

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pomo News

WEEKLY

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

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 * LOW RELATIVE COST *
 * OF INSULIN COURSE *

BY D. O. PRASSER, M.D.,
 Medical Staff, M. S. H.

It is realized that any estimate of the cost versus the saving involved in the treatment of mental patients with insulin and some degree of "total push" as given at Mendocino State Hospital can be subject to much adverse criticism. Admittedly there are variable and even controversial factors involved. Nevertheless, as honest an evaluation as it is humanly possible to make under these circumstances may not only be of value but even rather illuminating. Such an evaluation is given below:

	Per Year
1 Doctor (2 hrs. daily)	\$ 1,700
2 Nurses	6,000
5 Attendants	12,000
Additional Diet	2,134
Medicine (Insulin)	5,720
Total	\$ 27,554

Cost of hospitalization for a patient per year without insulin is \$800. These patients are, in (Continued on Page 2)

DR. McKEEVER GOING TO BERKELEY POST

Dr. David B. Williams, superintendent of MSH, announced yesterday that Dr. L. G. McKeever of the institution's medical staff, has tendered his resignation and will leave about July 1 for Berkeley.

Dr. McKeever said he has accepted a post as resident at the Herrick Memorial Hospital in the university city and will specialize in psychiatric work. He told The Pomo News he has not completed all his plans yet, but may leave Mendocino "in a couple of weeks."

The doctor and Mrs. McKeever have two young children.

FIRST RECITAL BY GLEE CLUB

The MSH Glee Club gave its first recital of the coming season in the Auditorium Tuesday afternoon, May 7. A fine program was presented by the group, much to the pleasure and approval of Wards A-B and C., The Pomo News staff and Ward 10.

Led by their talented conductor Roy N, the group and the two ensembles sang well, as did the three vocalists. The women's ensemble sang three numbers followed by the men's ensemble singing three more. Both ensembles were well received by the audience.

Carmen G, Ward M, sang two numbers, "La Paloma" and "Celito Lindo" followed by Larry De, singing "Until" and "La Estrellita". George M sang that favorite of favorites, "Song of Songs", coming back with "Love Me And The World Is Mine". (Continued on Page 2)

WE ARE TOLD

That the story about the birds and bees apparently has not been completely told around the Laboratory's "zoo" back of Ward 9.

It seems one of the rabbits has been receiving special attention for the last couple of weeks because a blessed event was approaching. The rabbit was given a private maternity room in the hutch.

Well, the other day, there was a change of caretakers at the menagerie. The new keeper is fond of animals and likes to pet them. He picked up the bunny, who looked sorta lonesome in the secluded boudoir--then he let out one loud yap.

"Hey", he announced to the "brass" in the Lab. "That rabbit ain't gonna have kittens--I mean pups--I mean--. Well she's a HE, for my goodness' sake!"

WEEK'S ADMISSIONS, RELEASES
 Admitted: 23 Released: 22

LOW RELATIVE COST OF INSULIN COURSE

(Continued from Page 1)

general, fairly young and healthy physically; a comparatively small number are released without treatment. To say the average hospital stay without the insulin treatment would be 10 years is considered a conservative estimate. Therefore, the average cost of maintaining a patient untreated, equals \$8,000. If only one in five patients treated is released in one year (our figures show one in two), then cost of insulin treatment per patient released is \$160 times 5 or \$800.

So cost to the hospital of a patient untreated with insulin is \$8,000 and cost of successful treatment with insulin is \$800, which represents a saving of \$7,200.

Even if the rather expensive proposals for improving the insulin ward were amortized over a five year period for 176 patients yearly and added to the cost of treatment, this would only reduce the saving by the negligible total sum of \$50. Thus taking into consideration the cost of unsuccessful treatment, the saving to the hospital and taxpayer per patient successfully treated is over \$7,000.

Average stay on insulin treatment is about 1½ months or for a 22-bed ward the number of patients treated per year is 176. Cost of treatment per patient per year is therefore:
 $\$27,654 \div 176 = \160

ENJOY FISHING EXPEDITION

Lake Pillsbury, a beautiful body of water approximately 35 miles northeast of Ukiah, was the destination last Saturday and Sunday of a group of "eager beaver Isaac Waltons", well known at MSH for their fishing prowess.

The party of six included Mamie and Ern Chaney, and daughter Louise, who is here from the Midwest visiting her parents, Ralph Chaney and Mr. and Mrs. Frank Dubois.

Ern and daughter Louise made the trip to the lake in their new Buick Roadmaster, early Saturday morning to set up camp and have everything in readiness for the arrival of the other fishermen.

Althea and Frank, Ralph and Mamie brought up the rear guard, arriving some time later in the Dubois' Willys Jeep pickup truck.

Tackle was soon rigged and the gala fishing party was under way. Everyone took a hand at trying for the wily trout and fishermen's luck was good.

Louise, Ern and Ralph proved to be the best at luring the fighting Rainbows and took top honors. The party returned Sunday evening.

ANTS IN HIS--NO-- BEARS IN HIS TENT!

There is a story making the rounds concerning four well-known employees of MSH and their recent fishing trip to the high Sierras. The tale differs only from the old bedtime story of the three bears in that this one has to do with five bears.

Camped in Yosemite Valley because of deep snow blocking the high passes to their fishing locality, the quartet was idling away the time until the highway crews had the road cleared.

Came the night and the hungry bears. As everyone knows the valley abounds with these harmless and hungry creatures who are always on the prowl for a few choice morsels.

Their slumber disturbed by funny noises, namely grunting and growling, Mr. and Mrs. Ralph Chaney arose to surprise three cub bears ransacking the food lockers. Chasing the cubs up a tree the couple deemed themselves safe until confronted by the two mama bears. Help finally arrived in the person of the Pruett Edwards, the bears retired and quiet was restored.

Came the next night. No bears actually this time but a great disturbance--bears in his sleep--biting, scratching and kicking--frantic spouse calling again for help--Ward 9 again to the rescue and bad nightmare terminated.

Farewell to Yosemite Valley, bears and bad nights left behind and fishing trip resumed. Through the mountain passes covered with eight feet of snow the stalwart fishermen finally arrived at the faraway place where abound the finny tribe.

They did catch an abundance of trout, large and small, all with plenty of fight, indeed a sportsmen's Paradise and they had the time of their lives.

The quartet was back on the job at MSH last Monday, happy and full of praise for the new found vacation Paradise, with plenty of adventurous tales to tell their fellow employees.

MORE ON FIRST RECITAL

(Continued from Page 1)

Roy N. concluded the solo numbers with his rendition of "Because".

Roy, the organizer and leader, has had the new Glee Club practicing diligently and as frequently as possible and judging by the initial performance the group is "in" at MSH.

MOVIE--Robert Young, starred in "Sitting Pretty", to be shown in the Auditorium tomorrow.



SPORTS



TALMAGE 7, LOS GATOS 6

The Talmage Sluggers won Sunday, despite a disputed score, over a colorless team from Los Gatos, 7 to 6. The day was warm, the visitors appeared tired and the whole matinee lacked sparkle.

The dispute about the score was in the sixth inning. The official scorer said Los Gatos made four runs and four runs tied the score at 6-6. Manager "Foggy" Ottosen, of the Talmage team, said this was donating one run, that the visitors had made only three. In this he was joined by many of the fans.

The Pomo News box score showed three men scored, making the tally 6 to 5 in favor of Talmage. However, Scorekeeper Figone's count stands as official and the Sluggers had to go through the ninth frame to break the tie.

Bambi pitched for Los Gatos five innings, being replaced by Rodrigues. Severi hurled the Talmage club to its 13th victory in 15 games this season.

Short score: Talmage, 7 runs, 11 hits, 3 errors. Batteries: Severi and Moroni; Los Gatos, 6 runs, 8 hits, 1 error. Batteries: Bambi, Rodrigues and Rodrigues, Scattoni.

The visiting team did not show up Saturday as had been expected. They were anxious Sunday to get on the road home, so an announced double-header was settled for a single game.

The Santa Rosa Rosebuds will play here tomorrow and Sunday, starting at 1:30 p.m.

NO HIT, NO RUN GAME

Behind the outstanding no-hit, no-run pitching of Roger J, Wards 14-15 Sunday trounced Wards 1-2 & 3, 25 to 0. The Track Meet was called at the end of the sixth inning, for lunch. Under the scorching morning sun the abbreviated, lopsided game drew a fair crowd, mostly Ward 8 ball-players who were glad they were not on the field, the victims of the slaughter.

Wards 1-2 & 3 managed to get five men aboard, none beyond second base, via four walks and one catcher's interference.

Ward 14-15 engineered 25 runs on 20 hits, three of which were homers by Ben P, Basellio H and Henry G.

Short score: Wards 14-15, 25 runs, 20 hits and 1 error; Wards 1-2 & 3, 0 runs 0 hits and 6 errors.

SHUTOUT ON WARD 12

Ward 12's Sunday softball score: Highgraders 3 runs; Lowgraders 0.

The Sunday game was dedicated to the Memory of Bill Russell by the Highgraders. They were determined to win this game. Albert I of the Highgraders pitched shut-out ball. If only Mr. Russell could have seen it played there would have been a broad smile and an expression of satisfaction on his face. That was the kind of a game he liked to see played.

LOWGRADERS WIN

Saturday's softball score at Ward 12: Lowgraders 9, Highgraders 4. The Highgraders pitcher was Oren C; catcher William R. The Lowgraders pitcher, manager and coach was William C; the catcher, Russell C.

In the sixth inning the Highgraders were ahead 4 to 3 but were unable to hold this advantage.

William R took over temporarily the management and coaching of the Highgraders. The fans on Ward 12, wish him success, hoping that the team will give him support and cooperation. The Saturday officials were Attendant "Rod" Yagle, umpire, the dependable Chester G, scorekeeper.

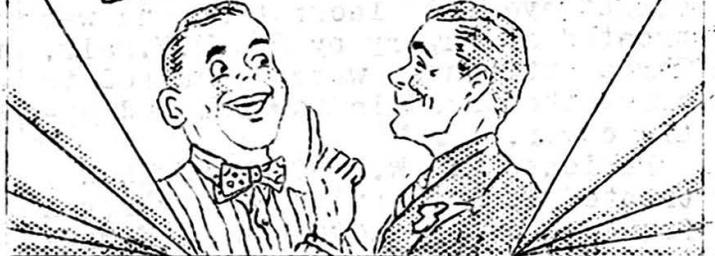
--"Oskey".

SPRING MAKES APPEARANCE

Last week The Pomo News wondered why there was no spring on the wire-screen door leading from the diamond to the drinking fountain on the first base line at the ball park. The door used to stand open and swing in the breeze. Sunday a spring had made its appearance on the gate.

Batteries: Roger J and Jimmie J 14-15. Dan C, Walter R and Bill T for 1-2 & 3. Attendant Bill Moore called the strikes, Ross H kept the softball score.

SEE ANDY STAHL ---



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FINE LIQUORS
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NEWS FROM THE WARDS

BACK AT THE OLD STAND

Bert the Barber, is once again back at his old stand on Ward 8, after a siege in sick bay of 48 days. He was a pretty sick man when taken to Ward 9 and there he was bed-fast for approximately a month.

Not being a "kid" anymore, he was slow responding to treatment and lost 15 pounds. Snapping out of it, Bert was then transferred to Ward 7 to convalesce. After 18 days of good food and treatment he was pronounced sound and sent back to Ward 8 to take up where he left off.

The corpulent gentleman says he is glad to be back amidst his hosts of friends and can be seen any evening busily plying his trade in the ward barber shop.

WARD 8 WORK ASSIGNMENTS

Patients on Ward 8 have been assigned to work as follows: Mario M, Nalde B, John D and Raoul G to the Kitchen; Charles E, Thomas W and Orville G to Gardener; Philip L and Lyman F to Carpenter Shop; Chester W, Marking Room; Ralph T, Janitor; Robert L, Dairy; Woodrow C, Industrial Shop; Ralph J, Dr. Williams' house; Tyler B, Mr. Lavell; John M, Garage; John G, Laundry and Thomas C to O.D.R.

WARD 12 NEWS

Harry L of Ward 12, was visited by his wife each day of the past week. His wife stayed at a hotel in Ukiah. On Tuesday, June 7, she returned to their home in San Mateo, Calif.

WARD 9 DOINGS

John D was transferred to Ward 5; Robert W was moved to Ward 12 and Asano U was taken back to Ward 7 after several weeks convalescence following surgery on his left hip.

HAPPENINGS AT SURGERY

Delbert C, Ward 2, suffered a slight eye lid laceration and was treated at Surgery by Dr. H.V. Bair. Three stitches were required to close the wound in the injured optic cover.

Patient P. W. of Ward 14 was treated at Surgery recently for a fracture of the left thumb. X-rays were taken and Dr. Bair applied a splint to the injured digit.

John C, Ward 7, was taken to Surgery last Sunday afternoon suffering from a lacerated scalp. He was treated by Dr. Goodstone.

JEWISH PATIENTS VISITED

A joint meeting of all Jewish patients able to attend, was held at Ward 14 Thursday, June 2, under the auspices of C. Stern of the Jewish Welfare Committee, whose headquarters are in San Francisco.

Approximately 30 men and a like number of women were in attendance at the hour long meeting.

Mr. Stern brought with him a fine portable phonograph and a selection of Jewish records which afforded the patients enjoyable entertainment. Cigarettes and candy bars were distributed to all those in attendance. Following the assembly private interviews were granted to those desiring this service.

As representative of the Committee Mr. Stern comes to MSH every three months and while here visits each and every Jewish patient in the institution.

Patients on Wards 12-F-K-2 and 3 were unable to attend the gathering at Ward 14 but were nevertheless interviewed by the social worker and presented cigarettes and candy.

PUZZLE OF THE CLOCKS

IN MAIN BUILDING TOWER

Over the decades since the Administration Building at MSH was erected in all its red brick and "gingerbread" glory, not a few observers have wondered why so many clock faces were put in the tower. For, except for a space of a few yards either way from the center of the main entrance, only one is visible from the ground. Surrounding lesser towers effectively shut off the side views.

One thoughtful patient suggested the other day that "maybe the architect was selling clocks as a side line", back in the 80's.

But, joking aside, the framed original sketch by the architect, which hangs on the wall in Dr. Williams' office, shows windows in six floors of the tower above the archway at the head of the front steps. Take a look at the actual structure: there are three, not six, tiers of windows. Originally, the clock faces would have been visible in four directions.

YARD BENCHES PLACED

The Carpenter Shop crew Tuesday delivered 64 gleaming green benches to the exercise yards and elsewhere on the grounds. The benches were ordered last fall by Business manager J. J. Garvey. The benches were assembled at Carpenter Shop.

☆ 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 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 am to 12 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.

POMO NEWS INTERESTS OKLAHOMA PAPER EDITOR

Recently John E, old-timer at MSH, who works as janitor at the Nurses Home, sent a copy of The Pomo News to the editor of his home town paper, the Indian Journal, of Eufaula, Okla. The result was comment of more than half a column on Page 1 of the Journal. In part, the article said:

"Coming in the wake of a great amount of publicity and numbers of exposes of insane asylums, the newspaper is an enlightening document. Its slogan is 'A progressive newspaper for progressive patients'. It is brightly cheerful and informative, complete with editorials, cartoons, letters to the editor and even an advertisement for a Ukiah liquor store.

"It tells of the entertainment and activities in the hospital and lists assignments of new patients. There are reports of ball games between wards and with outside teams. There is high praise of a play written by one of the patients and produced by others which enjoyed three nights' run." (The Gay Nineties Revue).

The Indian Journal is a weekly, published by David Hedges. Doris Hedges is editor. It is an old established paper, having been published since 1876, when Oklahoma was the Indian Territory.

SPARE TIME BUILDER

Archie Lawrence, the hard working A.D.R. chef, is literally letting the "grass grow under his feet", while on his present 16-day vacation.

Archie can be seen almost any day at "Foggy" Ottosen's residence in Talmage, busily engaged in seeding a new lawn and hauling top-soil to otherwise beautify the Ottosen domain.

Deserting his hot ranges in the MSH Main Kitchen, he is braving the hottest rays of "Old Sol", sweating it out in that noon-day sun, digging post-holes and building an attractive picket fence to surround the property.

Another project the industrious chef has contracted for is a fancy barbecue pit and a flagstone walk. "Foggy" may then give Archie a job on his day off, barbecuing delicious steaks and sundry other delicacies.

Chef Lawrence says that when the job is done the Ottosen yard will be one of the most attractive in Talmage and a real safe place for the children to play.

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♫ PATIENTS DANCE-FRIDAY NIGHTS ♪



THIS WEEK

SATURDAY:

Movie: "Sitting Pretty" (Fox)
Felix the Cat (Cartoon)
Talmage vs. Santa Rosa Rosebuds.

SUNDAY:

Church Services (See Page 8)
A.A. Meeting 6 pm in Auditorium.
Softball: Ward 8 vs. Wards 14-15
Talmage vs. Santa Rosa Rosebuds.

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 Glee Club at 1:30 pm (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.

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People who live to see 90 don't see it on the speedometer.

ON THEIR TOES

With the advent of summer and hot weather, Fire Marshal L. G. Von Schrittz and his fire laddies are definitely on their toes.

Rising temperatures, hot sun and dry north winds all make for a drying out and drying up process, thus creating many fire hazards. To keep pace with these seasonal hazards Von is ever on the alert and already is taking precautionary measures. He and his crew of MSH firefighters have prodigiously been burning grass and weeds about the institution in order to prevent carelessly set fires. They have also been busy making fire trails in and around the hospital grounds.

As an afterthought, Von Schrittz commented at the end of the interview, "Not having any real fires to fight lately, we have to make our own. The ounce of prevention, you know."

FARMING IS FUN!

Althea and Frank Dubois, she the Head Nurse and he an Attendant on Ward 7, are not only hard working employees at MSH but practical and successful small scale farmers as well.

The couple may be seen at the end of the day's work seating themselves in their new Willys Jeep pickup truck and heading for their modest farm located in the Cold Creek district of Lake County.

Speaking of the Jeep--that is the practical part of the farm. Until about three weeks ago the Dubois' had a Chevrolet coupe but when Frank went to San Francisco for a physical check-up recently, he decided that they needed something more practical to haul supplies and produce to and from the farm, so the Chevrolet was traded for the ever-handy Willys.

Now the practical couple can combine business and pleasure. Week-days the car hauls supplies to the farm and strawberries to market--week-ends they pack up their gear and accompanied by friends, spend many happy hours in far away places on likely trout streams.

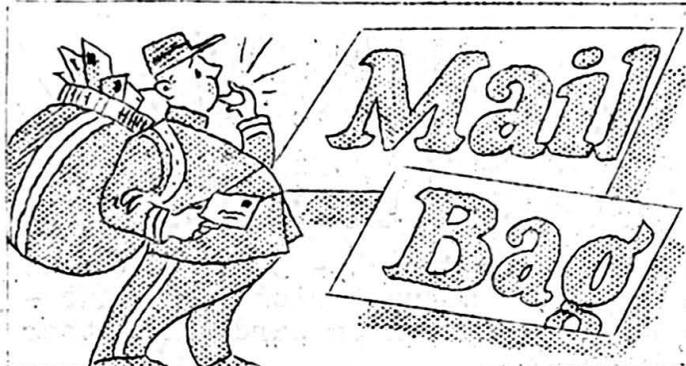
DR. GREEN ELECTED

Two members of the personnel of Mendocino State Hospital were honored last Saturday at the organization meeting of the Soroptimist Club of Ukiah, Dr. Ruth L. Green of the medical staff and Miss Pattilu Farquaharson, Psychologist, being elected president and vice president, respectively.

The club has 25 charter members.



RED ROBIN NURSERY
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565-W
262



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

Editor, The Pomo News:

So little is written for The Pomo News by the patients on Ward 12; yet we have on our Ward a dozen or more men who could, if they would write interesting observations and informative articles. We have many with high school and college educations.

We see the improvement in conditions on our ward brought about by this administration; we know this administration is doing its best to improve the conditions under which we must live. Better food served in the dining room, the sports in the yard--these are examples. This writer sincerely believes the administration would like to make many more improvements.

Rod Yagle, our athletic director, succeeded in getting the boys interested in sports, even if it took a good deal of prodding, coaxing and cajoling on his part. His success inspired me to try to get the patients on Ward 12 interested in writing for "our" Pomo News. Life everywhere is interesting to a keen observer--even here. Boys, let's write about the nice things we know, discard the ugly side of life. Let's be hopeful and keep uppermost in our minds sincerity in what we write. --"Oskey" O, Ward 12

EDITOR'S NOTE:--We repeat: The Pomo News welcomes letters from patients on all wards, or any news stories they may run across.

--00--

Editor, The Pomo News:

One morning recently an attendant and a few privileged patients on Ward 15 had a bacon and egg fry in the ward kitchen and the aroma was very disturbing to the rest of us patients. Why can't we all have bacon and eggs on Sunday morning? --Ward 15 Patients.

EDITOR'S NOTE:--Isn't it possible that the attendant and the "privileged" patients purchased the bacon and eggs? Rule 7a, of the State Department of Mental Hygiene governing hospital employees, states

that employees shall not partake of INSTITUTION food on any ward or in any ward kitchen without surrendering a meal coupon in payment. Anyhow, wouldn't we all like bacon and eggs now and then, hmm?

--00--

Editor, The Pomo News:

Why can't the spinach and similar foods have the sand washed out of them before they are cooked? And why, as long as macaroni is one of the main items served, can't it be prepared with a little more discretion and flavor? Fifty per cent of it goes in the garbage can.

After talking to a number of the "regulars" who find the patients' dances on Friday evenings a pleasant diversion, we are asking if the time can't be stretched half an hour, terminating at 9 p.m. instead of 8:30.

We all have a good time at these dances and wish to express our appreciation by thanking Dr. Williams and others, including the supervisors' office, who make them possible. --Kenneth W, Ward 15.

--00--

Editor, The Pomo News:

Maybe you would like to print a cross-word puzzle. It's original. We had fun doing it and thought we'd send it in.

--Betty C and Myrtle Z, Ward I.

EDITOR'S NOTE:--Many thanx, Betty and Myrtle. However, limitations of space and the mechanics of stenciling and mimeographing make it impossible for us to use cross-word puzzles.

'SQUARE' OUT OF BOUNDS

An order posted Monday instructs patients to stay away from the main entrance to the administration building and the area immediately surrounding. This includes the section near the drinking fountain.

A certain young couple's marriage almost went on the rocks because of the presence in the household of old Uncle Homer. For eight years he had lived with the couple, always complaining, never satisfied. Finally the old gaffer passed away. On the way back from the funeral, the husband told his wife he had a confession to make. "Darling" he said, "If I didn't love you so much, I don't think I could have stood having your Uncle Homer in our house all that time."

"MY Uncle Homer!", said the wife, aghast. "I thought he was YOUR UNCLE HOMER."

TOWARD BETTER MENTAL HEALTH

PRIVATE OR PUBLIC HOSPITAL?

It may seem incredible to you that anyone, consciously or unconsciously, could actually prefer staying sick in a mental hospital to being well and out again in the world. But do not insist on a private hospital if your physician warns you that with the particular personality of your patient or the particular form of his illness, such a reaction is a probability.

Some of the very fine private hospitals are partially endowed, and adjust rates according to income. Even their minimum, however --forty to seventy-five dollars a week--is high in relation to most of our incomes, though not in relation to what they give. Occasionally if a case is particularly interesting in its medical aspects, or if the patient has contributed to society through distinguished achievements in art, literature, science, or public service, he is cared for free of charge.

The majority of moderate-income families determined to maintain their relatives in private hospitals, however, must depend upon moderate-price hospitals--thirty dollars, or less. In mental illness as in everything else in life you get no more than you pay for. As a rule all that such hospitals offer are privacy and protective care; they simply cannot afford the curative facilities of the expensive private or large public hospitals.

To most of us--women particularly--privacy is important; we recoil from the thought of the dormitories, the long dining-room tables, and the mass routine inevitable in the state hospital. But to the majority of families of women patients, privacy is too important. Not only will they make financial sacrifices at the expense of the healthy members of the family, but they will sacrifice the potential mental health of the one who is sick to keep her out of the state hospital.

Once convinced that a person is deranged by illness and not morally responsible for her peculiar and irritating behavior, relatives tend to bend over backwards in their efforts to "make up" for their sternness, impatience, and altercations with the invalid during the trying period when her illness was developing. They strain every nerve and every penny to "be good to her now," and misinterpret "being good" as placing her in a private hospital.

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 eternal God is thy refuge, and underneath are the everlasting arms."--Deuteronomy 33:27.
This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, June 12.
The subject is: "God the Preserver of Man".

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 to the Patients Library during the last week are announced:

George K, Ward 9, 29 magazines.

Gordon McWhirter, Social Worker, 32 magazines and 9 pocket books.

Mr. Chase, MSH employee, 95 magazines and 5 pocket books.

Ben Romaine, MSH employee, 89 magazines and one pocket book,
--Joyce M, Librarian.

EMPIRE

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E

EMPLOYEE ACTIVITIES



Vacation List

Attendants listed as on vacation this week include the following:

Marie McSparin, Betty Welch, Elizabeth Hiatt, Ethel Ungerman; Marilyn Barton, Elyse McFarland, Ella Lippy, Harriet Pangle, Ethel Friend; Peter Lokomsky, Charles Anderson, Adolph Parducci, H.J. McSparin, Max Ungerman, Oral James, Zeryl Dryden, W.E. Friend, Charles McGrew, Selma Morgan, Irvin Ball.

--00--

Mr. and Mrs. Jack Lavell, the Conditioned Reflex Treatment team, spent the week-end in Reno.

--00--

Miss Pattilu Farquaharson, clinical psychologist, returned to duty Monday morning after a vacation of ten days. She spent the time in Williams, Colusa county.

--00--

Chief Engineer G. O. Walden returned to duty this week after a three weeks' vacation, during which he and Mrs. Walden covered 4,300 miles. They stopped off in Flint, Mich., where they purchased a new Buick, in which they drove home.

--00--

Maude Barthel returned to her duties in the Secretary Office Monday following a one-week vacation spent at home in Ukiah.

--00--

Francis Gibson of the Business Office, looks at it this way:

A vacation is a succession of 2's. It consists of 2 weeks, which are 2 short; afterwards, you are 2 tired 2 return 2 work and 2 broke not 2.

--00--

Kathryn Brown, MSH surgical nurse and her friend, Miss Lee Wagner, had a pleasant and exciting time visiting friends in Santa Rosa over the last week-end.

--00--

Dorothy Buchanan of Recreational Department fame, started an eighteen-day vacation Wednesday, May 8.

The good natured "spark plug" of patients' entertainment, stated that she would spend a lot of her off-time at home but that she and her husband were planning several short automobile trips. She will be back at the helm May 25.

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H. D. "Scotty" Scott was back on the job at Ward 2 Monday, May 6, after a 19-day vacation tour of the Southwest.

On their extensive tour Mr. and Mrs. Scott--she is an attendant on Ward F--visited Hoover Dam, Grand Canyon of the Colorado, the Paint-

CONSTRUCTION PARAGRAPHS

Excavation work on the old Bakery site is progressing rapidly and should be completed by the end of this week. For the past several days a fleet of dump trucks have been pulling away from the site loaded to the gunwales with dirt and rubble.

A bulldozer, power shovel and clamshell excavator have been scooping up material and as fast as one truck is loaded, another takes its place. According to Harold Larrick, the Superintendent of Construction on the new Bakery building, work is progressing according to schedule and by this time next week the foundation footing pads should be in place and a crew of building craftsmen hard at work.

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Work on the women's convalescent ward has progressed rapidly and the foundation has already been completed. Don Frost, the engineer on this enterprise, says that Superintendent of Construction Joe Andreau is all set and ready with his crew of artisans to begin erecting the walls of this structure.

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Excavation work is again in progress on the disturbed women's ward, the contractors having received the go ahead sign from the Division of Architecture. Work on this site was temporarily delayed owing to the seepage of water into the excavation.

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Ralph Rehbein, Superintendent of Construction on the new Men's Ward, is well pleased with the progress his large crew is making on this huge structure. He reports that 70 yards of concrete was poured last Friday and that if the work maintains the present rate of speed, the entire foundation should be completed by June 17.

BITTICKS CHANGE RESIDENCE

Dr. and Mrs. Paul Bittick and their small daughter have moved into the cottage on Medical Row left unoccupied when Dr. Marcus Schramm resigned recently to go to the Agnew State Hospital staff. The Bitticks formerly lived in Cottage 4; they are now in Cottage 7.

ed Desert and various other places of interest.

Mr. Scott is a native of Colorado and the couple spent five days in his home town of Pueblo, visiting friends and relatives.

SEND YOUR PROBLEMS TO THE MAIL BAG

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EDITORIAL

ALCOHOLIC CLINICS

At last, it appears, California, the State, and California cities, individually, are making some progress toward scientifically fighting the growing problem of chronic alcoholism. The latest constructive move is in Los Angeles county. There the board of supervisors has appropriated \$5,000 for a preliminary survey of facilities available for establishment of a "Yale type" clinic for the study and treatment of alcoholics.

Behind this step are the Sheriff's Committee on Alcoholic Studies, the district attorney, the city attorney and such medical organizations as the College of Medical Evangelists, the UCLA medical faculty and the University of Southern California. Health departments, police departments, the California Medical Association and other bodies are in accord.

The supervisors instructed that negotiations be started at once to obtain the services of a specialist from Yale University's clinic in organizing the Los Angeles project. A number of other cities have adopted the Yale method and reports show a large percentage of successful rehabilitation of drunks.

California, with one of the largest number of alcoholics in the country, has lagged in coping with the problem. It has been and still is the practice here to throw drunks into jail drunk tanks, release them and re-arrest them when they get drunk again. When a judge gets tired of looking at the same face before him, commitment to a State mental hospital usually follows.

MENTAL HOSPITALS ARE NO PLACE FOR THE ALCOHOLIC; ALL CALIFORNIA STATE HOSPITALS ARE WOEFULLY OVERCROWDED AND SHORT OF MANPOWER. THEIR FACILITIES SHOULD BE USED FOR TREATMENT AND CARE OF THE MENTALLY ILL--THE PURPOSE FOR WHICH THEY WERE ESTABLISHED.

A measure before the legislature

RUSSELL FUNERAL HELD

Funeral services were held last Sunday afternoon in Ukiah for John William Russell-- "Rip" to many friends at Mendocino State Hospital--who died last Friday at his home after an illness. He had been an attendant on Ward 12 for the last six years and had lived in California 22 years. He was a native of Texas. His widow, Mrs. Mabel Russell, is an attendant at MSH.

WORK ON CHAIRS

Marion Freitas, Head of the Mattress Shop, went on vacation last week. Joe Addor, Head of the Carpenter Shop, promptly borrowed four Mattress Shop men and is greatly pleased with their work. The men were Roy C, Earl M, Jim Rand Chauncey L. They assembled 200 chrome chairs in one day, which Mr. Addor says must be some kind of a record.

AND EVERYONE PAYS

Once again, the few have been responsible for loss of privilege for the many. It seldom fails to work that way wherever there is a semblance of civilized discipline or regulation.

A notice went up on the parole ward bulletin boards Monday ordering patients to stay out of the vicinity of the Administration Building and its main entrance. This includes the area surrounding the drinking fountain "square" where the benches are.

The reason should be obvious, even to the stupid, loud-mouthed patients whose conduct undoubtedly brought about the ban. Some parolees, enrolled from various Skid Roads over the State, have been using the foulest of language while loitering or lounging in proximity to the offices and in the section where visitors park their cars. The offending erstwhile winos and "goof ball" users have shown no restraint or respect for passing women and children.

The rule clearing the area was to be expected. While we hate to see the majority deprived of a shady, comfortable place to sit and converse or read, we are for the regulation. If a few of the offenders were to lose their paroles it might react for the good of all. It must be recognized that the conduct of the majority is above reproach.

now provides for creation of two State alcoholic hospitals. Such segregation is part of the answer to the overall problem; medical research and medical treatment are the rest of it.