

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. 2 No. 29 November 18, 1949 5¢ per copy Population 2694



THANKSGIVING

By--Albert McC

"Friends", said Governor Bradford, "God has blessed our summer's work, and has sent us a bountiful harvest. He brought us safely to this new home and protected us through the terrific winter. It is fitting we have a time for giving thanks to God for his mercies to us. What say you?"

"A week of Thanksgiving!" replied the Pilgrims. "Let us rest from our work and spend the time in gladness and good to us." Thus, was

the beginning of Thanksgiving. Thus was the planting of the tiny seed from which our great nation, America, has grown.

Over two hundred years later, during another time of stress, Abraham Lincoln made it an official holiday which has since been faithfully observed. All Americans, wherever they may be, remember the day as one of thanks, and like to remember the day when Mary Chilton placed her tiny feet upon "Plymouth Rock" ... the first woman to step foot in the new town.

We like to remember, too, and immortalize Mistress Brewster, Mistress Carver, a captain named Myles Standish, and a lad and maid, named Alden and "Priscilla."

We all know so well the story of the brave little band setting out for the New World. As we, today, give thanks for the peace and plenty we have in our land today, we cannot fail to think of the fortitude and courage of that small band of Pilgrims.

At their, the first Thanksgiving, following the hard winter there remained scarcely twenty of that original little band of over a hundred. Yet, when the "Mayflower" sailed for the return voyage to England, not one of the twenty faltered in their determination to make their new found land their permanent home. May we ponder what our destiny would have been had (Continued on Page 2)

DR. TALLMAN VISITS MSH

We were signally honored Thursday of last week, by the presence of the new California State Director of Mental Hygiene, Dr. Frank F. Tallman, whose headquarters are in Sacramento. Dr. Tallman on his swing around the State on an inspection tour of the hospitals for mental hygiene, stopped off at Mendocino State Hospital, November 10. Dr. David B. Williams, Superintendent, Dr. R. G. Bramkamp, Assistant Superintendent; Head Supervisor L. E. Miller and Matron Mrs. Ekith Ray, accompanied the "Chief" on his round of inspection here.

Dr. Tallman comes to his new field of work with a fine record of achievement to his credit ... He held identical posts in Michigan and Ohio for a number of years, where his program of preventive psychiatry in connection with the operation of State Hospitals, was inaugurated. In Michigan, Dr. Tallman established several child guidance clinics, each staffed by a qualified psychiatrist and psychologist.

The new Director believes that many of the mental cases could have been prevented if the means had been at hand to have had them ex- (Continued on Page 9)

THANKSGIVING --

(Continued from Page 1)
they lost courage.

That first winter: A sharp, biting sleet falling. No horses to help. Only their bare hands, a few knives and axes. They went into the forest to cut trees; down to the pond to cut long rushes and tie them into bundles to be carried on their backs. There was always the wild yell of the Indians, the howl of wolves in the forest. A rough common-house was completed, with its thatched roof, unplastered walls and oiled-paper windows.

The winter grew colder and more severe. Food was scarce, and men tramped through the snow in search of game, often returning with empty bags. There was much suffering that first winter. Half the little band lay buried on Cotes Hill. But, Spring came again. Axes rang in the forest ... The Birth of a Nation!

The Pilgrims owed much to the Indians ... when Samoset brought Massasoit, the great chief of the redmen, to the village, "I will be a brother to the white men," he said, and he kept his promise. The Indians supplied the colonists with furs, corn, canoes, turkey and deer meat. A treaty was made and solemnized by smoking the traditional "pipe of peace". This treaty was kept for more than fifty years.

The Indians showed the Pilgrims how to plant corn, and place the small carcasses of fish in each hill. "Ground hungry!" Squanto said. "Feed hungry earth!"

Today, we are at peace, the sword of "Gideon" sheathed. Let us leave our Pilgrims to their long sleep. Today, we celebrate the "feast of the harvest" ... in gladness and thanksgiving ... humility and reverence.

A.A. MEETING

At the Pomo A.A. Group meeting Sunday night were the "faithful five", George Staff, Barney Gross, Eddy Porter and Mr. and Mrs. Chet Sturm of the sponsor group from Santa Rosa.

The new Pomo chairman, Howard E. of Ward 8, introduced the Santa Rosa members and thanked them for the candy, cigarettes, etc. they bring every week and for the regular attendance and leadership of the Sunday meetings.

The question brought up at last Wednesday's meeting, in regard to the effect of yesterday's and tomorrow's influence on today's living was thoroughly discussed and clarified with group participation.

Attendance of MSH patients numbered 32 men and 5 women.--Joe P.
A.A. MEETINGS--WEDNESDAY & SUNDAY.

CASTING FOR XMAS PAGEANT

The first rehearsal for the annual Christmas stage production was held a week ago last Thursday evening in the Auditorium. There were 46 enthusiastic participants present.

The play is entitled, "The Hope of the World". It is a Christmas pageant in eight episodes. The telling of the Christmas story begins with the Prophecies of Isaiah, which gave the people their first hope of deliverance, and progresses step by step through the seven episodes, ending with the eighth episode--the Birth of Our Savior, the Hope of All the Troubled World.

Each episode is told by the narrator and excerpts from the scriptures are interpolated by the two readers; emphasis being added by the voice speaking choir. A tableau, symbolic of the narrative, appears in each episode and the singing choir closes each episode with appropriate music.

The work of the narrator, readers and choirs will be skillfully combined, so that in conjunction with the tableau and music, each episode is a beautiful symphony.

Paul T has accepted the huge task of directing this play under the supervision of Recreational Director, Dorothy Buchanan.

The assembled group sang several of the carols, and tryouts were held for the speaking parts. It was amazing, the attentiveness and cooperation Paul received from the patients at this initial gathering. With Mr. T's extensive theatrical experience, capability and tireless enthusiasm, the program should be another MSH stage success.

Open House At MSH

On Monday morning, November 21, the Teachers' Institute of northern California will hold their opening session in Ukiah. Dr. J. T. Shelton of MSH will act as host for the day.

Tuesday afternoon the Mendocino State Hospital will hold open house for the Teachers. At 1 p.m. they will be escorted through the grounds and places of interest by Dr. E. L. Lochen, the tour ending in the Auditorium. A one hour show will be presented by the MSH Theatrical Group with acts taken from the past shows, "Westward Ho!" and "Happy Daze".

Returning to Talmage for this occasion will be Larry deR, the star performer of the past. Paul T is directing the show under the supervision of Dorothy Buchanan, Recreational Director.



WARD NEWS



WARD 9

The following new patients were processed through the receiving Ward last week and were assigned to these wards: John C, Elwood C, George A, Merlin R, Maximino M, Henry W, Robert E, John J, Loyd B, Jesse E, Robert G, Thomas M, William P, Harold K and Major B to Ward 8. Otto M to Ward 15. John C and Walter T to Ward 16. Russ H to Ward 15 and Joseph C to Ward 14.

Scott A, of Ward 9 is vacationing from his arduous labor in the "Lab" in favor of Jack Lavell's back to health resort. Best of luck Scotty.

WARD 10

The status-quo of insulin patients stands, 15 male and 4 female. Two new male patients are David H and Jimmy G from Ward 2.

Lawrence S, from Ward 2 has finished treatment and is now assisting in the ward work on 10 along with Frank P of Ward 3.

Bill M the "Chef" has a new electric plate on which he turns out his cuisine marvels that are appreciated no end by the insulin patients for the noon meal as they miss their breakfast and really get hungry.

WARD 8

The new arrivals at Ward 8 and their work assignments are as follows: Henry M to the Dairy, John M to assist with the Ward work, Elwood C and Maximino M to the Kitchen, Merlin R to the Carpenter Shop, Loyd B to Surgery, John J to Mr. Garvey's cottage, Robert G to the Freight Truck, Jesse H to Dr. Green's cottage, Thomas M to the Laboratory, William P to the Butcher Shop, Jesse L to the Lawn Detail, Anton A to the P.D.R. and Harold K and Major B unassigned.

Henry M and John M were transferred from Ward 4. From Ward 5 came Jesse L and Anton A arrived from Ward 1. The balance of the new arrivals came from Ward 9

Johnie W was pleasantly surprised by a visit from his father last Sunday. Mr. "W" spent the day with his son and returned to San Francisco on the bus.

CHURCH NOTICE

Notice to Patients of the Catholic Faith: Next Sunday, November 20th, is the third Sunday of the month. Mass will be celebrated at 9 a.m. in the MSH Auditorium.

SOME SATURDAY AFTERNOON

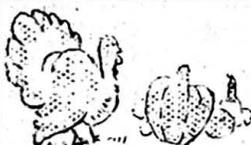
Now, take the Saturday afternoon session of fun and frolic, concocted by the Rythm Masters ... Ray, Al, Jimmy, Bill and Jack ... I was privileged to guest last weekend's doings ... and it was some doings on the second floor of "Administration" .. through those portals pass some of the best people, believe me, boys and girls. Let me tip you off to something, Joe ... if your favorite girl friend can't make it, or you haven't one, I spotted some pretty darn nice folks up there in white clothes good-lookers, too, they'll dance with you, and they're good at it .. I'll bet you'll have fun.

Mrs. Buchanan is always on hand to keep up the slack ... and make you feel at home ... wash behind your ears, and have your mamma bring you up there some Saturday afternoon. It's all quite informal, you can dress up, too, if you want to. The gals will like you better in "mufti" but it's mox-nix-ous what you wear and you can have a wooden leg, just as long as you can respond to the "call to arms".

There's plenty of talent of the Arthur Murray variety, including Mrs. B's "Rockettes" ... Helen N, Maria B, Myrtle M, Cleo W and the entire feminine cast, vivacious and lovely in best "bib and tucker" ... there's Jimmy H, Jack D, Ray S and any number of other swell guys to interest the "bachelor" gals. Why don't you amble up that way, "Sissy" or "Buzzy" come Saturday?

This old "rambler" has been up and down, in and out, I'm gonna miss you nice kids, come next Tuesday. Here's a thought, in parting, you can take it or leave it ... Don't sell the front office short ... from the "Boss Man" right down the line ... his door is never closed ... neither is the front gate, anytime he is convinced you are ready, he is.--Al G.

(We regret there was no womens' news available this week)



EMPIRE

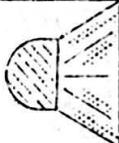
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UKIAH

THIS WEEK

SATURDAY:

Movie: "The Dude Goes West"
(MONOGRAM)

Patient's Dance--1:30 till 4 pm.

SUNDAY:

Church Services (See Page 8)

Folk Dancing Class, 1 to 3 pm.

A.A. Meeting 6:30 pm--Auditorium

MONDAY:

1:30 & 3 pm Group Therapy Meeting,
Ward 9 Conference Room.

TUESDAY:

Dr. Prasser's Group Therapy,

Ward 9 Conference Room, 2 pm.

Arts-Crafts, Auditorium, 6:30 pm

WEDNESDAY:

Group Therapy Round Table Discussion at 1:30 & 3 pm in Ward 9 Conference Room.

Sam Ray Jr., Veterans' County Service Officer. Appointments made at Supervisor's Office.

Pomo A. A. Group Meeting in the Auditorium at 6:30 pm.

THURSDAY:

Orientation meeting for all new Alcoholic Patients, 2 pm.

FRIDAY: (Nov. 25)

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

Movie: "Chicken Every Sunday" (Fox)
"Everglades Adventure"
"Hounding Hares"

ALCOHOLIC PROGRAM

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

IN THE CONFERENCE ROOM, WARD 9

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

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

IN THE MSH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholic Anonymous.

Out-patients are requested to contact Gordon McWhirter at 507 Polk St., Room 200, Phone GR4-0766, San Francisco, Monday through Friday. For appointments call before 10:30 a.m.

PATIENTS DEPORTED

Head Supervisor L. E. Miller, accompanied by his wife and three hospital Attendants, left last Sunday on a deportation trip with 8 patients that are being returned to their home states. Leaving here during the early hours of the morning in order to board the train at Pinole. The patients and their escorts were transported in three State cars by Asst. Supervisor Tom Giles and Attendants Luther Sawyer and Jerry Chastaine.

The trip to Pinole was made in record time without any mishaps, the weather was clear and the party arrived in ample time to meet the train.

Mr. Miller plans to combine his business with pleasure as his destination being Massachusetts, where after delivering his charges, he and his wife will take a vacation, visiting friends and relatives in Pennsylvania and Indiana.

Attendant E. R. Stillwell's destination will be New Mexico while Attendants George Johnston and Elsie Fitzpatrick terminate their responsibilities in Fort Worth, Texas at the United States Public Health Hospital.

The likeable Kelly Thraikill will be the acting Head Supervisor in the absence of Mr. Miller.

IT'S GRANDPA LANE

George Lane, MSH store employee, now has a grandson, Robert, born last week in Oakland. The mother, George Ann Jordan, is Mr. Lane's daughter. Robert's father is a pilot for Pan-American-Airways, out of New York. It is Mr. Lane's first grandchild, and is he proud.

EMPLOYEE'S NOTICE

Guests for Thanksgiving Dinner will be limited to members of your immediate family only.

Tickets may be obtained from the Secretary's Office up to 4 p.m. on Tuesday, November 22nd. No tickets will be issued after this time.

All tickets must be marked:

"Thanksgiving Dinner"

Price 60¢

--J. J. Garvey

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UKIAH

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SPORTS



WARDS 1-2-3 & 8 TRIUMPH 17-7

Mr. Legier's "Acorn Leaguers" and Mrs. Buchanan's "Epworth Leaguers" vied for top entertainment acclaim at the "Oak Park" Fairgrounds last Sunday. The Jury is still out, but everyone had fun and that's what counts. Mrs. "B's" Follies beauties were just as pretty as they could be ... and that's an understatement. They're nice kids, too. Don't you boys and gals believe half what people say about show gals ... our gals are tops in both pulchritude and deportment.

The Acorn athletes are in the upper brackets, too, in performance. The soft-balladiers in Wards 1, 2 and 3, with a slight dusting over from Ward 8, triumphed over the Wards 14-15 lads by a score of 17 to 7, in the eight inning tilt. Lawrence "Red" S copped batting honors easily, by ringing up four two-baggers in as many times at bat. Bill R chalked up a roundtripper for his team.

Batteries: Henry G pitching and Paoli receiving for Wards 1, 2 and 3 plus the 8 override; Jimmy J hurling and Jim R catching for Wards 14-15. It was the irresistible force meeting the immovable body in left and center between "Big" Glover and "Junior" ... their frequent collisions shock up the East end of Ukiah ... Jr. managed to hang on to one off the bat of Jack D; however ... his enthusiasm and good sportsmanship is so obvious, that I'm sure Boston will pick up his option in time to report for Spring workouts. This morning, he was working out on the lawn in front of Ward "F".

The stands and bleachers were well filled, as usual, when sportsmen of this caliber get together on the field of battle. Actual tally is not available, but in addition to the twenty-odd pairs of lovely gams, referred to back a-ways, there was at least a century of loose bolts and nuts, beating out a kitchen and tunnel "rap"; practically, the entire "Tailwaggers" Union; seven ground squirrels, twelve immature cows in a neighboring lot, and eight or nine of "you now who" ... that wraps that one up ... Mr. Legier states that come next Sabbath, there will be another one on the griddle ... try and be there Charley.--Al G.

--00--

NIMRODS GO TODAY

300,000 "guns" are ready for the State's major upland game hunting season, which opens at 8:00 a.m. today, November 18th. Those in the know predict one of the best pheasant hunting seasons in California history. Two male ringnecks a day, but limited to 10 for the season, which closes November 27, may be bagged.

In addition to the general hunting license, pheasant hunters must possess tags which are to be attached to the leg of each bird in possession.

Black and gold Reeves pheasants, which bear tail feathers averaging five feet in length, are fully protected for the first time this year by the Fish and Game Commission action.

Brush and cottontail rabbits may be hunted anywhere in the state until December 31. The season opened September 1 in certain Southern California areas. Bag limit is 8 per day, and 8 in possession.

The commission has set three separate quail hunting seasons: All open November 18, November 27 marks the close of the season in southern California districts 4 $\frac{1}{2}$, 22 and all of 4 except Orange County.

In northeastern California district 1 $\frac{3}{4}$, quail shooting closes December 15. In Orange county and the balance of the state, the curtain is rung down one-half hour after sunset New Year's Eve. Bag limit in all areas is eight per day, and eight in possession.

Upland game shooting hours extend from 8 a.m. to sunset between November 18 and November 27, inclusive. For the balance of the season shooting is legal from $\frac{1}{2}$ hour before sunrise to $\frac{1}{2}$ hour after sunset.

DROP YOUR "MAIL BAG" LETTERS IN THE PGMO NEWS DEPOSITORY LOCATED AT THE EAST ENTRANCE TO THE TUNNEL

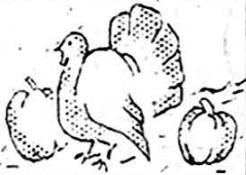


Red Robin
NURSERY

UKIAH

Phone 1036-W

EMPLOYEE ACTIVITIES



VACATIONS

Attendants newly listed this week as taking time off for vacations include the following: W. H. Moore, Alex C. Marshall, Robert Haslam, Benjamin F. Romaine, Vernon Lee, Margaret Shields, Benny Venturi, J. Ceccarelli and H. C. Denham, Oral O. James, H. A. Jenny, M. L. DeKeno, L. A. Waugh, Rudolph Gehring, Eddie Vinson, Robert Enright, and R. E. Gillespie; Lillian DeKeno, Lola Smith, Mammie Chaney, M. Halmrost, Eltha Romaine, Belle Cleveland, Lucille Haslam, Ruby Howard and Pearl Denham.

Attendants on leave of absence include: Idamae Mazzanti, Ethel Smith, Jean Burnham and Dora Ryan; Patrick Ryan, Russell Clarke and Mable Russell.

Listed as sick last Monday were: Ethel Ungerman, Elsie Frazier, Elva Brown, Pearl Scott, Mary Strickland and Hannah DeVoe; James L. Miller and Gordon Strickland.

DIRECTOR LEAVING

Effective Tuesday, November 15, Mr. A. E. Legier, Recreational Director for sports, has resigned to accept an executive position with a company which will cut and market Xmas trees during the current Holiday Season. Mr. Legier is the owner of 280 acres of forest land in Mendocino National Forest, from which the trees will be cut. Later, he plans to be with a major lumber company as an assistant forester.

Mr. Legier has been in forestry work since 1922. He prefers hospital work, but economic conditions dictates the change to his new field. Best of luck, Mr. "L".

PETITION ACKNOWLEDGED

Sam Ray, of the Carpenter Shop has received a letter from C. H. Purcell, chairman of the State Highway Commission in recognition of the petition recently circulated for employee's signatures requesting the widening of the bridge on Highway 70 between Talmage and Highway 101.

Mr. Purcell states that the matter has been turned over to the office of State Highway Engineer Mr. G. T. McCoy for investigation. The implied attitude is favorable.

Father: Get up John. When Abraham Lincoln was your age do you know what he was doing?

Son: No, I don't. But I know what he was doing when he was your age,

The following are excerpts from The Psychiatric Aid, a publication of The National Mental Health Foundation.

KEYS

1. Keys are considered an essential of the complete uniform of the doctor, nurse and attendant.

2. Keys should always be secured to some part of the uniform where they will be least noticeable.

3. Keys, as well as the chain or cord on which they are attached should be kept out of sight as much as possible, and should be handled quietly, thereby sparing the patients from being reminded of their confinement.

4. Use of the keys to pass through doors--not as a yo-yo or other plaything. And while passing through the doors, do so quietly.

5. Remember, our own weaknesses can easily be disclosed to our patients just by the way in which we handle our keys.

A VOLUNTARY PLEDGE

In order to give the better service to all patients and to realize the importance of the part I play in this most honorable profession, I feel it is my duty to subscribe to, and frequently examine this pledge.

I Will:

1. Never violate any information which I might obtain while on duty.

2. Refrain from talking about any patient to anyone outside this hospital.

3. Speak calmly and in a low voice at all times.

4. Encourage the patients to participate in games and useful activities.

5. Never allow myself to become upset at anything a patient may do or say.

6. Live my personal life so that I will be a credit to my employer and my profession.

7. Carefully do the work assigned to me, and to the best of my ability.

8. Endeavor to have more consideration for the rights of others; disturbed patients, as well as all others, in particular.

9. Study all literature that will help me to understand the many problems with which I am faced in my daily contacts with patients.

--The Rocklandian
EDITOR'S NOTE: Perfection is something to be striven for, but never attained. None of us are perfect, and our Nurses and Attendants here at MSH are no exception. We believe, however, that our people "in white" are far above the average, and for that, we should give thanks during this season of thanksgiving.



Editor, The Pomo News:

In my opinion the one greatest single improvement that would definitely benefit this hospital is the attitude of the attendants.

An attendant who can show sympathy, understanding and be human in their attitudes toward all patients. Regardless whether they are so-called disturbed patients or any of the other categories for patients. An attendant has a chance to help someone when they are down, to use psychology, which is nothing but understanding human nature or trying to.

Instead of setting themselves up as our judges, they should think of the saying that Jesus saith: "Let him who is without sin cast the first stone." There are attendants in this hospital who don't believe in the golden rule, "do unto others as you would have them do unto you".

There are those who try to help us and receive greater returns in friendliness and cooperation, and most of all they earn and get our respect.

So, I say thanks to you attendants who live up to these ideals, more power to all of you.

Bill R, Ward 15

--oo--

Editor, The Pomo News:

I would like to inquire why they don't have a few M.G.M. (Metro-Goldwyn-Mayer) pictures as I have never seen one up here the whole time (8 years) that I have been up here.

--Lawrence S, Ward 2

Editor's Note:

It has been explained before that the pictures are ordered by the Hospital for a certain period. The distributing company makes all the selections.

--oo--

Editor, The Pomo News:

A suggestion to the Bakery Department: Would it be possible to have some other kind of cake besides the usual "white" variety?

The serving of cup cakes, upside-down cake or ginger-bread would certainly be appreciated.

A.B.C, Ward K

HELP NEEDED--IF YOU CAN TYPE OR WRITE, CONTACT THE NEWS OFFICE,

Editor, The Pomo News:

It looks as if Ward 12 is really going to have some competition between the newly organized baseball teams.

We had three games over the weekend. In the Friday game the Yanks got off to a one run lead in the first inning. It was a nip and tuck battle but the Yanks came through with two more runs in the fifth.

It looked bad for the Jerks but they stayed right in there and were still battling. The Yanks added one more score in their half of the seventh and the Jerks failed to register again. Eddie E of the Yanks pitched a well earned shut out as his team triumphed 4 to 0.

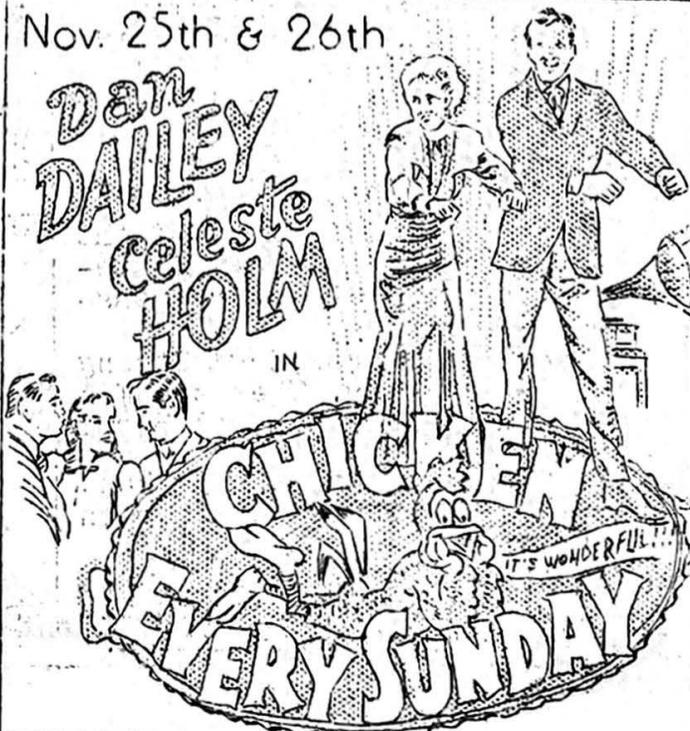
Again in Saturday's game the Yanks got out in front with three runs in the first and added another in the third inning. The Jerks finally hit the scoring column when Roger J, their pitcher, smashed a home run in the sixth. Roger scored again in the eighth after getting a triple. The Yanks pushed three more runs across the plate in the ninth, winning the contest 7 to 2.

The beaten Jerks were around again Sunday for another encounter. It looked like they were in for another shellacking as the Yanks pounded five runs over the plate in the first three innings. The Jerks got back in the ball game by scoring in the fourth and one in the fifth. Both teams scored in the sixth and were playing a fine brand of baseball. The Yanks increased their lead in the seventh, the score reading, 7 to 5. The game ended in a truly story book fashion. The Jerks chalking up three big markers on the score board to emerge victorious 8 to 7.

A truly fighting spirit was displayed by the Jerks in the Sunday game. It was their first victory after dropping three games in a row.

--Lawrence A Ward 12

Nov. 25th & 26th





CHURCH SERVICES

Catholic Church - 3rd Sunday of the month in Auditorium; 3rd Thursday of the month in Ward 12; Father Anderson.

--00--

Lutheran Church - 3rd Wednesday, of the month in Auditorium. 1:30 pm; Ward 12 immediately afterward.

--00--

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

--00--

Jewish Services:

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

--00--

Christian Science Churches:

"Ancient and Modern Necromancy, alias Mesmerism and Hypnotism, Denounced" is the subject of the Lesson-Sermon for Sunday, November 27. The Golden Text is taken from II Chronicles: "The eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him" (16:9).

LIBRARY NOTES

Donations to the Patients Library during the past week were:

Mrs. D. B. Williams, MSH,
55 Magazines
Cromer G. Nelson, CS, of S.F.,
9 Magazines and 25 Christian
Science Monitors.
Mr. Phillips, of S.F.,
7 Science Magazines.

MISSING:--One MSH ladies raincoat, stamped Ward I, from the clothes closet at the Patients Library.

Will the person who borrowed this coat please return it.

Joyce M, Librarian

ELECTRICIANS BUSY

The electrical department of the new construction here at MSH reports that their work is progressing very nicely.

The electrician boss, Matt Strong keeps three men busy. They are Joe Colwell, Walter Fernando and Harry Gillette.

Walter Fernando is the husband of Attendant Dorothy Fernando on Ward F.

The all electric kitchen with the latest electrical equipment will be their "next" installation.

RANCH RAMBLIN'S

With the return of Henry Brunges, Cannery Superintendent, from his annual vacation, the work of harvesting the cabbage crop at the Ranch will get under way. The recent rains have been helpful, and the cabbage, table beets, and the tomato and cabbage "sprouts" have been greatly benefited. Weeds are being cleared and the ground plowed for onion planting at the present time. Squash and turnips are still being supplied. Mr. Goddard's department, from the Farm, for conversion into cooked food for PDR and ADR.

Due to an acute shortage of "manpower" the entire tomato crop, which was excellent, both with respect to size and quality, could not be entirely harvested. The frost caught up with the picking and several bushels of tomatoes were "nipped" ... there was an excellent pack, regardless ... 20,930 No. 10 cans.

The farrowing barn, at the Hog Ranch, is nearing completion, the roof has been installed, and all that remains now to complete the job, is some odds and ends of inside finishing.

Nitrogen from the dairy barns is being hauled and distributed over the sheep pasturage, adjacent to the hog ranch. The feed storage at both the hog and dairy barns have been filled against the nearness of Winter. About 20 young bulls and twice as many heifers are enjoying the Indian Summer days, each in their respective cloisters.

To this non-professional observer, it looks quite as though "Your Ranch" is preparing for "Winter" with its customary thoroughness and whenever you choose, boys and girls, you can start your seasonal hibernation with complete confidence that the portion of "Your Property" in the hands of Mr. Caravanta and Staff will get through to another Spring in good shape.--Al G.

MAIL IN YOUR SUGGESTIONS FOR FUTURE "QUESTIONS OF THE WEEK". SEND THEM TO THE "MAIL BAG".



CONSTRUCTION

With the coming of the rainy season, news from the construction activities under way here at MSH dwindles down to the "minimum". Most of the crews had a five day vacation last week on account of the rain and Armistice Day but are back on the job now taking advantage of the sunshine.

To the side-walk observer the progress on the new Kitchen-Bakery building seems slow. This is because of the many and varied machine "sets" that have to be perfectly lined up before the pouring of the main floor slab can take place. However, the form walls of the second floors are making their appearance under the guidance of Jim William's combination crews of plumbers, steam fitters, carpenters, cement gang and cement finishers.

On the men's ward buildings Ray Glidewell's gang of "pan" layers had a hard time keeping ahead of Bill Peach's cement pour crew with their tempermental "Gerty" the Mix-Mobile. Gerty, by the way has put out the "mud" since Virgil Stamps and his able assistant Fred overhauled her water works.

Bob Robison's crew of framing carpenters had no huntin' or fishin' tales this week. Guess the damp weather cooled their ardor for the "call of the wild", they sure hang around the little fire in the framing yard until the Fire House buzzer calls them to duty. Could it be the old blood stream is thinning out a little as old age creeps in.

Down on the women's ward buildings, Jack Cody's assembly crew has unit "C" 90% ready for the "pour" on the roof slabs as the steel is all in and the form work nearly completed. Jack sez, "Takes a little time for the boys to get back into the swing of things after a five day holiday, but thank my lucky stars they are all here."

Dick Payne and Don McNamarra were both very busy last week checking everything as the second floor slabs were being poured on units one and two of the men's ward buildings. No fishing tales from here either.

Larry and Doris Peach of the mobile cafeteria, are quite worried about "Brother Bill's" health as he doesn't stop long enough to eat when there is a big "pour" taking place. Then too, the cash register doesn't ring. Larry is planning a canvas roof for his picnic tables so the boys can eat where it's dry.

So, as you can read, not much news from the construction angle this week.--Joe P.

DR. TALLMAN --

(Continued from Page 1)

amined by State psychiatrists during their childhood, and a course of treatment prescribed. Home environment is a large factor, and Dr. Tallman is a strong advocate of preventive programs.

The "Chief" is a family man ... Dr. and Mrs. Tallman have three children, Richard, Judy and Mary Elizabeth, ages 17, 15 and 8 respectively.

At the conclusion of his brief visit, Dr. Tallman stated that he hopes to be able to return early next year for a more extended stay.

A bulletin recently released by the Department of Mental Hygiene, assigns Dr. Thomas W. Hagerty, formerly Superintendent of Camarillo State Hospital, to the Superintendency of Stockton State Hospital; Dr. F. H. Garrett, Norwalk Superintendent, to take the post of Superintendent at Camarillo, and Dr. Robert E. Myers, Superintendent at Pacific Colony, to head the Norwalk State Hospital. The bulletin states that all three Superintendents are enthusiastic about their new assignments.

WEEK'S ORCHID

This week's "Orchid" is going to Allan G. (Ramblin' Al). His inimitable style of writing in his humorous tales has brought out many laughs. This will be Al's last edition as he is scheduled to leave us, comes Tuesday. The entire Pomo gang will miss this guy and we wish him the best of luck.

SLUGGERS FETE WIVES

Our Talmage "Sluggers", runners-up in the Little World Series, celebrated their season record last Friday night at a dinner at the House of Garner, according to the Redwood-Journal-Dispatch. James E. Busch, district attorney, was master of ceremonies.

All members of the team were present with their wives and also Fred Figone, the official scorekeeper.

A proposed dance for Thanksgiving afternoon is being given some very serious consideration. The final OK has not been received but it should come through, we hope.

A TYPIST and REPORTERS are needed on The Pomo News staff. You will like the working conditions. See your Doctor or call at the News Office immediately. Do it now!

WEEK'S ADMISSIONS, RELEASES
Admitted: 24 Released: 25

THE POMO NEWS

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

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

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 Woody C Staff Artist
 Allan G Reporter
 Joe P Reporter

RAMBLIN' AL'S TUNNEL TALES

Now you take the "tunnel", Buckingham Palace has only one king and two queens ... down in the tunnel, Gabby can come up with four kings and four queens quicker than you can say "Sacramento" ... Now, take King Arthur and his Round Table, Gabby has his henchmen, too ... there's Shanghai Lee, Dangerous Dan McGrew, Black Bart, and the Prince of Monaco. Practically every a.m. Gabby can be located in the ground floor "tube" briefing his men on an intricate "mission" involving the use of numbers, called "21" or else. Down there the horizon is the limit ... which Gabby backs up with the "Bank of America" in an "Advertiser" container. They are all gentlemen of impeachable character, but it's strictly for keeps and for "cash" ... even "To-by" has to carry a well-filled "poke" in case one of the Philistines shows with some odds and ends of kitchen "pilferage" to dispose of. Then, there's "Lady Red Bird", right out of the "Blue Book" to add charm and poise to the assemblage. Other habitues of lesser lineage, who are learning their Emily Post the "easy way" include, Senora "Blackie", Senorita "Bolivar", "Count Pepsicola" and "Butch" who ekes out a precarious livelihood by doubling as "nightwatch" when he's not chaperoning "Spider" and the green wagon. I'll not refer, more than "in passing" to the multitude of rodent "Raffles" ... but they're there in large numbers ... waxing fat on the exterminator fluid that is fed them.

Shortly after the morning repast, the "white wings" interrupt the principal business of the day, to tidy up the place ... "Rubber Boots Charlie, who holds first and second mortgages on "Trafalgar Square" and "Big Ben" can be found at odd times of the day inspecting the

THANKS  GIVING

We're giving you plenty of advanced notice, you lucky people.

Next Thursday is "you know what" ... Chef Goddard has just released the following information ... there will be plenty of what follows for both employes and patients alike. Here's the list of groceries as made up by Mr. Goddard:

THANKSGIVING DINNER MENU

Cream of Tomato Soup
 Celery
 Roast Tom Turkey
 with Dressing
 Baked Sweet Potatoes
 Cream of Cauliflower
 Cranberry Sauce
 Coffee Milk

Mr. Jack Moore and his butcher boys have readied 3,500 lbs. of prime turkey. Don't say that old "Pomo" didn't warn you in time to be in condition for the first gastronomic event of the Season ... pass the butter, dearie!

tunnel ceiling for leaks. Then there's the Raphael of the Refrigerator, another rubber boot addict, muttering into his beard ... "Rafe" likes his ice cream boiled. Virtually every footloose male finds his way, like a homing pigeon, to the tunnel, sooner or later. It's Forty-second and Broadway, Eddy and Market, rolled into one ... delightfully metropolitan, and certainly cosmopolitan.

Designed, primarily, as a by-pass for food, it's charm and access has made it the meeting place of the multitude ... where culture and courage can pause for a moment to gather strength for the mundane affairs of a business day. It's detachment, in spite of the constant flow of traffic, is singularly refreshing.

But, all is not sweetness and light in the tunnel ... the labyrinthical underpass is also the "last mile" on the road to the "salt mines". I refer to "Operation Muscle" where the filling stations are supplied with merchandise, mined, mixed and macerated somewhere between the Coca Cola machine and the East entrance.

I could mention the apothecary shop, "Macy's basement store", the marking room, the postoffice, various and sundry activities ... but, now, a brief pause for station identification and reflection.

--Al G