

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

Vol. II #17 8/26/49 5¢ per copy Population as of publication morning 2738

## UKIAH FAIR SUCCESSFUL

20,000 people were estimated to have been in attendance at the 12th. District Fair over the three day period of last week.

MSH Hospital was represented Sunday in the Parade by two floats, one decorated with Greenery and carrying the Orchestra. All hands were appropriately dressed in costumes representative of the pioneer West. The other float decorated with ribbon Streamers and also announcements of the coming "Westward Ho", MSH Show, Dancers and Singers, in Indian dress and Spanish costume were very attractive.

The Group were accompanied by Mrs. Dorothy Buchannon, Hospital Recreation Director and also Miss Lucille Jetter, the Social Service Director.

All participants are grateful to Dr. Williams, Hospital Superintendent for the privileges extended to them and also to Mr. Garvey Business Manager for arranging the excellent mid-day lunch.

## DR. HOWARD BAIR TAKES LEAVE

Dr. Bair leaves MSH. Hospital this week, for a period of three months. The Doctor will take Post Graduate work at the Langley-Porter Hospital in San Francisco. His duties at Ward 8 will be taken over by Dr. Brankamp, Assistant Superintendent.

Dr. Bair will be accompanied by his family and will spend a portion of his time getting a little vacation.

## MOLLIE MATE CHAMPION

Word has been received by Henry Fanslow, Superintendent of M. S. Dairy that Mendocino Mollie Mate is the new National Champion in classification 3x, bettering the record of 1227.5 pounds of Butter Fat made by Pebble Beach Veda Secunda.

Mendocino Mollie Mates' record of 28,113 Lbs of milk, and 1265.3 Lbs. of Butter Fat in 365 days made at the age of eight years and ten months is sensational.

She has surpassed the record of 1263 pounds of Montvic Rag Apple Colantha Abbekerk which stood as Champion for Canada and North America for the past eight years.

Mollie Mates' record is the 11th highest that has ever been recorded by the Holstein-Friesian breed in the United States regardless of the number of times milked.

This Animal had 29 days on an Official Test; including a three day c heck Test, Supervised by Oregon State College. There were nine Supervisors employed in the conduct of the Test.

## LOCAL DEER HUNTING

Based on the number of Tagstamped in, this is considered an above average Deer season by the Game authorities. The Deer are in first class shape despite an extremely cold winter. The season remains open through September 15th.

Margarine, was first made in the time of Napoleon III, in France. He was searching for a nutritious Concentrated Food for his Army.

ATTEND YOUR A.A. MEETINGS

Coming Attraction WESTWARD HO! 



## NEWS FROM THE WARDS



## WARD 8

Transfers and Activities: The following were transferred from Ward 9 and assigned as follows: Ramano F, to Kitchen, Troy T. to kitchen, Alfred V. to Kitchen, Carroll D. to Dairy, Henry M. to Dairy, Vincent S. to Paint shop, Harry L. to Janitor Adm. Building, Edward S. on Ward 8, Steve B. to Dairy, James M. to Division of Architecture Office, John P. to Division of Architecture, Elmo G. to Dairy, James C. to POMO NEWS, Leslie N. no assignment, Mike C. has been transferred to Ward No. 4 and William E. to Ward 15:

Transferred to Ward 9, for the Reflex treatment were Robert P, Albert Mc, John W, Peter S.

## EXPERIENCES OF A VETERAN

This Reporter has listened to some most interesting experiences as related by Ed. O'D of Ward 8. Ed was a full Lieutenant in the U. S. Air Corps, flying thirty six Missions as a Bombardier in B - 17's. All of this time he was in the E. T. C. Theatre, where on his last Mission he was shot down with his crew over France.

After several days he was contacted by the Underground and through their guidance and surveillance, and two months of time, which must have seemed years, he was eventually returned to the American lines.

Before returning to the States he was assigned to give a series of lectures through-out England, on the subject of the Underground.

Ed. cannot begin to thank the French enough for their kind treatment, and no doubt will say many a silent prayer for the people who helped him return to the U. S.

## WARD 9

Ward 9 transferred the following men during the past week, Henry M; Carroll D, Vincent S, Harry L, Edward S, Steve B, James M, Elmo G, James C, John P, Peter S, and Leslie N; Jack P, to Ward No. 4, Robert B, to Ward 3, James S, to Ward 7, Richard C, to Ward 1.

The Encyclopedia Britannica is authority for the fact that 2,000 Frenchmen of Noble birth fell in duels, between 1601 and 1609.

*Write to the Mail Bag*

## WARD 12

The High-graders and Low-graders Softball teams of Ward 12 enjoyed fine competition Saturday and Sunday, the former winning both games by a score of 4 to 2 and 8 to 4.

The 16 MM Motion Pictures which are being shown each Wednesday are much appreciated by the Patients. They are great morale builders and everyone hope they are continued.

## SAFETY FIRST AT WARD 8

The State of California a great advocator of the Safety First Slogan have improved the situation at MSH by the additions of several stairway handrails and guards, the latest being installed in and around the basement entrance at Ward 8.

## WARD I

Bonnie G. is getting to be quite the gad-about; going to town with her husband early Sunday Morning where she cooked breakfast for her husband and various in-laws. She later went to view the Parade and had many nice things to say about MSH Floats.

Virginia K's - Boy friend from San Francisco visited her last week and promised to make it a date for every Tuesday.

## ~OVER THE AIR~

Top Stars in Radio who have signed their Fall Contracts include; Ozzie Nelson and Harriet Hillard, who have signed the show "Ozzie and Harriet", to a ten year contract for \$30,000 a season.

Eddie Cantor returns to the air September 6th. as Master of ceremonies, on "Take it or leave it".

Burl Ives is slated to do a show for Kaiser-Frazier this fall

Call 144



EMPIRE  
OFFICE MACHINES

Sales & Service

...UKIAH



# EMPLOYEE ACTIVITIES



# THIS WEEK

## TAKING VACATIONS

Attendants on vacation from Ward duties this week include; Edward Sandkulla, E. G. Maurer, George Ginochio, Charles Badger, John F. Martin, George Kidwell, Alfred Boulay, Theo. Badger, Pansy Shipley, Caroline Hansen, Gladys Trimeloni, Amy Galli, Mabel Jackson, Lotta Maurer.

## ON SICK LEAVE

The Sick leave Bulletin this week lists, Willa Walden, Marietta Lee, Margaret Hunter, Juanita Corbett, Sidney Dale, Clarence W. Maurer and H. C. Brown.

## ON LEAVE OF ABSENCE

Those listed as taking a leave of absence this week are, Angie Griffin; Patrick Ryan, William Nehring, Mabel Russel, Howard McCandless, Jean Burnham, Marilyn Barton and Dora Ryan.

Attendant Louis Guidi has returned from his vacation and had the good luck of bagging a buck. It is these sort of things that make a vacation bearable, reports Mr. Guidi.

--oo--

A pleasant surprise party was held Saturday evening for Fire Chief G. O. Walden of the MSH fire Department.

The wives and members of the Department enjoyed a evening of refreshments, cards and bingo.

--oo--

Mr. and Mrs. L. H. Tyer, attendants of MSH, leave on vacation Thursday, August 25th. Their destination will be Cave-in-Rock, Illinois. Mr. Tyer's sister, who works in Norwalk plans to go with them. Mrs. Tyer is the charge attendant on Ward I and will be missed by everyone on the Ward.

--oo--

Mr. and Mrs. Charles Badger left on their vacation this week. They plan an extended tour of the Southern States in their new car.

--oo--

Mrs. Edith Ray, Matron; and Mrs. Ethel Smith, Attendant, both of MSH, accompanied three hospital patients to the Cancer Clinic at Stockton State Hospital this week.

--oo--

Clerk to sweet young thing in form fitting sweater; "would you like to step outside and try it for whistles before you decide".

## SATURDAY:

Movie: "Two Guys from Texas"  
"A Boy and his Dog"  
"Growing Pains"

Patients Dance: 1:30 - 4 Pm.

Baseball: Talmage Sluggers vs. Oakland Merchants 2 pm

## SUNDAY:

Church Services (See page 8)

A. A. Meeting 6:30 P.M. in Auditorium.

Inter-Ward Softball: 9:30 PM.

Baseball: Talmage Sluggers vs. Oakland Merchants 1:30,

## MONDAY:

Group Therapy Round Table Discussion 1:30 p m in Ward 9 Conference room.

## TUESDAY:

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

## WEDNESDAY:

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

San 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

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

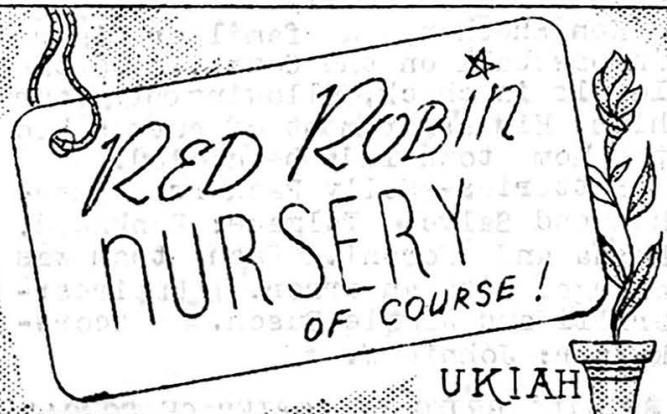
Movie: "Fury of Furnace Creek"  
"Mickey Mouse"

--oo--

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

## ATTENTION:

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.



SAT  
WILL WE SPO RTS WE WILL  
SUN

# HOLLY PACKERS NIP SLUGGERS

Three homers and a unearned run by the Holly Packers dropped Talmage, 4 to 3 in Saturday's game.

Milt Bankhead was the losing pitcher as Talmage lost their eleventh contest of the season. He served up three home-run balls but was fortunate in that the bases were unoccupied in each event. As Milt was taking the mound for the start of the ninth inning, he made a derogatory remark toward Umpire Grilli and was tossed from the game after a lengthy argument between the team and officials. The "Old Stand-by" Ernie Mosna chucked the last inning, sitting the Packers down in 1-2-3-order.

Talmage grabbed a one run lead in the second as Bob Guidi parked the ball in the left field bamboo forest. The Holly boys retaliated with two four-baggers in the fourth by Merletti and Heath.

Gallagher of the visitors, struck out to lead off the eighth inning. Big Merletti then duplicated his fourth inning feat to give the Packers a 3 to 1 lead as it appeared to be a battle of home runs. Salvo followed with a single, advanced to second on a passed ball and scored the winning tally as Johnny Myers let a grounder off, the bat of Heath, dribble between his legs.

The Sluggers pushed two runs across the plate in their half of the eighth in this manner: After two were away, Harding walked and reached third as Bankhead doubled into short right center field. Wada was safe at first on an error by the 3rd baseman as Harding scored. Johnny Myers singled Bankhead home for third and final run. Don Myers went down swinging for the third out to end the rally.

Ken Sheehan, a familiar figure in baseball on the Coast, held the locals in check, allowing only four hits. His assortment of curves had the home town lads befuddled.

Batteries--Holly Packers: Sheehan and Salvo. Talmage: Bankhead, Mosna and Moroni. Each team was charged with an error. Umpires: Grilli and Jimmie Busch. Scorekeeper: Johnie W.

\$2 WILL BRING 52 COPIES OF POMO!!

# TALMAGE BLASTS PACKERS 8-2

The Talmage Sluggers lived up to their name in the Sunday game as they slugged the Holly Packers' pitcher, Orella for sixteen hits in the 8 to 2 victory.

With one away, Severi doubled to deep right center in the third inning. Wada then singled him in to score the first run of the ball game.

The big six inning went something like this: J. Myers led off by grounding out. His brother Don followed with a single. Moroni tripled chasing Don across home plate and scored himself as the throw from the outfield bounded into the dugout. Bob Guidi doubled; Mosna was out from short to first. Laviletta, Bankhead, Severi and Wada rapped out one baggers in order. Johnny Myers was up for his second time in the inning and drew a walk to fill the bags but Don was out at first for the third out. Five runs on seven hits were chalked up during this uprising.

Ado Severi scattered six hits among the visitors as he pitched his "umteenth" win this season. He was nicked for only two runs, one in the seventh and the other in the eighth inning.

Bankhead led off the last of the eighth with a towering fly over the right field fence, just inside the foul marker to score run number seven. In the same inning, little Johnny Myers hit one on a line between the out fielders and made a non-stop trip of the bases for the final run.

TALMAGE	001	005	020	--	8
Hits	012	117	130	--	16
PACKERS	000	000	110	--	2
Hits	111	000	210	--	6

Batteries--Packers: Orella and Rodgers. Talmage: Severi and Moroni. Umpires: Crane and Busch. Scorekeeper: Fred Figone.

The Oakland Merchants are acheduled to play here tomorrow and Sunday.

# DEER SEASON OPENS

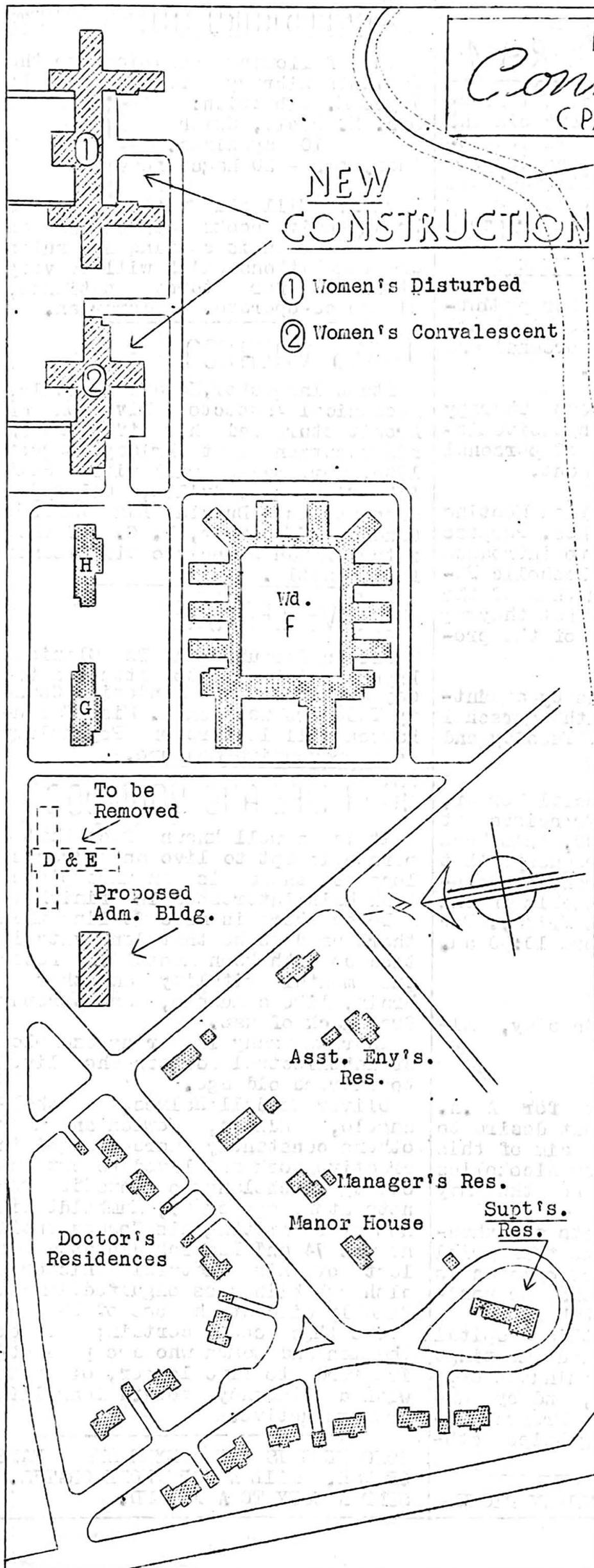
North Counties and the Sierra District deer season opens September 16th. This includes Humboldt, Del Norte, Modoc and Nevada Counties.

The Modoc area produces the famous Mule Tail Bucks, which are much larger than the coast deer.

M S H  
*Construction*  
 (PART 2)

NEW  
**CONSTRUCTION**

- ① Women's Disturbed
- ② Women's Convalescent



We present our second and final Plot plan of MSH showing existing buildings and new construction.

Two key points are given on this map so that they may be pieced together giving a full birds eye view of this Hospital.

Upon completion, MSH will proudly have the last word in Modern Kitchen and Bakery equipment.

Refrigeration has fastly become a necessary part of modern living and by no means overlooked in this Program. Over 100 H. P. of electrical driven motors for refrigeration, ice cream making and water cooling are provided. The Bakery's new equipment includes a Flour elevator, Moulder, Rounder, Bun divider, Dough mixer, Donut machine, Fermentation box, Proofer Box, Bread Slicer and Wrapper.

The Kitchen also will have two electric dishwashers, electrical heated Food Carts, Food Choppers, Peelers and Dicers.

All of this combined with modern lighting and extremely good ventilation should go to make a **very** compact and pleasant place to work and eat.

Unit 2 of the Chronic Mens' Ward made a one-hundred fifteen yard concrete pour Tuesday and will have a pour of approximately the same yardage for today August 26th.

The Kitchen forms have really advanced the past week and they are preparing for a large pour Thursday, August 26th.

The Female Wards, under the supervision of Jack Cody are busily engaged in carrying the forms up for steel and concrete.

(Cont. on Page 9)

## —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

1:30 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 ISH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholics Anonymous

#### A. A. POLICY

The only requirement for A. A. membership is an honest desire to stop drinking. The sole aim of this organization is to show Alcoholics who want to get well, how they may do so.

Controversial subjects are shunned, A. A. has no axe to grind while every shade of opinion is found among its members, no position, as a group is taken.

New patients at this Hospital should feel free to attend meetings it requires but a few minutes of, your time each week, and by exposing yourself to a Program already proved as having helped others, may help you.

PATIENTS DANCE - FRIDAY NIGHTS

## LIBRARY NOTES

The following donations to the Patients Library were reported by Joyce M. Librarian:  
Mrs. M. Poole, Ukiah  
10 Magazines.  
Anonymous - 20 Magazines.

NOTICE: Will all patients please bring their books back on time as the Librarian is setting new rules and regulations which will be very stringent for tardy patients, please co-operate. - Librarian.

### TAKES VACATION

State Inspector, Howard W. Salls, Mechanical Inspector, Division of Architecture and his wife left on his vacation last Friday, August 19th. Mr. Salls will visit Salt Lake City, Leadville, Colorado; Minneapolis, Duluth, Lake Louise, Canada, Vancouver, B. C. and then return to San Francisco via Steamer from Seattle.

### TO GIVE LECTURE

Patilu Farquharson, The Clinical Psychologist is to attend a two day meeting of the Mendocino County Teachers work shop. Miss Farquharson will lecture on Psychology as a preventive measure.

### YOUR LIFE AND YOUR JOB

It is a well known fact that a person is apt to live on and on so long as there is an uncompleted task he is interested in finishing.

Today there is more feeling than there used to be that longevity is tied up with keen mental interests and mental vitality and that a brain, like a muscle, can atrophy from lack of use.

There are many inspiring examples of intellectual workers who lived to extreme old age.

Oliver Wendell Holmes, Michelangelo, Edison, Newton and many others constantly were engaged in creative work and lived to extreme old age. Michelangelo wrote his sonnets at the age of 79, Humboldt did not start writing his Cosmos until he was 74 and Lamarek dictated the last of his natural history, although blindness engulfed him and finally died at the age of 85.

One thing seems certain; either the men and women who are productive tend to live longer, or those with a tendency toward long life are productive.

POMO NEWS IS THE EYES AND EARS OF ISH. MAIL A COPY HOME GRATIS. SEND A COPY TO A FRIEND.

# MAIL BAG

## TO WHOM IT MAY CONCERN:

I would like to have the Canteen on the grounds soon as I would like to order more groceries.

Lawrence S. Ward 2

## TO THE EDITOR:

First I would like to say how good I think the paper is getting to be and second I would like to say I think a Canteen is just what this hospital needs.

The prices a no doubt are a little high at the store and a lot of the patients do not have the money to get the things they want just because of those prices. You can't get much if you only have a dollar, when nearly everything is thirty or fifty cents.

I think a Canteen here on the hospital grounds, with fair prices will be a blessing for a lot of the patients. Although I am in the cast of "Westward Ho", I am not one of the lucky few to get to take part in the parade, but I am glad that I can take part in the show. Larry De our very able Director is a very grand guy and swell to work under. I think he has a good show, and will be the best he has put on, I would like to thank our cooks for the nice dinners they have been serving us on Sunday.

## EDITORS NOTE:

Will all correspondent's to the POMO NEWS please sign at least their Ward number to their letters.

## AUTHOR DIES

Margaret Mitchell, who gained fame and fortune from her book, "Gone with the Wind", died after being run down by a car in Atlanta, Georgia

Miss Mitchell's story holds and will probably continue to hold, the record for the number of copies sold, something like eight million. The Bible being the only book with a greater sales volume.

Explosives, used in heavy construction jobs, such as dams, Railroads and bridges are made of Cellulose an excerpt of Cotton.

WANTED: REPORTER - POMO NEWS.

EDITOR: THE POMO NEWS.

We cannery workers would like to know why we have been refused the weekly treat all the other work shops receive - don't we rate at all? We work hard enough, so far we have had to furnish all our own cats. Is that fair?

## CANNERY WORKERS

Editor's Note: It is our opinion after running the above matter down to a point of finding that the Art room and Laundry, and Sewing room are getting food each week for a so-called party or rest period that the cannery workers should be included. The Patient workers are often asked to work on their normal day off, -Saturday due to canning of perishables, and often miss the ball games and shows.

Occupational Therapy as practiced in this hospital since its very existence is not based on discrimination, but on the overall good for one and all.

## FISHING LICENSE CHANGED.

Recent State Legislative action will require the attachment of three trout shipping tags to each license for the 1950 season.

A new holder is being designed, which will be of a dull, non-reflective finish; displays the full face of the license and equipped with a double pin to eliminate loss.

The next meeting of the California Fish and Game Commission has been set for Sept. 23rd. in Los Angeles.

## NEW FARROWING BARN

The new Hog Farrowing Barn under the direction of Mr. Erwin has progressed to a point of being ready to pour concrete.

The building measuring 121'-0 by 55'-0, will have 24 farrowing pens. The main floors and divisional walls being concrete, and the balance of the building to be of frame construction

UKIAH  
GLASS  
CO.

Phone 1166-W

## TOWARD BETTER MENTAL HEALTH

### LIFE IN A MENTAL HOSPITAL

A typical day in a typical mental hospital begins early. Patients who are physically well arise and, under the regulation and supervision of an attendant, they take turns in the washroom, and dress. Some, who have themselves well in hand, help others--for nothing is more curative for self-centered mental invalids than taking some responsibility for their fellow-beings. In any good hospital, tidiness is painstakingly encouraged. It is impossible to achieve with some patients. But many enjoy the facilities of the beauty parlors and barber shops that are a regular feature of the best hospitals.

After breakfast, the morning is spent by some patients doing various chores on the wards, in the linen and sewing rooms, the farm, the gardens, the kitchens, the laundry, the dairy, the industrial shops or the offices of the institution. Improved patients man switchboards, do stenography, sometimes even act as receptionists.

Work, at mental hospitals, exists for the patients, not the patients for work. It is one of the best means known for bringing those who have retreated into a world of dreams and fantasies back to reality, and every encouragement to useful employment is given. Patients are not driven. Though as an important part of their treatment they are made to feel that they are expected to perform certain duties, they are not threatened either. Labor shortage is the least of a mental hospital administrator's worries; the need of the patients for something to do is usually greater than the number of necessary tasks to be done.

At private hospitals patients do not do the work of institution, but so great is the health-giving value of work that cooking or gardening is occasionally prescribed for patients and all kinds of ingenious substitutes for essential work, such as dramatics, hobby shops, music lessons, or card parties are devised.

If a mental patient's condition is such that he doesn't want to eat because any reality is an interruption to his imaginings, he can no more be "forced" than someone exhausted by pernicious anemia can be "forced" to hammer stones.

POMO NEWS--THE EYES AND EARS OF MSH

## † 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.

\*\*\*\*

### Jewish Services:

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

\*\*\*\*

### Christian Science Church:

"God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, August, 28th.

The following citations are among those comprising the sermon:

The Bible: "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel, of the kingdom, the healing all manner of sickness, and all manner of disease among the people. And his fame went throughout all Syria and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them" (Matthew 4: 23, 24).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy "The supremacy of Spirit was the foundation on which Jesus built. His sublime summary points to the religion of Love" (p. 138).

\*\*\*\*

We recommend that all patients, who are able, to attend the church services of their choice held here in the Hospital.

WRITE TO THE MAIL BAG - DO IT NOW!

## CONSTRUCTION

(Continued from Page 3)

Hospital patients should be glad to learn that the new wards are to be finished very neatly inside. Most of the floors are to be finished with Asphalt Tile including the base boards. The wash rooms, toilets, treatment rooms are to be finished in glazed tile up five feet or wainscoat height.

Wall and ceiling are to be plastered and the ceiling insulated with 2" of rock wool, which holds the heat in the winter and keeps the rooms cool in the summer.

## CONCRETE TESTS

Periodical tests are made by the Division of Architecture on all concrete poured on State work.

Two samples are taken, one cured for ten days and one cured for twenty eight days. The ten day test is a hurried up check on the ultimate outcome of the twenty eight day test. The concrete is broken under pressure and the State requires a compressive strength minimum of twenty five hundred pound per square inch. According to Bob Chambers of the Division of Architecture the average of sixteen tests taken to date show a compressive strength of forty six hundred and forty lbs. per square inch. These tests are made in the testing laboratory at Sacramento.

High compressive strength, plus proper re-inforcing steel placement, go hand in hand to make an earthquake proof structure.

## PLUMBING CONTRACT

Anderson and Rowe of San Francisco are the Sub-Contractors on the new construction Project at MSH. The contract in its entirety is for \$162,000.00 which includes all roughed in plumbing and complete with fixtures. Ed. Owen the Foreman for this Firm reports that he is employing four journeymen plumbers and two helpers at the present time.

CALL

*Andy Stahl*

1138-J

FOR FINE LIQUORS

## FOOT HYGIENE

Take care of your feet. Foot Hygiene is very important because this member is a portion of the body that is heavily covered during most of our waking hours. It is almost constantly in action, perspiring and kept warm. Next to the heart the feet are probably the most overworked part of the body. A few minutes a day devoted to foot hygiene will pay big dividends in increased comfort and efficiency.

Ten basic rules for foot health, well worth remembering are:

1. Bathe your feet once or twice a day thoroughly, and use foot powder afterward.
2. Change your socks or stockings at least once a day. If possible don't wear the same shoes two days in succession.
3. Cut your toe nails straight across and not shorter than the flesh.
4. Wear all-leather shoes (not patent leather - lizard or Alligator shoes), pick the right shoe for the right occasion.
5. Be sure you have the proper size, the proper last of shoe and the proper size stocking or sock.
6. Limber up your feet at intervals - remember that they have muscles too. Wiggle your toes.
7. Cultivate good posture, walk with toes pointed straight ahead.
8. Examine your own and your children's feet at frequent intervals to guard against ailments.
9. Garters should be of a type that do not interfere with circulation.
10. Don't be a Bathroom Surgeon: If your feet need attention, get professional care.

## TO SACRAMENTO

Elwood Hachmann, head of the Tin Shop, spent Monday and Tuesday in Sacramento and San Francisco. His business in Sacramento pertained to the Canteen for MSH but no new developments were reported. He arrived back at the Hospital driving a new '49 French Gray Cadillac.

## ON VACATION

Miss Barbara Jefferson, Ward K Attendant leaves Friday, August, 26th. for Santa Cruz. She plans to visit her mother and do some deep sea fishing while away.

\$2 WILL BRING 52 COPIES OF POMO!!

# POMO NEWS

PUBLISHED EVERY FRIDAY AT THE MEN-  
DOCINO STATE HOSPITAL, TALLAGE, CAL-  
IFORNIA; under the auspices of Dr.  
David B. Williams, Superintendent.

A non-profit project of the Occupa-  
tional Therapy Department. 5¢ per  
copy; subscription mailed \$2 a yr.

Dick C.....Editor  
Woody C.....Staff Artist  
James C.....Reporter  
Cleo W.....Reporter

## DREDGING CONTRACT AWARDED

Mr. S. H. Water Dam #3 or upper  
Dam, across Mill Creek is to be  
dredged of its sediment. The con-  
tract has been awarded to Holwig  
Construction Company, Santa Rosa,  
California.

It is estimated that some 25,000  
yards of silt and settlings are to  
be removed by means of a Clam shell  
type dredger, loaded on trucks and  
hauled and dumped as fill material  
to an area adjacent to the main  
entrance gate of this hospital.

The Dam has been drained since  
Aug. 17th. in order to all it to  
dry out and prepare for dredging.

This particular dam one of three  
that exist on Mill Creek, was com-  
pleted in 1915, after three years  
of construction. Most all of the  
labor was performed by patients  
under the supervision of Walter  
White, since deceased. The patients  
were housed near the job site in  
metal buildings, and lived there  
the year round, their food being,  
prepared by Mrs. Walter White. The  
winter months were confined to tun-  
neling out for proper anchorage and  
leakage of the face of the dam  
which is approximately 37'-0 high  
by 200' -0 long. The comert for  
this project was hauled by horse  
and wagon, this part of the work  
being done by a Mr. W. German.

The Project was started while Mr.  
F. C. Handy was Steward of the Hos-  
pital, this title now known as Bus-  
iness Manager and was completed  
under an Engineer by the name of  
Berg.

The water from Mill creek is used  
for Irrigation, sewage and firehy-  
drants. This service will not be  
interrupted during the dredging  
period as the water is taken from  
dam #2 or center dam.

The Hospital drinking water comes  
from dug wells located in the gar-  
dens near the Ranch. this water  
being so chemically pure that it  
does not require the usual Chlorine  
treatment.

Fred Figone, and his brother Joe  
both worked on this job. Fred al-

ways connects the completion of  
the job with the 1915 Worlds Ex-  
position held in San Francisco  
which he also attended.

## ODDITIES

Is there any place that has no  
Latitude, no Longitude, and no Al-  
titude?

Yes, there's a place in the Gulf  
of Guinea at zero Degrees Latitude  
and zero Degrees Longitude, and it  
has no Altitude since it is at Sea  
level.

How many kinds of twins are  
there?

There are two kinds of twins,  
Fraternal and Identical. Fraternal  
twins need not be of the same sex,  
but Identical Twins must be

Who was the Ambling Alp?

Primo Carnora.

★ Help Wanted: POMO NEWS, Typist  
and Reporter - See your Doctor.

### Correction

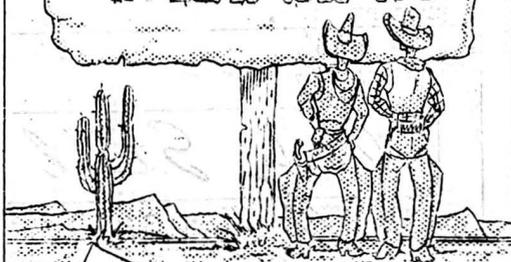
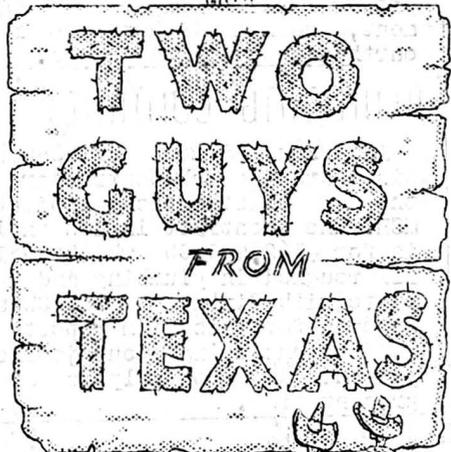
Page 4 - this issue states Dance  
Friday Night, should read... Dance  
Saturday Afternoon.

### M.S.H. Theatre

FRIDAY AND SATURDAY • 26-27 <sup>AUG.</sup>

★ ★ ★ WARNER BROS. ★ ★ ★

present



PLUS "GROWING PAINS"  
"A BOY AND HIS DOG"