

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. 3 May 20, 1949 5¢ per copy Population 2793

TRUTH ABOUT ALCOHOL REFLEX TREATMENTS AND RESULTS

INDUSTRIAL SHOP WORK IS VARIED

William Elliott, Head of the Industrial Shop, has created an unusual working environment for patients employed in his shop. Each man has a genuine opportunity for self-expression for he is able to choose work of his liking and in keeping with his talents. The men feel that their work objectives are worth while. As a result, they are generally industrious, willing workers and the shop has the pleasing atmosphere of work going forward with no push or strain.

In this atelier men do furniture repairing as well as making new furniture. They create decorative articles from copper, brass; plaster of Paris and wood, make chess men and checker sets, do oil painting, textile painting and engage in many other creative activities of like nature.

When a Pomo News reporter visited this shop last week three men were working on oil paintings. Charles C was working on a fiesta scene with an old California Mission background and Jack F was putting the finishing touches on a full figure portrait of a female South Sea Islander. Both were creditable and interesting paintings. Larry De was starting a landscape study.

Paul T was engaged in textile painting having just finished a handsome piece of work, a spaniel's head painted on a linen handkerchief. Charles P was working on a plaster cast mold for one of the Indian head casts for which he is so well known.

Under Mr. Elliott's guidance beautiful and useful articles which will add charm to many a home are being turned out of this shop.

MANY GET OFF HARD DRINK FOREVER

"I know a guy who took the treatment, got drunk the day he hit the streets and was back here in just eight days."

There always seems to be a man or two in any group of patients who will speak in such a vein whenever the subject of the Conditioned Reflex Treatment is brought up in ward conversation. Further, he is probably telling the truth, for the records show that 20 per cent of those treated do return. This ward "adviser", though, fails to speak of the 80 per cent who do not return.

If one talks very long to this character he generally will find the "adviser" is one of the number ever with us here who have no desire to attain sobriety, but are merely awaiting release day to continue their drinking. This person deliberately kids himself into believing that the treatment is not worth while, for by justifying himself he does not have to undertake a project that might keep him away from the bottle in the future.

The purpose of this article is to give the alcoholic the facts about the Conditioned Reflex Treatment so that his or her decision in the matter can be based upon correct and full information rather than misinformation.

The treatment at MSH is optional. One may choose to take the treatment or not as he sees fit and no penalty is imposed upon the patient who does not take it.

- THERE'S NO "CURE" -

In considering the problem the first question the alcoholic usually asks of himself is, "What (Continued on Page 2)

REFLEX TREATMENT -

(Continued from page 1)

will the treatment do for me?" The answer to this question is simple. The treatment is not a "cure", for there is no such thing at present as a cure for alcoholism. If one reacts normally he will have incurred an aversion to alcohol in any form. This aversion will stay with him usually for several months.

During these months the alcoholic has the opportunity to find new non-alcoholic pastimes and associates. Active participation in Alcoholics Anonymous is strongly recommended. If this is not possible for any reason, the problem of replacing alcoholic thought processes with non-alcoholic thinking is one the patient must solve to remain sober. Eventually the aversion to alcohol created by the treatment will pass away. It is what one does for himself during these relieved months that will or will not be the foundation of his sobriety.

Many who have taken the Conditioned Reflex Treatment have remained sober for the rest of their days. Many have had to take the treatment several times to be able to adjust themselves to sobriety. Some have taken the treatment with no permanent result for they were unable to adjust themselves to a non-drinking life. One man of the writer's acquaintance took a reflex treatment - got drunk the day of his release - returned to the sanitarium the following day and took the treatment the second time. This was twelve years ago and he has remained sober all the intervening years.

The Conditioned Reflex Treatment is administered by certain reputable sanitariums all over America and is recommended by many top-flight medical men. The cost of taking this treatment in a private sanitarium ranges from \$250 to \$700. Our technician here at MSH is Jack Lavell, who was trained in one of the very high priced private sanitariums and has a broad experience in administering the treatment.

- NO PHYSICAL DANGER -

One need have no physical fear of the treatment for through the years all over the country tens of thousands of people, both men and women of all ages, have taken the treatment with no ill effects. True, this aversion to alcohol is created by deliberately making the patient sick through the use of liquor and chemicals, yet every hard-drinking person has been much sicker for much longer periods of time from his own willful drinking. A few times sick in an effort to prevent a lifetime of horror hangovers is a good bet, indeed.



The MSH Conditioned Reflex Treatment Clinic has treated 277 patients as of this date, May 15, 1949. Of this number only 58 have returned to the institution.

Mr. George Reick of the California Bureau of Vocational Rehabilitation finds that he has much greater success with released patients who have taken the treatment than he has with those who have not. Thousands of men and women have made use of this treatment and during their months of aversion have found their way to permanent sobriety.

If a person does not consider himself an alcoholic, he should not take the treatment. If he has planned to take the treatment to please someone other than himself and he cannot take it hoping or believing it may help him, again, he should not take it. Alcoholism is a personal problem. Only the alcoholic himself can decide whether or not he desires a life of sobriety. Whether or not he wishes to accept the help now available for him is again his own personal decision. It is the writer's hope that these facts will permit the alcoholic sufferer to make a correct decision.

-- Gerry K.

FALSE ALARM

The fire siren screamed Wednesday, shortly before 1 pm when smoke from the stack of the Administration Building, carried downward by the stiff breeze, swirled around the courtyards and ells of the building.

NEWS FROM THE WARDS

WARD 8 DOINGS

Walter H, Thomas B, Charles W, Murray D and Charles O'M all were transferred from Ward 9 to Ward 8 and were still unassigned as of Monday. Others transferred from Ward 9 to Ward 8, and their assignments are as follows: Oliver N, Ward 9 food truck, Bart K, dairy, William R, ward work, Robert M, tunnel gang, Mike C, tunnel gang, Charles O'C, gardener and John B to Dr. McKeever. Dan H and John D were transferred from Ward 8 to Ward 10 for work assignments. George M, Porter B, Harry A and Duane T, went from Ward 8 to Ward 9 for treatment. Walter C was transferred from Ward 4 to Ward 8 and assigned to the paint shop. Eugene W, to Ward 12 and James S to Ward 15. Claude R assigned to Marking Room.

WARD 15 ACTIVITIES

George C and Robert J were transferred from Ward 15 to Ward 12. James S, from Ward 8 to Ward 15 and Charles J went from Ward 15 to Ward 9.

WARD 10 TRANSFERREES

Carl F and Edward B went from Ward 10 to Ward 3. Norman T came from 3 to 10 and Jesus M was assigned to the Enright detail.

WARD 9 REPORTS

There were 76 admissions at Ward 9 during the month of April. Last week, in addition to the transfers reported from Ward 9 in the Ward 8 news, Wilber C was transferred from Ward 9 to Ward 4.

 * SAN QUENTIN COMMISSARY *
 * STUDIED BY MSH GROUP *

A committee of MSH employees, headed by Elwood Hachmann, head of the tin shop, visited San Quentin prison Tuesday to study the operation of the commissary there, as a preliminary toward opening of such a store here.

Hachmann was elected temporary chairman of the commissary committee at a meeting last week.

Employees and patients alike will benefit by lower prices on cigarettes, candy, soft drinks and other items when the hospital commissary -- now considered certain to be established soon -- is opened.

WARD 12 CONFIDENT

"Oskey" O, The News' Ward 12 correspondent is emphatic about the brand of softball played by 12's teams. Says Oskey: "We have the best softball players in MSH and we challenge players from any ward or any combination of ward teams on any Sunday, to prove we do not speak idly. We are also proficient at volley ball and horseshoe pitching and itching for competition."

Last Sunday's softball score: Attendant Shaneyfelt's team 10, Attendant Bill (Rip) Russell's, 7. Russell has not retired as coach and manager of his team; he is on a vacation at present. The umpire is Attendant George Ginocchio.

Installation of fluorescent lighting in the Tailor Shop has been completed by Electrician Cunningham. Eight light units of four tubes each were installed.

The patients enjoyed a treat Wednesday, May 11, when a Laurel and Hardy movie comedy was shown.

TESTS AT WARD 12

Patilu Farquharson, Clinical Psychologist, has a new office in Ward 12 where she spends two days each week. Here patients entering the ward are given routine tests, generally the Wechsler-Bellevue test to determine intelligence level, as well as any other tests requested by the doctor. If a patient is too disturbed at the time of admission, testing is delayed.

Miss Farquharson occupies the balance of her time in testing patients of other wards when such tests are requested by the doctors.

PAINT SHOP ITEMS

Painting of the entire interior of Ward I was completed last Tuesday. The painting crew is moving over to Ward 9 where the office, stairways, two lavatories and the serving room are to be re-done.



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SATURDAY:

Movie: News reel &
"Silver River" (Warner)
Softball: No Game Scheduled.
Talmage vs S.F. Longshoremen 2 pm

SUNDAY:

Church Services (See Page 7)
A.A. Meeting 6 pm in Auditorium.
Softball: 9:30 am.
Talmage vs Longshoremen 1:30 pm.

MONDAY:

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.
Band Practice 9:30 am.

TUESDAY:

Dr. Prasser's Group Therapy, Ward 9 Conference Room, 2 pm.
Band Practice 9:30 am.

WEDNESDAY:

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.
Sam Ray, Jr., Veterans' County Service Officer. Appointments made at the Supervisor's Office.
Band Practice 9:30 am and Choir Practice at 1:30 (Auditorium).
Pomo A.A. Group Meeting at 6 pm in Auditorium.

THURSDAY:

Social Group Meeting 1 pm, Ward 8 for Alcoholic Patients.
2 pm MAP Committee Meeting, in Ward 9 Conference Room.
3 pm Social Group Meeting for new patients and for those about to leave the Hospital.
Band Practice 9:30 am.

FRIDAY:

Social Therapy Group. Free Discussion and Expression, 2 pm, in Ward 9 Conference Room.
Cromer G. Nelson, C.S., Christian Science Worker.
Patients' Dance 6:30 to 8:30 in Auditorium.



WHEN WRITING TO THE "MAIL BAG", PLEASE SIGN YOUR INITIAL AND WARD NUMBER -- Editor.

STEW BEEF

Editor, The Pomo News:

Through the ancient halls of this venerable institution there now blows a healthy, invigorating breeze that has carried away a good many antiquated concepts about the treatment of mental patients and has wafted in a good many new and progressive ideas which have most favorably influenced almost every phase of the patients' cloistered life.

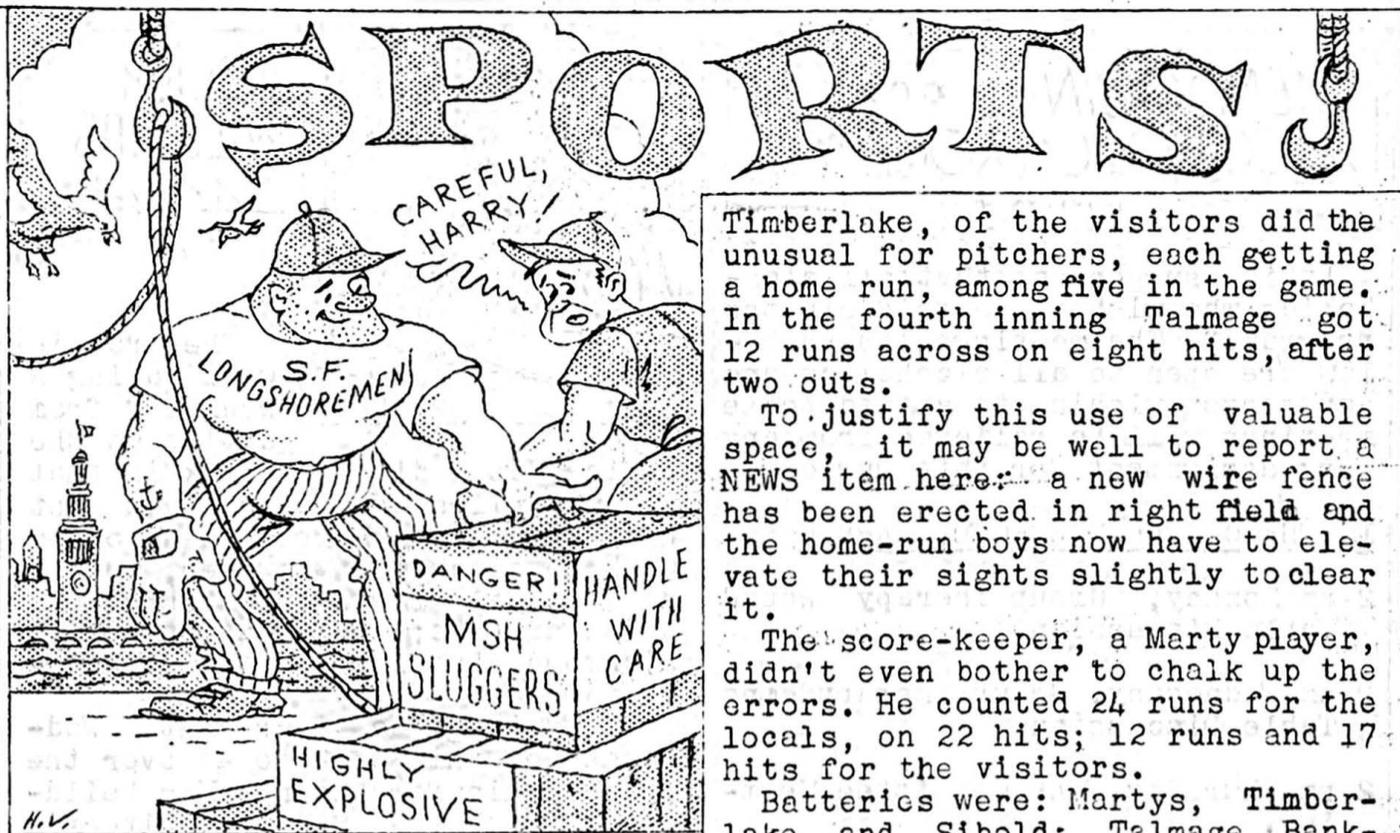
Yet, it seems as if that wind that did us so much good has blown past airtight shut doors of at least one department, the dietitian's. No proof of even a slight breath of the progressive spirit that makes for improvement has come from that direction; no change for the better has taken place with regard to the weekly menu.

The food we are being served, if the truth be told, is plentiful and well prepared. But why has it to be chili beans every Monday and beef or lamb stew every Sunday the year around? After I have sat down to nothing more inviting than stew for 302 successive Sundays, I feel sort of reflex-conditioned. I am so d---d tired of it I can neither stand the sight nor the smell of it any longer, especially since we get stew once a week outside of Sunday. (Nothing can be said against the quality of that meaty dish.)

If Mrs. Schramm were to serve her husband Hungarian goulash--the fame of her's has spread all over Northern California, I am told--only four Sundays in a row, well, I can about picture the good Dr. Schramm's rightful indignation.

And if a man were to go into Judge Gibson's court seeking a divorce on the ground that his wife made him eat stew on 300 successive Sundays, well I have not the slightest doubt that His Honor would lend a sympathetic ear to the plaintiff's sad and touching tale. And, basing his decision on the opinion that the best of grub might be no longer tempting after 300 weeks, once a week, Judge Gibson, (Continued on page 9)

Andy
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for
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PHONE Ukiah 1138-J



SEVERI BLANKS 'EM

Otto Severi, Talmage's southpaw hurler, came up Sunday with one of those things--a no-hit ball game--and in accomplishing that feat struck out 18 men. The losing team was the Martys, of San Francisco, who on Saturday had already received a lesson in the pastime to the tune of 24 to 12. Hitting in support of Severi, the locals made 14 bingles and turned 13 of them into runs, with only one error.

Severi went the entire distance and appeared fresh at the finish. The Bay City "Martyrs" used two pitchers, Mann and Hayes, caught by Sibold. Bobby Moroni caught for Talmage and hit one over the fence for the game's only homer. The visitors were charged with three errors.

As the season advances here, one of two conclusions must be reached: either the Talmage bunch is good or the teams they have met so far are pretty weak. Half a dozen of the Sluggers are batting over .300.

This week-end the locals take on the Longshoremen, of San Francisco. The game Saturday will start at 2 pm and the Sunday game at 1:30.

HO HUM DEP'T.

It was erroneously reported in last week's issue of The News that there would be a baseball game here Saturday between the Talmage Sluggers and the Martys (3745 Geary street, San Francisco). There was some sort of a performance on the diamond and a bewildered and weary score-keeper announced at 5:45 pm that it was over and the score was approximately 24 to 12, in favor of the Sluggers.

Pitchers Bankhead for Talmage and

Timberlake, of the visitors did the unusual for pitchers, each getting a home run, among five in the game. In the fourth inning Talmage got 12 runs across on eight hits, after two outs.

To justify this use of valuable space, it may be well to report a NEWS item here: a new wire fence has been erected in right field and the home-run boys now have to elevate their sights slightly to clear it.

The score-keeper, a Marty player, didn't even bother to chalk up the errors. He counted 24 runs for the locals, on 22 hits; 12 runs and 17 hits for the visitors.

Batteries were: Martys, Timberlake and Sibold; Talmage, Bankhead and Mosna and Moroni (among others).

INTERWARD TIE

Ward 8 made it two wins out of four, taking the Wards 14-15 team 22 to 14 Sunday. The winning team was Frank W, lb, Armando P, c, Ray F, ss, Bobby K, 2b, Melvin N, p, Ed K, cf, Danny G, rf, Al B, 3b, and Johnny W, lf. Melvin N, capt. of 8, struck out two and got a home-run in the fourth.

Ward 14-15's team didn't stand stationary long enough to count. Six pitchers were used, and almost every other position was interchanged. However the starting lineup was Roy S, 3b, Marcus B, cf, John G, rf, Robert L, p, followed by Ray C, Jack F, Van W, Vernon F and Billie H, Ray C, 2b, Ben P, lb, John J, c, James R, ss, Henry V, lf. Ken W got a four-bagger in the sixth and Henry V got another in the same frame. In fact, Wards 14-15 got eight runs in the sixth when Ward 8 got overconfident.

The winners got 31 hits to the losers' 17; errors were not counted by the harrassed scorekeeper, Ross H, but the officials, Bill F and Attendant Moore believe they were about half the number of hits.

Red
Robin
NURSERY

1036-W
565-W
Phones 262

MENDOCINO 000000 ALCOHOLIC PROGRAM (M.A.P.)

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

- 2 pm Monday, Group Therapy Round Table Discussion.
- 2 pm Wednesday, Group Therapy Round Table Discussion.
- 2 pm Thursday, MAP Committee Meeting.
- 3 pm Thursday, Orientation Meeting for new patients and for those about to leave the Hospital.
- 2 pm Friday, Social Therapy Group. Free Discussion and Expression.

IN THE SOCIAL SERVICE OFFICE, MAIN BUILDING

- 1 to 1:30 pm Monday through Thursday, Mrs. Sharon Lopus, Receptionist, will arrange appointments for interviews with the Social Worker.
- 8:30 to 12 am Friday, Personal Interviews with Gordon McWhirter, Social Worker.

IN THE MSH AUDITORIUM

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

IN WARD 8

- 1 pm Thursday, Group Meeting for Alcoholic Patients of Ward 8.

Gordon Mc Whirter, Social Worker attached to MSH has offices in San Francisco at 507 Polk st., room 200, phone-GRAYSTONE 4-0766. He requests that out-patients in San Francisco phone him at the above number. He is available in the city on Monday, Tuesday and Wednesday only.

NEW CARS

Dr. H. V. Bair and Dr. Joseph K. Orr each have new Studebaker Commanders. Neither doctor seems to be of a superstitious bent, for both accepted delivery of their cars on Friday the thirteenth. Dr. Bair's car is a green convertible and Dr. Orr's is a green sedan.



DOCTOR
WILLIAMS
says

The trouble with taking a week off from duties at the office, as I did last week is that the work piles up and when you get back to your desk it takes another week to catch up. However, we had an enjoyable few days at our cabin at Clear Lake; we spent a day in Richmond, but it was cold and foggy.

I had to go to Sacramento Wednesday of this week to go over the plans again for the new MSH buildings, with the State Architect's office.

SOFTBALL SCHEDULE

An inter-ward softball schedule, approved by Dr. D.O. Williams, was announced this week by Dorothy Buchanan, Recreational Director. Mrs. Buchanan has arranged to have women from certain wards attend the softball games at the diamond opposite Ward 7.

Scheduled games are:

Sunday, May 22--Wards 14-15 vs. Ward 12, in Ward 12 yard. (No outside spectators); Ward 8 vs. Wards 1-2-3, at recreation diamond.

Sunday, May 29--Ward 8 vs. Ward 12 at 12. (No spectators); Wards 14-15 vs. Wards 1-2-3, at recreation diamond.

Sunday, June 5--Wards 1-2-3 vs. Ward 12, at 12. (No spectators). Ward 8 vs. Wards 14-15, at recreation diamond.

THANKS, GENTS!

The Pomo News staff wishes to thank Glen D, Mike C, Bro C, William R, Al C, John B and Charles W for their help each week in assembling the pages of the paper. Without this assistance deliveries would be seriously delayed. We also wish to thank Ward 8 attendants for their cheerful cooperation in this matter.

Ukiah
GLASS
ALL KINDS
FOR
EVERY PURPOSE

TOWARD BETTER MENTAL HEALTH

WHY HOSPITALIZE?

Just as a family physician is able to tell whether an infection has really been conquered or whether disappearance of symptoms is only temporary, a psychiatrist has means of gauging whether a mental disorder still exists despite periods of apparent sanity. Intervals of normality-which in even the most serious cases of mental illness can occur either briefly, several times a day, or for as long as several days or a week at a time-may be only superficial and have no more significance in indicating the patient's real condition than drops in temperature during certain hours of the day.

Most misleading of all, to the inexperienced, is the intellectual brilliance of many mental patients: their remarkable memories, their ability to talk persuasively and to answer questions sensibly, their penetrating criticism, their alertness to their surroundings. Perhaps none of this fits in with your idea of mental illness, but your doctor knows that it is quite characteristic of certain of its types.

Don't delude yourself that, whatever his condition, your loved one is better off at home, under your personal tender care than "in one of those dreadful places." Here again, the judgment of a doctor is better than that of any affectionate or irritated relative.

First of all-it is a bitter pill to swallow-conditions at home often cause or aggravate mental illness. There may be clashes of personality between parents and children, husbands and wives. There may be too much love, too much solicitude, too much devotion, for a person's emotional good. There may, indeed, be a perfect balance in all personal relations, yet simply because each of us is so emotionally involved with his family, mental patients are usually better off away from the joys and sorrows, the frictions and affections of normal family life.

Even in the poorest mental institutions, which offer little or nothing in the way of scientific treatment, numbers of patients recover largely because they are removed and protected from the stresses, strains, and entanglements of life among their own people, and have a chance for an emotional breathing spell in an impersonal atmosphere.

CHURCH SERVICES

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

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

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

Christian Science Church:

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." Matthew 6:22.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, May 22.

The subject is: "Soul and Body."

Jewish Services:

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

LIBRARY NOTES

Joyce M, patients' librarian, announces the following donations:

Magazine Donations:

Peter R. Johnsen, Veterans Home, Calif., National Geographic Magazine, April and May, 1949 issues.

Pete Peterson, Omaha, Nebr., 17 Readers Digests.

Anonymous, 21 magazines.

 * ATTENTION, ALL PATIENTS: *
 * SEND IN YOUR WARD NEWS *

The Pomo News welcomes letters and news items or news story "tips" from all patients. Particularly is this invitation extended to the patients and attendants on the women's wards. There is a Pomo News mail box in the tunnel near the employes' bulletin board and a pigeonhole in the Clinical Secretaries' office in the Administration Building.

PATIENTS DANCE-FRIDAY NIGHTS

DEPORTATION TRIPS

Six attendants left MSH last Sunday on deportation trips. These trips are for the purpose of returning patients to their home states. Such trips are usually enjoyed by the attendants, for upon delivery of the patient at destination the attendants are relieved of responsibility. Some are able to make side trips at only a small personal expense to visit relatives or friends or to see the sights of the country.

Attendants assigned to this duty and the destination of each is as follows: Elise Fitzpatrick, Texas; Marguerite Hunter, Colorado; Jim Chaney, Missouri; La Verne Evans, Wisconsin; Ruth Chaney, Michigan; and Opal Heard, Minnesota.

MSH attendants do not necessarily escort only patients from MSH but may be assigned people from other California institutions. Only two MSH patients are being returned to their home states at this time. They are Clayton S and Gordon S.

CHICKEN RANCH LOSS

L.G.Von Schrittz, Fire Marshal, states that loss by fire at the chicken ranch last Wednesday night was approximately \$1,000. Patient Bill C suffered the loss of his constant companion "Ginger", a small brown dog, killed when he got in the way of the fire truck. Burned to death were 982 young chickens, valued at 75 cents each.

ORCHESTRA CHANGE

The MSH dance orchestra will soon have an entirely new brass "section". Ross H, trombone player of Ward 8 is leaving the orchestra to take treatment and he will be replaced by Clarence J of Ward 14, who also is a good trombonist.

LOBOTOMY PATIENT DANCES

Ruth W, of Ward M, who was the first patient to undergo the lobotomy operation at MSH, was sufficiently recovered to attend the dance last Friday night. Mrs. Buchanan, Recreational Director, said Ruth apparently enjoyed the dance.

RETURN LIBRARY BOOKS

Dr. L.G.McKeever said in a memo to the staff and department heads: "In order that we may know what books to buy for the Medical Library, please return at once all library books you now have in your possession, and submit to me a list of any books you wish purchased for the library."

* FIRE FANS URGED TO KEEP ROADS *
* CLEAR FOR DEPARTMENT'S TRUCKS *

L.G.Von Schrittz, Fire Marshal, requests that those who are not members of the fire department do not follow the fire trucks or the cars of department members into narrow lanes such as the lane giving entrance to the chicken ranch.

Congestion caused by non-member cars last Wednesday night during the chicken ranch fire could have had serious consequences. If the need had arisen it would have been impossible to bring up a second truck. It also would have been impossible for the truck working on the fire at the time to have speedily gone elsewhere should there have been another alarm.

It is only human to want to see a fire from the most advantageous point, but in the future be a sport and give a thought to the fire ladders. Under like circumstances park on the nearest roadway affording clearance and walk to a point of good vision.

SHOE SHOP HARMONY

To say that Charles Valentini, Head of the Shoe Shop, is well liked by the patients who work for him would be putting it mildly. Bobbie K, John G, Roy S, Alfred K, Clarence J and Kenneth W all want it known that he is the best boss they have known, here or elsewhere. Judging by the volume of quality shoes that come out of this small plant there must be some real esprit de corps among this group of workers.

W H Y ?

hasn't MSH a barber shop? Other state institutions employ skilled barbers for shaving. On the "better" wards, the attendants also have safety razors which can be used by those patients whom they feel capable of shaving themselves. These safety razors have blades which cannot be removed without a special tool.

When it is a requisite that an attendant be a barber also, this requirement undoubtedly reduces the average fitness of the attendant who is not a barber. Fewer men are qualified to be both barbers and attendants than are qualified to be attendants only. Also, there are many men who simply won't try to learn to barber - and why should they be blamed?

Let's have a barber shop - if not before the new buildings are completed, then let's have the shop when the buildings are completed.

--Contributed.



EMPLOYEE ACTIVITIES



VEGETABLE DERBY

It looks as though the five entries in the Vegetable Derby are already strung out, though they are just rounding the first turn. Well in the lead, with by far the largest "acreage" (3150 sq.ft.) and variety of both vegetables and fruit, including everything from artichokes to strawberries, is Dr. E. L. Lochen.

Second, though badly trailing, is Dr. Marcus Schramm's 1338 sq. ft. entry which includes such exotics as kohlrabi. Dr. G.L. Goodstone's 990 sq.ft. is in third place, followed by Dr. D.O. Prasser's 432 sq.ft. while Dr. H.V. Bair trails with a plot of 224 sq.ft.

This paper is unable to determine if any entrants have yet picked or plucked the first turnip or radish of Spring - or even if the object of this competition is to learn "who is there fustest with the mostest".

VACATION TIME'S HERE!

Without referring to a calendar one could guess it's vacation time by glancing at the employees' duty boards in the Administration Building. It is noteworthy that the schedules have been arranged in many cases to permit husbands and wives who both are on the attendants' rosters to get their time off simultaneously.

The boards this week show the following on vacation:

WOMEN--Minnie Nehring, Willa Walden, Belle Cleveland, Cleo Foucault, Joan Gilbert, Lillian DeKeno, Hannah DeVoe, Louella Hull, Gladys Birdsey, Jennie Parducci and Daisy Edminster.

MEN--Arnold Schmellings, M.L. DeKeno, William Nehring, William H. Parker, Rudolph Gehring, Jack E. Sauters, Orville Hull, Anthony Campbell, William J. Raney, Benny Venturi, Walter Thomas, L. A. Waugh, E. V. Foucault, Frank Diamond, C. H. Gilbert, Adolph Parducci, Harvey Frey and Samuel Leech.

AWOL--NONE!

Bob Tracey, Boiler Room Engineer, returned last Monday from a week's vacation. He didn't fish, made no trips or nothin'. Just changed his working locale but he says he enjoyed the week nevertheless.

WEEK'S ADMISSIONS, RELEASES

Admitted: 30 Released: 21

MORE MAIL BAG

(Continued from page 4)

in his Solomonic wisdom, would grant that sorely tried man a decree of divorce.

"Variety is the spice of life," insists an old saying. Well, then, let us have a little gustatory variety each Sunday in a month. You may rest assured we will gratefully appreciate it.

--George K. Ward 9

GRANDSTAND HANDRAILS

EDITOR OF THE POMO NEWS:

Just a few lines to let you know why we fat women don't go to the baseball games every Sunday. It is because we can't climb the steps in the grandstand; they are too steep for us. We would love to go, even if we didn't understand the game, just so we could get some fresh air and watch the boys play.

Could you please see if the carpenter might not put up a bannister that we could hold on to?

Mrs. Lena M. Ward K.

It seems to us this is a good and proper suggestion.

--Editor.

P.L. Cornell, Charge of Ward 15, is off work for a few days due to an injury sustained Sunday May 8 while managing the Ward 14-15 ball team. Mrs. Cornell says that it seems to be a nerve and Mr. Cornell now has his arm in a sling.

La Verne Evans, Charge of Ward 8, who was one of the deportation group to leave MSH last Sunday is going to visit his folks in South Dakota while on the trip. He will be gone about 30 days. During his absence Mrs. Mack is in charge of Ward 8.

Mrs. Mary Sanford, who lends the feminine touch to the men's P.D.R., was back on the job behind the serving counter this week after a vacation of three weeks. She spent part of the time with her daughter in Kernville, near Bakersfield.

Miss Kay Brown, Surgery nurse, returned last Monday from a week's vacation. She visited with friends in Fresno and during the week the group took a trip to Yosemite. Miss Brown said that the park was beautiful with the early spring coloring.

POMO NEWS

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

Supervised by Dr. Gerald Goodstone
Clinical Director

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David A.....Editor
Granville K.....Associate Editor

EDITORIAL

The Pomo News ordinarily disregards any communication which does not bear the signature and address of the writer. However, the following letter, signed simply "A Mother" is published here because it brings up a question of journalistic policy and ethics. The letter:

"Editor, The Pomo News:

"I have watched the growth of your very interesting paper and think such a sheet a worthy and helpful project. I never fail to buy a copy.

"One suggestion: Some of the medical staff and all interested are working to help alcoholics and many patients are confined to MSH because of drinking. Ought The Pomo News carry a prominent liquor ad? It seems inconsistent with the work of the hospital. -- A MOTHER."

The sale of liquor is a legitimate and legal business. Advertising of such a business is as legitimate and as legal as advertising of a grocery or a garage business. Very few publications in this country (and those few are sectarian, or prohibitionist organization journals) decline advertising of the liquor industry.

In the case of The Pomo News, advertising revenue, at best a "drop in the bucket", is not a factor to be considered. This paper is purely an occupational therapy project and is a non-profit proposition. One of the principal points made by Alcoholics Anonymous, which is probably the foremost organization working in behalf of alcoholics today, is that the drinker who cannot control himself or herself and wants to "go dry" must become able to watch other people drink, to pass liquor displays or see liquor advertisements without it affecting him.

In other words, the ostrich antic of burying his head in the sand is not the answer for the alcoholic.

We fail to see why The Pomo News should be regarded as a temperance publication.

CONSTRUCTION PARAGRAPHS

The first concrete was poured for the new women's convalescent Ward last Friday, May 13. This marks the beginning of building on the new wards and the boys really went to town. They poured 53 yards the first day. Two clamshells are now operating at this location and nearly all of the excavation work for the footing pads on the convalescent ward are completed. The clamshells will then go to work on excavations for the neighboring Women's Disturbed Ward. The place is as busy as a bee hive with workmen swarming all over the place. The boss bee, Joe Andreu, Superintendent of Construction for these two buildings, was so busy that the Pomo News reporter got winded and lame following him around for an interview.

Ralph Rehbein, Superintendent of Construction over at the new Men's Chronic Ward has things rolling there. Rough grading with the largest equipment is done. The final grading, which will be done with smaller equipment and by hand is now under way.

In the vacant lot formerly known as the MSH dogs' post office and across from the shops two Walt all-purpose power saws are humming merrily away sawing lumber for pier forms. Carpenters are putting the smaller forms together on the spot. The cut lumber for larger forms is assembled at the site of the job.

WEDDING BELLS

What was intended to be a deep secret found its way into the "grape vine" channels this week and it was learned on excellent authority that Mrs. Mollie Knudsen, Charge Attendant at Ward F, became a bride Tuesday afternoon. At press time, the bridegroom was still anonymous.

The couple left for a two weeks' tour in Canada. Mrs. Latta Maurer is acting Charge of F Ward.

RETURNS FROM CONFERENCE

Miss Lucille Jetter, resident social worker, returned yesterday from Santa Cruz, where she attended a State-wide conference of State social workers.

PLAYERS STAGE BANQUET

Members of the cast of "The Gay Nineties Revue" and guests enjoyed a dinner-dance party last night.