

A PROGRESSIVE PAPER FOR MSH PATIENTS

Pomo News

WEEKLY

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

Vol. II No. 18 Sept. 2, 1949 5¢ per copy Population 2724

WESTWARD HO! OPENS SEPT. 7

Never in the long history of theatrical productions put on by patients of MSH has one got such an auspicious start toward success as "Westward Ho!", the big musical show which will start next Wednesday and run through Thursday and Friday.

Under the supervision of Mrs. Dorothy Buchanan and the direction of Larry De, five presentations will be offered: Wednesday, three performances for patients only, at 9:30 a.m., 1 p.m. and 6:30 p.m.; Thursday and Friday at 7:15 p.m., for the general public.

The usual plan of voluntary contributions by the "outside" guests will prevail and the funds so realized will go into the MSH recreation fund.

Photographers from Ukiah and Santa Rosa took pictures for the press of the cast and stars this week.

The biggest advance advertising was received for the show last Sunday at Hopland, where the "Westward Ho!" cast in its entirety was the guest of the American Legion at the invitation of Don McMillan, who was general chairman of the day's events. Mrs. Buchanan, who is Recreation Director at MSH, staged a parade through the hospital grounds to the state trucks which bore large banners and signs advertising the show.

At Hopland, the "Westward Ho!" cast took second place in a parade staged at the ball park. Later the troupers were guests of the American Legion at the big barbecue held at the Pomo Inn.

Mrs. Buchanan said a number of people have stopped her on the street in Ukiah to ask about the show. At the "Gay 90s Revue", given here early in the summer, Ukiah was well represented in the attendance of "outsiders".

(Continued on Page 9)

VETERANS TO RECEIVE FUNDS

World War II Veterans will start making application for Insurance refunds August 29th, payments to start January through July of 1950.

A total of 16,000,000 veterans are eligible to participate in the \$2,800,000,000 refund.

The Veterans Administration asked applicants to be especially careful to give their correct service serial number. "While hundreds of veterans may have the same or similar names, no two have the same serial number designation," a V.A. announcement said.

The Veterans of this Hospital may obtain their application blanks by contacting Mrs. Gertrude Elliott at the Secretary's Office.

CANNERY OPERATES AT FULL SPEED

The peak of operations at the hospital Cannery was reached this week with a large crew working on pears and string beans, according to Henry Brunges, Cannery Superintendent. The pear run may be finished this week but next week probably will see a continuation of bean canning.

Brunges had 31 women and 33 men working and was still shy a couple of men for stacking cans. Of the men, 15 were "borrowed" from the Industrial Shop.

Up to Tuesday, the cannery had purchased 2,208 boxes of pears of high quality, grown in the Ukiah Valley and 1,060 boxes of peaches from Yuba City. The MSH orchards produced only 97 boxes of pears this year.

Brunges said that in general, the pear crop was excellent this season, but the prices to growers are extremely poor. The price on highest grade Bartletts has fallen to

(Continued on Page 9)

WEEKS ADMISSIONS, RELEASES
Admitted: 30 Released: 42

'FEARLESS DAVE' INTERVIEWS OLD FRIENDS

The Pomo News' Animal Editor, to see some of his old friends here, took a stroll over to the MSH Zoo the other afternoon. The day was a warm one and the animals were taking things pretty easy.

First old pal he talked with was Mr. Black, the venerable rabbit, who was lolling in the shade in his front yard. Mr. Black always does the talking in the Black family; so Mrs. Black, after a polite nod, retired inside the house.

The Animal Editor asked Mr. Black how the late summer days were going with him and he replied "No cause for complaint, none at all. There's just one thing about this time of the year that sorta makes me a bit nervous. It's all the talk one hears about the hunting season and hearing the rifles in the hills. Of course it really doesn't concern us here in the colony; just a matter of 'throw-back' to our uncivilized ancestors, I guess."

"How many are there in the Rabbit Colony now?" the newsman asked.

"Well, let's see now," Black replied, counting mentally. "Oh, 12, more or less, I should say."

The Animal Editor said good-bye and looked in on his friend, Mr. Guinea Pig. He was astounded when no others of the Pig family made an appearance. "Where are all the rest of your family, Mr. Pig?" the reporter asked.

Mr. Pig saddened. He replied:

"I never did like doctors or dentists anyway. Scientific people are always experimenting, experimenting."

He was near tears, so the Animal Editor departed quietly.

GRASS FIRE CONTROLLED

The MSH Fire Department answered an alarm last Tuesday afternoon on a grass fire at the school grounds. A youngster playing with matches had the presence of mind to call the neighbors for help, who in turn called the Department, thus preventing a bad fire.

INJURED IN FALL

A 20-year old male patient, who was a member of a crew polishing the floor in the Auditorium Monday afternoon, fell or jumped from a window and plunged to the ground. He was taken to Ward 9, where X-rays were taken. He is from one of the locked wards.

WRITE TO THE MAIL BAG - DO IT NOW

MISS JETTER PINCH HITS

A Pomo News reporter went looking for Miss Lucille Jetter the other day. The Resident Social Worker frequently is a good news source.

Where did he find her? Doing her work at a desk in the lobby of the Auditorium; of all places. The door was locked, but press privilege prevailed and the reporter was let in-and locked in. There were about 20 men with blocks putting the floor and stage in tip-top shape. A male attendant was at the far end of the auditorium.

"Well, now you see," Miss Jetter said, in answer to a question, "Mrs. Buchanan (Director of Recreation) has this afternoon off, because she has a rehearsal scheduled for this evening of the show: "Westward Ho" and somebody has to be here while the boys are working. Ho? Oh, I can work anywhere."

CONDITION OF DEER

When Joe Addor's son Gene, who is with the U. S. Forest Service at Elk Mountain, visited his parents recently, he talked about the condition of deer in Mendocino Forest this year. He said fewer deer are being taken this year and most of them are smaller than usual and generally in poor condition.

Gene validates the tags for most of the deer taken out of his area of the national forest. He blames the severity of last winter for the poor condition of the animals. Similar reports have come from other sections of the Coast Range mountains, as far down as Capay Valley, in Yolo County.

Joe Addor is head of the MSH Carpenter Shop.

ATTENDS SESSIONS

Miss Pattilu Farquharson, MSH Clinical Psychologist, has returned from Ukiah, where she attended a two-day "teachers' workshop" session. Miss Farquharson took part in the program, giving a lecture on "Psychology as a Preventive Measure."

School teachers from all over Mendocino County attended the sessions. Miss Farquharson attended classes in art, soil conservation, nature studies and general child education.

NEW MILK BUGGY

The finishing touches were put on a new "milk buggy" for the MSH Dairy, in the Carpenter Shop. The vehicle, with a steel frame, rubber-tired wheels and a wood and metal bed, is in reality a stake-side trailer.

WARD NEWS ☆

WARD 8 DOINGS

The activities of the patients, of Ward 8 for the past week, including work assignments are: from Ward 1 to Ward 8, William G. to kitchen, Richard C. to tunnel crew. From Ward 9 to Ward 8, Allison D., Edward G., Nino C., George H., all to kitchen. Lester F. to Carpenter Shop. Transferred to Ward 1 from Ward 8, Woody C. and Paul S., from Ward 8 to Ward 9 for treatment of hands John S., to Ward 14, Robert S. Returned to Ward 8 after Reflex treatment John B. and assigned to clothes room, new arrivals from Ward 9, Leon O., to food cart and James S. to tunnel crew. To Ward 9 for Reflex treatment, Evans I., Fred B., Thomas L., Willie L., George H.

Ruth W. from Ward M is preparing a play for the patients of MSH. Joyce M. Librarian reports that Ruth is showing splendid progress and hopes that she may soon find a spot on the entertainment program to display her talent.

WARD 9

Transfers from Ward 9 to Ward 8 this week were Addison D., Edward G., Lester F., Nino C., George H., Leon O., David A., Allard G.

Homer W. and William S. assigned to the Ranch.

From Ward 9 to Ward 4, Don A., Antone A., Thomas W., John McG.

Transferred to Ward 7 was James S.

WARD 1

Edna H. was visited Saturday and Sunday by her husband.

Mr. and Mrs. G. Corcoran of San Francisco visited Sunday with Octavia Z.

Bonnie G. had a surprise visit Sunday by old friends from Potluma.

Phyllis W. was visited by two friends from Sacramento on Saturday and Sunday.

TRANSFERS FROM M

Georgia S. to H; Loretta H. and Helen S. to I.

THE MERRY*GO*ROUND

Some time ago The Pomo News ran a humorous item about the headaches of being an editor. It turned up in the Tell-E-Visor, monthly publication of Modesto State Hospital. Then the Newscaster, of Norwalk State Hospital reprinted it, but did give The Pomo News credit, hinting, however, we'd lifted it from some other publication. Tch, tch!

CHURCH CHOICE IS IMPORTANT

Dorothy V. Sorenson, an assistant in the Occupational-Recreational Therapy department, Sault Ste. Marie (Mich.) State Hospital, submitted an article to the Psychiatric Aid (part of which is reprinted below) with the hope of aiding attendants in their attitudes toward sending their patients to church services.

"In our hospital we have a complete program of religious services and contacts for our patients. The city Ministerial Association appoints the Ministers semi-annually, and each one has the service for two consecutive Sundays.

"A full list of our patients' religious affiliations has been made up by the Recreational Therapy department. From this each lodge (our units for patients are called 'lodges' rather than wards) is supplied with a "lodge-list" which shows the church preference of each of its patients.

"To many people it may seem enough that the patient go to just any religious service, and unimportant that he be permitted to attend the services of his own faith. The truth, however, is that even though a patient does not seem to be in contact with reality, his religion may be an important part of his life. Let me give you an example of this:

"Among our women patients is a Polish lady who speaks no English. Quite recently we were getting ready for Catholic services and this particular patient, who attends all activities in the R.P. area, did not understand that it was Mass. The attendant, without consulting the list of those who go to Mass from the lodge, gave the patient her hat and let her out.

"Arriving at church, the patient became increasingly agitated as the services progressed. The attendant in charge said she would return the patient to her lodge. On the way back the patient made it unmistakably clear, in spite of not knowing any English, that she did not like the service and did not belong there. Upon reaching the lodge the attendant checked the list and found the patient to be a Protestant. This was the reason that she had been so upset.

"Had this follow-up not been made, this patient probably would have been denied the privileges of attending church, movies, dances and other activities, because she had created a disturbance."

52 WILL BRING 52 COPIES OF POMO!!

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 MSH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholics Anonymous.

SUNDAY'S A.A. MEETING

Dr. Prasser gave a very interesting talk at last Sunday's meeting of the A.A. The theme of the doctor's talk was the Alcoholic patients personality and the necessity of the re-adjustment of it to aid in recovery.

The Santa Rosa A.A. Chapter met with the local group and will also be in attendance at next Sunday's meeting, September 4.

Newton B was chairman at last week's meeting and reports an attendance of 77 patients. Let's keep this attendance record high, attend your meetings.

WANTED! WANTED!--For show, Westward Ho!, Key "F" and Key "C" harmonicas. See Mrs. Buchanan.

LIBRARY NOTES

Donations to Patients Library this week include:

Mr. Kumor, Ukiah, 210 magazines, 4 novels.

Mrs. J. Lavell, MSH, 8 magazines

Miss Patilu Farquharson, MSH Psychologist, 38 magazines.

Mrs. R. Howard, MSH, 8 magazines

A.A. LITERATURE AT LIBRARY

Joyce M, the Patients Librarian, attended her first meeting of the MSH unit of Alcoholics Anonymous, last Sunday night.

Joyce has never been an alcoholic. Her first visit with the group was, in a way, a matter of business. The AAs long have wanted a place where they could store their books and pamphlets. In the past, the Pomo News office was used for the purpose, but because personnel changes were so frequent, it was a rather haphazard system.

So, after consultations with the Social Service Office, Dr. Prasser and Dr. Williams, Superintendent, Joyce was invited to attend the meeting. She announced that hereafter, the Patients Library will take care of AA books and literature and Joyce will assist the organization in any way she can.

HOSPITAL PEST CONTROL

The control of pests at MSH such as rats, mice, cockroaches, ants etc. is done by the Delk Pest Control Co. of Sacramento, who are under contract to the State to handle the matter at this Hospital.

Anyone wishing to report the presence of such pests in or about the grounds may contact this firm through Fire Marshal L. G. Von Schrittz, at the fire house. Mr. Von Schrittz makes out monthly schedules of calls to be made and will be glad to receive the information and see that it is given attention.

Red Robin
NURSERY

UKIAH



HOMER NIPS MERCHANTS 8-6

Milt Bankhead won his own ball game Saturday with a three run homer over the right field fence in the big six run, seventh inning.

The Oakland Merchants were sporting a 6 to 2 lead going into the last of the seventh. Harding led off for Talmage by striking out. Chief Wright was hit by a pitched ball as J. Myers flew out to center. Guidi singled and D. Myers was issued a walk to fill the bags on a disputed fourth ball. Ottosen drew a walk to force Wright across the plate and Moroni followed with a single, driving in Guidi and D. Myers. Bankhead then delivered the big blow over the right field fence that gave Talmage the 8 to 6 victory.

It was Milt's first win since July 2nd, when the Sluggers downed Fort Bragg with the identical score of 8 to 6.

Gabby Quilici, the Merchant's pitcher, recently returned from New York where he participated in the Boy's All-Star game. Young Gabby showed plenty of stuff on the mound, allowing 7 hits, walked 6 and struck out 11.

Talmage scored two in the second on a walk, two hits and a classy squeeze play with Laviletta doing the stick work at the plate.

The Bay Area Boys got to Bankhead for one run in the third, three in the fourth and two in the seventh.

OAKLAND MERCHANTS	AB	H	R	E
Payne, 3b	4	2	1	0
L. Vincent, 2b	4	1	1	0
J. Valencia, rf	4	3	0	0
B. Valencia, cf	5	1	1	0
B. Vincent, lb	4	1	0	0
Tosti, lf	4	1	1	0
Mattos, ss	4	1	1	0
Gagna, c	3	0	1	0
Quilici, p	4	1	0	0
Totals.....	36	11	6	0

TALMAGE	AB	H	R	E
J. Myers, 2b	4	0	0	0
Guidi, lb	5	1	1	0
D. Myers, cf	3	0	1	0
Ottosen, lb	3	1	1	1
Moroni, c	2	1	2	0
Bankhead, p	3	2	2	0
Laviletta, ss	5	0	0	2
Harding, rf	4	1	0	0
Wright, 3b	3	1	1	0
Totals.....	30	7	8	3

MERCHANTS	001	300	200	- 6
Hits	101	310	311	-11
TALMAGE	020	000	60	- 8
Hits	020	110	30	- 7

SEVERI WINS ANOTHER 7-1

Highlighted by the pitching of Ado Severi, Talmage made it two in a row over the week end. Severi set the Oakland Merchants down in fine fashion, allowing only 1 run, 3 hits and getting 12 strike outs.

Don Kornchrens pitching for Oakland allowed 7 hits and as many runs, including a homer by Don Myers in the 5th. inning.

The most improved ball player of the week we believe goes to Willie Wada of Talmage. Willie, a speedster with a front wheel drive looked awfully good at short stop as well as running bases.

Umpires for both games, Tromper and Palladini. Scorekeeper, Johnie W.

WARD 12, SOFT BALL

Last Saturday and Sunday saw the Highgraders of Ward 12 again taking a doubleheader from the Lowgraders by the respective scores of 10 to 9 and 11 to 4. This competition holds a great interest at Ward 12 and it is hoped that the weather permits it to continue.

WATER FOWL 1949-1950 SEASON

The Duck and Goose season opens, Oct. 21st., to November 6th., and between December 19th. and January 7th. inclusive. The Season is 10 days longer than last year.

BASEBALL



TALMAGE vs. LONGSHOREMEN

Saturday...2:00 P.M.
 Sunday1:30 P.M.
 Monday
 (Labor Day...1:30 P.M.)

☆☆☆



EMPLOYEE ACTIVITIES



THIS WEEK



TAKING VACATIONS

I. E. Ball Charge Attendant of Ward 12, started his vacation last Friday. He plans to do some deer hunting in and around Mendocino County.

--oo--

Mr. and Mrs. Lloyd Tyler, Attendants at MSH have left by car for Illinois, where they will spend a part of their vacation visiting his mother.

--oo--

R. Yaglo, Ward 12, Attendant starts his vacation August, 31st. According to reports from Ward 12, Mr. Yaglo holds the unique position of Manager and Umpire of Ward 12 baseball games. He will no doubt enjoy his 18 day vacation.

--oo--

Newly listed Attendants on their vacations this week include: F. P. Jonsen; I. Ball, Leno Porzio, E. H. Dowlon, T. R. Wimmer, Vern Jackson, L. Tyler; Barbara Jonsen, Ollie Shipley, Laura Sanford, Mabel Martin, Hollie Tyler, Mac Baird, Marie Caldwell, Nadine Hess, Lucy McKellup.

--oo--

ON SICK LEAVE.

The sick leave roster includes, the following: William Schmidt, Charles Bradford; Marie McSparin; Belle Cleveland, Georgia Davis, Minnie Wehring, Annie Anderson.

--oo--

LEAVE OF ABSENCE.

Leave of Absence Bulletin lists, Angie Griffin; Mabel Russel, Arnold Schellings.

--oo--

Families of two state employes at MSH are eating venison this week--those of Joe Addor, head of the Carpenter Shop and Charles Valentini, in charge of the Shoe Shop.

Addor's son, Gene, who is with the U. S. Forest Service, stationed at Elk Mountain, came home soon after the deer season and brought with him a fat young buck and the Addors have been eating venison steaks ever since.

Valentini and his son, Lino, went over to Dewey Canyon, about eight miles from here, last Saturday and Lino was the lucky hunter. He killed a buck which dressed at 92 pounds.

WANTED! ----- WANTED!

For the Show, "Westward Ho!" - to borrow a Harmonica of Key "F" and Key "G". See Mrs. Buchanan.

SATURDAY:

Movie: "Fury of Furnace Creek"
"Mickey Mouse and the Magician"
Patients Dance: 1:30 to 4 PM.
Baseball: Talmage Sluggers vs.
S. F. Longshoremcn 2 PM.

SUNDAY:

Church Services (See Page 8)
A.A. Meeting 6:30 pm - Auditorium
Baseball: Talmage Sluggers vs.
S.F. Longshoremcn 2 pm.

MONDAY:

Baseball: Talmage Sluggers vs.
S. F. Longshoremcn 2 pm.

TUESDAY:

Dr. Prassor'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:

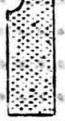
Cromer G. Nelson, C. S. Christian Science Representative.
Movie: "Rachel and the Stranger" (Loretta Young-William Holden & Robert Mitchum)
"Brother Knows Best"

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

EXPRESS YOUR VIEWS:

Lets hear from you via the Pomo News "Mail Bag". Do you want a Canteen?????

"WESTWARD HO" opens Wednesday September 7th.

The  Stop

SHOPPING CENTER

THE TALMAGE STORE



EDITOR, POMO NEWS,--

Just a few lines to let you know that I have not forgotten you. I read it through like a book and enjoyed every bit of it.

I want to thank Mr. Gordon McWhirter and the News staff for writing a column about me in the Pomo News, it was a surprise to me when I read it in July 22nd. issue and made me very happy.

I have been in the hospital two and one half months now and expect to be here all winter. I take pneumothorax treatments in my right lung and am getting along swell.

We have a wonderful hospital here, good food, soft beds, radio, swell doctors and pretty nurses to hold our hands and take our pulse three times a day.

We also have a motion picture show twice a month, so that helps us to forget our troubles.

Well I will close for this time, wishing you all up there the best of luck and a quick recovery and thanks again for writing about me in your News column.

Charles Whitcomb,
Ward 25,
22nd. and Potrero St.
San Francisco, Calif.

EDITOR, POMO NEWS----I have been reading the Pomo News since its beginning, with "Trip" as editor. He was good, he had to be, to get the paper started and pave the way for The News of today. There have been quite a few editors since the paper was started and each one, I am sure, has worked hard to make it better.

I wish you, our new Editor, all the luck there is. I know you won't let us, the readers of the POMO NEWS, down.

OLD READER.

EDITOR, POMO NEWS

How about some candy machines around the MSH buildings. Candy, a great energy builder and enjoyable pick me up, would be received with open arms by the patients.

DICK C.

Write the POMO NEWS about your views on a Hobby Shop.

ALCOHOLICS ANONYMOUS MEETINGS SUNDAY NIGHTS IN THE AUDITORIUM--6 PM

Construction Notes

A gun that shoots bolts into concrete so that a pulling pressure of 2,000 pounds is necessary to pull them out, went into use Wednesday by Dick Payne, foreman for Moore & Roberts, on the new buildings for the wards and bakery-kitchen.

The gun is still something of a novelty, even to construction men. It is a compact affair, not over 14 inches in length. It uses a standard .38 calibre revolver shell, minus the bullet. The shells come in three sizes, or three variations of driving power.

Payne, who has used the gun; called "Drive It," on other jobs, says it is a great time-saver in anchoring flooring or walls and is more accurate than the old method of hand drilling.

--oo--

Bob Roberts, carpenter foreman at the pre-fabrication lot said he had ten men on the job this week, on the electric saws and with hammer and nails. Here it is that lumber is cut to required lengths for the huge over-all construction job; frames and forms are made on the lot, then taken to the various projects.

In passing, Roberts remarked, "That's a readable little paper you fellows put out; it shows a lot of work."

--oo--

Bob Chambers and P. M. Chaffee, in charge of the State Division of Architecture field office, were busy Wednesday taking inventory of the paint stocks at the storage sheds.

--oo--

LAWN STAYS GREEN

Right in the center of the bustle and work of construction going on, the strip of lawn around the field offices and the water tower remains green due to frequent sprinklings by the lawn detail.

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

CALL

Andy Stahl

1138-J

★ FOR FINE LIQUORS

TOWARD BETTER MENTAL HEALTH

LIFE IN A MENTAL HOSPITAL

Usually, a patient can be induced to work. A floor polisher, for instance, put into the hands of someone lost in meditation is a simple means for helping him take the first step toward normal activity. Soon the patient finds that he can meditate just as well while he is performing mechanical notions, in fact, better, because nobody is bothering him. Next, with several other patients, he may push a lawn mower; this is an elementary beginning of working with other people. Having acquired the habit of working, he is given chores which, step by step, require more and more of his attention on the job and less on himself and his fantasies.

Social background and education are taken into account in the selection of the person for the job. Job preferences are respected and if a patient requests a shift from one type of work to another, that preference is respected, too. Mental hospital staffs are under no pressure to place their charges in uncongenial occupations. The inhabitants of any state hospital are such a cross section of the population that someone can always be found who is willing, accustomed, and usually eager to do each kind, of work in the institution.

While some patients are at work others who are more difficult exercise in the gymnasium or are given some simple activity, like rolling balls or unraveling burlap. The seriously disturbed and indifferent are encouraged to engage in athletics that begin with directed throwing of a medicine ball and work up to competitive sports.

For patients at all levels, interviews with doctors and appointments for various kinds of treatment are arranged throughout the day.

About noon patients eat their main meal, then have a long period of rest or reading. They spend the remainder of the afternoon on schedules similar to the mornings, and quit early. After supper there are card games on the wards, and bedtime for most patients comes soon.

For recreation, mental hospitals provide dances for selected patients, concerts, movies, ward picnics, and athletic events. Radios are a feature of most mental hospitals today.

Sometimes broadcasts are given within the institution and occasionally to the outside.

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 MSF 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 CHURCHES:

"Man" is the subject of the Christian Science Lesson Sermon for Sunday, September 4, with the Golden Text taken from Job: "There is a spirit in man: and the inspiration of the Almighty giveth them understanding" (32:8).

The following citations are among those comprising the sermon.

The Bible: "When Christ, who is our life, shall appear, then shall ye also appear with him in glory." (Colossians 3:4).

"Science and Health with key to the scripture" by Mary Baker Eddy: "In Colossians (iii.4) Paul writes: 'When Christ, who is our life, shall appear (be manifested) then shall ye also appear (be manifested) with him in glory.' When spiritual being is understood in all its perfection, continuity and might, then shall man be found in God's image. The absolute meaning of the apostolic words is this: Then shall man be found, in His likeness, perfect as the Father, indestructible in life, hid with Christ in God, - with Truth in divine love, where human sense hath not seen man", (P. 325).

Norte Dame Church of Montreal, Canada, holds 10,000 worshippers at once. In its belfry swings Le Gros Bourdon, a twelve ton giant whose peal carries for miles.

WESTWARD HO!

(Continued from Page 1).

Larry De, director of production, said there will be approximately 30 in the cast of "Westward Ho!" He has great expectations for the production, final dress rehearsals for which will be held Monday and Tuesday nights.

He added that high praise is due Paul T., the MSH artist, who has done the work of scenery. Mrs. Buchanan joined him in extending thanks to W. A. Elliott, head of the Industrial Shop; to Joe Addor, head of the Carpenter Shop; R. Cunningham, in charge of the Electrical Shop and Sherman, of the Industrial Shop, who installed dimmers for the footlights.

They thanked, through The Pomo News, Dr. D. B. Williams; Superintendent; and J. J. Garvey, Business Manager, for cooperation throughout and especially in enlarging the stage in the Auditorium.

So don't forget: "We've all got a date to see "Westward Ho!" an early western epic, at the MSH Auditorium, Wednesday, September 7th.

CANNERY

(Continued from Page 1).

\$ 35 a ton.

"The peaches we have received from Yuba City are of poor quality," Brunges said. They are small, were picked too green and by the time they are peeled and the pits removed there is little semblance to peach halves. "There's a load out in the warehouse now that I consider unfit for canning, I am rejecting them.

"One of our greatest needs here is refrigeration. When the best fruit is available and we are working at full capacity, as now, there is a considerable spoilage because we have no way of keeping the stuff under refrigeration."

Brunges showed a News reporter the undersized, spoiling peaches he rejected. Some of them measured only two inches when laid on a ruler.

WILLIAMS HAS NAILFILE!

John S., the shoemaker-barber at the Shoe Shop, is big hearted. He found an expensive "dime store" fingernail file in the cannery's washroom the other day. So John thought immediately of his friend; John Williams, at the gas house. So Mr. Williams now can prune his nails.

You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair.

-Chinese Proverb

NEW LAUNDRY MACHINERY

A heavy duty tumbler, manufactured by the American Laundry Machinery Company, arrived at the MSH Laundry this week. It will replace an old machine which broke down early in the summer.

EMPLOYEE ACTIVITIES

Mrs. Teresa Simpkins' son John, who formerly was an attendant at MSH, is visiting his mother here for a few days before returning to College.

Head Supervisor L. E. Miller and Mrs. Miller recently spent a couple of days visiting their son, Edward, in Richmond.

A Pomo News reporter, making the rounds of the various shops this week, found Robert Wright, head of the Paint Shop, brush in hand, doing over various articles of furniture such as tables, benches and beds. No work is going on at present on any of the wards.

HERE'S ANOTHER AND NEW REASON WHY EDITORS GET GREY HAIRS!

Members of The Pomo News staff of late have been asked numerous times what has happened to the Editor's appearance; he seemed to look worried, or ill, or greying prematurely. So the top reporters of the staff decided to investigate.

It seems Yo Ed received a note one recent evening to be on the ward at 7 a. m., such-and-such-a-date. Several others received the same notice. The Attendant knew nothing about it.

Worry and sleepless nights in addition to the normal headaches of putting out a newspaper will make anyone turn grey.

On the appointed day, at 7 a. m., The Boss was on the ward.

He and the others who had received the order were informed by Joyce H., Patients Librarian, in soft, yet firm tones, to return their overdue books.

The Editor is sleeping again.

EMPIRE OFFICE MACHINES

Sales & Service



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 CEditor
Woody CStaff Artist
Dave AReporter
James CReporter
Cleo WReporter

GOING - GOING - GONE

Colonel Ellis who owned the fam-
ous Island that is New York's immi-
gration center today, used to give
dinners for his friends. They were
popular dinners, because everything
was caught on the spot. There were
ducks and geese and plover shot in
the Colonel's own marshes. There
were oysters and clams dug along
Ellis Island's clean white shores
and lobsters and crabs netted off
the rocks. There were Salmon taken
on their way up the Hudson to
spawn.

That was over a century ago of
course, there are no oysters and
clams along the clean white shores
now; there are no clean white
shores. The wild pigeon is extinct;
the plover threatened with oblivion.
If any duck or goose set foot on
Ellis Island, he would be deported
as an enemy alien. There has not
been a salmon swimming up the Hud-
son, or virtually any other major
river in the Eastern United States
for fifty years.

Colonel Ellis' Island, multipli-
ed by a million is the sorry story
of game and fish in this country
today and our disappearing wild
life is only a part of the whole
story; a story of heedlessness,
and wanton waste and destruction
of the balance of nature, almost
to a point beyond repair.

Our forests are going, our soil
is going, our game and fish are
going.

The sorry story of erosion is
this, unnoticed the equivalent of
a one thousand acre farm floats
down the Mississippi River every
twenty four hours; lost to us for-
ever. It takes nature up to one
thousand years to restore one inch
of top soil. More than half a bil-
lion tons of irreplaceable soil is
estimated to be swept down the Po-
tomac River - past the Halls of
Congress each and every year.

Our water is going, ruined by
pollution. We laugh at the Chinese
who spread their human waste on
the fields, why' because we consid-

ered ourselves more civilized; we
dump it in our drinking water, Chi-
cago, Detroit and many other cities
pour their offal directly into the
Great Lakes or the Mississippi.

Federal and State laws should go
hand in hand to stop pollution.
Sewage properly treated maybe sold
as fertilizer and steps to this
end should be taken by all commu-
nities, before our country becomes
a true biologic desert.

Our forests are going, which ap-
plied to our own West Coast is so
readily foreseeable. The saw timber
for the nation is 53,900 million
board feet, the annual growth is
35,300 million board feet, a defi-
cit of some 40%, at a time when
countless Americans are still seek-
ing a house to live in.

Forest fires, caused by careless
and countless thousands, take an
annual toll of lumber sufficient
to build an entire modern city.

To restore; the game, the fish,
the forests, to insist on proper
waste disposal, to restore nature's
balance, that we have destroyed,
should be the aim of every true
American and read out loud to his
Senator or Congressman.

(In part from Colliers)

★ Now hear this!

A recent Chinese visitor to U.S.
remarked; "Funny people you Ameri-
cans. You take a glass - you put
in sugar to make it sweet and lem-
ons to make it sour; you put in
gin to warm it up and ice to cool
you off - you say, "Here's to you"
and then drink it yourself.

Put that way, it does sound
rather corny.

Patients Day for "Westward Ho"
is Wednesday - September 7th.

★ Theatre ★

FRI.-SAT. "FURY OF
SEPT. 2-3 FURNACE CREEK"

COMING!
SEPT.
9-10

Loretta
YOUNG
Robert
MITCHUM



"RACHEL and the
STRANGER" ★