

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

# Pomo News

← WEEKLY →

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

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## ATTENDS COURSES AT ASILOMAR MEET

Patilu Farquharson, Clinical Psychologist, returned to MSH this week after attending a two-weeks course in the "Rorschach Workshop", which was held in the Asilomar Conference halls, located on the outskirts of Pacific Grove, California.

The session which convened July 25, was held under the leadership of Dr. Bruno Klopfer, famous psychologist originally from Germany, who is now on the staff at U.C.L.A. Dr. Klopfer is noted for his extensive studies and progressive work with the Rorschach psychological tests.

His "Workshop" which is set up annually in various parts of the country, is given for the purpose of additional training in the diagnostic use and other projective techniques of the Rorschach tests.

The Asilomar Conference provided both day and evening courses, which were attended by approximately 40 practicing clinical psychologists, from all parts of the United States. California institutions represented in addition to MSH, were Camarillo and Napa State Hospitals and San Quentin Prison.

Miss Farquharson, who returned with a notebook full of new knowledge, was unstinting in her praise of Dr. Klopfer and his courses.

Sidelights of her trip included an enjoyable weekend spent at Santa Cruz with Norma Garavanta, MSH Surgical Nurse, plus a visit to Sequoia National Park.

### ATTENTION PATIENTS!!!

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.

WEEK'S ADMISSIONS, RELEASES  
Admitted: 32 Released: 43

## VISIT GOODSTONES IN SANTA MONICA

A Southern California sojourn was recently enjoyed by Dr. Donald O. Prasser, MSH medical staff member, and his wife, Dorothy.

After leaving Talmage Thursday, August 5, they drove down the Coast to Santa Monica, where they were the house guests of Dr. and Mrs. Gerald Goodstone, with whom they spent an enjoyable three days' renewal of friendship.

Dr. and Mrs. Prasser returned north via the inland route, arriving home Monday morning.

Dr. Goodstone was formerly Clinical Director at MSH. He resigned his position the latter part of June, to take up new duties as a staff psychiatrist at Sawtelle Veterans' Hospital in Southern California.

## LIBRARY PREPARES FOR FIRST ANNIVERSARY

The MSH Patients Library will be the center of much activity for the next few weeks.

Librarian Joyce M and her assistant will be kept busy during that time scrubbing the library shelves and dusting some 3000 books. The window and door curtains are to be cleaned and pressed and everything put in apple pie order for the Library's first anniversary on the 17th of next month.

Librarian Joyce M, with her charming personality and her diligent and intelligent application of sound principles, has in the past year built up from nothing, a little book lovers' paradise of 3400 well assorted volumes.

The Library as it has been managed by Joyce, has been of definite therapeutic value to the many patients who have availed themselves of its entertaining and instructive influence.

## FIRE MARSHAL CAUTIONS DRIVERS

Fire Marshal L. G. Von Schriltz, Monday appealed to persons driving automobiles on the Hospital grounds, to drive over to their right and stop their cars at the sound of the siren on fire department equipment.

His latest prompting of motorists on the law, in this case was brought about by a driver's failure to heed the MSH fire crash truck's siren last week, thus preventing the truck to pass and causing the brush fire at the "old dump" to get out of control.

"A home two hundred yards from the scene of the fire was endangered," said Von Schriltz. "Had the department not had the cooperation from the patients who aided in fighting the blaze, the results might have been severe".

## MSH HOG RANCH GETS NEW EQUIPMENT

The Hog Ranch has a fine new feed mixer made by the Brower Manufacturing Company of Quincy, Illinois. It is run by a five h.p. motor, and will mix one ton of grain in a batch.

As the hogs eat approximately 900 pounds of grain each day one mixing provides enough of this type of feed to last well into the third day.

The recent rains washed away the DDT that had been sprayed at the Hog Ranch and the flies are taking over. As a consequence the hands will be busy renewing the protective covering of DDT for some time to come.

## SILOS AT DAIRY READY FOR CROPS

The two new silos at the MSH Dairy will be ready for use by the time the corn crop comes in from the Ranch. Both are 42 feet high, 14 feet in diameter and will each hold 139 tons of silage.

Sufficient hot weather this season has brought the corn crop along pretty fast and Dairyman "Hank" Fanslow, expects that in about ten days he can christen the new silos with a few tons of green corn.

### ATTENTION:

Are you desirous of having a Cauteen on the grounds at MSH? If so write to the POLIO NEWS "MAIL BAG" and express your views.

## ADVANCE ORDERS FLOOD ART SHOP

The Art Shop under the capable supervision of Mrs. Charlotte Rogers, has enough orders from all over the United States for banquet table cloths and napkins, to keep her staff of needle-workers busy for the next three years.

Word of mouth advertising and the fact that they can sell their handiwork for three times less than commercial stores, was the reason given by Mrs. Rogers for her shop's popularity.

All profits from the shop are turned over to the Patient's Amusement Fund.

"Why some of my customers have been ordering from the Art Shop for the past twenty years," said Mrs. Rogers.

At present the eighteen girls are readying the shop for the Christmas holidays, making layettes, scarfs, bridge sets and braided rugs.

"My girls' braided rugs are a most desirable item. We just can keep up with the demand for them. Rug connoisseurs have commended the girls time and time again for their work," explained Mrs. Rogers.

## MASONRY CREW WORK ON SEWER

Work was completed this week on the sewer connection between Ward G and the main sewer line.

Seventy-five feet of old pipe was replaced with 4 inch cast iron soil line, with a clean-out manhole at both the connection outlet at the building and the sidewalk line. In cleaning out the sewer line a "plumbers chain", made of flat steel tape, is run through the pipe. The manholes at each end facilitate this operation.

Master mason Ed Veronda and his Masonry Shop crew, composed of patients Louis G and Herman M of Ward 8, made the concrete covers for the man holes, thus completing a first class repair job.

## WOMEN RABID BASEBALL FANS

Director of Recreation Dorothy Buchanan, escorted 19 women patients to the Inter-ward softball game Sunday morning.

The women are rabid baseball fans and root for their favorites with loud and clear voices.

Several wards were represented and Dorothy reported they all had a grand time.



# NEWS FROM THE WARDS



## WARD 2 TRANSFERS

The transfers from Ward 9 in the past week were: Porter B, Edward D, George P, Lyman F, Evans M, Walter C, Alvin P, Artie G, Harold N, Thomas W, Robert S, Andy C, Clifton D, Emil E and Richard R to Ward C.

Faafeu M was transferred to Ward 15, Alec B to Ward 4 and Nels S to Ward 7.

## WARD 8 ACTIVITIES

The following patients were transferred to Ward 9 for the Conditioned Reflex Treatment: Frank D, John W, Charlie B, Manuel L, John P, Harold W and Paul K.

Thomas K was received from Ward 5 and Albert S from Ward 15.

Work assignments were given to the following: Mike J, Alfred S, Porter B and Harold N to the Kitchen; Thomas K to ODR; Edward D to PDR; Walter E and Charles C to Janitors in the Main Building; Alvin P to X-Ray laboratory and Evans M to the Ward clothing room.

Work reassignments were as follows: Robert M from Lawn detail to Cottage 6; Julian W from PDR to the Laboratory and Edward O'D from the Lawn detail to the Kitchen.

## VISITOR FROM OKLAHOMA

The "Sooner State" was represented at MSH August 3, by the wife of Earl P. H, who came from Oklahoma City, to visit with him on Ward 7.

## CITY OF ROSES REPRESENTED

Mrs. W. G. Chapman of Portland, Oregon was at MSH August 7; to visit with her niece Greta B, who is a patient on Ward H.

## COMES FROM COLORADO

Ingrid Ahlberg, a resident of Pueblo, Colorado was a Hospital visitor August 5. She came to see her sister Florence A on Ward C.



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## WOMENS' WARD NEWS

Recent arrivals in the Womens' Receiving Ward were Ruby W who has been transferred to Ward H; Phyllis W from Sacramento, Grace B and Virginia K from San Francisco, all of whom transferred to Ward I; Elsie R and Patricia N are still on Ward M.

--oo--

ODR has been well reinforced by the addition of Grace B and Phyllis W to its staff.

--oo--

Marybeth D is being given plenty of time to contemplate her "sins", for she now has to sit all day in the Art Room, tearing up rags.

--oo--

Cleo R is back in Ward I after a sojourn in Ward M receiving the Conditioned Reflex treatment.

--oo--

A welcome visit was paid to Joyce H, last Sunday by Carter H, former patient here, who came up with the visiting Santa Rosa A.A. group.

--oo--

A leave of absence was extended to Maisie C which enabled her to spend last weekend with her sister in San Francisco. Maisie presides with care and capability over the Ward I clothes room.

--oo--

Arlene V of Ward I has been assigned to the Sewing Room.

--oo--

Ward M has been coming into its share of rejuvenation this week with the arrival of 20 of the new chromium and Duran upholstered chairs in shades of red and green plus three settees of the same material, two being beige colored and the other a green shade. Also the Ward M kitchen has been made much cleaner and more convenient by the replacement of the old sink with two new stainless steel ones.

--oo--

Revealing her heretofore unknown prowess at the typewriter is Ruthie W of Ward M, who in her spare time has been helping Joyce M in the Patients Library. Ruthie is one of the lobotomy cases which were performed at MSH a few months ago.

Neighbor--"How is your son doing at college? Is he pursuing his studies diligently?"

Father--"He has to pursue them. He's always behind."

"Alcohol no more causes alcoholism than sugar causes diabetes--but booze is as deadly to the involuntary drunk as candy to a diabetic."--Robert C. Ruark.



Editor, The Pomo News:

An old-timer going around and about at MSH sees the hammer, the sawmill and the concrete mixer doing their stuff.

It is with regret that I hear no mention made, or see any activity in regard to the proposed patients Canteen.

An enterprise of this nature would add greatly to the patients' comfort and hospital service.

The other men in the shop where I work are 100% behind the Canteen idea and hopefully look forward to the day when it becomes a reality.

John S, Ward 15

Editor, The Pomo News:

I'd raise my voice from now on daily,  
In ardent praise of Mr. Bailey;  
Who did again the proper thing  
And served us Chicken a la King.  
How white and tender was the meat,  
Indeed fit for a king to eat,  
The gravy too, that went with it,  
In brief the whole meal made a hit.  
That Mr. Baily, sure was one way,  
To make us all feel that it was  
Sunday.

Such an understanding attitude,  
Assures you of our gratitude,  
And proudly carrying the torch  
For you Chef, will be your friend

George.  
George K, Ward 9

Editor, The Pomo News:

There are many outside workers on our Ward which include workers in the Laundry, Art Room, Sewing Room and Cannery. They do not have parole and I would like to have a fenced in yard up here just for them on Saturday and Sundays.

Would appreciate some immediate attention to this matter. We want a Canteen too.

M. B, Ward K

Editor, The Pomo News:

Why is an additional five cents added to the price of a carton of cigarettes when they are ordered through the Ward? There is no state sales tax on cigarettes. Why the extra nickle?

A Canteen on the grounds would eliminate such things and also be of greater convenience for the patients.

John W, Ward 8

## SEA LOVER WORKS AT UNIQUE HOBBY

Not unlike Joseph Conrad the author of sagas of the sea, Edward S of Ward 15 loves the sea. Unlike Conrad, Ed paints pictures with a brush instead of words.

Years ago Ed spent considerable time in the maritime service. Unable to express the awe-inspiring beauty of sunrises and sunsets at sea to his friends on the beach, he bought an inexpensive paint set and taught himself the rudiments of the art. Not long after this Ed found a market for his paintings.

"I did fairly well until my shipmates began to appreciate my art," said Ed. "They showed this interest by stealing my work."

Since his arrival here Ed has been making plaster of paris plaques in the Industrial Shop.

"A few months ago an Indian passed through the hospital and showed me the secret of making pictures in this manner. I enjoy working with my hands and I'm getting a kick out this form of art work.

"As a matter of fact," continued Ed, "Doctor Williams liked a couple of my plaques well enough to hang them in his office."

A Pomo News reporter looked in on the Doctor's office and on the wall were two plaques: one a radiant red and green parrot, the other a four masted schooner at full sail on the high seas.

Seems Ed just can't get the salt out of his system.

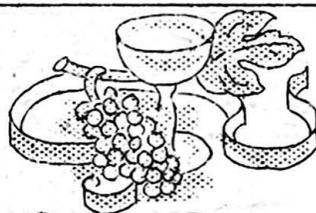
## WILL VACATION IN NEW YORK

Flying east last weekend was Dr. Ruth L. Greene, MSH staff physician, who, with her young daughter, Louise, will spend a five weeks vacation in Rochester, New York, visiting her mother.

During Dr. Green's absence, Ward H and I will be assigned to the care of Dr. Earla G. Aagard.

Policeman--"Did you see the number of the car that knocked you down, madam?"

Woman--"No. But the woman in it wore a black turban trimmed with red and her coat was imitation fur."



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## EMPLOYEE ACTIVITIES



## THIS WEEK

### TAKING VACATIONS

Attendants newly listed this week as taking time off for vacations from their Ward duties are the following: Robert Babcock, Russell Clarke; Ralph Hemminger, Robert Mc Garvey, H. J. Smith, Louie Guidi, R. E. Gillespie, C. E. Wegner, Ado Severi and George Cinochio; Pansy Shipley, Bessey Scott, Jessica Howard, Ethel Smith, Any Galli, Hattie Hemminger, Grace Stilwell and Stella Guidi.

### ATTENDANTS ON SICK LEAVE

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

Daisy Edminister and Marie Mc Sparin; William Schmidt; Benjamin Vickery, R. A. Jones, Selma E. Morgan, Charles Bradford and Mable Russell.

### ON LEAVE OF ABSENCE

Attendants noted this week as being on leave of absence were Patrick Ryan, William Mehring, Floyd Welch, Anthony Campbell and Arnold Schellings; Jean Burnham, Marilyn Barton and Dora Ryan.

### TO VISIT AT VALENTINI HOME

Shoe Shop Supervisor Charles Valentini is readying his home in Ukiah for a visit from his Tacoma, Washington cousins next week.

The cousins, George and Emily Fiori, are following up a visit paid Valentini last month by their father.

### GOES DEER HUNTING

Robert "Bob" Babcock, the popular swing shift attendant on Ward 8, left Saturday for a well earned vacation in the wilds of upper Mendocino County.

He plans to be ready at the crack of dawn Sunday morning for a shot at his first buck of the 1949 deer season.

The region that Bob intends to hunt over is some particularly wild country, about forty miles northeast of Garberville.

### NEW DENTAL ASSISTANT

A new addition to the office of Dr. D. A. Frost, MSH Dentist, is the attractive, blonde Barbara Abbay, who is working as a dental assistant. Miss Abbay makes her home in Ukiah.

### SATURDAY:

Movie: "Black Gold" (Monogram)

Wards: G-H-I-K (Women)

5-7-8-14-15-16 (Men) 9 am.

Patients Dance: 1:30 - 4 pm.

Baseball: Talmage Sluggers vs. Barney's Huddle of S.F. 2 pm.

### SUNDAY:

Church Services (See Page 9)

A. A. Meeting 6:30 p.m. in Auditorium.

Inter-ward Softball: 9:30 am.

Baseball: Talmage Sluggers vs. Barney's Huddle of S.F. 1:30

### MONDAY:

Group Therapy Round Table Discussion at 1:30 pm in Ward 9 Conference Room.

### TUESDAY:

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

### WEDNESDAY:

Group Therapy Round Table Discussion at 1:30 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:

Orientation Meeting for all new Alcoholic Patients, 3 pm.

### FRIDAY:

Movie: "Beyond Glory" (Paramount)

(Alan Ladd and Donna Reed)

Short Subject & News Reel 1 pm

Wards: A-B-C-D-E-F-M (Women)

1-2-3-4-10 (Men) 1 pm.

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

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

### LIBRARY NOTES

The following donations to the Patients Library were reported by Joyce H, Librarian:

Paul Schmedek, MSH Employee, 24 Magazines.

Daisy Stahl, Ukiah, 1 Book.

Anonymous, 49 Magazines.

Deaf--"Don't you think my new suit is a perfect fit?"

Dumb--"Fit? Why, it's a perfect convulsion."

## — 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 2

1:30 pm Monday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.

1:30 pm Wednesday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.

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

### IN THE MSH AUDITORIUM

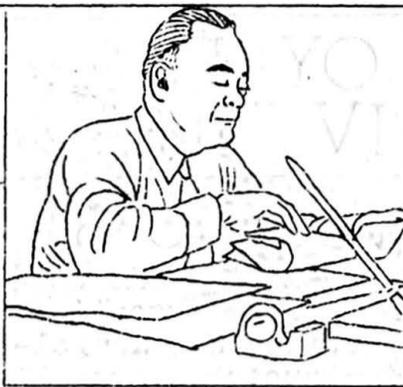
6:30 pm Sunday and Wednesday, Alcoholics Anonymous Meetings.

## CELEBRATES BIRTHDAY

Amidst strains of "Happy Birthday" and cries of "Long Live the Duke", the Pomo News staff paused in the day's occupation Tuesday afternoon, August 9, to observe a memorable event--the 44th birthday of our famous and beloved editor, Duke R.

One of the many gifts that Duke received was a cake complete with candles, which was presented to him by Joyce M, MSH Librarian.

The best of wishes from his many friends here for good luck and success go with Duke when he leaves MSH this week, and it is sincerely hoped that all his future birthdays will be spent on the "outside".



## DOCTOR WILLIAMS SAYS

Within a few days a crew of men will be engaged in the

process of sandblasting the MSH Water Tank and Tower in preparation for a new paint job.

This work will remove all the rust and old paint and provide a clean foundation for the new coat of aluminum paint.

--oo--

Plans have been completed for the enlargement of the Hospital Butane gas plant.

Capacity of the present plant will be doubled and is in line with the extensive construction work now underway at MSH.

## GOES TO MILWAUKEE

Dr. E. L. Lochen, MSH staff doctor, departed by train last Friday for Milwaukee, Wisconsin, where he will spend a week visiting with his mother. He is expected to return early next week.

## VISITS AT PRASSER HOME

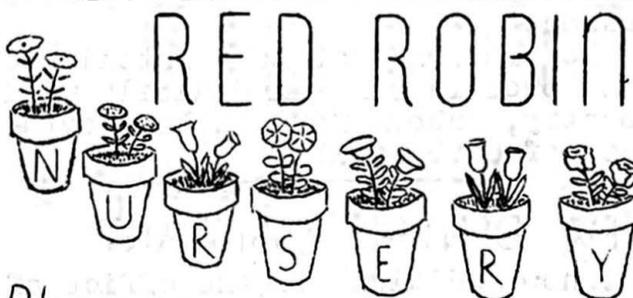
A welcome visitor at MSH this past week has been Rita H, former patient here, who arrived from San Francisco Thursday, August 5, to spend a week as the guest of Dr. and Mrs. D. O. Prasser.

Rita stated that she had been "homesick" to see some of the numerous friends she left behind following her departure last June. Since her arrival she has received a royal welcome at Ward I from the many women patients who had been eager to hear from her.

Jackie--"Mom, when we have company for dinner tonight, do I have to eat my pie with a fork?"

Mother--"Yes."

Jackie--"Well, may I have a piece now to practice on?"



Phones -

1036-W

565-W

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# SPORTS



## SLUGGERS BLANK WILLITS IN OPENER

Talmage closed the door on Willits 7 to 0, in the first game of a three game series, Saturday afternoon on the local diamond.

The visiting batsmen were kept hopelessly handcuffed at the plate by the puzzling slants of pitchers Ado Severi and Hilt Bankhead. Only three of their men reached first base via two singles and an error. This was the extent of their base running activities as they left the second bag unmolested during the afternoon.

Morris and Jones, the Willits pitchers, were a soft touch for the Sluggers who pounded out 13 safties, including a triple by Don Myers and a double by Ernie Mosna. Six Talmage men reached first base by the free route.

Ado Severi, pitching the first seven innings, led his team in the batting department by rapping three sharp singles for a perfect day at the plate.

Barney's Huddle (presumably another San Francisco beer emporium) will play here Saturday and Sunday at the usual time.

WILLITS	000 000 000	-- 0
Hits	010 010 000	-- 2
TALMAGE	010 104 01	-- 7
Hits	140 114 02	-- 13

Batteries--Willits: Morris (2), Jones (7) and Garlieff. Talmage: Severi (7), Bankhead (2) and Moroni. Umpires: Grilli and Johnson. Scorekeeper: Johnie W. Game time: 1 hour and 45 minutes.

There was no Sunday game due to the opening of the deer season.

Charles Goodyear accidentally discovered the process of Vulcanizing rubber in 1839 and patented the process in 1844.

Reporter (interviewing grandfather of a Hollywood star)--"Has Bill come back to the farm since he became a big shot in the movies?"

Grandfather--"Yes. Every summer of the five years since he left."

Reporter--"Did he bring his wife?"

Grandfather--"Every time. And they were five of the prettiest girls you ever saw."

## FIREBALLS BLAST WAYFARERS 11-4

The Fireballs, from Wards 14-15, strengthened their hold on first place in the Inter-ward Softball League by belting Ray F, Ward 8 pitcher, for a 11 to 4 victory Sunday morning.

Ward 8 took a 1-0 lead in the last of the third inning, only to have the Fireballs counter by scoring twice in the fifth and adding two more in the sixth on successive home-runs by Ray C and James R.

The Wayfarers trailing 5 to 1, threatened in their half of the eighth, scoring 3 runs on three hits and a walk but the rally fell short as Ed O'D was tagged out at second after driving in their final two runs.

The boys from 14-15 sent 10 men to bat in the ninth, putting together 4 hits, an error, two walks and a fielders choice for a total of six runs, thereby icing the game.

Chucker Henry G, of Wards 14-15 went the route, scattering eight hits over the nine innings of play.

Batteries--Wayfarers: Ray F and Armando P. Fireballs: Henry G and Jack R. Umpires: Duke R and Santiago P. Johnie W kept score.

WARDS 14-15	AB	H	R	E
Jack R, c	6	3	0	0
Jack F, rf	4	0	1	0
Ben P, lb	5	1	0	0
Clifford C, lf	5	0	0	0
Ray C, cf	5	3	2	0
James R, ss	4	3	2	1
Bob H, 3b	3	2	1	1
Henry G, p	5	2	2	0
Ray S, 2b	4	1	3	0
Totals	41	15	11	2

WARD 8	AB	H	R	E
Jack D, ss	4	0	1	0
Ray F, p	4	3	1	0
Armando P, c	4	1	0	0
Melvin N, lb	3	2	1	0
Ed O'D, 2b	4	2	0	0
Danny C, 3b	3	0	0	1
Johnny G, cf	4	0	0	0
Willy L, rf	4	0	0	0
Virgil T, lf	2	0	1	0
Totals	32	8	4	1

When junior came home from his first dancing lesson, his mother asked him how he got along.

"It's easy," he told her. "All you have to do is keep turning around and wiping your shoes on the floor."

## WORKERS MAINTAIN PACE

Most of the construction activity on the New Mens' Ward has centered on Unit #2 during the past week. The column forms and forms for the floor beams are all up on the north section of this unit.

The reinforcing steel and steel bases for concrete flooring are in place throughout this section.

In addition, all the inside forms of the Heater Room of Unit 2 are up; the reinforcing steel is in place and the walls of the room are ready for concrete to be poured.

The floors of the Fan Room in Unit 3 have been leveled to grade and are ready for the concrete pouring.

The construction crew is gaining on the time schedule and Dick Payne, construction superintendent of the Ward is well pleased with the mens' work, both individually and collectively.

## FIGONE HUNTING PARTY BRINGS IN THREE BUCKS

The opening of the deer season last Sunday; automatically found Fred Figone, head groundsman of MSH, at the mountain camp from which he conducts his annual search for deer in the Mendocino County mountains.

With him were his regular hunting companions for years past, namely his brother Joe Figone, Ernie Hosna, MSH truck driver and his father John Hosna, Harold Chapman MSH attendant, Frank Taramasso from Oakland and Pete German of Ukiah.

With their supplies, they traveled eight miles on horseback last Saturday to a secluded spot known as Willow Springs, which is the site of a camp that they built 14 years ago. It is equipped with rustic tables, benches and sleeping cot frames on poles. There is even a stove which was packed in on horseback several years ago.

The men do their own cooking, for there has long been a tradition of "no women allowed" on the camping trips.

The group spent all of Sunday and Monday hunting around the dividing line area between Mendocino and Lake Counties and returned Tuesday with three fine forked-horn bucks.

Mr. Figone suggested that honorable mention should go to their dogs, which are a mixture of fox terrier and beagle hound. The pups are regular assistants on the Willow Springs hunting expeditions.

**HELP WANTED**--The Pomo News needs a good reporter. Contact the office.

## WARD 10 PATIENTS HOLD ART CLASSES

Patients in the Insulin Ward of Ward 10, are engaged in occupational therapy of a highly interesting and beneficial nature.

Paul T. of Ward 15 is conducting classes among the patients in finger painting and in designing and making Cambodian Masks.

On the walls of the Ward may be seen landscapes and other subjects, painted by the patients, with no other agency than the finger of the patient, dipped in special paint and applied to a thick piece of paper. Many of these paintings reflect marked talent on the part of the artist.

Miss Lucille Jetter, resident Social Worker at MSH, is taking a keen interest in this form of occupational therapy and is already turning out some interesting work.

In making Cambodian Masks, the patient forms moulds in modeling clay in the desired shape. The mould is then covered with several layers of newspaper dampened with wallpaper paste.

Upon drying, the mask is removed from the mould and decorated with poster paints.

If worn at a masquerade the masks, now hanging on the walls of Ward 10, would provide a colorful and artistic spectacle.

## HUNTING DEER AT STONY FORD

Included among those headed for the mountains this week was Mrs. Theresa Sipkins, MSH Laboratory Technician, who left last Tuesday for a week's vacation at a camp northwest of Willows, California.

Strictly roughing it, Theresa's plans necessitated packing in supplies the last two miles from Stony Ford, the final outpost of "civilization" above Willows.

The locale of the camp is purportedly a fishing and hunting paradise, and Mrs. Sipkins hopes to come back loaded with fish and deer. Joining her Friday to assist in the hunt is Patilu Farquharson, MSH psychologist.

UKIAH GLASS

PHONE - 1166-W



## TOWARD BETTER MENTAL HEALTH

### LEAVING PATIENT AT THE HOSPITAL

So fantastic is most people's mind-picture of "insane asylums" or "crazy-houses" that the reality, at worst, is likely to be better than what you imagine.

For instance: Only the disturbed wards even remotely resemble the popular conception of a "madhouse" and they shelter, even transiently, no more than ten per cent of an average mental hospital's total population. You will see, wandering about the grounds, or peacefully at work, numbers of men and women "who don't look at all crazy" and whom often you cannot distinguish from employees. In any modern hospital, the great majority of windows have no bars, and there are no locked gates. Nearly all mental hospitals have beautiful, well-cared-for grounds. The general atmosphere is quiet and easy-going: there is actually less bustle on the corridors than in a general hospital, and in most wards less noise than in the usual obstetrical ward.

If your first visit to a state hospital is the day you bring your patient, stop and ask the gatekeeper the way to the admission office. Where there is no gatekeeper, inquire of any employee or patient you see within the grounds. You may be sure that if the patient is well enough to be about unattended he can answer your question intelligently.

Request at the admission office that someone help you with your relative, if he balks at going inside.

The details of admission procedure vary somewhat in different institutions, but as a rule you will be received by someone to whom you will hand over your commitment papers. He or she will then go for the physician who is admitting officer; or will take you to his office.

In a small hospital, the admitting officer is ordinarily the doctor in charge. In larger hospitals, doctors take turns as admitting officer for the day. You may wish that your patient were received by the same physician who will take care of him. But only by means of a rotary arrangement can doctors be free to look after their patients on the wards without continual risk of interruption to receive new ones, as well as arrange their ward schedules so that they may single-mindedly give attention to new admissions on the days set.

## 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.

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

\*\*\*\*

### Jewish Services:

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

\*\*\*\*

### Christian Science Church:

"Thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit; to revive the spirit of the humble, and to revive the heart of the contrite ones." Isaiah 57:15.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, August 14th.

The Subject is "SOUL".

The sermon will be comprised of citations from the Bible and "Science and Health with Key to the Scriptures" by Mary Baker Eddy, among which are the following:

Mark: "And he, casting away his garment, rose, and came to Jesus. And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight. And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way" (10: 50-52).

Science and Health: "Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidence of the corporeal senses and to assert its claim over mortality and disease". (p. 395).

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

• POMO NEWS •

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FIRST TO RECEIVE VALUED DIRECTIVE

Recently received by Dr. Everett L. Lochen, MSH Staff physician, was a directive from the Adjutant General, Washington, D. C., informing him that he will be the first member of the Army Organized Reserve Corps in Mendocino County to retire under Public Law 810, reserve retirement benefit passed by Congress in 1948, in which only 20 years of active or inactive service are needed for retirement.

Dr. Lochen originally received a 2nd Lieutenant Commission, Infantry, in the ROTC at the time of his graduation from the University of Wisconsin in 1928. In 1931 he transferred to the Medical Corps and in 1940 he was called to active duty. During the war years he was stationed in Hawaii.

Dr. Lochen was separated from the service as Lt. Colonel on January 15, 1946. He continued his reserve activities until he received the aforementioned directive, which discharged him as Lt. Colonel in the Honorary Reserve, under the authority granted by Public Law 810.

His discharge in effect, means that at the age of 60, he will retire at a goodly percentage of his base pay of Lt. Colonel. In addition his reserve activity will be only in case of a dire emergency, in that he cannot be called back to active duty, except in such an event.

Dr. Lochen has been on the MSH Staff for two and one half years, and is at present assigned to Ward 12.

He resides on the Hospital grounds in Cottage 6 with his wife, Betty, who is employed as a registered nurse here, and his two daughters, Sandra and Sheila.

POMO NEWS-THE EYES AND EARS OF MSH

MSH DAIRY CATTLE ALWAYS IN DEMAND

Dairyman "Hank" Fanslow, recently sold six young bulls from the MSH Dairy herd to purchasers from the cities of Hanford, Lemoore and Sonoma.

Dairy operators from each of these places, appeared at the Dairy and after parting with a fair amount of their ready cash, went on their way the proud possessors of a pair of fine Holstein bulls.

Again speaking of bulls, "Hank" has just received a fine bull calf. Young Rocky Hill Jo Mary Montvic was bought from Rocky Hill Farms at Exeter and the deal was made before he was born.

The young fellow first saw the light of day during the California State Fair at Sacramento, September 9, 1948. His mother was the champion four-year old and also the best udder cow at the Fair.

Young Montvic is quite an aristocratic bull. His ancestry can be traced four times in the first three generations, back to the old Canadian record producer Montvic R. A. Colantha Abbekork.

California's petroleum production was approximately 5,582,000 barrels in 1948, valued at \$792,521,000.

FRI. & SAT. - AUG. 19TH & 20TH

In MSH Auditorium *Alan* LADD *Donna* REED



**BEYOND GLORY**

A PARAMOUNT PICTURE



SHE WAS THE ONE WORTH-WHILE THING LEFT IN LIFE

Also "ALL'S FAIR AT THE FAIR" - NEWS