, there are desirable and undesirable methods of taking him there.

Least desirable is transportation from jail or home in the company of a sheriff or some other officer of the law. This tends to make a mentally disordered person feel as if he were a criminal about to be punished--which he is not; rather than an invalid about to be helped--which he is. Wherever it is possible to avoid having a law-enforcing officer as escort, do not enlist one.

In most states a women patient must be accompanied by a women appointed by the court, unless her husband, or father, or brother goes along.

Ideal arrangement for both family and patient is to have an attendant or nurse from the hospital call for the patient and accompany him to his destination. In sixteen states, ranging from impecunious and sparsely settled Idaho to rich and populous New York, this service must be rendered upon request or notification of the state hospital. Where it is not required by law your request may or may not be granted, but at any rate it is worth the try, if your patient is reluctant to go to the hospital. Many an exhausted and distraught family has been amazed to see an obstreperous patient, thoroughly unmanageable by those near and dear to him, turn tractable at the first quiet words of a hospital employee and go willingly along with him or her. Make it quite clear, however, that the attendant has come with your consent, and be present when your relative leaves home. The object of this is to give him no grounds for thinking that he has been snatched from the bosom of his family by a kidnaper. It is better to endure his storming at you than to have him hostile toward the hospital that offers his best hope for recovery. Once he is well, he will no longer resent your giving him the opportunity for treatment but, on the contrary, will be grateful for it.

If the patient is physically as well as mentally ill, or violent, send for an ambulance.

Kangaroos can attain a speed of forty miles per hour.

CROSS CHURCH SERVICES CROSS

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.

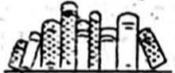
Protestant Church - 2nd and 4th Sundays of each month in MSH Auditorium and Ward 12, 8:30 am. Reverend Lindemann and Reverend Brown.

Christian Science Church:
"Teach me thy way, O Lord; I will walk in thy truth." Psalms 86:11.
This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, July 24.
The subject is: "Truth."

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. Bock, Ukiah, 40 magazines and 1 novel.

Mrs. Lucy McKollup, MSH employee, 1 novel.

Mr. H. L. Reid, Redwood News Agency, Healdsburg, California, 100 Readers Digests.

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Ukiah

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Johnie W Associate Editor
Woody C Staff Artist
Patricia McK Reporter
Ham R Reporter

CSEA PICNIC

(Continued from Page 1)
time to time replenishing the wood
fires which were reduced to glow-
ing coals by early morning.

At this point cooks Jimmie Lavi-
letta and Floyd Ross took on the
pleasant duty of roasting the beef
and preparing the sauces.

In the afternoon Henry Brunges
and A. Mossi relieved Laviletta
and Ross at the pits.

All during the afternoon while
the other guests were serving, eat-
ing, playing and doing the thousand
and one things that one does at a
picnic, their pleasure was enhanc-
ed by the music they liked to hear,
played by Bob Tracy on his guitar
and Louis Fidella on his accordion.

The two boys couldn't be expected
to play continuously during the
afternoon, so when they took "time
out", phonograph records of popular
tunes filled in.

Had a vote been taken it would
have been unanimously in favor of
an extremely pleasant and highly
successful annual C.S.E.A. picnic
for the year of 1949.

WARD 8 WINS 28-5

A record of 28 runs was set by
Ward 8 last Sunday morning. The
softball game being called at the
end of the fifth inning, saved
Wards 1-2-3 from further humilia-
tion.

Ward 8 scoring in every inning,
sending 12 men to the plate in the
1st, 10 in the 2nd and 12 in the
3rd for a total of 22 hits.

Jack D of Ward 8 and Charles B
of Wards 1-2-3 each collected a
four-bagger. Frank D had a perfect
day at bat, getting 4 for 4, one
being a triple, which aided the
Ward 8 assault.

Melvin N of Ward 8 allowed 5 runs
on 10 hits, Armando P doing the
receiving. Charles J and Bill T
performed as the batteries for the
losers.

Santiago P and James R were the
presiding umpires.

FOURSOME ENJOY TRIP TO COAST

Last Saturday a happy foursome
returned to MSH from their annual
vacation.

On Monday, July 11, Mr. and Mrs.
Lawrence Samsøe, together with Mr.
and Mrs. Clarence Ballou drove to
Fort Bragg and points south on the
first leg of their vacation.

During his stay at the coast
Lawrence Samsøe had his first taste
of salmon fishing aboard a commer-
cial fishing boat. He reports that
they went seven miles out to sea.
He was content to watch the pro-
fessionals perform, not carrying
enough weight himself. The old
salts however, earned his profound
admiration by the way they tossed
the big salmon aboard.

This sounds like it might be a
true fish story. Surf fish were
plentiful and the amateurs netted
about fifty pounds of the little
fellows.

Last Saturday the party drove to
San Francisco to take in the Ice
Follies. Girl twins, the Schram
sisters, tied together, skated some
involved numbers with their part-
ners, twin boys, to earn the vaca-
tionists highest praise.

"How did the wedding go off?"

"Fine until the minister asked
the bride if she would promise to
'obey.' Then she said 'Do you think
I'm crazy?' and the bridegroom, in
a dazed sort of way, replied 'I do.'"

SATURDAY-
JULY 23



June HAVER

SCUDDA-HOO!

SCUDDA-HAY!

WITH LON McCALLISTER

Color by TECHNICOLOR