

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. 4 May 27, 1949

5¢ per copy

Population 2800

## 9,000 MEALS A DAY, OUTPUT

Our MSH kitchen serves more than 9,000 meals every day. Few of us give thought to the enormousness of such a task, yet Chef B.E. Goddard, Assistant Chef Al Bailey and eleven cooks, each working a five-day week, with the help of about 35 patients, are serving more meals each day than it would take to feed the entire population of Healdsburg, California. To feed this number of people by the army company mess system requires about 175 cooks and helpers, so one can readily see the degree of efficiency with which our kitchen is operated.

Expert supervision, kitchen "know how" and mass production equipment are the answer to this problem.

Steam supplied by the boiler room is the heating agent used in cooking all but a very small portion of the food. There are seventeen stationary steam kettles ranging in size from the four huge 200 and 300 gallon cookers to the three 25 gallon kettles. Soups, meats, vegetables, fruits, puddings and coffee are all cooked in these massive cauldrons. With a full head of steam, 30 to 35 pounds, 300 gallons of cold water can be brought to a boil in 20 minutes or meat can be browned for pot roast. This department is operated by Asst. Chef Al Bailey, Cooks H. Nickett, H. Figone, J.A. Laviletta, J. Buchanan, D. Damgaard and helpers, K. Dillon and H. Lori.

Your reporter saw 300 gallons of peas, 200 gallons of soup, 150 gallons of pork for the peas, 150 gallons of chocolate pudding, 300 gallons of potatoes, 150 gallons of pumpkin and 300 gallons of coffee all being cooked at the same time for one of the three daily meals.

### RANGE COOKING

The steam cookers are only part of the kitchen equipment used to

(Continued on Page 3)

## NEW ENLARGED BROODER DONE

The chicken brooder which burned two weeks ago is not only completely restored but has been enlarged by the addition of a ten-foot extension. This job was done with the utmost of speed for a shipment of baby chicks is expected to arrive any day. The Poultry Palace had to be ready for them.

The Mason Shop and the Carpenter Shop teamed up and gave the project a triple 1-A priority. While the Mason Shop crew poured the concrete for the extension foundation, Joe Addor's gang, under the direction of Sam Ray, Sr., repaired the damaged building. When the concrete had set the carpenters built the extension.

## DR. SCHRAMM LEAVING MSH

Dr. Marcus Schramm, who has been a member of the MSH Medical Staff for about two years, is leaving this institution in a few days to join the staff at Agnew State Hospital, near Santa Clara, it was announced today by Superintendent D. B. Williams.

Dr. Schramm, who is at present on his annual vacation, will report to Agnew at the end of his time-off period.

Dr. Williams said he has no one in mind to fill the vacancy on the Staff created by Dr. Schramm's departure. He said no doctors are on the State Personnel Board's eligible list at present.

DIED---R. L. Bartholomew, Ukiah garage mechanic, husband of Avis Bartholomew of MSH clinical Secretary's office, died Wednesday. He leaves two daughters, Penny, 8 and Martha, 4. Services will be Saturday at the Eversole Mortuary at an hour to be announced.

WEEK'S ADMISSIONS, RELEASES

Admitted: 25 Released: 18

# NEWS FROM THE WARDS

## WARD 8 DOINGS

The following assignments of Ward 8 men were not available last week: Murray D, Vegetable room, Charles W, PDR, Charles O'M, Kitchen, Walter H, PDR. Men transferred from Ward 9 and assigned: Roy C, to Dr. Orr's Cottage, Ignatius D, Plumber, Clifford B, Kitchen, Ralph R, Food Truck, John N, Kitchen, Anthony R, Kitchen. Transferred from Ward 4 to 8 and assigned to Kitchen: Fred M. Charles J was transferred from Ward 8 to Ward 1.

## WARD 10 ACTIVITIES

Bill T's garden in the rear of Ward 10 is coming up beautifully. The corn and string beans are about 12" high. Beet tops are showing and the green onions are about used up.

Lincoln J is still keeping the front yard in good shape. He has screened the gravel from a few yards of dirt and used it as fill for bare spots in the front lawn. He hopes to get a bit of seed for lawn planting in these fills.

The carpenters are cutting a door through the second floor east wall of the ward building which will give access to the iron fire escape which was installed last week. This iron stairway was salvaged from the old bakery building. Ramps giving exit from the lower floors are to be installed soon. Transfers to and from Ward 10 this past week are as follows: Edward B, from Ward 2 to 10, Herbert B and Jesus M from 10 to Ward 14. Norman T, from Ward 10 to Ward 3.

There were 21 patients taking insulin shock treatments last Monday.

## WOMEN SEE BALL GAME

Ten women from Wards H and I attended the softball game last Sunday. They must have enjoyed the game for they were most enthusiastic rooters.

## WARDS 4, 5 & 6 HAVE NEW COURT

A badminton court is being laid out in the front yard for the use of Wards 4, 5 and 6 men. Other wards using this yard will also be permitted to use the badminton court.

## WARD 9 TO WARD 4

Other than the transfers from Ward 9 reported in other Ward news, William S from Ward 9 to Ward 4.

## HELP WANTED

The Pomo News has openings for a news reporter who can type and preferably with some experience; also for a mimeograph stencil cutter and mimeograph machine operator. This is pleasant work for paroled patients, with definitely attractive inducements. See the Editor or Associate Editor. Pomo News Office, Administration Bldg.

## WARDS 1, 2 & 3 REPORTS

Last Monday J. J. Garvey, Business Manager, approved a work order for the installation of basketball baskets in the Ward 1, 2 and 3 yard. The court will be laid out by the time the baskets are ready.

## WARD 15 TRANSFERS

The following men were transferred from Ward 12 to Ward 15: Roger J, Basilio H, Henry G, and Phillip L. All were assigned to the laundry. Charles J and Donald P were transferred from Ward 9 to Ward 15.

## PING-PONG AT WARD 12

Patients Rodger J, Basillio H and Henry G were transferred last week to Ward 15. These three were "hot" players on Ward 12's softball teams.

Attendant George Carmichael treated the patients to another Laurel and Hardy movie--greatly enjoyed.

A ping-pong table, just installed, has provided another popular pastime. We could easily use a second table. --"Oskey" Correspondent.

## BIG VALVE REPLACED

The boiler room crew replaced the main header steam valve on number 2 boiler last Monday night. The valve is about 25 ft. off the floor. The valve weighs around 200 pounds. Lawrence Samsøe supervised the work.

RED ROBIN  
NURSERY

Phones

1036-W

Phones: 565-W

262



# 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

## 9,000 MEALS DAILY

(Continued from Page 1)

handle such tremendous quantities of edibles. There is a huge range upon which meals for some 200 employees and kitchen help are prepared. Cooks Arlie Lawrence, J. A. Laviletta, W. Barton, Mrs. Dollie Abbott and Mrs. Mary Von Kegeler with two of the kettle men for day-off relief, turn out 400 to 500 meals daily on the range.

There are two large three-compartment pressure cookers used largely for vegetables. There is a vegetable peeler which will peel the 15 sacks of potatoes used for each meal in about 30 minutes. There are a vegetable slicer, a Hobart beater, a large wall oven, a dish washing machine, an ice cream freezer and various other smaller pieces of equipment.

Jack Moore is boss of the butcher shop, and all meat comes from his department. In the Shop's cold room last Saturday were 12 whole beef, 12 hogs, 10 lambs and 4 veal. Few retail shops with a number of employed butchers cut as much meat in the same given time as Mr. Moore sends to the kitchen each week.

### - FOOD TO WARDS -

The distribution of food to those thousands of patients who are unable to patronize our famed PDR goes like clockwork. In front of each of the large steam kettles is a platform about waist high from the floor. At serving time a line of eight helpers (patients) handle the large metal containers in which the food is transported. An empty is placed on the platform. The cook on duty ladles the food into it and one of the helpers in the line lifts the can from the platform to a waiting hand truck. When the hand truck is full a patient pushes it away. Some of the loads go to the elevators, of which there are three. Food is delivered in this manner via the elevators, to Wards 1, 2, 3, 5, 6, A, B and C. Other hand truck loads are delivered direct

to the nearby Wards D, E, G and H. Still more hand trucks are rolled to the motor loading platform at the rear of the kitchen. Here a modern motor truck with both a rear and side loading entrance takes on containers full of food. Ferd Fass, the driver, makes three trips each meal and delivers to Wards I, K, 15, 14, F, 9, M, 7, 12 and 10.

MSH has two comparatively small kitchens, one for the Officers' Dining Room, run by Mrs. L. Davis and the Ward 16 kitchen under H. Porterfield.

These are important to the functioning of the institution but since this article has to do with the main kitchen these will be covered at a later date.

### - EMPLOYEES SERVED -

The Attendants' Dining Room, immaculately clean, is run in efficient, orderly fashion under the guidance of Mrs. I. Mosley. Here all employees may eat excellent, well-served food for the sum of 44¢ per meal.

The administrative problems of such a plant call for first rate executive management. Chef B. E. Goddard plans a week's menu for both the PDR and the ADR several days in advance. He then has to requisition the tremendous quantities of supplies necessary for such an operation. Further, he and his Assistant, Al Bailey are responsible for the smooth functioning of the entire food factory. The smoothness with which the plant runs day after day is evidence of the caliber of the executive management behind the operation.

MSH could no more survive without the proper functioning of this plant than could a human body without its heart, so truly, the kitchen is the heart of the institution, pumping life's blood through all its arteries. Chef, assistant chef, cooks, helpers and working patients are all due recognition for the tremendous job they do with such seeming ease.

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\* IN CASE OF FIRE CALL 800 \*  
\* THREE COMPANIES COMBINE \*

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\* IN CASE OF FIRE PHONE 800. \*

\* Everyone in the vicinity of \*  
\* Ukiah in an area roughly com- \*  
\* prising Largo on the south and \*  
\* the Forks on the north and the \*  
\* brush lines east and west in \*  
\* the valley should mark this \*  
\* release. \*

\* Under a new agreement, the \*  
\* Ukiah Valley Fire District, the \*  
\* Talmage and Ukiah Fire Depart- \*  
\* ments have a mutual aid agree- \*  
\* ment. \*

\* Call 800, the Ukiah fire de- \*  
\* partment, and the forces of all \*  
\* three units will be notified. \*

# THIS WEEK



**SATURDAY:**

Movie: "Gentlemen's Agreement"  
(Fox)

**SUNDAY:**

Church Services (See Page 7)  
A.A. Meeting 6 pm in Auditorium.  
Softball: 8 vs. 14 & 15-9:30 am.  
Talmage vs Double Plays 1:30 pm.

**MONDAY:**

Group Therapy Round Table Discussion at 2 pm in Ward 9 Conference Room.  
Band Practice 9:30 am.  
Softball: 8 vs 1-2-3 9:30 am.  
Talmage vs Double Plays 1:30 pm.

**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.

SEND POMO NEWS HOME. \$2 PER YEAR.

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

Editor, Pomo News:--

I'd like to congratulate you on how good the paper is getting to be. I've been reading it since it started, over a year ago and it's getting better all the time. I think it's done many things for the patients' good.

Also, I'd like to thank Mrs. Buchanan, Larry De and Paul T for letting me participate in the "Gay Nineties Revue". They are all a grand bunch to work with and I enjoyed it very much. I sent a copy of The News with the show story in it to my mother. I am looking forward to the next show and hope those in charge will let me take part.

There have been many editors on the paper since "Trip", the first, and they were all good. I know you'll not only keep it as fine as when they were here, but will make it better each passing week.

--Nancy E. K., Ward K.

Editor, Pomo News:--

Last week's issue of The Pomo News, along with a copy of the program of the "Gay Nineties Revue" I am sending to my relatives and feel they will enjoy them immensely...I had a song and dance part in the revue.

The banquet for the show cast was splendid and I appreciate having been invited. Thanks to all, very much. --Mrs. Grace P. K., Ward K

**HAVE VISITORS**

Ray S, of Ward 15, enjoyed a visit Tuesday by his mother and father and a couple of friends from Berkeley.

Frank W, assigned to the Recreation Department, was visited Tuesday by his brother, of San Francisco.

**ENSEMBLE ORGANIZING**

The latest musical and entertainment project of the Recreational Department, under direction of Mrs. Dorothy Buchanan was launched this week with the first two practice meetings of the Men's Ensemble or Glee Club.

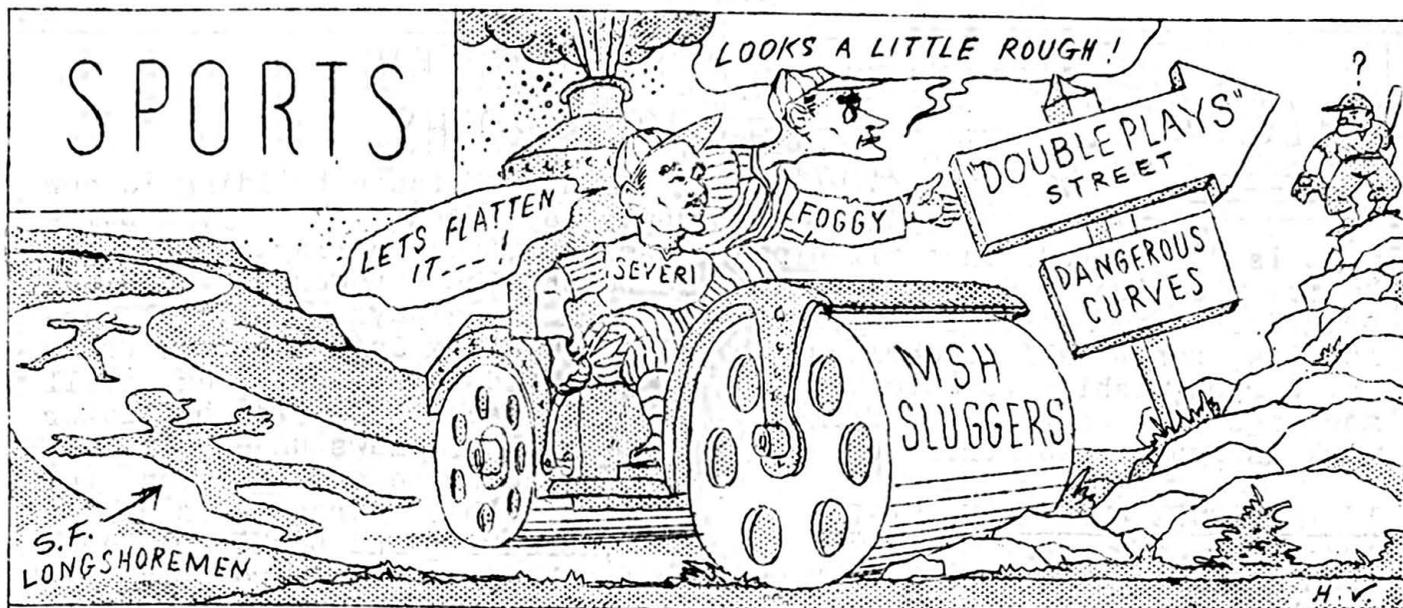
**FINEST GRADE**

*Fresh daily!*

**STRAWBERRIES AND CHERRIES**

PHONE 246J

**TALMAGE STORE**



## TALMAGE WINS FROM LONGSHOREMEN IN NINTH

Sunday afternoon's goodly baseball crowd saw the Talmage Sluggers come from behind in the ninth inning and break a tie to win 4 to 3, after one man was out. This made it two straight for Talmage against the much-touted Bay City gang.

Ado Severi pitched the entire game for the locals but got into several tight spots along the way. It was a tough game for Stagnero, the Longshoremen's hurler, to lose. Weak support in the field at critical moments was the principal cause. Stagnero was jerked in the ninth and Rogino took over, with one man down, the score tied at 3 to 3 and two men on. Severi's single had tied the tally and Johnny Meyers decided the game with a hit which scored Moroni.

No game is scheduled here for tomorrow, but Sunday Talmage will take on the "Double Plays", of San Francisco and will meet the same team again Monday, Memorial Day. Both games will be at 1:30.

### SATURDAY'S GAME

In Saturday's game, taken by the Sluggers, 5 to 1, both the locals and the Longshoremen played a pretty fair grade of baseball. Bankhead went as far as the seventh for Talmage, but his control was not too good and Baird went on the mound. Bankhead, however, gets credit for the win. Just after he had taken over at centerfield in the seventh, he hit a line drive over the right field fence for the only homer of the day.

The crowd was large for a Saturday--and noisy. Between Fan Sam Ray's constant and usual screaming and Scorekeeper Fred Figone's black hound's yapping, the loudspeaker at times was practically useless.

The short score: Longshoremen: 1 run, 7 hits and 2 errors; Talmage: 5 runs, 10 hits and no errors. Bat-

## WARD 8 WINS AGAIN

The softball team of Ward 8 chalked up another win Sunday by taking a team from Wards 1, 2 and 3 into camp, 16 to 7.

Ward 8 got their runs out of 18 hits, while Wards 1-2 & 3, although getting 16 hits, could only cash in on seven. Melvin N, of Ward 8 came to bat in the sixth frame with the bases loaded, the game being close until this time, and produced what his fans wanted--a homer. Dan C of Wards 1-2 & 3 made a non-stop round trip in the first inning.

The game scheduled between Wards 14-15 and Ward 12, was called off.

Next Sunday Ward 8 will play Wards 14-15 and Monday, Memorial Day, at 9:30 a.m., 8 will tangle with Wards 1-2-3 team, according to Frank W, of the Recreational Department.

### WARD 12 GAMES

Ward 12's softball teams, the Highgraders and the Lowgraders, tangled again last Saturday and put on a real contest. Originally scheduled for seven innings, it went nine, due to a 10-10 tie in the seventh. Final: Attendant Shaneyfelt's team 11, Attendant "Rip" Russell's nine 10.

Sunday score: Shaneyfelts 10, Russells 7, Saturday's umpires: Attendant George Ginochio, at the plate, Attendant Winfred Beaver on the bases.

Attendant Rex Ingram has volunteered to take over the coaching and management of "Rip" Russell's team. Russell is home from the hospital and is expected back on duty when his leave expires.

series: Longshoremen: Rogino and Buzzinni; Talmage: Bankhead, Baird and Moroni.

\*\*\*\*

Dear Doctor:

Would like you should get me out of here. 4 months is plenty for me. I think I have gotten as good as I can get. -- I. M. Well

*Mendocino*  
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.

- - 00 - -

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.

WEED BURNING STARTS

The MSH Fire Department reports the burning back of weeds and brush from the dump at the creek. L.G. Von Schrittz, Fire Marshal, states that this will be done periodically during the summer months as a safety measure. "The fire season is with us already", said the marshal.

CONSTRUCTION PARAGRAPHS

The new Kitchen building is now under way. Monday, May 23, a bulldozer started clearing the ground. To watch these powerful machines at work is always a pleasant pastime. The six inch concrete floor of the old bakery building still paved the vacant lot. The bulldozer put its steel claws under one edge of the concrete and made one run after another across this paved area, breaking and pushing the concrete ahead as if it were papier-mache. In two or three hours the concrete was in piles ready to be hauled away. W. F. Mello, project manager for Moore and Roberts, had not, as of last Monday, placed a Superintendent in charge of the job.

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Work is progressing rapidly on the new Women's Ward buildings. Concrete pouring of the footing pads, pedestals and columns for the Women's Convalescent Ward will be completed ready for the back-fill by the end of this week. Completion of this work will put the project in shape for the start of above-ground construction. All footing pad excavations for the Women's Disturbed Ward will be completed in a day or two and the pouring of concrete should start Tuesday or Wednesday.

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The Men's Chronic Ward project is graded and laid out. Clamshells will start digging the three basements and the footing pad excavations Tuesday or Wednesday. The first concrete should be poured on the job before the week-end. The date of first pouring will be noted next week.

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The Division of Architecture paint crew was nearing completion of a painting job on the exterior of Ward 15 Monday. They moved next door to do the same to Ward 14 building. This maintenance work adds greatly to the smart appearance of these newer MSH buildings.

\*\*\*\*

Ed Owens, Foreman in charge for the plumbing contractors, Anderson and Rowe of San Francisco, arrived on the job last week. He is at present using the office of Bob Chambers, Division of Architecture. Anderson and Rowe are prime contractors for the plumbing to be done in the four buildings now under construction at MSH.

## TOWARD BETTER MENTAL HEALTH

### WHY HOSPITALIZE?

Even the best intentions and all the devotion in the world are no substitutes for the facilities of hospitals. And that goes for mental as well as for general hospitals. Equipment, trained staff, the routine so difficult to establish in the average household, all play their part in cure. If there are organic complications, obviously examinations and twenty-four-hour observations can be better made in any hospital than in the usual home.

It is advantageous for patients under acute emotional strain to be able to blow off freely. This is impracticable in a suburb, a city apartment house, or even in a rural home. All good mental hospitals have special places where patients can be as noisy as they like and relieve themselves of their troubling ideas.

Institutional life affords the benefits of group suggestion. An untidy patient who sees others brushing their teeth tends to begin to brush his teeth, too. A restless patient who sees everyone else going to bed at a certain hour goes to bed with the others. Good habits essential for restoration to normality are better acquired through this instinctive following the crowd than through any amount of threats, nagging, or attempts at discipline.

And perhaps most imperative among all the reasons for advising hospitalization, your doctor may say that it is dangerous for your patient to be in any place where he cannot be constantly watched. The physician is not thinking only of physical violence, injury the patient may do to others; that is the least of it. Violence isn't nearly so prevalent among the mentally ill as most of us fancy and much more of it is brought on by bungling attempts to "soothe" or "reason with" the sufferer by garden-variety methods than because of homicidal mania.

Actually the greatest perils of mental illness lie in what patients are likely to do to themselves, with the danger of suicide the most distressing. With the eternal vigilance of a hospital, this danger is greatly diminished. Anyone inexperienced in mental illness cannot possibly foresee when and how suicidal attempts may be made, for the suicidal impulse is cunning.

## CHURCH SERVICES

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

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

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

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Christian Science Church:

"The Lord God will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed."--Isaiah 50-7.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, May 29.

The subject is: "Ancient and Modern Necromancy. Alias Mesmerism and Hypnotism, Denounced."

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Jewish Services:

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

## LIBRARY NOTES

The following donations were received during the past week:

Magazines:

Mrs. Ida L. Brown, Ukiah, 44.  
Mrs. Lorena B. Stout, Ukiah, 48.  
Dr. Marcus Schramm, MSH, 73.  
Mrs. Bessie Scott, Charge of Ward M, 40.  
Mrs. Mary Von Kegeler, MSH employee, 31.  
Mrs. Al Howard, Nice, Calif., 40.

Novels:

Dr. Joseph K. Orr, MSH, 10.  
Joyce Huddleston, Talmage, 5.  
--Joyce M.; Patients' Librarian.

LARGER STAGE-J. J. Garvey, Business Manager, has given his O.K. to a work order for the building of a larger stage in the auditorium. This is to meet the requirements of the new show now in the making.

## EXPANDED SHOCK THERAPY URGED

The Pomo News recently carried a summary of the results in the first year's operation here of insulin shock treatments, which are given under the direction of Dr. D. O. Prasser in Ward 10. The hospital's report on the treatments, excerpts from which are printed below, says 50 per cent of the patients treated in the first year either have been released or soon will be.

Expansion of the shock therapy program is advocated.

The report says, in part:

### HOSPITAL STAYS CUT

"The majority of such patients ordinarily stay in the hospital the rest of their natural lives without the above mentioned treatments. Since most of such patients are comparatively young and physically healthy this represents many hospital years and a tremendous amount of money. It is our contention that it is basically unsound business to allow such a preventable waste of the taxpayers' money to continue. The amazing prevalence of such mental illness has been brought increasingly to the fore. Since such mental illness is no respecter of persons and can strike deepest sorrow into the heart of any family, the humanitarian aspect of alleviating human misery with the best means at our disposal is brought close to home.

"Insulin shock therapy, given the addition of more adequate total push will prove even more effective than it has in the first year's trial at Mendocino. It should be at the very least expanded. The expectation should be held that if it continues as favorably as it has in its first year here and as we could expect from average results elsewhere, this great weapon against the functional psychoses eventually should be made available to all who need it.

"For the Total Push and Insulin Shock Treatments there should be one building or suitable ward for the exclusive housing and treatment of the patients concerned; Ward 10, with a capacity of 60 beds, is ideal for this purpose. Certain improvements to this building are necessary however, to meet the State fire marshal's requirements and also the needs of the treatment program.

"Insulin shock treatment has been used since 1928 when it was first discovered in Vienna, by Sakel. Since that time it has come to occupy first place in the physical measures for treatment of schizo-

## PEPPY PARTY

The "Gay Nineties" cast, members of the dance orchestra and The Pomo News staff were entertained by Mrs. Dorothy Buchanan, MSH Recreational Director, Thursday evening, May 19.

Hors d'oeuvres, baked ham, potato salad and coffee, topped off with ice cream, cake, candy and more coffee put the fifty-some guests in festive mood.

The ham, topped by ring pineapple and baked by Dr. Williams' chef looked like an advertising painting, but its beauty did not deter the hungry horde. All other food items were in the same cuisine class. The cake was about 20 by 30 inches in size, lettered across with the inscription, "Gay Nineties Cast". Around the outer edge was a border of rosettes.

The venerable PDR probably never will recover from the shock, for the good food created such good feeling that spontaneous singing filled the rooms.

When the cupboard was bare the guests moved upstairs to the auditorium. Dr. Paul Bittick had a projection machine and screen set up and proceeded to show the color transparencies which he took of the cast during performance. This was enjoyed by all but especially by members of the cast, for it gave them the opportunity to see themselves as they appeared to the audience.

The picture showing was followed by an hour of dancing to the inimitable piano music of Bill M and Ray S. Frank W continued in his role of bartender and served copious quantities of lemonade to the by this time dreamy-eyed worshipers of Tersichore.

### JOINS OFFICE STAFF

Miss Barbara Robinson, formerly a bank employee in Ukiah, last week joined the MSH clerical staff as Social Service stenographer, in the Clinical Secretaries' office. Miss Robinson's home is in the county seat, where her parents reside.

phrenia, the most common of the serious functional mental illnesses in our State hospitals today.

"Insulin has won this place only after thorough trial and statistical comparison with other methods of treatment. Oddly enough in California (aside from Langley-Porter Clinic) it does not seem, as yet, to have won the same respect given it in the other states. Thus one of our most potent means of curing mental illness is lying unused."



# EMPLOYEE ACTIVITIES



Eddie Veronda, Head of the Mason Shop, is certainly no "stay-at-home". When vacation time comes he takes to the high seas, learns, has fun and gets paid all at the same time. The \$64 question is how could one beat such an arrangement? He is in the Naval Reserve, Seabee Branch. Last year he had damage control duty at sea on the new cruiser St. Paul. This year he hopes to get the latest dope on fast construction methods and quick setting cement. Uncle Sam informed Eddie last week he would soon receive an invitation to the "yachting" party, so any day now he may be on his way.

- - oo - -

Charles Valentini, Head of the Shoe Shop, made a week-end trip to Fort Bragg. He did some fishing and attended the Fort Bragg - Mendocino baseball game Sunday afternoon. How big or how many fish Charlie caught is a matter we will not go into, for we know the enthusiasms of fishermen and we refuse anything but visual evidence in such matters. He tells us though, that the road from Willits to Fort Bragg is in bad condition.

- - oo - -

Mr. and Mrs. Ralph Chaney and Mr. and Mrs. Pruett Edwards, of MSH left Wednesday for Chaney's favorite trout fishing spot, an isolated stream 60 miles from Big Pine and 80 miles this side of Tonopah, Nev. They will be gone 10 days. Chaney said the country is pretty rugged and they have to pack in a mile from the road.

- - oo - -

Charles Bradford, assistant MSH supervisor, fell from the roof of his residence last week and fractured a hip. He is not expected to return to duty for some weeks.

- - oo - -

P. L. Cornell, Charge, Ward 15, returned to duty last Monday after a week off with an injured arm.

- - oo - -

WRITE TO THE MAIL BAG - DO IT NOW!

# TAILOR LEAVING

Robert L. Anderson, who has been head of the Tailor Shop, located on Ward 12, for the last eight years, will transfer June 1 to Agnew State Hospital, near Santa Clara, where he will assume charge of a similar department to be established there. Anderson has been a tailor and designer for 39 years.

- - oo - -

The employees' vacation list this week included:

Jane Bailey, Mildred Knudsen, Frances Burris, Charlotte Lawton, Joan Gilbert, Pearl Denham, Pearl Scott, Kyra Edwards and Laverne Evans, H. C. Scott, Donald Wright, Jim Chaney and H. C. Denham.

- - oo - -

William Parker, Attendant, Ward 9, was to have returned from vacation May 19. He has taken a 15-day leave because of sickness in the family.

- - oo - -

Dana Munson, of the Clinical Secretary's office, will return next Tuesday from a two-weeks' vacation.

- - oo - -

Back after a week's vacation in Los Angeles is Miss Gladys Stevens, of the Business Office. She returned to work Monday.

- - oo - -

Peter M Chaffee arrived recently to take the position of Accounting Clerk for Bob Chambers, Division of Architecture. Mr. Chaffee is a resident of Ukiah, having lived there for the past four years. His residence is out in the La Fon tract. Mrs. Chaffee is employed by the State Division of Highways, at the Forks, near Ukiah.

## HOME ON VISIT

Elwood Hachmann, Jr., SLC, U.S.N. was home for the week-end to visit his parents and friends. He arrived May 20 and left May 22. He had just returned from a two weeks' Pacific cruise on the aircraft carrier Valley Forge and will now go on another two weeks' trip. His unit is engaged in taking out Naval Reserve training groups. Mr. Hachmann Sr., is Head of the Tin Shop

# EMPIRE

## OFFICE MACHINES

PHONE: UKIAH - 144  
325 N. State Street

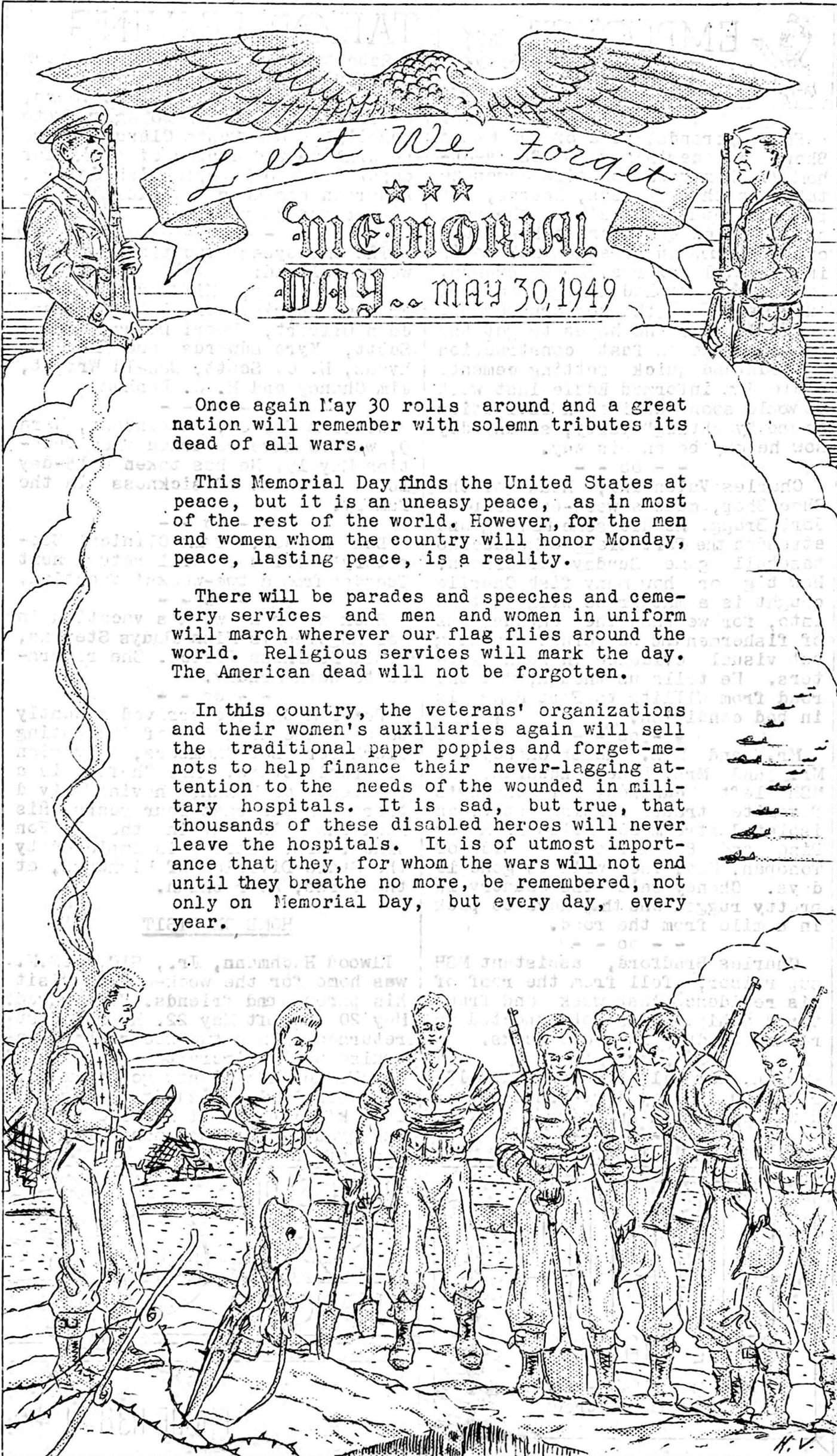


## ANDY STAHL'S

# FINE LIQUORS



PHONE 1138-J



Once again May 30 rolls around and a great nation will remember with solemn tributes its dead of all wars.

This Memorial Day finds the United States at peace, but it is an uneasy peace, as in most of the rest of the world. However, for the men and women whom the country will honor Monday, peace, lasting peace, is a reality.

There will be parades and speeches and cemetery services and men and women in uniform will march wherever our flag flies around the world. Religious services will mark the day. The American dead will not be forgotten.

In this country, the veterans' organizations and their women's auxiliaries again will sell the traditional paper poppies and forget-me-nots to help finance their never-lagging attention to the needs of the wounded in military hospitals. It is sad, but true, that thousands of these disabled heroes will never leave the hospitals. It is of utmost importance that they, for whom the wars will not end until they breathe no more, be remembered, not only on Memorial Day, but every day, every year.

H.V.