

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

# Pommo News

WEEKLY

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

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## APRICOTS FIRST FOR CANNERY

Henry Brunges, the MSH Cannery superintendent, is all set to start the 1949 fruit and vegetable pack. Henry has been exceedingly busy these last weeks of spring checking every detail and piece of cannery equipment and making doubly sure that all is in tip-top condition for the opening day of the canning season.

The first product to be processed by the cannery will be apricots and truck-loads of this fruit are expected to roll up to the unloading platform within the next week or ten days.

Mr. Brunges says "Let em come, we are all set and ready to go."

## \$1,000 WORTH OF BULL!

Members of the Holstein-Friesian Association of America completed their convention in San Francisco this week with a display and sale of livestock at the Cow Palace, without the presence of H. A. "Hank" Fanslow, the estimable MSH Dairyman, in attendance.

Hank doesn't have to go to conventions to sell prize cows and bulls, as witness the trip all the way from Camarillo to here Sunday morning of the CSH dairyman. The gentleman brought \$1,000 of Southern California money to "lay on the line" for a member of the MSH herd. He departed sometime later for his home dairy with \$1,000 worth of bull in the big cattle truck, a happy man.

The trip to MSH was not without its happy happenings. Checking out of Camarillo with 30 head of heifers enroute to Sonoma State Hospital, two calves were born along the way and where once there were 30, on arrival at Sonoma there were 32.

WEEK'S ADMISSIONS, RELEASES  
Admitted: 21 Released: 31

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\* GLEE CLUB FOR MSH \*  
\* BEING ORGANIZED \*  
\*\*\*\*\*

MSH people will soon be able to enjoy the inspiring harmonies of choral singing. The newly formed Glee Club is practicing twice each week and is making splendid progress under the direction of Roy N.

Group singing has always been one of the most popular forms of music. The barber-shop quartette, the minstrel chorus, the choir of a great cathedral, all find responsive audiences. There is nothing strange in this universal fondness for the vocal ensemble. It has been passed down through the ages by all nations.

Twenty-five patients have been practicing regularly for the past three weeks and they plan to make their first presentation late this month or early July. In addition to the chorus there is a mens' group of nine voices. A similar womens' group is also being formed. The smaller groups will sing between choir numbers to create program variety.

Some might think it strange that the Glee Club will not be heard sooner but it takes long, hard work to build an organization capable of singing well by present day standards.

### DIRECTION IMPORTANT

Amateur vocalists predominate in many fine Glee Clubs of national repute. The word amateur does not mean that a person is less able to sing well. The distinction is simply that the amateur donates his services and the professional gets paid. It is true, though, that most professional choir singers have had voice training. This means that the director of an amateur choir group must start with the elements of voice training.

He must teach those things that most professional singers joining a choir already know. He must teach (Continued on Page 3)

## NEW STATUS FOR THE ATTENDANTS ?

EDITOR'S NOTE:--The following article, dealing with a proposal to inaugurate a special training course for attendants in California State Hospitals looking toward raising of standards in those positions was written by a patient in MSH and was submitted to The Pomo News for publication. It is printed in full without comment.

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Attendants at Mendocino Hospital recently rejected a proposal which contemplated a course of training for themselves. It was intended to raise their standards. The proposal came from a group within the California State Employees Association.

One wonders whether the group gave thoughtful consideration to the proposal before they rejected it. The plan proposed changing the name "attendant" to "Psychiatric Aide" or something similar. The idea behind the movement is that those who handle mentally sick people should have technical training. They would get more pay than they now are receiving.

Regardless of what action the organized attendants take, their standards are going to be raised. The handwriting on the wall is plain. The doctors want it and the public is becoming more and more informed of the need for improvement in the handling of mental patients.

If the attendants refuse to take the initiative in working out a plan for improving themselves, which the public is demanding, they may lose the opportunity to put themselves in position to meet the requirements.

It is understood that there is some opposition among attendants to a clause in the rejected proposal which sets the age limit at 45 for a new attendant. There is also some opposition on the ground that present attendants and charge attendants will have to face a probationary period. They fear that the period might be required in changing the title from "attendant" to some other. This probationary period is standard practice when anybody under civil service changes from one classification to another. Some fear that those who fail to meet the requirements would lose their rights under civil service.

If attendants refuse to improve their standards they will find themselves reduced to the status of orderlies. The time is coming in the not distant future when

there will be a trained man or woman on each ward at all times. They may be called "Psychiatrist's Aides". At any rate they will have special training in handling mental cases.

In hospitals which treat physical ailments there are nurses who have had training in medicine and in the treatment of physical ills ---sufficient that they can be briefed by a doctor on each case and can carry out the doctor's instructions with scientific understanding. It won't be long until the psychiatrists and the public will prevail upon the State legislatures to provide adequate funds to employ personnel skilled in the handling of mentally ill patients, and who can carry out the instructions of the psychiatrists. Some States already have gone ahead in this respect.

There are many capable people among old-time "bughousers" who should not be lost to mental institutions. A plan of training would not necessarily remove them from their jobs. With technical training added to their practical experience they would be invaluable. Their experience undoubtedly would count much in their favor under the new plan. As for taking on new attendants after they have reached the age of 45---the hospitals would not lose opportunity to get many good men or women under such a rule. A person who has reached the age of 45 and hasn't some skill at something may make a good night-watchman for a construction firm or a garbage collector---but probably would not fit himself to handle mentally sick persons.

A few misfits, along with some who prefer to remain unfitted, should not stand in the way of ambitious attendants who want to raise their calling to that of a skilled profession.

It is to be hoped that MSH attendants will call upon one of their fellow workers, probably from Napa, where the idea for the new status seems to have originated, to come here and explain the proposed plan in detail. More thought about the matter might result in a different vote.

### BUILDINGS AT CHICKEN RANCH TO BE PAINTED

Robert Wright, head of the Paint Shop, states that his crew will paint all buildings at the Chicken Ranch this summer. Paint has been ordered and work will start upon delivery. This will be quite a job for there are 14 buildings out at the Rooster's Roost.

WRITE TO THE MAIL BAG - DO IT NOW!

## MSH GLEE CLUB

(Continued from Page 1)

the psychology of voice, that is the relation of the mental concept to the behavior of the voice, breath control, inertia, which is related to breath control, and numerous other elements of voice culture.

Practice for the modern choir is quite like the rehearsal of a large orchestra. Each section of the chorus, bass, tenor, alto, soprano, will practice separately, over and over, small bits of the music. Then comes the fitting of the sections together so that all sing harmoniously. Then the fitting of the small bits into proper place until the whole composition can be sung satisfactorily.

The success of a singing group depends largely upon two things, direction and work. The director must know voice training and choral construction. The people of the chorus must be willing to work both individually and collectively.

Roy N, director, has studied voice for eight years and has done considerable choir work. He has an unusually fine understanding of the needs of a beginning group. He feels confident of presenting a Glee Club of at least near professional stature at the time of their performance.

### WORKING HARD

The people of the choir are working diligently toward the desired polish. The writer heard a rehearsal last week and found the Club singing chorales of the great masters with most pleasing results for such a new organization.

Certainly this is one of the most laudable occupational therapy projects ever undertaken at MSH. Many will find pleasure and inspiration in hearing fine music sung well. The singers will find a life time of satisfying self-expression here and elsewhere.

Once the Glee Club is trained and has a substantial repertoire it becomes a permanent thing, enduring year after year.

Famous glee clubs and choruses have sprung from surprising environment. Whenever a group of people get together to sing great music their destiny is unpredictable.

In any event, the joy of giving courage, inspiration and pleasure to others will be the certain reward for each member of this MSH Glee Club.--Gerry K.

### LANDSCAPING BEGUN

Fred Figone's crew has started the landscaping project in front of the nurses' home.

## STUBBORN LAMP POSTS DEFY DEMOLITION CREW

When the Mason Shop puts in concrete lamp posts they are there to stay. Ten years ago such posts were installed by the mason crew on the street below the old bakery building. One or two must now be removed for the new building. Recently the Division of Architecture sent a piece of equipment over to pull one of the posts out. The double-snubbed block and tackle and power winch just set the machine up on its end. After several attempts the driver said, "No can do", and beat it.

Then an unsuspecting tow car crew arrived. They had not yet heard of the immovable object and the irresistible force but they soon found out about the former. They put a jackhammer to work and chipped away a small portion of the foundation. They then hooked up their rig and did a little pulling, but nothing happened.

Eventually, after the jackhammer had been working about an hour and a half and had completely broken up the foundation they found that the object had been made movable and hauled it away.--Hereafter this crew will no doubt approach our concrete with proper respect.

### SCHRAMM LEAVE FOR AGNEW

Dr. and Mrs. Marcus Schramm left MSH Tuesday morning for Agnew State Hospital, to which the doctor transferred after two years on the Medical Staff here.

### WHY ?.....

DOESN'T somebody in authority see that a two-bit coil spring is put on the wire-screen door leading from the baseball diamond to the drinking fountain off the first base line? The door constantly swings open, is dangerous when players try to catch high fly fouls and impairs the visibility from the right field bleacher seats.

--00--

Traffic sign in a small Oklahoma town: SLOW - NO HOSPITAL.



1036-W  
PHONES: 565-W  
262

## EMPLOYEE ACTIVITIES

### CO-OP GROCERY STORE PLANNED

CSEA people interested in the Co-operative store movement held a meeting Thursday, May 26. A decision was made to start a co-operative grocery store, the location of which has not yet been decided.

E. F. Hachmann, Howard McGuffin, Al Joyner, George Harmon, Don Alexander and Howard McCandless were designated to act as a fact finding and organizing committee.

--oo--

Vacationing attendants this week include:

Mable Russell, Charlotte Overman, Anna Kinsler, Marietta Lee, Leone Richards, Minnie Johnson and Hilda Mahaffey; William Overman, Lawrence Saunders, Ivan Johnson, R. E. Gillespie, J.W. Russell, Vernon Lee, E. L. Richards and Roy Lewis.

--oo--

Attendant Roy Lewis, an employee for 12 years in MSH--six and one half years of that time on duty on Ward 12, has transferred to the De Witt Hospital at Auburn.

--oo--

Lucille Jetter, Resident Social Worker and Kay Brown, R.N., were a couple of lame-muscled gals Tuesday morning. With some friends from Ukiah they spent Memorial Day climbing around rocks near Fort Bragg, hunting abalones. Total bag: two.

--oo--

Attendant Walter Thomas returned to duty on Ward 12, after a 15 day vacation spent in visiting his daughter in Napa and friends in Vallejo and Santa Rosa.

--oo--

Lee Cornell and Buss Owsley delivered a patient from Norwalk State Hospital, where both of these men are employed. Lee Cornell is a brother of P. L. Cornell, Charge of Ward 15. Mr. Cornell and Mr. Owsley are guests of Mr. and Mrs. P. L. Cornell at their home in Ukiah.

"Many a man makes a fool of himself without knowing it."  
"Not if he has a wife."

## NO PESTS HERE

A representative from the Paramount Pest Control Co., whose headquarters are in Santa Rosa, was at MSH last week on his monthly inspection tour.

Accompanied by Fire Marshal Von Schrittz he inspected all wards and food dispensaries, on the alert for ants, cockroaches, rats and all other pests of that nature. Also included in the inspection were the ranch buildings and hay barns. At these places only rats and mice were the object of diligent search.

Once a month the control agent pays a visit to MSH and as a consequence his inspection report is usually an excellent one.

This time he found everything in good shape, discovering cockroaches only in the Laundry and Ward 12 tailor shop.

The pest inspection tour gave Fire Marshal Von Schrittz an excellent opportunity to "kill two birds with one stone", as it enabled him not only to look for bugs, but to make a complete fire safety inspection tour, looking for "bugs" in his own department.

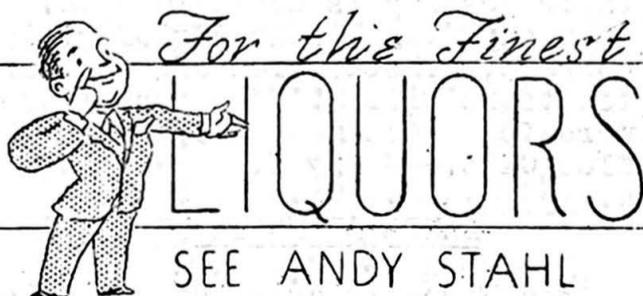
## POMO NEWS GETS AROUND

Our MSH weekly newspaper, the Pomo News, gets around a little more than somewhat, indeed. It goes to a number of newspapers and newspaper writers such as the New York Sun and Herb Caen of the San Francisco Chronicle. Schools, colleges, hospitals, churches and State officials are on its mailing list. It travels to seventeen states, the District of Columbia and to Mexico each week.

We print more copies on press day than many small town weeklies, 1800 to be exact. This, we feel, is not bad for a sheet that had its first birthday only a few issues past.

## DR. LOCHEN SCORES

Dr. E. L. Lochen draws first blood in the thrilling garden derby now under way. He states that in the past couple of weeks 4 to 5 gallons of strawberries have been harvested from his plots.



PHONE: 1138-J

# NEWS FROM THE WARDS

## BAND PLAYS PATIENT'S SONG

Ward 12 numbers among its patients a promising musician and composer in the person of Robert Clark. And the MSH Orchestra one recent night played for the first time anywhere his latest composition, a popular dance tune he calls "Give, Baby, Give." Those who attended the dance report the number is "catchy".

Clark, 35, was born in Marshall, Tex., the son of a Baptist minister. Orphaned in childhood, he was reared by an aunt, who saw that he studied music under private tutors. He plays saxophone and clarinet and is skilled on the harmonica. He says he would like to form a harmonica band on his ward.

Clark has played in several amateur bands and picked up the knack of writing words and music as he went along. If any MSH patient has lyrics, Clark will set them to music, he says.

### PING PONG STARTS

Saturday Mr. Yagle initiated an elimination ping pong contest, participated in by 16 patients, for the championship of Ward 12. Outcome of this contest will be given in next week's issue of The Pomo News.

### PAINTERS AT WARD D

Robert Wright, in charge of the Paint Shop, has his crew doing a little patching up in Ward D. The new brooder house at the Chicken Ranch is also being completely repainted. W. Stoughton, is in charge of the work.

### WARD 8 ACTIVITIES

The following patients were transferred from Ward 8 to Ward 9 for treatment: Edward K, James M, Clifford B; the following went from Ward 8 to Ward 10: Robert K, Marcus B, Dan R and Earnest P; from Ward 8 to 12, Stephen N; from 8 to 15, George A; from Ward 12 to Ward 8, Edward S, assigned to the gardener. The following were transferred from Ward 9 and assigned as follows: Vervl W, J.J. Garvey's house; James McN, to Pomo News, Manuel N, Frank L, John W, Moses M and Troy T, all to Kitchen; Allison C, to Ward 16, Chicken Ranch, Raymond O, Paint Shop, Robert H, Freight Truck, Earl P, to Ranch, Arthur A, Library and Frank L to Dr. Lochen's house.

### WARD 14-15 TAKES LEAD

#### OVER WARD 8 IN SOFTBALL

Ward 14-15 softballers made it three wins out of five games against Ward 8 Monday morning. The score was 14 to 8. Roger J pitched a fine game for Wards 14-15, Jimmy J did the receiving. Batteries for Ward 8 were Melvin N and Armando P. Jim J and Basilio H, of 14-15 each got a homer.

Bill F, as usual, gave a stellar performance umpiring at home plate.

Just for the sake of the record: Sunday's game resulted in a count of 25 runs for Ward 8 to 13 runs for Wards 1-2 & 3 team.

### WARD 10 DOINGS

The door giving exit from the east end of the second floor of Ward 10 is now completed. The iron stairs leading down are still to have a hand railing welded to the outer side of the stairs for safety.

A ramp down which beds can be rolled is now being constructed at the east end of the first floor of Ward 10. A similar ramp will be constructed at the west end of the building. The building will then meet the State fire marshal's requirements for a bed patient ward.

Charles V was transferred from Ward 10 to Ward 15 for work assignment. Tuesday, May 31, there were 19 patients on Insulin Shock Treatment.

### WARD 15 TRANSFERS

George A from Ward 8 to Ward 15, Charles F from Ward 10 and Karl S from Ward 9 to Ward 15.

### REPAIRING GRANDSTAND

Owing to too much ventilation at the ball field grandstand, Joe Addor of the Carpenter Shop, has Al Smith patching a few leaks in the roof.

EMPIRE  
OFFICE MACHINES

PHONE: UKIAH - 144  
325 N. State Street



## TOWARD BETTER MENTAL HEALTH

### WHY HOSPITALIZE?

Families, when faced with the necessity for hospitalization, as a rule either wish sadly that they could afford a private hospital or, if they think they can possibly scrape up the money, elect one for their patient. "It will only be for a little while", they think. "Surely we can manage to swing it until he's straightened out."

The decision of private versus public mental hospital should be carefully made and considered from a number of viewpoints. Remember that hospitalization for mental illness must be conceived not as a matter of weeks or months but as a matter of months or years. There are many heart-breaking instances of families who make all kinds of sacrifices to put their patients in private hospitals. Then, after a few months, the patient has not recovered, and the money has given out. He must go to the State hospital!

It is inadvisable to spend or to plan on spending your last cent for private hospitalization. Aside from any other exigency of the family budget, it is much better to save that last hundred or few hundred dollars for recreation, or a nurse, or for anything else that may help the patient through the first difficult period after discharge rather than to use it all up while he is acutely ill.

Of course, if you can well afford the cost of a first-rate private hospital--probably seventy-five to two hundred dollars a week--you will send your relative to one of these. Such institutions afford beautiful surroundings, superior living quarters, and tempting food. Equipment for various kinds of treatment ranks with that of the best state institutions, and the proportion of patients to staff and employees is so small that highly individualized attention is given.

Even the best private hospitals, however, are not always preferable to state hospitals. The very fact that they are luxurious places sometimes works against recovery, and an occasional patient who did not seem to get well in a private hospital has recovered speedily after transfer to a state hospital. The weakened desire to get well, in such instances, is comparable to your own reluctance to go back to work while you are vacationing.

ATTEND ALL YOUR A. A. MEETINGS

## 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:

"Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created."--Revelation 4:11.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, June 5.

The subject is: "God the Only Cause and Creator".

\*\*\*\*

Jewish Services:

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

## LIBRARY NOTES

Whichever ward has Vol. 6 of Stoddard's Book of Features, please return it to the Library. This book has been missing for some time and there have been many requests for it. The librarian asks that patients return books on the dates stamped ---be considerate of others.

Donations to the Library in the last week included:

Mrs. L. E. Miller, 10 jigsaw puzzles.

Mrs. Herbert, MSH, 29 magazines.

Glen Bridges, 74 magazines, 9 pocket books.

Miss M. Sisk, MSH employee, 23 magazines, 9 pocket books.

Anonymous, 18 magazines.

--Joyce M, Librarian.

"THE BABE RUTH STORY" AT SHOW SAT.



# SPORTS



## TALMAGE ADDS 2 MORE WINS

If there's any trouble in Mendocino county, this guy Bankhead, one of the Talmage Sluggers' two regular southpaw pitchers, can be counted on to run smack into it. Game after game, inning after inning, Bankhead gets into a jackpot of grief. The most amazing thing is he nearly always pulls out of it, with a strike-out or a put-out credited to him, or he hits to win his own game.

He ran true to form in Sunday's struggle with the Double Plays, of San Francisco. Not once, but several times he was in hot water and pitched and fielded his way out to win a good game 10 to 5. He had good support all around and Talmage got 10 hits to the visitors' 6. That made it two in a row over the Bay City team.

Incidentally, Bankhead and Severi the Sluggers' first line twirlers, are building up an impressive record of victories for themselves. Soinila and Baird, reserve pitchers, have been in only a couple of games this season and the Talmage team has won 12 of its 14 contests to date.

Buecher, a pitcher with only one hand, pitched Sunday for the Double Plays, with Paroll (who got himself a homer) catching. Three errors were charged to each team by Scorekeeper Figone.

To illustrate what kind of luck awaits Bankhead every time he's on the mound, he hit the first two batters Sunday with pitched balls. With these two men on, Paroll hit his homer.

### - SEVERI KICKED OUT -

Don Myers starred for Talmage Sunday afternoon by hitting a homer when it was needed to bring the locals from behind. He scored a man ahead of him in the eighth and made the tally 5 to 4, where it remained.

In the eighth, Ado Severi, hurling for the Sluggers, exploded over a pitch which was called a ball. He threw his glove on the ground and was put out of the game, credit for winning which had already gone to him. Soinila replaced him.

The local gang poled out 10 hits and the Double Plays got 8.

Next team here, tomorrow will be from Los Gatos, at 1:30 p.m. They will play again Sunday, same time.

## Talmage Sluggers' Record Of Wins

\* If anyone should happen to \*  
 \* remark that Foggy Ottesen's \*  
 \* Talmage Sluggers are setting \*  
 \* up an unusual games-won per- \*  
 \* centage this season, well, he'd \*  
 \* be correct. Here's the record \*  
 \* to date: \*

\* WON---Over Horsetrader Eds \*  
 \* (April 3, the opener) 6-4; over \*  
 \* Smiling Jacks, 13-1 and 1-0; \*  
 \* over Mendocino City, 10-2; over \*  
 \* Daly City, 15-3; over South San \*  
 \* Francisco, 15-1; over Martys, \*  
 \* 24-12 and 13-0; over Longshore- \*  
 \* men, 5-1 and 4-3; over Double \*  
 \* Plays, 5-4 and 10-5. \*

\* LOST---To Daly City, 8-1; to \*  
 \* Fort Bragg, 7-5. \*

\* So, in 14 contests, the Slug- \*  
 \* gers have taken 12, lost 2. \*  
 \* Good in any league! True, the \*  
 \* locals are never tired from \*  
 \* traveling--they don't do any \*  
 \* traveling; and there's the ad- \*  
 \* vantage of always playing on a \*  
 \* familiar diamond. Still, Bub, \*  
 \* it's a record to shoot at. \*

\*\*\*\*\*

## LOWGRADERS REPEAT

Saturday softball score at Ward 12: Lowgraders 9 runs, Highgraders 7. The Lowgraders were managed and coached by the team's pitcher, Wm. C, the Highgraders were coached by Attendant Rex Ingram. In the first inning the Lowgraders scored on pitcher George C 7 times. George C was relieved by Oren C. The Lowgraders scored only 2 more runs in the last six innings.

Sunday's score: The Lowgraders 13, Highgraders 1. Umpires were Sport Director "Rod" Yagle and Attendant Winfred Beaver.

The Memorial Day softball game: The Lowgraders got one run in the first; one in the second and 2 in the third inning. The Highgraders scored 2 runs in the fourth inning and in the 5th., they got 2 more, tying the score. In the seventh the Highgraders batted in 3 more runs and the Lowgraders tied the game by scoring 3. In the ninth inning the Highgraders went hitless. The Lowgraders scored one run; winning the game, 8-7. Pitchers: Lowgraders, William C; Highgraders, Oren C; umpire, Attendant "Rod" Yagle.

--"Oskey" O.

## MENDOCINO ALCOHOLIC PROGRAM

It is suggested that all alcoholics who wish to do so "join the program". The meetings listed below are open to all alcoholics and any who wish to attend "both men and women", any or all meetings will be relieved from any work assignment for this purpose.

### IN THE WARD 9 CONFERENCE ROOM

- 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

8:30 am to 12 Friday, Personal Interviews with Gordon McWhirter, Social Worker. Make appointments after the Friday meetings or at Social Service Office.

### IN THE MSH AUDITORIUM

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

### IN WARD 8

1 pm Thursday, Men's Committee.

### IN SAN FRANCISCO

Gordon McWhirter, MAP Social Worker, has offices in San Francisco at 507 Polk st., room 200, phone: GRaystone 4-0766. He is in San Francisco on Monday, Tuesday and Wednesday only and asks that when possible, appointments be made by phone in the mornings.



Remember  
UKIAH  
GLASS

Phone 1166-W

## THIEVES BREAK INTO MSH SLAUGHTERHOUSE

Thieves sometime Wednesday night, May 25, broke into the MSH slaughterhouse, apparently in hope of finding something of value that could be disposed of easily.

Not finding anything of real value that could be easily carted away lying around loose, they proceeded to break into the icebox, medicine locker and tool locker. The two lockers were broken open with some heavy instrument, which, judging by the gouge marks in the wood, could have been a heavy screwdriver. The heavy lock on the huge walkin icebox was apparently cut off with a bolt cutter or file as the door and hasp show no signs of damage from prying. According to MSH Butcher Jack Moore the padlock has not been found.

The icebox contained the freshly butchered carcasses of 12 hogs which were not molested. In another part of the building were stored dozens of sacks of Grade #1 Idaho Gem potatoes and a quantity of high grade, new milk cans. None of these valuable cans or potatoes was disturbed, apparently considered by the thieves as too bulky or "hot" to handle.

Not caring to avail themselves of a fine roast pork and mashed potato dinner the burglars left, their vandalism to be discovered by the butcher crew in the morning.

Deputy Sheriff White of Ukiah investigated the breaking and entry the next day and in his opinion the job was the work of adults and not kids, as was first supposed. No arrests have been made to date.

### POULTRYMEN, PATIENTS BECOME

### CARPENTERS' HELPERS

With the finishing touches put on the new brooder house at the Chicken Ranch early this week, among those who surveyed the completed job with satisfaction were Poultryman A. Mossi and his son Gilbert and their patient helpers. In the rush job to get the enlarged building ready for 1,000 baby chicks, the Mossis and patients turned to as carpenter's and mason's helpers.

Patients at the Chicken Ranch are Roland C, Joe H, John H, George T and William P, all of Ward 16.

--00--

Eddie Veronda, Head of the Mason Shop, has received his orders from "Uncle Sam" and left yesterday to join his Naval Reserve Unit. He will be gone three weeks.

SEND YOUR IDEAS TO THE MAILBAG

# THIS WEEK



## SATURDAY:

Movie: "The Babe Ruth Story"  
(with William Bendix, Claire Trevor and Charles Bickford)

Talmage vs. Los Gatos, 1:30 pm.

## SUNDAY:

Church Services (See Page 6)  
A.A. Meeting 6pm in Auditorium.  
Softball: Wards 1-2-3 vs. 14-15.  
Talmage vs. Los Gatos, 1:30 pm.

## MONDAY:

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

## TUESDAY:

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

## LAUNDRY BREAKDOWN

Breakdown of a large blanket drying tumbler at the Laundry has caused Business Manager J.J. Garvey to notify all wards and request that washing of blankets be held to a minimum. He said repairs may require three months, allowing time for new machinery to arrive.

SEND POMO NEWS HOME. \$2 PER YEAR.

Editor, The Pomo News:

I wish to extend my sincere compliments on your increased improvement as a local news pamphlet.

Please do not get too far above the common patients' level and become formal and statistical. I hope you are not going to deprive us of the fun of seeing our own efforts in print, no matter how amateurish. It improves everyone's morale to see attention given to a fellow patient's efforts at expression.

Your editorials and articles are getting really good. In particular "Why Hospitalize?" and the comments on construction work and the business of running the hospital. Now we need an angle on just what is being done in the main office to justify the construction of administration quarters. I would like to hear more about the discussion groups and what psychological advance has been made in the adjustment of particular problems and more about general economic and financial adjustments. Is the personal health of the patient considered above the condition of his pocketbook?

A.B.A. Ward H.

--oo--

Editor, The Pomo News:

The loudspeakers placed behind the screen in the day room of Ward 12 for the moving picture shows are not distinctly heard all over the hall. Perhaps tuning them up or taking them from behind the screen, placing them in different locations would improve the acoustics. At Friday's showing of "Gentlemen's Agreement", 80 percent of the patients were unable to hear most of the conversation.

--"Osky" O, Correspondent.

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EDITOR'S NOTE:--Osky, it was difficult to hear the actors' words at times in the Main Auditorium when "Gentlemen's Agreement" was shown. Perhaps the fault was in the sound recording. As to advance information on coming pictures, we will advise Ward 12 before The Pomo News is published each week.

Advice to back seat drivers: When riding in an automobile, always breathe through the nose. It tends to keep the mouth shut.

# 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  
C l i n i c a l   D i r e c t o r

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## SATURATION POINT

We have just been looking over the weekly clip sheet of the California Feature Service, distributed from San Francisco. A story based on the published advice of a veterans' representative of the U.S. Employment Service for California, "Stay east, young man, stay east," supports a theory we have held, at least since the end of World War II. That theory is that the continued influx of people from other States to California is not desirable from an economic standpoint.

Instead of dropping off sharply from the peaks of the war years, the migration to this state continues at a rate never equaled in normal times (now about 22,000 a month). Chambers of commerce and land development promoters to the contrary, there IS a saturation point and we believe it has been passed, at least for a time, in California.

There simply are not enough jobs to go around. Unemployment here right now is set at about 500,000. Our schools are sorely overcrowded and many school districts now have levied taxes to the legal limit of 5 per cent of assessed property valuation in an attempt to meet the crisis.

California hospitals and mental institutions are overcrowded. (Look at MSH: Normal capacity, 2397; the May 3 population was 2,787). The jails and prisons are full. Relief agencies' budgets have to be raised every year.

And still people flock in here from every State in the Union.

The Employment Service official's warning can be applied not only to veterans. He said: "If you haven't got a job or a home here, don't come to California."

It's ABOUT TIME the glitter and glamour were eliminated in the out-of-State advertising of the California "booster" organizations.

POMO NEWS-THE EYES AND EARS OF MSH

# CONSTRUCTION PARAGRAPHS

W. F. Mello, Project Manager for Moore and Roberts, has appointed Harold Larrick as Superintendent on the new Kitchen-Commissary-Bakery building. As soon as the lot is cleared of debris the job will be laid out.

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The first concrete should be poured for the new Men's ward this week. Excavation is going along rapidly.

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The foundation is now complete for the new Women's Convalescent Ward building. Back filling will start this week. Soon the walls will be under construction and the building will begin to take shape.

---00---

There is a slight delay in completing the excavations for the Women's Disturbed Ward. Unexpected water was encountered in digging at the east end of the job. Joe Andreau, Super on the job, says that he is awaiting instructions from the State Division of Architecture. First concrete for the building was poured at the west end Tuesday May 24.

## MSH HOGS FANCY DRINKERS

The Mason Shop is making new drinking fountains for the Hog Ranch. They are poured in metal molds, are about two feet high and semi-circular in shape. The drinking trough is about eight inches deep, runs around the base and is fed from water running constantly into a center container. Oh!---We forgot to say, these fountains are for the porkers. Wonder if they prefer olives, cherries or pickled onions in their fancy drinks?

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The honeymoon is over when she quits crying on your shoulder and starts jumping on your neck.

A Hit! SAT. JUNE 4<sup>th</sup>



THE  
BABE  
RUTH  
STORY

MSH AUDITORIUM