

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pomo News

← WEEKLY →

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

Vol. II No. 21 Sept. 23, 1949 5¢ per copy Population 2714

THE RANCH ..

Since the beginning of recorded time, shepherds have played an important part in the changing world. Their one dereliction, for which the Christian World has cause to rejoice ... "they left their flocks, and came by night to watch over the Virgin and Child".

Last week I reported on the construction situation; This week I give you: "THE RANCH".

Turning off to the left of the traveled road back of the grandstand at the ballpark, following the path across the dry creek and over the stile at the East boundary fence, you come to the "maternity ward" of the "holsteins". Here, lying under the trees or sitting sedately in various stages of relaxation, are several matronly bovines, "expecting"; they were, rightly enough, discussing the current diaper shortage. It was a pastoral idyl, but one in which I could not possibly improve upon nor offer a single suggestion. I passed on.

Across the public road is the dairy house, where the milk is "Pasteurized" and bottled. The structure is charming; it might have been designed by Father Junipero Serra, when he was planting his 'missions' so lavishly along the "Camino Real". Here some 200 cows supply the Hospital with milk and cream. A huge storage barn has been recently built for hay and grain storage; this and several acres of rich pasturage supply the cattle with feed. In a special pen "El Toro" slumbered and dreamed of conquest. The Colony has a total of close to 500 registered thoroughbreds. No apparent milk shortage here! -- Al. G.

(EDITOR'S NOTE:--This rambling article by The Pomo News' Rambling Reporter will be continued in next week's issue, when Al tells about meeting the aristocrats at the Hog Ranch and the "millions" of chickens he saw at the Poultry Ranch.)

 * FORMER ALCOHOLIC PATIENT PAYS *
 * BACK HOSPITAL'S CASH LOAN *

As proof of the statement that from 70 to 80 percent of the patients treated for alcoholism do not return but maintain a normal, successful, and happy life of usefulness, Miss Lucille Jetter of the MSH Social Service Department relates this true story of an MSH alcoholic patient who left the hospital three years ago and to whom was loaned bus fare and a little money. This man returned last week as a visitor and to repay the loan and thank the Medical Staff and Attendants for the help and kindness shown him while here. He said he has had no "slips," is still "on the beam" and enjoys it.

MOTORCYCLIST HURT

H. Wimberly, an employee of the Steelforms Construction Co., of San Francisco, suffered lacerations Tuesday morning when his motorcycle was struck in a head-on collision by a Ford sedan, on State Street, Ukiah, in front of Evelyn's Cafe. Upon examination at the hospital his injuries proved to be not too serious so Wimberly will be back on the job at MSH in a few days, according to Ray Glidewell, superintendent on this job for the Steelform Co.

NEW WAGON FOR 'SPIDER'

Old "Spider" the 23-year old member of the equine family, all of these years spent at MSH, makes a grand come-back on the new express wagon which was built by the Carpenter Shop, painted at the Paint Shop and finished by the Garage with the installation of beautifully curved pipe shafts. Spider should be proud and no doubt is.

ADMISSIONS 16, RELEASES 26

CORRECTION: Movie today starts at 1 p.m., not as stated on Page 6.

ALCOHOL STUDY RED CRAWFISH

No one drinks because he has a habit, according to Dr. Albion Roy King, professor of philosophy at Cornell University in Iowa. Instead, he declared, one drinks because he feels the need for excitement, relaxation, social experience, or escape -- the four general motives for excessive drinking.

He made these observations in an address before the Workshop on Alcohol at Pepperdine College, Los Angeles, recently.

"The alcoholic is a sick person to the physician," said Dr. King, "a potential criminal to the officer of the law, and a sinner in need of redemption to the minister."

He added that public emphasis today has been placed on alcoholism as a disease.

"This often carries the claim," he continued, "that he is not therefore morally responsible and should never be treated as a criminal. Actually, an alcoholic is all of these things and should be so understood from the different points of view."

Another speaker, Dr. Marcus Crahan, psychiatric consultant at Los Angeles General Hospital, told the Workshop that California "has something akin to the ancient caste system in the arrested drunk."

He said that aside from occasional complaints of irate wives and neighbors, the vast majority arrested for drunkenness are social outcasts.

The "startling statistics disclosed recently," he declared, showing Los Angeles and San Francisco leading the world in drunk arrests, are caused by the fact that only large cities in the State will harbor alcoholics.

Authorities have decided that California cities lead all others in arrests for drunkenness because most communities outside the State, including New York City and Chicago refrain from arresting the common drunk unless he is troublesome or in danger of injuring himself or being robbed. Some police departments, especially in the smaller cities of the Middle West and the East, even see the inebriate home, and consider the matter closed.

Dr. Crahan, who is also the medical officer of the Los Angeles County Jail, placed the causes of alcoholism more among environmental conditions than innate personal characteristics.

Any suggestions you have, write them to Pomo News Mail Bag

The class in ichthyology will now come to order. Today we will digress a bit for a discussion on one member of the family of crustaceans --- which includes Carpenter Foreman Joe Addor's "crawfish in the Russian River," about which there was a story last week.

The Pomo News Animal Editor, whose studies also cover fish and bird life, ran across Gunnar Spjuth, retired MSH employe who at one time was in charge of the Pet-tress Shop. Gunnar had something to say about crawfish, too, and he told something about red crawfish, which Joe admitted he has never seen --- unless they were cooked.

Spjuth said that the California pioneer, Adolph Sutro, whose name looms large in the history of San Francisco, sent to Germany in the early days and had some live red crawfish shipped to him. These he planted in St. Helena Creek, in Lake County, among other streams in this part of the State.

"In 1925, I caught a large number of these imported crawfish," said Spjuth, "and planted them in Robinson Creek, on Highway 101. You can catch them there today. They are much larger and meatier than the native California crawfish."

Somehow or another, this conversation started Addor off again --- this time on the subject of scorpions. The scorpion is among the most dangerous critters that inhabit the west and there are many cases on record where their bite has proved fatal to humans.

Joe said he and his son were tearing down an old barn recently and came across half a dozen of the small forked-tail killers, of which they promptly disposed for keeps.

SLOW-MOTION HOUND

No movie camera ever took slow-motion pictures any better than the imitations put on by "Nick", the black hound belonging to Fred Figone, Head Groundsman at MSH. Nick sidles up to a hedge and walks along it in half-time, obviously enjoying his own original curry comb method of scratching.

SILT FROM RESERVOIR

The first loads of silt from the Hospital reservoir, now being cleaned, were brought to the grounds last Friday and dumped in the low land along the main entrance road near Cottage Lane.

SEE YOU AT THE PATIENTS' DANCE

WARD NEWS

WARD 8

New arrivals at Ward 8 and their work assignments follow:

Joseph H., Butcher Shop; Bart C. unassigned; Michael O'N., cannery; John B., cannery; James W., kitchen; Jean O., to Dr. Frost; Edmund T., and James H., to kitchen; Robert E., butcher shop; Louis W., and Marvin G., unassigned.

Vincent S., of Ward 8, was visited Sunday by his wife and two young daughters.

Charles G., Ward 8, had a special visitor Sunday when the Missus came to call on him.

WARD 9

Transfers Ward 9 to Ward 8: Gene W.O., James L.W., Michael O'N., James J.B., Edwin A.T., Louis G.W. Franklin L.S., Marvin D. G., Transfers from Ward 9 to Ward 4; Walter T., Albert S.

WARD I

Rae J., has been transferred from K to I to work in the Laundry.

Myrtle M., Joyce M., and Cleo W., are attending Paul T's class in arts and crafts.

TO TEACH TEACHERS

Paul T., of Ward 15, is starting a new class in arts and crafts, with 10 patients as a limit. His students later will act as instructors in classes organized on the various wards. The project is sponsored by Miss Lucille Jetter, Social Service Worker.

MAKE DRUG BASKETS

Bill Elliott's crew at the Industrial Shop is engaged in the manufacture of a nifty wooden medicine basket which the Attendants will find handy in transporting medical supplies from the drug room to the wards. When finished they will be available for each ward from the Store Room. The material used in their manufacture was salvaged from furniture crate lumber.

SMOKE BAN ON

It is necessary to bring to the attention of all patients attending the A.A. meetings in the Auditorium from now on that all smoking will be discontinued. This privilege has been allowed for sometime whereas all other meetings held there have been restricted.

* PSYCHIATRIC AIDE *
* SCHOOL STARTS *

(An Editorial)

The first school for psychiatric aides, a step towards a higher quality of ward care for patients in mental hospitals, will open at Topeka, Kas., October 1 and represents a new approach to training attendant personnel.

Paul Harris, III, training associate in the education division of the National Health Foundation, Inc., has written to the Pomo News, giving an outline of the program and asking for an expression of opinion on the subject of higher standards and training for attendants.

This newspaper already has committed itself as being in favor of such a training program and has published several articles on the subject in recent months.

The Topeka school will operate with supervision and training faculty provided by the Menninger Foundation, with funds provided by the Rockefeller Foundation, of New York, in the facilities of the Topeka State Hospital and the Psychiatric hospitals of the Menninger Clinic.

The Rockefeller Foundation has contributed \$70,500.00 to finance the school, Dr. William G. Menninger, general secretary of the Menninger Foundation, said, in announcing the Program. Instructors will be psychiatrists, psychiatric social workers, clinical psychologists and psychiatric nurses from the staffs of the Menninger Clinic and the staff of the Topeka State Hospital.

This is perhaps the most significant program in psychology today. It will put modern psychiatric knowledge and skill into the hands of people who will use it in direct contact with patients, thus
(Continued on Page 10)

Diplomacy is the ability to take something and act as if you were giving it away.

For Sales & Service
Empire
OFFICE MACHINES

TOWARD BETTER MENTAL HEALTH

TREATMENTS FOR MENTAL ILLNESS

PSYCHOANALYSIS

This is a special form of psychotherapy. It is a verbal process of bringing up stored-away memories of forgotten, disturbing incidents. Long and arduous, it may take a year or more. It is suitable for only a small number of cooperative mental patients. Given to the wrong ones, it makes them worse. Most state hospitals have no psychoanalysts on their staffs because only a handful of their patients are suitable subjects for the treatment. The few who can benefit by it are carried along in the hospital until their perturbation diminishes sufficiently for them to resume their daily business at home and to be treated daily in a psychoanalyst's office. Through its contributions to the understanding of the meaning of symptoms and to the body of knowledge with which it has imbued psychiatry, however, psychoanalysis indirectly benefits the majority of mental patients.

HYPNOSIS

Like psychoanalysis, this is useful for only a small number of mental patients. Contrary to the popular belief, hypnotism is not something put over on somebody, but requires a receptive frame of mind on the part of the subject. When patients are willing to put themselves under the temporary influence of the doctor--from a few minutes to an hour--- sometimes they are able to call up forgotten memories, sometimes carry out or control actions impossible for them by their own faltering will. The carry-over when the patient is no longer hypnotized may be the beginning of recovery. Hypnosis for mental patients is futile and dangerous unless the hypnotist is a qualified psychiatrist.

PHYSIOTHERAPY

The application of various physical agents, such as massage and heat, has been found as useful by psychiatrists as by general physicians or orthopedists. Massage is used to stimulate or to soothe; as the case requires. Light is employed for its tonic effects. Heat is applied to produce perspiration and it relaxes and soothes. Electric currents of various sorts improve muscle tone.

"My feet are killing me," exclaims woman, who outlives men by five years.--Grit.

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. Rev. erend 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

"Thou, O Lord, remainest for ever; thy throne from generation to generation" (Lamentations 5:19). This is the Golden Text of the Lesson-Sermon to be read in Christian Science churches on Sunday, September 25, on the subject "Reality."

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

Jeremiah: "Thus saith the Lord, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord which exercise loving kindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord" (9:23,24).

Science and Health: "Being is holiness, harmony, immortality. It is already proved that a knowledge of this, even in small degree, will uplift the physical and moral standard of mortals, will increase longevity, will purify and elevate character. Thus progress will finally destroy all error, and bring immortality to light" (p.492).

COTTAGES NEARLY DONE

The three new residences under construction on Cottage Lane, west of Dr. Williams' house are nearing completion.

SPORTS

FAST COOPER-VARNI OUTFIT FROM BAY DROP TWO MORE TO SLUGGERS.

SUNDAY'S BOX SCORE:

COOPER-VARNI	AB	H	R	E
Reed lf	3	0	0	0
Keropian ss .	3	0	0	0
Lucessi cf ..	4	1	1	0
Enjian 2b ...	3	1	1	0
Nunan rf ...	4	0	0	0
Conrad 3b ...	3	0	0	0
May lb	3	0	0	0
Abbott c	3	0	0	1
Vanweiden p..	3	0	0	0
Paladini cf .	1	0	0	0
Baumgarten ..	1	0	0	0
Totals .	31	2	2	1

TALMAGE

Wada ss	5	3	2	0
Guidi lf	5	1	2	0
Bartolomei 3b	5	2	1	0
Ottosen rf ..	4	3	1	0
Mosna c	4	2	0	0
Harding cf ..	4	2	0	1
Wright C 2b .	4	0	0	0
Wright H lb .	4	1	0	1
Severi p	4	0	0	0
Bartolomei E.	0	0	0	0
Totals	39	14	6	2

COOPER-VARNI	000	200	000	2
Hits	000	100	010	2
TALMAGE ...	102	020	10	6
Hits	313	120	31	14

The Cooper-Varni Ball Club, from San Francisco, long-heralded as especially worthy to break lances with our Talmage "Sluggers," following the 14-inning tilt, which they dropped to the locals, with a score of 2-1, on the occasion of their last appearance on the regular season week-end bill again bowed to "Foggy's" athletes, in both games of a twin-bill, last week-end.

The "Sluggers" collected 14 hits in each game. Craig and Abbott were the batteries for the visitors in the first game, and Vanwieden and Abbott teamed in the Sunday tilt.

Oresco, a much-improved hurler, gave up seven scattered hits, good for two runs, in the first game; the "Sluggers" collected 14 hits, and six runs off Graig.

In the Sunday game, the dependable Ado Severi came close to blanking the team from the chaste city by the "Puerta del Oro" (Golden Gate). They were given two chances, by reason of the largess of the local left-hander, in the fifth inning. The kids scored one run in that inning, off two hits, and managed to tally again in the seventh, due to a wild throw and

 * LARGE UKIAH AUDIENCE ATTENDS *
 *
 * FINAL 'WESTWARD-HO!' SHOW *

More than 800 persons attended the final performance of "Westward Ho!", the Mendocino State Hospital patients' stage show when it was given in the auditorium of the Ukiah High School last Friday night. And to the Hospital recreation fund was added the sum of \$120.00 in voluntary contributions by the audience. This brought the total netted by the production to \$350.00.

The entire cast was taken into town and returned to the Hospital by the Albertinum Convent School bus.

Mrs. Dorothy Buchanan, Director of Recreation, treated the players to hamburgers and coffee at a Ukiah cafe after the show.

ASHES FALL ON MSH

When a couple of brush fires in the hills back of Ukiah were fanned by a gentle breeze Sunday afternoon, ashes were carried as far as the Hospital grounds.

Assistant Chief Cook Bailey will start his vacation Sunday.

two "fielder's choices".

It was a hot day, and both games were lacking in "thrills" we usually experience when a team of the Cooper-Varni caliber meets our "Nonpareils." There was, however, a running cross-fire one-hand stab by left-fielder Nunan, which robbed Severi of a double.

That displaced person, Sam, who, according to reliable information, is not permitted the slightest "peep" around his own igloo, lost his "store" teeth, and his savoir-faire and forgot to bellow "rabbit-ears" at the kids who weekly make the long trek up here. Five will get you six, that now the ball season is practically over, Sam will have a long spell of Leryngitis.

The "Sluggers" have a game scheduled for next Sunday, September 25, with the "Old Timers", starting at 1:30 P.M.

Ukiah
 GLASS
 ALL KINDS
 FOR
 EVERY PURPOSE

UKIAH 704

EMPLOYEE ACTIVITIES



THIS WEEK

VACATION LIST

Attendants on vacation this week are listed as follows:

Arvel Phillips, Sidney Welch, Alice Coffey, E. Edwards, Wm. Winchester, J. R. Chastain, Robert Hall, Harold Chapman, John Wegner, Russell Mahaffey, T. A. Orcutt, Walter Brown, Ralph Kortright, Enos Kyle, Newton Young.

J. A. Wilson, John Shanyfelt, W. B. Smith, Mildred Kyle, Louise Locatelli, Ila Hall, Viola McAdams, Minnie Nehring, Helen Carmichael, Margaret Winchester, Agnes Chapman, Marie Rice, Bessie Watson, Katherine Edwards, Inez Walsh, Ann Goddard, Alice McLennan, Elwin Cornell, Ruth Sellers, Inez Young, Juanita Corbett, Elsie Frazier.

Listed as sick are:

William Schmidt, Lloyd Tyer, Charles Bradford, Francis Hearn, Russell Clarke, Belle Cleveland Hallie Tyer, Myrtle Sisk, Leona Myers, Idamae Mazzanti and Pearl Lemos.

On Leave are:

Jean Burnham, Marilyn Barton, Dora Ryan, Mabel Martin, Patrick Ryan, Wm. Nehring and Mabel Russell.

OBTAINS MSH DATA

Herschel Mason, Social Worker, had as a visitor last week, a Mr. O'Donnell of the City and County of San Francisco District Attorney's Office who was here on a survey of the facilities available at MSH for the treatment of alcoholic, narcotic and mental patients. This information is to be filed in his office and given to relatives, friends or the prospective patient who is considering commitment for treatment. O'Donnell was especially interested in the alcoholic aversion treatment.

Roger Prasser, son of Dr. and Mrs. D. O. Prasser, passed a milestone in his young life Monday. He entered kindergarten.

SATURDAY

Movie: "Isn't It Romantic"
Cartoon; News.
Dance: 1:30 to 4 pm.

SUNDAY

Church Services (See Page 4)
AA Meeting 6:30 pm. Auditorium.
Baseball: - Talmage vs Old Timers, 1:30 pm.

MONDAY

1:30 P.M. Group Therapy Meeting
Ward 9 - Conference Room.

TUESDAY

Dr. Prasser Group Therapy, Ward 9 Conference Room, 2 P.M.

WEDNESDAY

Group Therapy Round Table Discussion at 1:30 P.M. in Ward 9 Conference Room.
Sam Ray Jr., Veterans' County Service Officer. Appointments made at the Supervisor's Office.
AA Group Meeting at 6:30 PM. in Auditorium.

THURSDAY

Orientation Meeting for all new Alcoholic patients 3 P. M.

FRIDAY

Cromer C. Nelson C. S., Christian Science Representative.
Movies: 1:30 P. M.
"Isn't It Romantic"

HOME BURGLARIZED

Mrs. Alice Coffey, Ward 8 attendant, arrived home in Ukiah last week after work to find that the house had been burglarized. A cigarette lighter and a strand of pearls were missing. No one was at home during the day, Mr. Coffey being away deer hunting near Eureka. Mrs. Coffey left Monday on a 19 day vacation, part of which she will spend in San Francisco.

NEW FIRE TRUCK

Fire Marshal L. G. Von Schrittz says the recently formed Ukiah Valley Fire Protection District has received their new combination tank and pumping unit, mounted on an International chassis and being powered by one of the highest horse-power motors manufactured by the International Company. The new fire truck will be housed in the city fire-house and will be dispatched by Fire Chief Bechtal of the Ukiah Fire Department. The new district chairman is R. R. Rains of Ukiah.

\$2 WILL BRING 52 COPIES OF POMO!!!

1138-J

Andy Stahl's
FOR FINE LIQUORS

UKIAH





EDITOR, POMO NEWS:

As an enthusiastic 1949 baseball season draws to a close, coinciding with the opening of college on the Coast, articles have been filling the sports pages dealing with the eligibility of athletes and the various "catches" schools have made. Talmage fans have been privileged to see many of these youngsters during the season.

And now pops up "Foggy" Ottosen, the local diamond star, with the revelation that he has four years "eligibility" for college left!
 Ralph M., Ward 8.

HOSPITAL FIREMEN GO ON BRUSH
FIRE IN HILLS BACK OF UKIAH

MSH Fire Truck Unit No. 2 answered a mutual-aid call from Ukiah Tuesday at 3:50 p.m. A brush fire climbed from Fish Hatchery Canyon to the Observation Ave. residential section, burning two small houses in the canyon on its way.

MSH Volunteer Firemen Eddie Veronda, E. Hachmann, Bob Johnstone, E. J. Gibson, Jim Lavioletta and paid Fireman D. Frazier went on the truck. The fire was controlled and the crew returned here at 6:30 pm.

The Fire Department again issues an appeal to curious motorists and others to stay off the mountainous roads during a fire.

RUSSELL CLARK ILL

Russell O. Clark, Ward 7 Attendant, is in Marc Island Naval Hospital, under an oxygen tent, but is now able to receive visitors. Ivan Johnson, Ward 7 Attendant, friend of Clark, went down to see him on Tuesday. He is in Ward 22. Clark was stricken ill here last week.

LIKE A NEW TOY

Howard Stock, MSH Property Custodian, bought a new car in San Francisco the other day. On his way home, he was handed a ticket for speeding, at Cloverdale!

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing happened.

WRITE TO THE POMO NEWS MAIL BAG.

NEW SHOW

With echoes of the applause for "Westward Ho!", the last stage show put on by MSH patients, barely silenced, work began this week on a brand new production to be called "Happy Daze", scheduled for mid-October. Larry De, the playwright and director, working under Mrs. Dorothy Buchanan, Recreation Director, says it will be a pot-pouri of skits.

The first tryouts for parts in the show were held last night.

CONSTRUCTION BRIEFS

Bob Roberts of the form framing yard says, "everything's going fine, production normal, no hold-up on material, but none of the boys brought home the venison".

Dick Payne, construction foreman for the Men's Ward units has a new assistant, Mr. McNamara. They will start pouring the first floor walls on unit number one Tuesday afternoon.

Fred Irwin, of the Division of Architecture, said that the walls on the new farrowing barn at the Hog Ranch are nearly finished; also that the cleaning of the Reservoir is progressing nicely and the rich sediment soil is being distributed as top-soil for the new cottage lawns.

TRAGIC CAT TALE

Matron Edith Ray is sad these days. She was backing the family car out of the driveway at the Rays' Ukiah home a few days ago and ran over a cat which they had owned for 13 years. The animal was part Persian and Mrs. Ray said she was unusually intelligent. The cat's back was broken by the car wheels.

OVERHAUL BOILER

Complete overhaul and clean up of number 4 boiler is in progress at the Boiler House under the supervision of Mr. Buell.

WRITE TO THE MAIL BAG. DO IT NOW

Red Robin
NURSERY

PHONES
 1036W
 265W and 262

MENDOCINO ALCOHOLIC PROGRAM

GOD GRANT ME THE SERENITY TO ACCEPT THINGS I CANNOT CHANGE, COURAGE TO CHANGE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE.

Alcoholics are encouraged to attend meetings and will be relieved from any work assignment to make this possible.

IN THE CONFERENCE ROOM, WARD 2

1:30 pm Monday and Wednesday, group Therapy Meetings for more intensive discussion of problems of personal and emotional adjustment.

3 pm Thursday, Orientation Meeting as you are notified by Herschel Mason, Individual interviews are arranged with Mr. Mason, Social Worker, Tuesday and Thursday afternoons by appointment.

IN THE MSH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholics Anonymous.

Out patients are requested to contact Gordon McWhirter at 507 Polk St. Room 200, Phone Gr. 4-7066, San Francisco, Monday through Friday. For appointment call before 10:30 am.

PERSONAL NOTES

Charles Valentini of the MSH Shoe Shop had a surprise visit from his first cousin, George Fiori and daughter, who flew in from Tacoma, Washington for the weekend. Charles took them over to the Coast on a scenic drive.

Reed Lowe, chief electrician at MSH returned Monday from a profitable vacation spent in construction of a garage at the site of his forthcoming new home.

Chief Cook Goddard of the main kitchen returned to work from his vacation Wednesday morning.

Assistant Chief Cook Bailey will start his vacation Sunday.

Supervisor L. E. Miller and Mrs. Miller spent three days last week in Auburn, visiting her brother.

Miss Pattilu Farquharson, Clinical Psychologist, is driving a new Plymouth sedan.

The women employes in the Clinical Office, or most of them, recently received new typewriters.

LOOK OUT R.T.!

Mrs. Robert Tuttle, attendant on Ward I, says she's in the market for a dog house and "it must be fairly large."

PATIENTS DANCE SATURDAY AFTERNOON.

LIBRARY NOTES

Donations to the Patients Library during the last week are announced as follows:

Mrs. Mary Henry, San Francisco, 11 magazines; Mrs. Howard, Nice, 59 magazines; Mrs. Cheney, MSH employe, five novels; The Pomo News, 23 magazines.

* DAILY WANTS NEWS OF *
* DOINGS AT HOSPITAL *

Beginning early in October, the Santa Rosa Press-Democrat will print a special edition for distribution in Mendocino County featuring news of special interest to local residents.

This week, Godfrey Lehman, local staff correspondent, visited Dr. D. B. Williams, Superintendent, and expressed his interest in obtaining news about the Hospital and its personnel. He also expressed a personal interest in the operation of the Hospital and its problems. In reply, Dr. Williams stressed the point that this is a public institution and the public, which supports it, is naturally interested in what happens here and what is being done for the mentally ill and other classes of patients sent here and that such information should be made available to the public through the press and otherwise.

To avoid duplications and the need to contact the various ward and departments, Dr. Williams asked that all news items for release to the press be routed through the office of Herschel E. Mason, Resident Social Worker. Everything of news value should be reported, including personal and social events of interest to your neighbors.

PAUL T. PINCH HITS

With the departure from the hospital of Harold V. and the illness of Woody C., who long have done the stencil art work for the Pomo News, the paper was up against it this week to get that important job done. But Paul T., the talented painter and artist of Ward 15, came to the rescue and the paper once again has a professional appearance.

BLAZE IN AUTO

Mr. and Mrs. Donald Buchanan had some business at Ward 10, the other evening. While they were inside Attendant Gordon Strickland smelled smoke. Investigating, he found one of the cushions in the Buchanan car smoldering, apparently from a cigarette.

SEND THE POMO NEWS HOME 2 a year.

TWELVE STEPS

The regular Wednesday 6:30 P.M. meeting of A.A. was postponed last week to allow the members of the play, "Westward Ho!", an extra rehearsal for their Ukiah presentation, and was held on Thursday evening.

A. A. meeting attendance has grown considerably stronger the last few weeks; the turnout being close to forty, about equally divided as to the fair sex and the male of the species.

Chairman Gordon K. of Ward 8 announced that he has written to the San Francisco Fellowship Headquarters requesting that they send the Pomo Group as much of the pamphlet literature as may be available. This literature costs about eight to ten cents per copy for printing and paper cost which is usually taken care of by the individual Group; has anyone any suggestions as to how we might raise a little money for this purpose?

Andy, of Ward 16, gave a clear and comprehensive analysis of the twelve steps of the A.A. program, taking each consecutively and giving his interpretation of it, then answering questions from the members.

As most of us know, and a few of us will admit, it is the "getting into" a movement of this kind, the actual participation and above all regular attendance of meetings that does us the good. You can't absorb any of the benefits of a good book by putting it under your pillow and sleeping on it, so let's have a few more of you "Alky's" who are tired of always ending up behind the Barleycorn Eight-Ball, show up and get going on A. A.

The Sunday night meeting of A.A. was well attended and very interesting, having three good speakers from the Santa Rosa Group and three from the Ft. Bragg Group one of whom, a member of the fair sex, Lilly S. gave a very good talk on the spiritual angle of A.A. and the application of "The Power Greater than Yourself" or God as the individual understands Him, to every day living. Chet S., also of Ft. Bragg, covered steps 4 and 5 of the A.A. program, stressing the importance of a fearless moral inventory of one's self as being very necessary to the successful living of the program.

Johnny D., Ft. Bragg, took up step 2 bringing out the well established fact that most "alkys" have difficulty in becoming humble enough to admit that there is a power greater than ourselves which

LIBRARY PARTY

Dr. David B. Williams, MSH Superintendent, may be a good cake cutter, but he denies he is a "cake eater."

He made that denial Saturday to Joyce M., the Patients Librarian, when he visited the Library during Joyce's open house observance of the first year of its existence. Dr. Williams, who had provided one of the cakes for the party, was one of some 50 persons who called during the day. Joyce served cake, sandwiches and coffee to her visitors.

Mrs. J. J. Garvey sent a big box of home-made brownie cookies; Mrs. E. L. Lochen furnished tasty cup cakes; Mrs. Davis, in charge of the O. D. R., sent a huge "lazy daisy" cake; Mrs. Robert Tuttle contributed an angel food cake; Mrs. Bessie Scott, of Ward M, sent down a real birthday cake, with the lettering "Happy Anniversary, MSH Library" on the frosting; coffee, cream and graham cookies were forthcoming from the A.D.R. kitchen staff; and Mrs. Von Kegeler sent flowers which gave the library a party look.

Among Joyce's guests during the day were Dr. Bramkamp, Assistant Medical Director; Mr. and Mrs. Garvey; Dr. Earla Aagaard; Mrs. Lochen; Mrs. Edith Ray; Mrs. Vera Edwards; Miss Scott and Mrs. Scott, Charge on Ward M.

Peggy W. of Ward I was a gracious and charming assistant to the hostess.

And yes, "Tommy" the Library cat, was there to welcome the guests.

can, if we will let it, take over our failures and put us on the beam for normal living.

Of the Santa Rosa Group, Mac, visiting chairman, took up alcoholic thinking and the big difference of A. A. thinking as applied to everyday problems, illustrating his point with a story of how he talked his wife out of her idea of painting the house so he could have more money for drinks. Barney D., of Santa Rosa, covered fearful thinking, negative thinking and the necessity of faith in one's self or in the Power.

Chairman Gordon K., Ward 8, gave a very good talk on the 24 hour program and read an exceptionally applicable poem about "The Man in the Glass", bringing out the point that all of us, and especially an alcoholic, has to be true to one's self before he can be true to anybody or anything else.

Kay W., of Ward I was selected as chairman for this week. -- Joe E.

POMO NEWS

PUBLISHED EVERY FRIDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA, under the auspices of Dr. David B. Williams, Superintendent.

Herschel E. Mason, Staff Advisor.

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

Dave A.,	_____	Editor
James C.,	_____	Associate Editor
Joe P.,	_____	Reporter
Allan G.,	_____	Reporter
Cleo W.,	_____	Reporter

EDITORIAL

(Continued from page 3)

substituting therapy for custody and idleness. It will pioneer the development of a new profession and will inevitably lead to much improved status for the people who can do so much if they are just given a chance.

The school is being established for a three-year period, under terms of the Rockefeller Foundation grant. Courses will run 12 months, divided into two six month semesters. Training will be given at the Topeka State Hospital with a six weeks rotation period for each student at the psychiatric hospitals of the Menninger Clinic.

Students will not pay fees for the education they receive in this pioneering school, but must meet certain qualifications before they can be appointed. Candidates should have at least a high school education, be between 18 and 35 years of age and be free to accept employment at the Topeka State Hospital as attendants.

In addition, students will be selected on the basis of personality adjustment and an aptitude for leadership. The initial classes will be limited to 25 students each. All applicants accepted will be employed by the Topeka State Hospital. They will receive \$143.00 per month for the first six months of their training and \$150.00 per month for the last six months. Students will be employed under the provisions of the Kansas Civil Service regulations.

The program offers an opportunity for qualified attendants in any state hospital to prepare themselves for better positions at the dawn of a new era in mental hospital procedure which is certain to come.

For further information about the school and for application forms, write to Committee on Admissions, Menninger Foundation School, Topeka, Kansas.

MOVIES M.S.H. auditorium

TODAY - 1PM

TOMORROW - 9AM

Isn't It Romantic

VERONICA LAKE

MONA FREEMAN

BILLY DE WOLFE

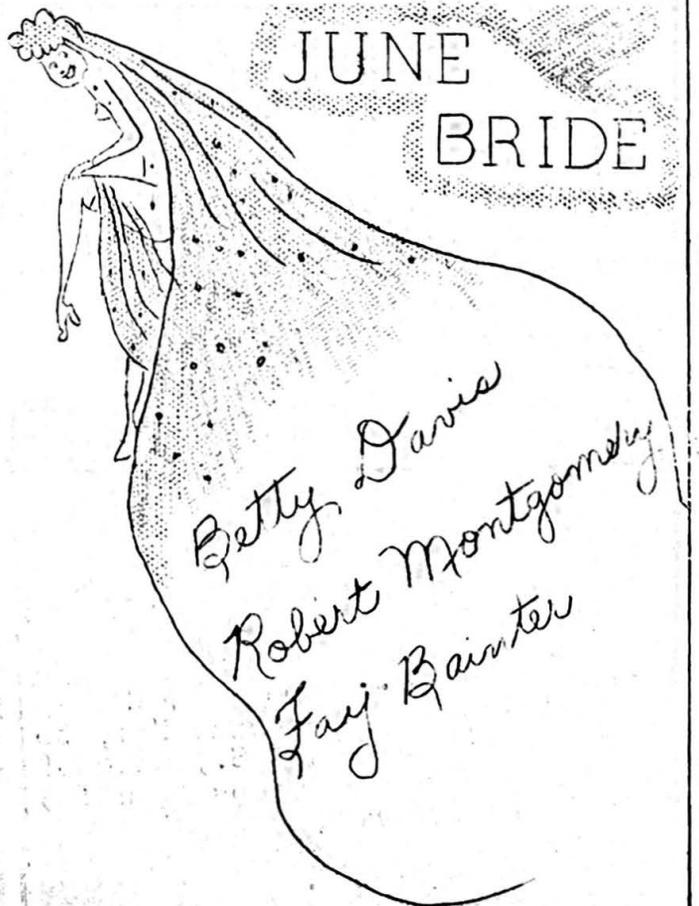
MARY HATCHER

ALSO: CARTOON

& NEWS

NEXT WEEK

JUNE BRIDE



ALSO: CARTOON