

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

# Pommo News

← WEEKLY →

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

Vol. II No. 13

July 29, 1949

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Population 2722

## FORMER NAVY DOCTOR JOINS MSH STAFF

Another new addition to the MSH Medical Staff is Dr. John I. Langdell, who arrived here from San Francisco, July 20th.

Earlier that same day, Dr. Langdell had received his final discharge as a Lieutenant j.g. from the Navy Medical Corps, in which he had served two years in the Submarine Division.

During his Navy career he had three months deep sea diving training at Washington, D. C. and six months submarine training at New London, Connecticut. Thereafter he was assigned to interviewing men as to their fitness for submarine service from a psychiatric standpoint. During this time he was stationed at Seattle, Portland and Pearl Harbor. More recently the lieutenant served at Hunters Point in San Francisco, where in addition to his regular medical duties, he was attached to the submarine, USS Caimen.

Born in Chino, California, Dr. Langdell is a "native son". He is a graduate of Pomona College and Stanford University Medical School, where he received his degree in medicine. His interests lie chiefly in the psychiatric field. Before entering the Navy he interned at San Francisco County Hospital from June, 1946 to July, 1947.

Since his arrival at MSH Dr. Langdell has been assigned to Wards 4, 5 and 6.

Dr. and Mrs. Langdell are staying temporarily in Apartment E while awaiting the renovation of Cottage 2, which they expect to occupy in about a week.

### WEEK'S ADMISSIONS, RELEASES

Admitted: 26 Released: 103

## LUMBER MILL IN OPERATION

Many people at MSH will be surprised to learn that there is a Lumber Mill located right here on the grounds. It occupies nearly the entire block west of the Industrial Shops and is ably managed by Mill Foreman Gay Robison, otherwise known as "Bob".

The mill is equipped with two, De Walt 16" circular saws, driven by 5½ h.p. electric motors, which saw lumber at the rate of 10,000 feet per hour.

When a new job is started the mill cuts to size the lumber used in constructing office shacks, store rooms and other small buildings.

All lumber for the concrete forms is cut and sent to the job locations, where it is nailed into place without the need of additional sawing.

Wood forms for level beams (the same as floor joists in timber construction) are built in sections at the mill, then sent to the job for assembling. After they are so constructed, reinforcing steel is placed and the concrete is poured.

All special forms needed on the job are sawed and frequently constructed at the mill, as is the case in ready-cut houses.

After the lumber has been stripped from the finished concrete, it is returned to the mill and much of it can be re-cut and used again. This results in considerable savings, both in material and costs.

The mill is indeed a valuable unit in the construction set-up.

## SHELTONS ENTERTAIN STAFF

An outdoor steak fry was held last Friday evening by Dr. and Mrs. James T. Shelton on the spacious lawn at the rear of Cottage 1 where they reside.

Forty steaks which were charcoal  
(Continued on Page 10)

# MSH GLEE CLUB THRILLS CROWD

An outstanding performance worthy of sincere praise and applause was given by the MSH Glee Club last Monday evening, July 25, in the capacity-filled Auditorium here.

The choral group under the excellent direction of Roy N, presented a program of favorite choral selections of both classical and modern contemporary composers, two of the most appealing numbers being "Softly As In a Morning Sunrise" from Sigmund Romberg's "New Moon", and "When Day Is Done".

Top-ranking star among the featured soloists was the extremely talented Larry deR, whose renditions of "Estrellita" and "Siboney", displayed his exceptionally true pitch and tone quality. His wealth of natural charm and stage presence are evidence of extensive training and experience in the theatrical world.

Besides being notable for his sensitive choral direction, Roy N gave the audience a pleasing sample of his fine tenor voice with his solo number, "Because." He then led the Male Ensemble in a lusty version of "Stouthearted Men", followed by an excellent rendition of George Gershwin's "Summertime", from "Porgy and Bess".

Most popular highlight of the evening was accompanist Ray S, whose interludes at the console organ, included everything from Strauss Waltzes to the St. Louis Blues. He started off by taking the audience on a musical journey from the land of palm trees, with "Song of the Islands" and "Hawaiian War Chant", to the Latin countries with the Tango, "Jealousy" and several rumbas. Ray also played popular numbers from the new Broadway musical hit, "South Pacific". He was brought back repeatedly for more encores.

At the end of a wonderful two hours, the concert was brought to an impressive close, with the Male Ensemble doing "The Lord's Prayer", which featured Larry deR in the tenor solo.

Deserving of much credit is the choral group's sponsor, Mrs. Dorothy Buchanan, Recreational Director of MSH.

Also noteworthy was the capable and professional manner in which the spotlight was handled by Paul T.

Sincere appreciation is extended to Mr. Darrell Lynch of Ukiah, who generously donated the Hammond Electric Organ for the concert.

# MSH CANNERY SETS DAILY PACK RECORD

Workers at the MSH Cannery, going at top speed, established a daily pack record at the plant Friday, July 22, when they processed 1139 No. 10 size cans of beets.

The large out-put established a seasonal record and Henry Brunges, the cannery manager is quite proud of the feat.

Monday morning saw the last of the quota of 5000 cans of beets come off the production line and the conclusion of a successful beet harvesting and canning season.

With a quota of 6000 No. 10 cans in view, the Cannery started processing string beans Tuesday morning.

The run is expected to take a month, as only 25 men are engaged in picking beans down at the MSH farm. At the rate of about a sack per man a day, this means the Cannery will receive approximately 25 or 30 sacks of string beans per day from the garden patch.

# SPEED UP CONCRETE WORK

The wood forms on the south and west ends of the new Disturbed Womens' Ward have been completed and are ready for the pouring of concrete.

Reinforcing steel is in place in all the walls of this building up to the first floor.

The deck floor of the west end of the Womens' Convalescent Ward has been poured and steel is in all of the walls up to the first floor in this building also, according to Jack Cody, superintendent of construction on these new Wards.

A "Wagner Mixmobile" has speeded up concrete production on this job during the past week. Under the direction of Bill Peach, the foreman in charge of concrete work, the big mixer is fed cement and gravel by trucks that have a three yard hauling capacity. It can mix two yards at a time, but is only turning out 1½ yards per batch, so as to make two batches from each truck load.

The "Mixermobile" is mounted on a Ford truck chassis and has a Ford motor, transmission and rear end.

When in stationary operation the motor drives the mixer and when necessary to change locations the contraption is handled like an ordinary truck.

This new piece of equipment has proven a real asset to the contractors.

ATTEND YOUR A.A. MEETINGS

# NEWS FROM THE WARDS

## WARD 2 TRANSFERS

Transfers from Ward 9 were as follows: Louis K, James E, Helmuth S, Wortell W, Alfred S, Jack M, Albert H, Julian W, Ralph McP, Virgil T, John J, Mark O and Elroy K to Ward 8. Clinton McD was transferred to Ward 4 and Robert L went to Ward 14.

## WARD 8 ACTIVITIES

The following patients were given work assignments: Ralph M and Elroy K to Kitchen; Thomas H from Library to Dr. Williams; Alfred S to Dr. Lochens' Cottage; James E to Carpenter Shop; Albert H to food cart for Ward 9 and M; Charles W to Tunnel Gang; Julian W to PDR; Jack M to ADR; Mark O to Mr. Garveys' Cottage and Virgil T to lawn Gang.

## WARD 8 STOPS FIREBALLS COLD

The Ward 8 Wayfarers downed the Wards 14-15 Fireballs 10 to 6 Sunday morning for their only win over this fast club in two months.

In a neat pitching performance, Ray F scattered 7 hits among the losers, giving Ward 8 their first victory over 14-15 since May 15th. During this period the Fireballs had chalked up five straight wins, three of these from the Wayfarers and two from the hapless Wards 1-2-3 team.

Basilio H of 14-15, lacking his usual control, gave up 10 "Annie-oakleys" which along with some loafing in centerfield accounted for their downfall.

Ward 8 played heads-up ball taking full advantage of the breaks. Melvin N led their batting attack with a triple, two singles and a walk, scoring four times.

Batteries--Ward 8: Ray F and Armando P. Wards 14-15: Basilio H and Jack R. Umpires were Charles J and "Red" R.

WARDS 14-15	112	101	0	--	6
Hits	221	011	0	--	7
WARD 8	313	102		--	10
Hits	203	102		--	8

## INTER-WARD LEAGUE STANDING

TEAM	GAMES	WON	LOST	PER.
Wards 14-15	10	7	3	.700
Ward 8	10	5	5	.500
Wards 1-2-3	4	0	4	.000

SEND THE POMO NEWS HOME \$2 A YEAR

## WOMENS' WARD NEWS

Cleo R and Helen T were transferred from Ward I to Ward M last Tuesday to take the conditioned reflex treatment.

Additional comfort for the Ward I women was assured last week in the form of 60 of the new chromium and green leather chairs which have been placed in their day hall.

Amanda B was transferred this week from Ward H to Ward G.

Bonnie G of Ward I was visited last weekend by her husband from San Francisco who took her into Ukiah for a visit with her young daughter.

A new arrival in Ward M is Arlene V from San Francisco.

Evelyn S of Ward M was visited by her husband from San Francisco last Sunday.

Especially noted at Monday evening's Glee Club Concert were attractive Joyce M, MSH Librarian from Ward I, in her flame colored, floor-length gown singing "Smilin' Thru"; Carmen G of Ward M with her black lace mantilla and her ever popular Spanish songs; Myrtle M, Ward I soprano, all in white, singing "Poor Butterfly". Ward K was well represented in the Womens' Ensemble by Myrtle Z, Maria B, Nancy K and Sophie R. 'Orchids' to all the women who helped make the concert such a huge success.

## MICHIGAN VISITOR HERE

Robert Williams, a resident of the "Great Lakes" state of Michigan, was a visitor at the Hospital last Sunday.

He came to Talmage from his home in Dearborn, to visit his sister Edith W on Ward H.

## "SOONER STATE" REPRESENTED

Earl H, on Ward 7, enjoyed a recent visit with his wife, Friday, July 22, and received news of the "Sooner State."

Mrs. Hart resides in Jones, Oklahoma.

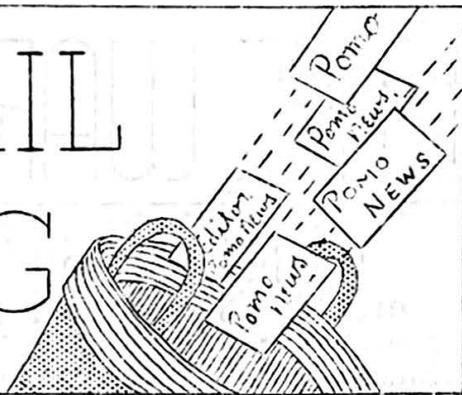
## BUILD RETAINING WALL

A 10 inch fill is planned between Ward 10 and the Fire House.

In order to protect a steam-line manhole between the two buildings, the Masonry Shop crew has constructed a shore wall ten inches high around the manhole.

The fill will prevent water from running down from the Fire House into the yard of Ward 10.

# MAIL BAG



Editor, The Pomo News:

The suggestion for a Canteen on the hospital grounds is a good one and would provide a service to patients and employees that would be an improvement over the present system.

Since the bulk of patient's purchases may be regarded as "controlled" patronage, the most satisfactory and acceptable system for a fair and proper disbursement would be a COOPERATIVE or one comparable to the operations of Army and Navy Canteens who provide for the purchasing of merchandise on a basis of minimum mark-ups and profit sharing to patrons.

Private or outside interests operating such a Canteen independently must justly receive a fair return on their investment and services, all of which will reflect substantially in the selling prices to the consumer.

The operation of such a Canteen could be very effectively directed under the supervision of the recreational welfare department and an approximate 5 to 10% margin of net profit (over costs and operational expenses) could be credited for the furtherance and benefit of all patients.

Should the above suggestion be receptive to our hospital Superintendent I feel it may be possible, that appropriated funds to the hospital car-marked for recreation and occupational therapy, could be employed temporarily until such time as a conservative sinking fund would liquidate the initial capital required, or other arrangements can be suggested.

For a beginning a minimum inventory of popular items only would be practical, and an arrangement with a reputable retailer would supplement other requested merchandise which could be regarded as a service to the patients and without a carrying charge.

Ralph C, Ward 10

Editor's Note:

Thank you Ralph C for your ideas and suggestions. We hope others will follow suit and send in their Canteen ideas.

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

Editor, The Pomo News:

I thought I'd write and tell you that I, Clara B. K, have been on the sick list for awhile and have not been able to be on the go with all my friends as I have been accustomed. Wish to say that I have missed their many friendships and kindnesses. Am hoping to be back with them again soon. To the folks of the Mendocino State Hospital, I think you're all pretty nice people. May God bless you.

Clara B. K, Ward K

Editor's Note:

Thank you Clara K for your nice letter. We wish you a speedy recovery.

Editor, The Pomo News:

My choice in baseball games on the hospital grounds has always been the MSH team and never seen a play I considered anything but fair and free from corruption and cannot believe any those taking part would stoop to corrupt decisions and for the good of the game and square deal for the players I would like to suggest a poll of the vote of all interested individuals to convince certain critics they are in error, claiming the umpires play favorites for the hospital team.

I cannot believe Mr. Grilli or Mr. Paladini could be so small and what would they have to gain.

If favoritism did exist the visitors would argue a great deal more than they do.

Lincoln G. J, Ward 10

Editor, Pomo News:

We surely enjoy the Friday night dances and being allowed to dance until nine o'clock. The girls received several pitchers of drinking water which was grand as it was hot in the Auditorium. It would have been nice though if there had been a little ice in it. Several girls on this Ward are taking part in the new show.

We enjoy reading The Pomo News on the Ward and wish to say that the paper keeps on getting better all the time. It has done so many things for the patients good.

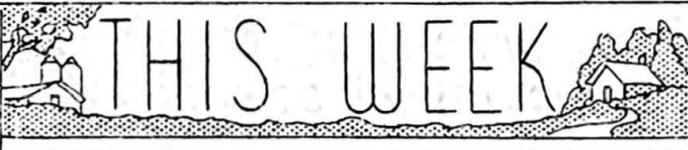
There is not much news about the Ward except that we got a few of the new chairs, and when we get them all our Ward will look swell. Yours truly, Nancy Ellen K, Ward K

# UKIAH GLASS

PHONE 1166-W



# EMPLOYEE ACTIVITIES



# THIS WEEK

## TAKING VACATIONS

Newly listed this week as taking time off for vacations from their Ward duties are the following attendants: Russell Clarke, Joe Michelletti and Birdella Ward.

## WILL GO TO AGNEWS

The many friends of Kathryn (Kay) Brown of Surgery will be sorry to hear that she resigned from her job at MSH yesterday.

In her new Packard sedan she is driving to Tacoma, Washington, to spend a week.

From there she plans to drive to Los Angeles and at the end of her vacation, will motor to Agnews State Hospital to take up her new duties in the Surgery.

## ATTENDANTS ON SICK LEAVE

We note that the following attendants are absent from the hospital this week on Sick Leave:

William Schmidt, E. R. Stilwell, William Nehring, Charles Bradford, Lloyd Tyer, E. H. Dowlen, Robert Hall; Mable Russell, Elyse McFarland, Beatrice Larson, Grace Stilwell and Carmen Lucchesi. We wish them a speedy recovery and hope to see them back at their posts soon.

## CALLS ATTENTION TO PARTY

A last minute reminder has been requested by Mrs. Bessey Scott, charge attendant on Ward M, for the baby shower which she is giving for Dora Nell Ryan, evening attendant on Ward M.

The party will be held Friday evening, July 29, 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.

## ON LEAVE OF ABSENCE

Attendants noted this week as being on leave of absence were Patrick Ryan, Albert Lemos, Irvin Ball, Dora Ryan, Jean Burnham and Marilyn Barton.

**FOUND:** One fountain pen at ball game Sunday afternoon. Owner may claim same by calling at Ward 1.

C. Haynes

## ATTENTION: 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.

## SATURDAY:

Movie: "Station West"

Short: "Don't Fool Your Wife"

Baseball: Talmage Sluggers vs. Fosters Lunch of S.T., 2 pm.

## SUNDAY:

Church Services. (See Page 9)

A.A. Meeting 6:30 pm in Auditorium

Baseball: Talmage Sluggers vs.

Fosters Lunch of S.T. 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.

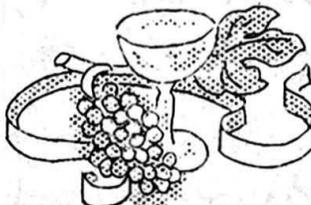
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The "Westward Ho!" Cast and members of the Glee Club will be notified of time and dates for rehearsals by Recreational Director Dorothy Buchanan.

"Your wife has had a strange expression on her face lately."

"Yeah. She is trying to resemble her latest photograph."

POMO NEWS-THE EYES AND EARS OF MSH

CALL  
ANDY STAHL  
1138-J



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.

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

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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 contact him. He is available in the city on Monday through Friday. For appointments call before 10:30 am.

### IN THE MSH AUDITORIUM

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



## DOCTOR WILLIAMS SAYS

The movement of patients belonging to the Department of Corrections from Mendocino State Hospital, to San Quentin Prison, went off without any untoward incidents happening.

Thirty-five men departed from Ward 12, aboard the Department's Security Bus, bound for San Quentin Saturday morning, July 24th.

Sunday morning the same procedure was repeated and 35 more men were transported to the prison.

---00---

Thirty psychopathic delinquent patients, from the Sonoma State Home at Glen Ellen, arrived at MSH early Wednesday afternoon, aboard the Department of Correction Security Bus. All were quietly transferred to Ward 12.

I am asking for additional help for Ward 12 in order to institute a rehabilitation program to help these minor delinquents.

We need Occupational Therapists, Educational Therapists and Recreational Therapists, in order to inaugurate such a program.

## MAN OF DISTINCTION

A likely candidate for the "man of distinction" at MSH is Otto R of Ward 10. The reason for his being such a candidate is that he is the only male worker among the bevy of women patients in the Sewing Room.

Having been a tailor at one time, Otto proves to be of invaluable service there, according to Mrs. M. Williams, attendant in charge. He does everything from making sheets and mending torn garments from the male wards, to cutting patterns and sewing womens' dresses and smocks. He also finds time to make any necessary repairs on the machines.

Otto has been assigned to the Sewing Room for over two months now and thus far seems to be quite content, despite the fact that he is greatly out-numbered by the feminine sex.

## VISITOR FROM OHIO

The "Buckeye State" was represented Wednesday, July 20, at MSH by William Sippel, who came from Cincinnati, Ohio to visit his brother Carl S, on Ward 14.

WRITE TO THE MAIL BAG - DO IT NOW!

RED  
ROBIN  
NURSERY

PHONES 1036-W 565-W 262

# SPORTS

## TALMAGE LOSES 10-INNING BATTLE

Lefty Parodi of the St. Helena Blue Sox, broke a 4 to 4 deadlock in the tenth inning of Saturday's game with a looping home-run over the right field fence, thus dropping the Talmage Sluggers 5 to 4 for their third straight defeat.

Talmage managed a run in the first stanza when Wada walked, stole second, made third when the shortstop fumbled the throw and scored as Ottosen singled into left field.

Bankhead led off the third inning with a booming home-run into the left field bamboo orchard. Wada followed with a single, was sacrificed to second by Guidi, stole third and scored when the catcher made a wild throw on the same play.

This three run lead was short-lived as the Blue Sox scored two in the fourth. Abruzzini on first, hit by a pitched ball, was followed by two successive doubles by Beroldo and Ghiringhelli that put them in the ball game.

St. Helena forged ahead in the sixth. Beroldo got his second two base blow, reached third on Ghiringhelli's single and scored when Bailey smashed one through the infield, Ghiringhelli holding second. Haug then singled Ghiringhelli across the plate with their fourth run.

The locals tied the count in their half of the eighth. Guidi lined a fast one through the pitchers box. Laviletta, in an attempted sacrifice, was safe on a fielders choice as Guidi was tossed out at second. Ottosen flew out to left field. Jimmie then stole second and came home with the tying run when Don Myers drove a screaming double to left centerfield. Moroni wound up the scoring threat by grounding out, short to first.

Bossetti pitched the first three frames for the visitors, allowing three runs on three hits. Ghiringhelli took over in the fourth, being tagged for three more hits and one run, getting credit for the win. Bankhead gave up ten hits accounting for five runs, in the loser's role.

Umpires were Grilli, behind the plate and Paladini on the bases. Henry Spurr of Ukiah was the scorekeeper.

## SEVERI PITCHES SHUT-OUT GAME

Ado Severi handcuffed the St. Helena Blue Sox Sunday afternoon and pitched a 9 to 0 shut-out.

After losing three straight the Talmage Sluggers regained their winning form by rapping out 13 base hits and playing air-tight defensive ball.

Severi set down 15 of the visitors via the strike-out route, showing no signs of the sore arm which had kept him out of the lineup the previous week-end.

Talmage, nursing a 3-0 margin going into the sixth inning, exploded with 5 singles, two walks and a three-run homer by Don Myers to put the game on ice. John Harding had started the fireworks with a single and finished the big frame by grounding out to the first baseman.

St. Helena missed by a few feet of hitting pay dirt in the ninth inning. Haug led off with a single, advancing to second when Hunt was tagged out at first base. Abruzzini leaned into a fast one for a long single to right field, the ball soaring over the head of young Bartolomic. Haug rounded third and raced for home plate but was thrown out by a step, the play being from Bartolomic to Lucchesi to Moroni. Abruzzini went to third on the play but died there when Ghiringhelli struck out.

Willie Wada, lead-off man in the absence of Johnny Myers, spark-plugged the Sluggers' hitting department with three for five, stole a base and scored twice.

Left fielder Parodi of the Blue Sox turned in two spectacular running catches that brought the fans to their feet both times.

Batteries--St. Helena: Carpy and Penland. Talmage: Severi and Moroni. Errors--St. Helena 4. Talmage 1. Umpires: Grilli and Paladini. Scorekeeper: Fred Figone. Duke R handled the "mike".

ST. HELENA	000	000	000	--	0
Hits	000	012	012	--	6.
TALMAGE	010	026	00	--	9
Hits	011	126	11	--	13

The records reveal that to date, Talmage has won 22 while losing 6 games. Fosters Lunch of San Francisco will play here tomorrow afternoon at 2 p.m. and Sunday, starting time 1:30 p.m.

## PAINT COTTAGE

Robert "Bob" Wright and his men from the Paint Shop have just finished an attractive paint job on Cottage 1, occupied by Dr. James T. Shelton and family.

They redecorated the interior walls and woodwork of the living room and two bedrooms in aqua, the dining room in peach, and the kitchen and bathrooms in white.

Jim Weatherhead, MSH Plumber, placed a new stall shower in the rear bathroom.

Joe Addor and his carpenter crew tore out the wall which was the partition between the pantry and kitchen, converting it into one large room.

The outside walls of the house and two car garage have been painted white and are topped by green roofs. The windows and door casings are trimmed in apple green, giving the cottage a pleasing and homelike effect.

## DIVERSIFIED PRODUCTION

A. Mossi, manager of the Chicken Ranch at MSH is planning quite a round of activities in his feathered kingdom.

To start the ball rolling, 350 fryers were killed today. About the first of October, Mossi will start caponizing 450 New Hampshire Red, six weeks old rooster chicks. At thirty per day, it will take three weeks to complete the operation.

Eight or ten years ago he planted about 300 black walnut trees to furnish shade for his chickens. Five years later a patient grafted them with English Walnut slips. The trees now serve the double purpose of providing shade for the chickens and walnuts for the institution.

The crop will be exceptionally good this year and in the near future will produce more than enough for the needs of MSH.

## WORK FORGES AHEAD

Construction work on the new Mens Ward is going right ahead on schedule. Concrete for the first floor slabs has been poured at the south end of Unit 1 and the reinforcing steel of the Unit is now in place.

All outside forms in Unit 1 are up and have been readied for pouring. Men working on the heater room in the Unit are ready for reinforcing steel-workers to move in.

Dick Payne, construction foreman of this spacious building reports that the heater room in Unit 3, is also ready for the arrival of the concrete pourers.

## NEWS FROM WARD 12

The regular softball games between Mr. Yagle's Highgraders and Mr. Shanyfelt's Lowgraders were played over the weekend.

Proceeding the game Saturday the Manager, "Run" McC stated, "Men, during this struggle, I shall not bellow at you, even if it kills me and if you play like you have been, it will kill me." Therefore on the status of such a bold statement, the much grieved team know something had to be done because under no circumstances could they lose such a reliable manager as 'Old Run Boy'. He should have made such a statement before because the Lowgraders won a dramatic game in the ninth inning by an error on the Highgraders part. The final score was 7 to 6 in favor of the Lowgraders.

Sundays game was a spirited affair also--but strictly on the Highgraders behalf. The Lowgraders simply could not define two words; coordination and cooperation. The Highgraders easily won 11-6.

Mr. Lassar, the psychologist, has accomplished a great deal in preparing the young men of this ward, who are classified under the status of psychopathic delinquents, in adjusting themselves to common interest in everyday life. At present he is quite liberal with his classes because he can readily understand the circumstances and conditions as to why they are here.

My writings in this paper are our only means of communication to society and to the Medical Staff, including our congenial Doctor Lochon.

A sixteen millimeter movie and a regular movie during the winter months would do much to cement the feelings between personnel and patients.

"Cal", Ward 12

There was an epidemic in the village and the doctor was making a thorough check.

"Are you", he asked the father of a large family, "taking precautions to prevent the spread of contagion?"

"Yes, doctor," replied the father. "I even bought a sanitary cup and we all are using it conscientiously."

An English teacher asked the class to write a composition on "What I Would Do If I Had \$50,000." One student turned in a blank paper.

"Why have you written nothing?" asked the teacher.

"Because," replied the student, "that is what I would do if I had \$50,000."

## TOWARD BETTER MENTAL HEALTH

### TAKING THE PATIENT TO THE HOSPITAL

In any case you find the assistance of a psychiatric nurse smooths the journey from home to hospital. You can secure one from a professional nurses' registry. Do not simply ask for "a nurse" or even "a nurse to help take a patient to the hospital"; fully explain the situation so that the registry will send you someone experienced in mental cases. The poise and assurance that come with training and experience act like balm upon excited and disturbed patients.

In preparing your patient for the trip there is one blanket rule for all relatives of all mental patients to follow. Be your patient willing or unwilling to go to a mental hospital, be he transported with professional assistance or without it, do not lie to him. Even force is preferable to deception. Let him find himself in the admission office of a mental hospital when you have said you were taking him "on a trip" or "for a visit" and he will have so little confidence in you and in the hospital into which he has been tricked that prospects of voluntary admission are slim indeed. Furthermore, he will begin his hospital stay not with the attitude of cooperation and trust which wins half the battle for mental health, but with resentment and suspicion which handicap him at the start. Because mental invalids are unsure of themselves, whether their illness takes the form of braggadocio or self-abasement, they are even more sensitive than well people to being let down by others.

Do not assume because your patient is confused, antagonistic, or does not seem to be hearing a word you say, that you might as well just bundle him up and carry him off without bothering with any explanations. Many recovered mental patients have expressed great gratitude for the frankness shown them when they were most seriously ill and apparently oblivious to everything that was going on.

On the other hand, do not expect to have the reasonable conversational give-and-take that you had with your dear one before he fell ill. Never argue with a mental patient. Tell your relative firmly and quietly what you have arranged to do and do it. Be calm and determined; show him you have made up your mind that he is to go where he will have care and treatment, that none of his antics or pleadings will swerve you from your decision.

## 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:

"Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you." Corinthians 13:11.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, July 31.

The subject is: "Love".

\*\*\*\*

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 Patients Library were reported by Joyce H, Librarian:

Rev. Martin L. Russert, Lutheran Church of Ukiah, 239 Magazines, 13 Puzzles.

Mrs. Poole, Talmage, 424 Magazines.

Miss Farquaharson, MSH Psychologist, 41 Magazines.



SATISFACTION  
GOES WITH EACH SALE

# EMPIRE

## OFFICE MACHINES

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Ukiah

# POMO NEWS

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copy; subscription mailed \$2 a yr.

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

## SPEND DAY IN COUNTRY

The Masonry Shop crew had a pleas-  
ant visit in the country this week.  
They motored out to a spot in the  
rear of Ward 16 down by the farm  
and built a first class brick man-  
hole.

An irrigation valve expects to  
make its home in the manhole so  
that water may be rerouted on dif-  
ferent days to various crops.

The party was composed of Ed Ver-  
onda, head of the Mason Shop and  
his trusty assistants Louis T and  
Herman M.

## KITCHEN FOUNDATIONS IN

Construction work on the New MSH  
Kitchen and Bakery building is pro-  
ceeding rapidly.

H. R. Larrick, superintendent in  
charge, reports that he is well  
satisfied with the progress made by  
the workmen. All concrete founda-  
tion footings have been poured and  
the men are working on the forms  
for the building walls.

## SHELTONS (Cont. from Page 1)

broiled over an open outdoor fire-  
place, were the main course of a  
delicious dinner which also includ-  
ed tossed green salad, French gar-  
lic bread and home made freezer  
ice cream. Able assistants with the  
preparations were Ivan H from Ward  
8 and Alice S of Ward I.

All staff doctors and their fam-  
ilies were invited. Those present  
included Dr. and Mrs. D. O. Pras-  
ser, Dr. and Mrs. E. V. Bair, their  
son Jeff and his dachshund Fritzzi,  
Dr. Ruth L. Green and her daughter  
Louise, Dr. Earla G. Aagard and her  
husband, who is also a practicing  
physician and their daughter Carla,  
Dr. and Mrs. John I. Langdell, Dr.  
R. G. Bramkamp and Dr. and Mrs. E.  
L. Lochen and their daughter San-  
dra, whose sister Sheila was absent  
due to illness.

Young Susan Shelton acted as hos-  
tess to the other children whose  
activities centered around her huge  
sandpile.

## NEW MATTRESSES MAKE FOR BETTER REST

Marion Freitas and a crew of men  
from the Mattress Shop, continued  
their distribution of Foamex Rubber  
Mattresses to the Wards this past  
week.

Ward 7 received 65 of these high  
quality sleep producers and Ward  
F patients welcomed their quota of  
75.

The upholstery department of the  
shop has just finished re-uphol-  
stering a deep-seated arm chair,  
sent up from the Clark Ranch by  
Mrs. Helen Chaney. The colors are  
beautiful and the work excellent.

The boys have also renovated two  
fine rugs for use in Cottage 2,  
soon to be occupied by Dr. and  
Mrs. John I. Langdell.

## NEW FOUNTAIN AT WARD 12

The patients of Ward 12 are en-  
joying a new drinking fountain in  
their yard. It was constructed in  
the Masonry Shop and installed in  
the Ward yard last Monday.

The fountain is of concrete with  
a nickel plated mouth piece. On its  
front is a low relief of a cute  
little Dutch girl, carrying two  
wooden pails suspended from a yoke  
across her shoulders.

In addition to being a source of  
much satisfaction to the patients,  
the fountain is a real work of art.

## SHOW FOR SATURDAY

