

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pommo News

← WEEKLY →

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

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REVIEW AND A PREVIEW

Entertainment at MSH is a story of long hours of hard work, co-operation and hard-to-believe achievement.

Starting from scratch in the fall of '48 with the presentation of "Hi-Jinks", all those interested in building a program of high class entertainment for the patients at this Hospital went on to create the Recreational Department and its activities.

"Hi-Jinks", with Sally H as co-ordinator, was the acorn that grew into a mighty oak, sprouting talented and enthusiastic performers from every branch. Ward 8 copped the prize for the best act of the show and thus the entertainment fire was kindled.

Show enthusiasm being what it was, when rehearsal time rolled around for the Christmas Show, everyone wanted to get "into the act". Obstacles that had seemed unsurmountable but a short time before, were overcome with the greatest of ease. Everyone adopted a co-operative spirit and the Xmas Show went down in history as success number two.

Now for the real test by fire--the Minstrel Show. Can we produce such a show? Will it be a success? These were questions asked but with two successful productions behind them, the persons responsible for presenting the show were never doubtful of success.

With a cast of 40 people and an eight piece orchestra doing 25 musical numbers, the Minstrel Show was a terrific musical comedy success. Every performance was greeted with thunderous applause by the massed audiences and the townsfolk were given an opportunity to observe the great steps and accomplishments made in Occupational Therapy.

Thus the Recreation Department
(Continued on Page 6)

Woman Physician Joins Staff At MSH

One of the vacancies on the MSH medical staff was filled this week when Dr. Earla G. Aagaard assumed duty here and was assigned to share the office occupied by Dr. E. L. Lochon in the Administration Building.

Dr. Aagaard received her education in Los Angeles and comes to Mendocino from a residency at the Children's Hospital, San Francisco. She is the mother of two children, a girl 3 and a boy aged 20 months.

Dr. Aagaard is the wife of a physician and the daughter of a physician. Her husband, Dr. C. M. J. Aagaard, is in practice in Ukiah with her father, Dr. J. E. Gardner, who has been in the county seat for the last ten years.

STATE OFFICIALS ON BUILDING INSPECTION

Four State officials paid visits to MSH this week on matters of business. Warden Clinton Duffy, of San Quentin Prison and Dr. David Schmidt, prison psychiatrist, were here Tuesday, conferring with Dr. D. B. Williams, superintendent.

Dr. F. J. Bolender, Livestock Co-ordinator and John Henderson, of the Department of Mental Hygiene (Maintenance) conducted an inspection of two new silos at the Ranch and looked over the site of a new \$20,000 farrowing barn which is to be built at the Hog Ranch.

Henderson, in addition, inspected various buildings on the grounds to see that all wiring, elevators and other installations are in conformity with regulations of the State Industrial Accident Commission.

Part of Henderson's time here was given to going over plans for changes in the boiler room which will result in practically doubling
(Continued on Page 9)

WEEK'S ADMISSIONS, RELEASES
Admitted: 45 Released: 26



DOCTOR WILLIAMS

SAYS

More and more the spotlight of attention by the general public and by medical authorities is focusing on the treatment and care of patients in American mental institutions. And very naturally in the center of the "spot" are the ward doctors and the attendants--the people on whom fall the individual responsibility and actual contact with the inmates.

In recent years there has been a general awakening to the problems that exist in mental hospitals. The volume of publicity given to the subject in magazines, newspapers and on the screen has been a considerable factor in that awakening. A recent example of this lifting of the veil so the layman may grasp the picture was the movie "The Snake Pit."

Some of the publicity has exposed abuses of patients (some instances in California hospitals), lack of facilities for occupational therapy, inadequate and obsolete housing conditions and lack of personnel. The net result of such publicity must be entered as good.

PICTURE BRIGHTER

Meanwhile, advancement in psychiatry, medicine and surgery and all the therapies has been steady. Today, in most States, the latest methods and treatments and the newest discoveries in the world of drugs are in use and the picture in our mental hospitals is indeed much brighter than it was a few decades ago.

To illustrate how these advancements and the public awakening have reactions reaching along the line from the top institutional chiefs to the ward attendant level. I might cite a report in the April issue of the Psychiatric Aide, published monthly by the National Mental Health Foundation, Philadelphia.

The article says in part:

"For successfully eliminating restraint practices in the care of mentally ill patients in his care and in recognition of the outstanding devotion and service shown in the discharge of his duties, Roland J. Brand, an attendant at the Milwaukee County Asylum, Milwaukee, Wis., has been named as recipient of the "Psychiatric Aide of the Year Award" for 1948. As winner of the Award, Brand was presented with a cash prize of \$500 and a cita-

tion, established by the National Mental Health Foundation in cooperation with the Catherwood-Kirkbride Fund for Research in Psychiatry.

"The nominating statement submitted in his behalf relates that Roland Brand is a short, stocky, jovial-mannered man in his mid-fifties. He was born and reared in Milwaukee, receiving his education in the city public schools through the second year of high school.

"Brand started to work as a relief attendant at the Milwaukee institution in 1935. Following a year in this capacity, he was assigned regularly to the Men's Disturbed Ward, where he has served steadily for the past twelve years. Since 1943 he has performed an enviable role in the position of charge attendant.

"When in 1947 the Asylum accepted the invitation of Manteno (Illinois) State Hospital to send a group of employees for a one-week period of instruction in non-restraint methods of patient care, Brand was among those selected by Dr. Ralph M. Fellows, the Medical Director, to make the trip. Within 48 hours after his arrival at Manteno, Roland was so moved by his new experience of working with restraint-free disturbed patients, that he wrote enthusiastically to Dr. Fellows of his intention to undertake a similar program at the Asylum.

The following week Brand returned to his own ward which houses one hundred twenty-four of the most disturbed patients to be found in Milwaukee County, thirty-two of whom were in full restraint at the time. With the approval of Dr. Fellows, Brand took every one of these patients out of their restraints, making this extraordinary accomplishment without the benefit of any additional help, and without the benefit of hydrotherapy due to the absence of any such facilities at the Asylum.

NO SEDATIVES USED

"The doctor in charge of the ward issued a standing order for sedatives if they should be needed, but thus far that order has never had to be used. Since that time every one of these patients has remained out of restraint, and numerous other patients entering the ward in all degrees of restraint are released immediately. Furthermore, by Brand's example, enthusiasm and association, the remainder of the men's wards began to remove restraints, and have kept them off, until now there is but one out of sixteen men's wards that uses any restraints--and that only of a protective nature--to prevent confused and senile patients from
(Continued on Page 10)

NEWS FROM THE WARDS

PAROLEES ADVISED TO GO TO 1 P.M. MOVIES

At last week's morning movie showing, an assistant supervisor told men from the parole wards, who occupy seats in the balcony that "too many of you are coming to the morning show; we have had to turn away a number who wanted to get in because there are no seats left."

He added that the 9 a.m. show is intended primarily for patients on the locked wards and said paroled patients should attend the 1 p.m. matinees. This frequently will mean patients will have to choose between seeing the movie or the ball game during the summer.

There were eight rows of empty chairs on the main floor last Saturday morning. Women patients sit in the right hand seats and men from locked wards are placed on the left. The balcony was full.

TOMORROW'S MOVIE

Jimmie Stewart and Jane Wyman have the leads in the moving picture "Magic Town", which will be shown in the MSH Auditorium tomorrow at 9 a.m. and 1 p.m.

BILL C. AND 'BOZO'

Bill C, whose dog "Ginger" was killed by a fire truck the night the brooder house at the Chicken Ranch was destroyed by fire, has acquired a new canine companion. This small, brown hound, like Ginger, recognizes in Bill a true dog lover and he is to be seen at his heels wherever Bill goes. Name? "Bozo."

WARD 10 NEWS

The following patients were received at Ward 10: Frank C and Leonard F from Ward 12; Delbert C from Ward 2.

Twenty-two patients are now receiving the insulin treatment.

Harry Comerford has been Charge Attendant of Ward 10 during Ted Wimmer's recent illness.

William T is doing very nicely with his victory garden in back of the Ward, the garden is well kept, the crops look healthy, should produce an abundant supply of fresh vegetables.

Lincoln J is doing some fancy landscaping of the lawn in front of the Ward. He has two large circles outlined in red brick. Within these circles are planted many colorful flowers.

WARD 8 ASSIGNMENTS

Work assignments for Ward 8 are as follows: Frank D, Charles E, Ignatius D to the Kitchen; Michael O'N, William S and John W to the Dairy; James M to the PDR; Mion H to the ODR; Donald G to Dr. Prasser's cottage; Vernon A to Dr. Orr's cottage; Troy T to Dr. Ruth Green's cottage; George F to the Dental Office; Joseph P to the Fire House; Arthur T, Janitor and Manuel L to the Laundry truck.

WARD 15 TRANSFERS

Patients transferred from Ward 15 were: John A, John E, Oscar T, Jess L and Earl S to Ward 14; Woodrow C, Robert L and John G to Ward 8; Robert W to Ward 9; Marcus B to Ward 12; Larry D to Ward 2.

The following patients were registered in Ward 15 this week:

Albert M and James M from Ward 9; Walter C and Raoul G from Ward 8; Harry L and Clifford K from Ward 12.

WARD 9 DOINGS

Ward 9 reports that Torrence E, Oddie G and Robert L have been transferred to Ward 16; Clyde R, Fritz L and Percy W to Ward 4.

HAPPENINGS IN SURGERY

Ota K, patient from Ward 6, suffering from acute appendicitis, was operated on Tuesday. Dr. Joseph K. Orr was the surgeon. He was assisted by Dr. H. V. Bair. Ota K is in Ward 9 and doing very well.

MILLER PLANTED STATELY REDWOODS 22 YEARS AGO

If you've ever admired the twin redwoods that flank the front entrance to Ward 10, and which now look to be about 60 feet in height, it will interest you to know that the trees were planted 22 years ago, six-inch seedlings, by L. E. Miller, Supervisor Chief.

Miller's son, L. E. Miller, Jr. was, at the time a member of the Boy Scouts and, being interested in forestry and reforestation, wanted to do his share by planting a tree. So his father obtained the two young redwoods from a lumber company and, with an eye to beautifying Ward 10's external appearance, selected that spot for planting.



EMPLOYEE ACTIVITIES

VACATION LISTS

Employees listed on the attendants' duty boards as on vacation this week, include:

Anos O. Aho, James N. Martin, Clarence Jensen, Lee Mosley, Gus Lawrence, D. M. Buchanan, Edith Touney, Mildred Halmrast, Dorothy Buchanan, Tina Young, Elsie Thornton, Minnie Johnson and Mamie Jensen.

--00--

Miss Lucille Jetter, resident Social Worker, attended a regional meeting of social workers from several State Hospitals at Oakland last Friday and remained in the Bay area over the week-end. She picked up a real coat of tan at Ocean Beach Sunday.

--00--

Marion Freitas, head of the Mattress Shop, spent his five-day vacation very arduously moving into his new home in the Munson subdivision.

--00--

Henry Brunges, MSH Cannery Superintendent, made a fast trip to his coast property last week for a breath of cool salt air. The cannery man, whose acres are located about four miles back of Point Arena, near Albion, took a quick look, gulped a few breaths of the life-giving salt ozone and departed for Sacramento.

Making the trip via the Rumsoy cut-off through Woodland, he reports that part of the country sweltering from the heat and states that he failed to find a cool spot anywhere along the route. Grain fields were a mass of heat waves and according to Henry, Clear Lake was likened to a tea-pot.

MISS JETTER IS AUTHOR

The June issue of the Journal of Living, published in New York, contains a condensation of an article by Miss Lucille Jetter, Resident Social Worker at MSH, on the "Effects of Prolonged Illness on Children." The complete article has been widely published over the country.

PALMS FROST-BITTEN

Date palm trees, 40 or 50 years old around the MSH grounds show the severity of last winter's cold. Yellowed fronds tell how near the trees came to being killed.

ALCOHOLICS--JOIN THE M.A.P. GROUP

WARD OFFICES GET NEW DESKS AND CHAIRS

A shipment of new all-metal desks, with chairs to match, were distributed to thirteen wards and the Supervisor's Office, last Tuesday morning.

Mack Miller, MSH truck driver and a two-man patient crew, were busily engaged trucking the new office furniture from the Cannery, where the shipment had been temporarily stored.

The equipment, manufactured by the General Fireproofing Co. of Youngstown, Ohio is the last word in office furniture and sturdily built to insure many years of hard service.

Ward 12 was the recipient of five desk sets, Ward 9 received two sets and Wards 16-15-14-10-8 and 7 received one set each.

Wards B-C-G-I and K each received a new desk and chair and the Supervisor's Office was down on the list for a pair of sets.

This, the initial shipment consisted of twenty sets, with more to follow in the near future.

WORK ON GRANDSTAND

Robert Wright, head of the Paint Shop, has Wilbur Stoughton supervising the painting being done at the grandstand in the ball-park. Working with him are Joseph D, Wm. C and Raymond O.

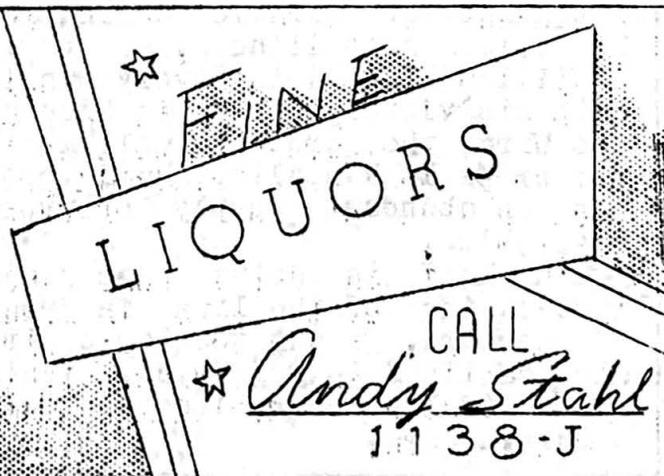
The outside of Ward 14 is being re-touched.

Joe Addor, head of the Carpenter Shop has his men busily occupied making general repairs around the grandstand and bleachers at the ball-park.

Lyman F and Philip L are enlarging the stage in the Auditorium.

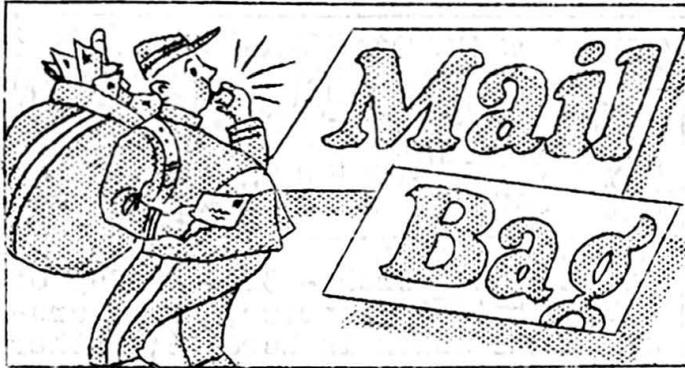
10 MORE RABBITS

Walter D, keeper of the local zoological gardens, is being kept very busy with his flower beds and garden. One of his rabbits blessed the hutch with 10 recruits last week. This represented a rabbit gain of 100 per cent.



★ FINE LIQUORS

★ CALL Andy Stahl 1138-J



Editor, The Pomo News:

The writer of the letter to the Pomo News of June 3, concerning the attitude of some attendants on a proposed course of training to fit them for their duties, is to be congratulated for his courage and the temperate and intelligent manner in which he handled a very important subject.

I consider the stand of employees who oppose a program which would better equip them for their tasks in this hospital a blot on the name of the institution. I have discussed the matter with several other doctors and they are all of the same opinion and feel even more strongly than the writer of the letter.

I feel that the action (or lack of it) by certain employees here is due to the influence of a group whose experience dates back 10 or 20 years and who oppose almost anything that is progressive. However, progress will come to Mendocino State Hospital, in spite of the activities of those reactionary employees---and possibly without some of them.

It is the duty of every employee to take advantage of every means offered to better himself and improve his value in his job. What the employees strive for---security---is only jeopardized by such a position as has been taken on the proposal for training courses.

--G. L. Goodstone, M.D.

--oo--

Editor, The Pomo News:

According to this patient's tally sheet, the Talmage Sluggers were nestled in the arms of "Old Man Luck" again Sunday after being deserted on Saturday. The "home townies" were handed a gift run in the first inning, thanks to the "blind mon" in blue. It was admitted by these two characters that they both were watching the put-out at third base and forgot the man going for the plate. Natchery the run was allowed.

"Our heroes", with good fortune smiling down on them, collected four more unearned runs during the afternoon's affair. It was an injustice to the teen-age chucker

from down Santa Clara valley way, who deserved a much better fate than he received. It's tough beating an eleven-man team on their own diamond.

One of the umpires remarked to a group of ardent fans: "You guys have been locked up too long".

A "sharp" from the city replied, "Oh yeh! Why I have passed more lamp posts than you have fence posts, you farmer."

Wouldn't a third arbitrator on the field save many of these disputed decisions?

I understand the local idols are seeking reinforcements from their big brothers in Ukiah for their week-end encounter with the Moffat-Mantecas. Could their confidence of their ball-playing ability be weakening?

--"Helpful", Ward 8.

--oo--

Editor, The Pomo News:

I wonder if our kind Superintendent realizes that it is awfully hot indoors in the evening and it would be very nice to have our parole hours lengthened to 7 o'clock in the evening? We all on Ward I would be very grateful.

--Frances M, Ward I.

--oo--

Editor, The Pomo News:

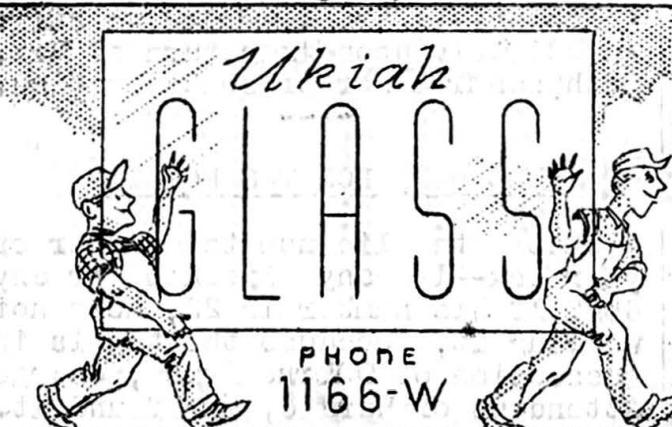
I am a patient at Ward 8 and work from 7:30 a.m. until 4:30 p.m. I do not have the pleasure of lying around on the grass during the day, but I notice that the ones who start making a lot of noise at 4:30 a.m., waking everyone up, do have time to sleep during the day. It does not seem fair for them to be allowed to do so.

--Reader.

--oo--

RATTLESNAKES OUT

The warm dry weather has brought out the rattlesnakes in this vicinity and reports of several being killed near the hospital have been received in the last few days. Joe Addor's sons, Tom and Felix, killed one on the highway near here.



REVIEW *and* PREVIEW

(Continued from Page 1)
and Dorothy Buchanan became a "must" at MSH and Dorothy reaped her reward as director of production, costumes and dialogue of this stage success.

With the creation of this department, entertainment and athletic programs were accelerated and the wheels of progress began to turn faster. Ideas for another show commenced to roll in and "The Gay Nineties" was conceived.

To produce a show of this magnitude was a stupendous undertaking but Mrs. Buchanan and her crew of "eager beaver" assistants, put their shoulders to the wheel, with the result, "The Gay Nineties", was the greatest show from every standpoint to be produced at MSH.

The extravaganza enjoyed a three day run and loud and long was the praise heaped upon the participants, the directors and the many willing production helpers. Not only did "The Gay Nineties", reach the peak of entertainment success but it was a financial success.

Opening Wednesday, May 4, the initial performances were exclusively for MSH patients, there being a morning, afternoon and evening show. Audiences were delighted and as a result the cast went "all out" for the evening show.

The general public was invited to the Thursday and Friday evening performances and people came from miles around, to attend the much talked-about extravaganza. Public approval stamped the show a "smash hit".

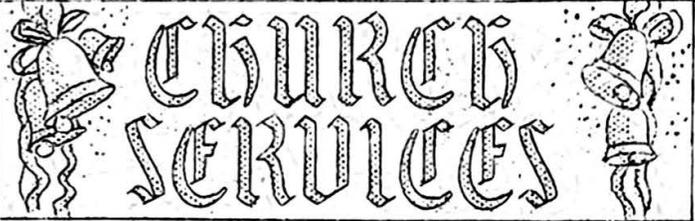
Not for long did Dorothy Buchanan and her assistants in the Recreational Department stand on their laurels. The ink had barely enough time to dry on the pages of MSH entertainment history, before another theatrical was in the making.

This time they will present a pioneer epic, titled "Westward Ho". The story is based on the great trek of the pioneers across the plains to California, the fabled Land of Promise, Sunshine and Gold. Parts of the musical score are from the Broadway stage success "Oklahoma".

Rehearsals are scheduled to start immediately upon the return of Mrs. Buchanan from her present vacation.

WHO OWNS DOG TAG NO. 22?

What's the license tag number of your dog--if any license or any dog? If his number is 22, he's not wearing it, because the tag is in possession of LaVorne Evans, Charge Attendant of Ward 8, who found it.



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 earth is the Lord's, and the fulness thereof; the world and they that dwell therein. Psalms 24:1.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, June 19.

The subject is: "Is the Universe, Including Man, Evolved by Atomic Force?"

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 acknowledged:

Men's Marking Room, 40 Readers Digests.

Dr. H. V. Bair, 55 magazines, one pocket book.

Mrs. D. B. Williams, 21 magazines, one pocket book.

Jack O'Brien, MSH employee, 10 magazines.

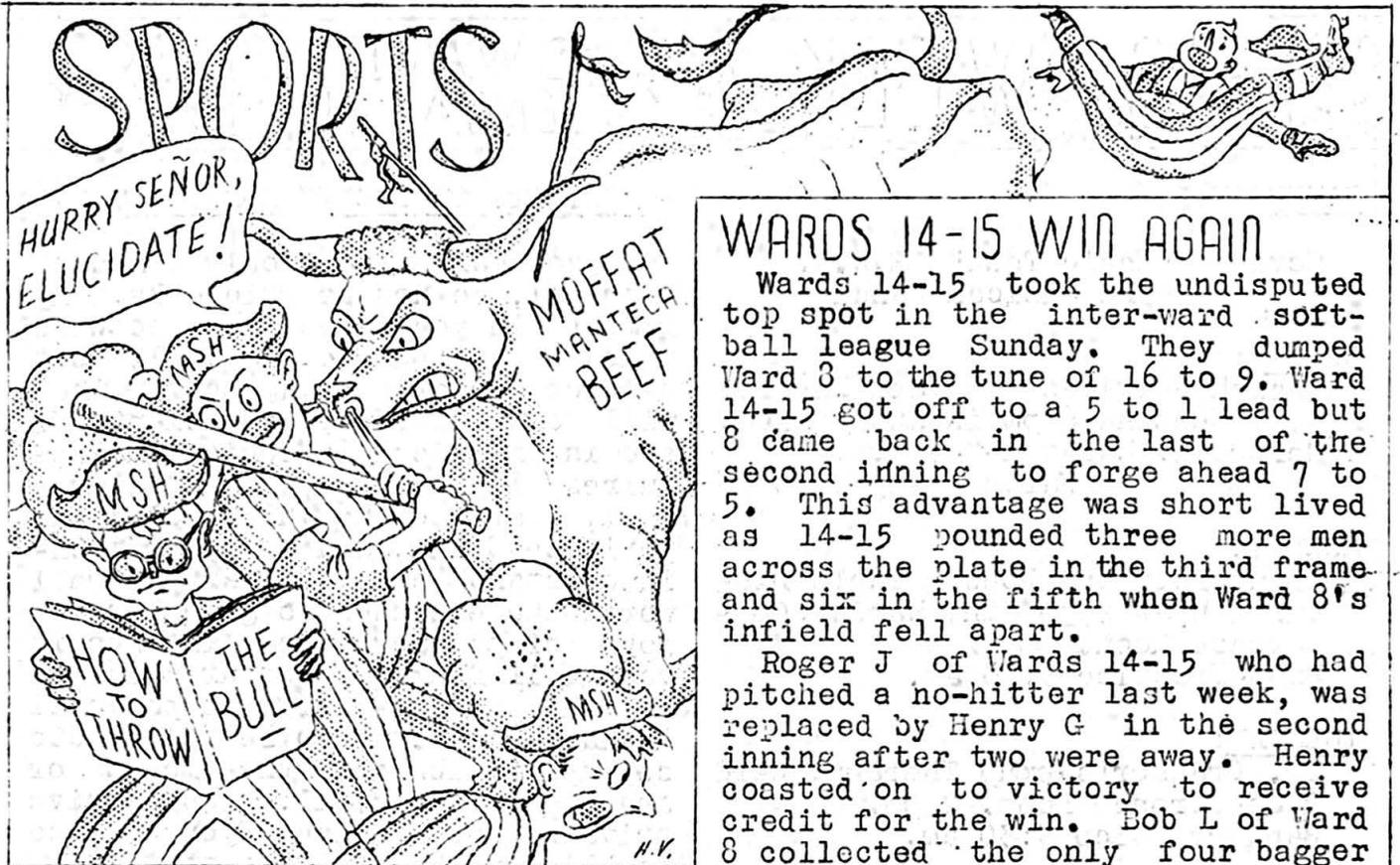
Miss Myrtle Sisk, MSH employee, 10 magazines.

--Joyce M, Librarian.

FREE READERS DIGESTS

After communication with Dr. D. B. Williams, Superintendent of MSH; the publishers of Readers Digest, Pleasantville, N. Y., have begun to supply copies of their monthly magazine to the hospital, without cost. The first lot obtained for patients' use, on June 1, included 141 copies.

VISIT YOUR PATIENTS LIBRARY



MOFFAT TEAM VS. SLUGGERS

Talmage split a two-game series with the Irvington town team last week-end, losing Saturday, 3-0 and winning Sunday, 5-3. And now, this week-end the Sluggers come up against their toughest (on paper) opposition of the year, the Moffat Mantecans of San Francisco.

In Sunday's game the locals nailed Brumwell; the Irvington pitcher, for 10 hits, well scattered. Ado Severi yielded seven to the visitors. The Sluggers hung up their thirteenth victory in 16 games this season.

Bobby Moroni, Talmage's regular catcher, was a casualty in the ninth frame, while going into third base on a hit. He was carried out of the park. Mosna took over as catcher, Davis went in at short and Wada shifted to third.

The redoubtable Moffat "Butchers" team will play tomorrow's game here, at 2 o'clock. Sunday, Talmage and Ukiáh will combine forces in an "all-star" line-up, for a contest with the Mantecans at Ukiáh. Ukiáh Lions Club is the sponsor.

SLUGGERS SHUT OUT

The Irvington gang added something new to the Saturday game—tight pitching and timely hitting, which the Sluggers have seldom encountered this season. The 3 to 0 win was earned by the visitors' pitcher, Dutra, who finished in good shape and unworried. His mates collected eight hits and were charged with two errors.

Bankhead, who went into the game at the start of the third inning,

WARDS 14-15 WIN AGAIN

Wards 14-15 took the undisputed top spot in the inter-ward softball league Sunday. They dumped Ward 8 to the tune of 16 to 9. Ward 14-15 got off to a 5 to 1 lead but 8 came back in the last of the second inning to forge ahead 7 to 5. This advantage was short lived as 14-15 pounded three more men across the plate in the third frame and six in the fifth when Ward 8's infield fell apart.

Roger J of Wards 14-15 who had pitched a no-hitter last week, was replaced by Henry G in the second inning after two were away. Henry coasted on to victory to receive credit for the win. Bob L of Ward 8 collected the only four bagger of the game.

Short score: Wards 14-15, 16 runs, 11 hits and 3 errors. Ward 8 had 9 runs on 9 hits and made 6 errors. Batteries: Wards 14-15, Roger J, Henry G and Jimmie J. Ward 8, Melvin N and Armando P. Ross K kept the score and Bill F waved his "white cane" behind the plate.

WARD 12 SPORTS

The softball teams at Ward 12 divided the week-end games. The Lowgraders captured the Saturday contest 13 to 10. The Highgraders came bouncing back Sunday taking the slugfest 16 to 10.

Batteries: Lowgraders; Eastel S, William C and Russell C. Highgraders, Albert I, Ted M and William R. Umpire: Attendant "Rod" Yagle. Scorekeeper: Chester G.

The Highgraders faired much better Saturday in the volleyball contest, scheduled for the best three out of five games. They out-volleyed the Lowgraders three straight games 11 to 2, 11 to 7 and 11 to 4. --"Oskey" Ward 12.

replacing Mosna for the home team, didn't look too good. Besides being slammed for five bingles on the score sheet, he hit three Irvington batters with pitched balls. Mosna had allowed three hits. The Talmage team got six hits and made one error.

A rare double put-out play cost the locals two runners in the first frame when Laviletta was caught between second and third and Wada was trapped between first and second on run-downs. In the final stanza, Marshall, playing center field for Irvington, got a nice hand when he snagged a long fly in a beautiful running catch.

THIS WEEK

TOWARD BETTER MENTAL HEALTH

SATURDAY:

Movie: "Magic Town" R.K.O.
"The Musical Bandit"

SUNDAY:

Church Services (See Page 8)
A.A. Meeting 6 pm in Auditorium.
Softball: Wards 1-2-3 vs.
Wards 14-15 9:30 am

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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Don't forget Fathers Day Sunday, June 19. Remember your Dad with a card if you are unable to call.

PRIVATE OR PUBLIC HOSPITAL?

If you can afford only a modest hospital, do not be guided by sentiment in your decision between private and public hospital, but by your doctor's judgment of what will most benefit your patient. If she is an elderly chronic, who requires little but a comfortable home, safekeeping in kindly, experienced hands, and a doctor within constant call, it may be well worth the expense to give her the joys of privacy. But if she is young, if she might be cured by any of the medical or occupational therapies that require elaborate set-ups far beyond the means or space of any small; inexpensive private institution, you may be gambling with life-long mental invalidism by keeping her "comfortable" in a modest "sanitarium," "rest home," or "nursing home" instead of using the resources that the state can offer.

Many of the physicians who run private hospitals would be the first to tell you this; indeed, small private hospitals often refuse patients difficult for them to care for within their limitations. The owners of private mental hospitals are as conscientious and scrupulous as the people in any other kind of business.

Seventeen states, including California, license private mental hospitals and in hospitals so licensed you are assured of certain minimum standards of cleanliness, personnel, and care. In six others where the state merely has "authority" or "power" over private institutions and may visit them, you must be more cautious in your selection. In other states you must be doubly cautious. Your physician's recommendation, of course, is an important factor in determining reputation. Another index is the hospital's membership in some association of private mental hospitals. States with the better hospitals as a rule have the better private hospitals, although there are outstanding exceptions.

In the last analysis, whatever general conditions may be in your locality, the important thing is to select the particular hospital which best meets the needs in your particular instance.

Do not let false pride keep you from utilizing the comprehensive facilities of the state hospital. Not only are you as a citizen entitled to them, but also every state hospital is glad to get maintenance payments.



EMPIRE

OFFICE MACHINES

SALES & SERVICE
PHONE: UKIAH - 144
325 N. State Street

== 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.

LARGE TURNOUT FOR A.A.

Approximately 50 patients, 15 of whom were women, attended the Alcoholics Anonymous meeting in the Auditorium last Sunday evening. The two-hour meeting was enlivened by round table discussions concerning the effects of alcohol and the evil wrought by its abusive and continued use.

Four members of the Santa Rosa chapter braved the afternoon heat to make the trip to MSH as did three guests from Ukiah.

Ed P of Ward 8 was chairman and conducted a lively and interesting meeting. The twelve steps of A.A. were discussed and explained for the benefit of new-comers and enthusiasm for the program was well in evidence.

MSH FIREMEN ARE BUSY

The MSH Fire Department made two runs last week, the first to a fire at the dump, followed closely by a call to Hopland, where flames destroyed a lumber yard and two nearby cabins, with a loss of \$20,000. Under the mutual aid agreement for fire fighting, the State Division of Forestry, Ukiah and other neighboring towns sent equipment.

Five minutes after Fire Marshal L. G. Von Schrittz and Bob Johnston and Elwood Hachmann, MSH employees, had returned from Hopland and had parked the truck in the fire house, a tire blow out. The crew was thankful the blowout didn't occur while they were speeding to the blaze.

PATIENTS LIBRARY PAINTED

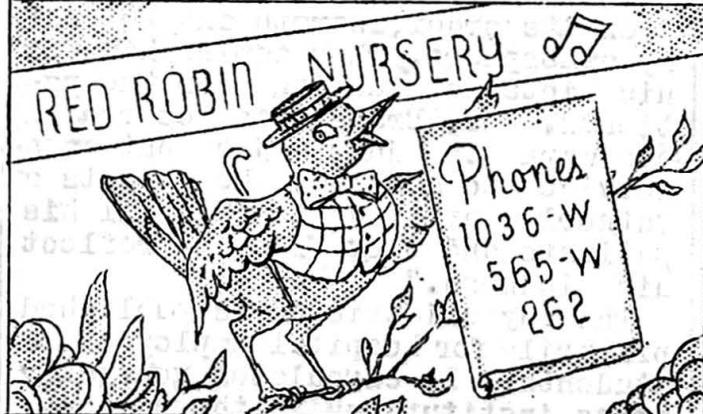
The Patients Library received a touch-up paint job last week by Don Alexander and a patient assistant from the MSH Paint Shop. Joyce M, the Librarian, is delighted with the two-tone, brown and white job done on the entrance door, the cream paint on the counters and new shade of brown that the floors were painted.

Add to this neat bit of work the pair of window flower boxes, planted to marigolds, that Joyce has flanking the entrance and the patients can indeed say their bookshop has acquired a cheerful look.

STATE OFFICIALS

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the steam capacity, necessary to serve the additional buildings contemplated in the construction program now in progress. Enlargement of gas facilities also will be necessary.

PATIENTS DANCE-FRIDAY NIGHTS



☆ POMO NEWS ☆

CONSTRUCTION PARAGRAPHS

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

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David A Editor
Duke R Associate Editor

E D I T O R I A L

"WARM ENOUGH FOR YOU?"

We used to know a veteran editorial writer on the Phoenix (Arizona) Republican. The Phoenix Chamber of Commerce then and now stresses in its national advertising that the city is ideal as a winter resort. The first day of warmish weather--when the thermometer went to 110 or so--"Uncle Billy" Spear, the editorial writer, would, year after year, put this squib in his columns: "Time to hang out the sign --Phoenix, Summer Resort." That was "Billy's" sense of humor cropping out.

It seems like the day before yesterday the topic around MSH and in fact, most of California, was the cold weather. Now, the common greeting is: "Warm enough for you?" And it IS hard to bring back the picture of the white-clad hills and the palms and magnolias here on the grounds draped with snow. Yet it is less than six months since that scene was present.

Within the last week or so, the magnolias have come forth with their big velvety white blossoms and that, without the confirmation by the thermometer, tells that summer is here for sure. The calendar says next week will bring the longest day of the year.

Some people like cold weather, others prefer it warm. However, it would be a monotonous existence for all if it were not for the varying seasons. It never gets too hot here for at least some measure of comfort and weather as cold as last winter produced was indeed out of the ordinary.

Perhaps The Pomo News, in the absence of a chamber of commerce at Mendocino State Hospital, should emulate the Phoenix Republican and broadcast the slogan "MSH--Year Round Resort!" (And that ain't sarcasm, Junior.)

Ralph Rehbein, Superintendent of Construction on the new Men's Ward, says excavation is progressing as well as can be expected; 90 per cent of the concrete has been poured on Unit #1 and all forms have been laid for Units #2 and #3.

The Commercial Drayage Company has big semi-rigs hauling between Oakland and MSH loaded with lumber and steel pans for slabs used in the foundations.

Joe Andrcrau, Superintendent of Construction on the Women's Ward tells us he has two clamshells, a bulldozer and a skiploader going steadily on the project. The work is progressing as well as can be expected considering the many hazards they have encountered. In laying the footing in the Women's Disturbed Ward each hole must be pumped separately because of the unexpected water seepage.

The foundation is completed on the Women's Convalescent Ward. The backfill is finished to foundation heights where work will start on erection of the walls.

Harold Larrick, Superintendent of Construction on the new Kitchen and Bakery Building, reports pouring of concrete for the piers and footing began last Tuesday.

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ANOTHER SOCIAL WORKER

Dr. D. B. Williams, Superintendent, announced yesterday that Herschel Mason, a psychiatric social worker, now at Patton State Hospital, is transferring to Mendocino and is expected to assume his new post about the first of July. His duties will be similar to those of Miss Lucille Jetter, Resident Social Worker.

DR. WILLIAMS SAYS--

(Continued from Page 2)
falling out of wheelchairs.

"Brand will not tolerate neglect or ill-treatment, even if the disciplining of attendants for such infractions might result in his own loss of popularity among his fellow-workers. However, many attendants say they would not work on any other ward, and they mention its order, warmth and friendly atmosphere. They admire him for his intonso feeling for the patients. Mr. Brand does not regard his work as just a job but as a service to mankind. He adopts a fatherly attitude toward all his patients and they seem to reflect his kindness."

The Psyschiatric Aid is published primarily for hospital employees or students. It circulates generally among institutions in the nation.

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