

A PROGRESSIVE PAPER FOR MSH PROGRESSIVE PATIENTS

Pomo News

← WEEKLY →

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

Vol. 2 No. 8 June 24, 1949 5¢ per copy Population 2821

PLANS SHAPING FOR FUN ON FOURTH

When Mrs. Dorothy Buchanan, MSH Recreational Director, returns to duty tomorrow after a 16-day vacation, she will plunge right into work on preparations for the July 4th celebration by patients. She may be given some help from the attendants' staff in whipping together the details.

Mrs. Buchanan said she will ask authorization to hold a special dance for patients on the night of the Fourth, which falls on Monday, to wind up the day's events.

There will be the usual program of races, a tug-of-war and a band concert. Prizes will be awarded to the victors in the various events. A softball game has been suggested by Frank W, Mrs. Buchanan's assistant and this probably will be one of the entertainment features.

Dr. D. B. Williams, Superintendent, said he thought the idea of a dance was a good one.

LOCHENS BARELY MISS DEATH IN THEIR CAR

Dr. and Mrs. E. L. Lochen came as close to death as either cares to, as the doctor puts it, Sunday evening a week ago when their convertible went off the road five miles this side of Boonville and hung suspended over a 150-foot chasm.

According to Dr. Lochen, his wife, who was driving, had to crowd to the edge of the road to avoid colliding with an oncoming coupe in which three lumber workers were riding. Not visible from the driver's seat, a section of the roadway had slipped into the steep gulch on the right.

The front right wheel of the Lochen car bounced across the gap and rested six inches on the far side. The right rear wheel was approximately the same distance from the break when the machine stopped.

"I looked over my side of the car and all I could see was nothing." (Continued on Page 3)

DRS. GOODSTONE AND ORR LEAVE

Mendocino State Hospital will lose two more members of the Medical Staff on or about July 1, when Dr. Gerald L. Goodstone, Clinical Director and Dr. Joseph K. Orr leave to accept federal positions at Sawtelle Veterans Hospital, in Southern California.

Their resignations follow those of Dr. Marcus Schramm, who transferred to Agnew State Hospital and Dr. L. G. McKoeber, who has accepted a residency at Herrick Memorial Hospital, in Berkeley. One replacement has been made, Dr. Earla G. Aagaard, who assumed her duties here two weeks ago.

Dr. and Mrs. Orr and their children will leave "about" July 1, he said. He has been on the MSH staff one year. He is a graduate in medicine of the University of Nebraska.

Dr. Goodstone will leave the end of next week. His title at Sawtelle will be senior psychiatrist. Dr. Orr will assume a neurology residency.

Dr. Goodstone has been on the staff here since June, 1947. The position of Clinical Director, which (Continued on Page 6)

CANTEEN SEEMS ASSURED

A canteen on the grounds for convenience of patients and employees is practically assured, The Pomo News learned this week. One final State department's approval is now needed. The Canteen, handling ice cream, tobacco, candy, sandwiches, cookies, soft drinks and similar merchandise has been undertaken by a private individual, with the approval of Dr. D. B. Williams, Superintendent, and the Department of Mental Hygiene. A 20 by 40 foot building, with a five-year lease from the State is contemplated.

★ WEEK'S ADMISSIONS, RELEASES ★
 Admitted: 37 Released: 29



EMPLOYEE ACTIVITIES



VACATION LISTS

Attendants listed on the boards as on vacation this week include the following, as posted by Supervisor L. E. Miller and Matron Edith Ray:

Lawrence Barnett, Thomas Giles, Frank Driscoll, Frank L. Chase; Beecher Conover, William Carter, Axel Benson, Ada Duffey, Eleanor Hall, Eland Swindell, Myrtle Sisk, Ada Bishop and Lillian Addor.

--oo--

Miss Lucille Jetter, Resident Social Worker, spent a day off Monday in a trip to Fort Bragg with friends.

--oo--

Mrs. Paul Bittick, the doctor's wife and Mrs. Dorothy Buchanan, MSH Recreational Director, took a ride to Clear Lake Saturday, accompanied by Mrs. Buchanan's niece and daughter.

--oo--

Mr. and Mrs. Thomas Lavell, the brother of Jack Lavell, Supervisor of the reflex treatment, came from Reno to spend the week-end as guests of Mr. and Mrs. Lavell. The two couples spent Saturday evening at Dreamland Auditorium in San Francisco for this year's showing of the Ice Follies.

--oo--

Mr. and Mrs. Meyers of Tacoma, Washington were the guests of Mr. Charles Valentini, head of the Shoe Shop, and Mrs. Valentini. The Meyers were enroute to Los Angeles to attend a Masonic convention. They intend to stop over again on their return trip home.

--oo--

Virginia Nelson is the name of the new stenographer in the MSH Clinical office, having taken over her duties Monday morning, June 20, after passing the civil service examination.

Miss Nelson is a native of Hartford, Conn., where she graduated from High School and Business College.

She comes to Ukiah from Santa Barbara, where she resided the past year and a half, having been employed at the Santa Barbara County Hospital Clinic.

Its no use boys. The blonde is engaged to be married in the near future, she told a reporter and her fiance is coming up from Santa Barbara this Sunday.

--oo--

The interior of the home of Mr. and Mrs. A. Mossi at the Chicken Ranch received a redecorating job this week by a crew of MSH painters.

SEE SNAKES? SEE ADDOR!

Joe Addor, maestro of the MSH carpenter shop, has seen a lot of snakes in his time.

He still sees 'em on occasion. Whenever Joe hears of anyone around the neighborhood having killed a snake, he high-tails it right now to get a look at the reptile, for the study of snakes is more or less a hobby of the hammer and saw wielder.

Addor (spelled with an "o") is in his element these days, with the summer crop of rattlers and king snakes abroad. He and his sons have collections of rattles and add to them every week. Joe can tell to which branch of the family a rattler belongs by the coloring and markings. He has identified several killed around Talmage in the last couple of weeks as Pacific rattlers. True diamondbacks, regarded as one of the most poisonous of the two-dozen-odd deadly snakes in the United States are comparatively rare in these parts, he says.

Addor, who hails from the old South, has had experience with water moccasins, cottonmouths and the feared timber rattler, which he describes as being of a dark green color.

Addor has a book by H. L. Dittmars, former curator of the New York City zoo, a recognized authority on herpetology, which enables him to identify any reptile. But having made a study of snakes on his own for many years, his knowledge is largely first-hand.

Joe put his science to work last week-end. Thursday of last week a rattler got into a rabbit hutch on the country place of Dr. E. L. Lochon, of the medical staff, had killed the mother rabbit and all her babies when discovered.

Addor went to the ranch to investigate. He decided the only way the snake could have gotten into the rabbit pen was by climbing out on a manzanita limb which overhangs the hutch, then dropping in. Which proves a rattler can climb, at least on a sloping branch. P.S.-- The Doctor had killed the snake, Joe got the rattles.

WOMAN'S FALL FATAL

A woman patient on Ward C, in the Main Building was killed Tuesday forenoon when she fell from an upper window to a courtyard, four stories down. She died almost instantly. A Staff doctor said the plunge was accidental.

WRITE TO THE MAIL BAG - DO IT NOW!

News FROM THE WARDS

PLENTY OF ARRIVALS

The following patients were transferred from Ward 9:

Lester D, Leo B to Ward 16; Samuel B, Hamilton R, Joseph M, William O'H to Ward 8; Charles W to Ward 15; Leonard W to Ward 12; Harry G to Ward 4. The Ward has received 58 patients in 19 days which is a record to date.

ART INSTRUCTION

Paul T, the artist from Ward 15, is a busy man. He has been painting decorations on the walls in Ward 1, and in his spare moments is conducting an Occupational Therapy class of insulin patients on Ward 10. His course consists of finger painting, clay modeling and ceramics. Many of their finished works may be seen in the lobby of Ward 10.

Edward F was transferred from Ward 10 to Ward 1. There are 19 patients taking the insulin treatment at present.

WORK ASSIGNMENTS

The following work assignments have been given to patients from Ward 8: Paul K to P.D.R.; Joseph M, William O'H to the Tunnel Gang; Samuel B, Hamilton R and Bert T to the Kitchen crew. The following patients were transferred: John C, Thomas C, Frank W and William M to Ward 5; John B, Thomas E, Jack C, Arthur McG and Andrew H to Ward 16; Lee W to Ward 6.

LOCHENS MISS DEATH

(Continued from Page 1)
ing," the doctor said. "There we were, suspended six inches from a drop of 150 feet, which probably would have meant death in a convertible. The machine was listing badly toward the canyon. Mrs. Lochen crawled out her side to solid ground and I followed. It took a wrecking crew several hours to pull the car back on the road."

The driver of the passing coupe stopped when he saw the mishap.

The doctor smiled cynically when he said: "At the bottom of the slide, the bottom, I say, was a cardboard sign: 'DANGER'. A rancher who lives about a mile away told me he had pulled a car out of the gulch at the identical spot a few days before. I didn't have the nerve to inquire as to the fate of the occupants."

SANTA ROSA SPONSORS BOW OUT AT MSH

The Santa Rosa fellowship of Alcoholics Anonymous, at the regular Sunday evening meeting in the MSH Auditorium, relinquished the sponsorship of the newly formed Pomo group, after a year of highly commendable service to alcoholic patients here.

Getting off to a slow start a year ago, the attendance at the Sunday meetings has steadily grown, until now the average number of patients attending approximates 50 men and women.

Too much praise cannot be heaped on the members of the Santa Rosa and nearby Sonoma chapters for their diligent efforts and the giving of their time, money and perseverance in putting over the A.A. program at this Hospital.

Future meetings will be sponsored by a newly formed Alcoholics Anonymous fellowship in Ukiah assisted by the Fort Bragg group. Kay F and Tom W have been instrumental in forming the Ukiah group and report their efforts have met with a great deal of enthusiasm. The Odd Fellows Hall has been offered the new organization as a tentative meeting place. Further announcements of activities will be made in the near future.

Last Sunday approximately 50 patients were assembled in the Auditorium, 14 of whom were women. Helen D was chairman and conducted a highly interesting and lively session. Guests were present from Ukiah, as were five members of the Santa Rosa fellowship. Cigarettes were distributed to the assemblage at the conclusion of the evening.

The Santa Rosa fellowship is now at home in Harmony Hall, located at 830-B Fifth Street. Meeting nights are Monday, Wednesday and Friday; the time is 8 o'clock and all interested alcoholics are cordially invited to attend.

TABLES AND BENCHES PAINTED

Wards 1, 2 and 3 were visited last Friday and Monday of this week, by a crew of painters from the MSH Paint Shop, intent on brightening up the dining rooms of those respective wards.

When the paint crew, headed by Don Alexander, had applied the finishing touches and decided to call it a day, all the dining room benches and tables were glistening with coats of light green paint.

Louis Baules, of San Francisco, brother of Maria B called at The Pomo News office Wednesday June 22, to pay for a year's subscription.

TOWARD BETTER MENTAL HEALTH

GETTING THE PATIENT ADMITTED

At neither a private nor a public hospital may your own physician continue to attend the patient. Everywhere, however, his collaboration and cooperation are welcomed by the hospital physician.

In a few states there are still county mental hospitals, though the trend, since 1890, has been for the state to take them over. With a few notable exceptions, these are likely to be inferior to state hospitals. Do not let your desire to keep your patient "near home" divert you from placing him where he will get the best treatment.

Though, as a rule, in states having more than one state hospital, mental patients are allocated according to district, it is often possible to arrange for admission to the state hospital which, for one reason or another, you prefer. No more than private hospitals are public hospitals prisons where people are sent as a punishment. They exist to give service to those who need their protection, care, and treatment.

Having accepted mental illness for what it is, decided to hospitalize, and selected the hospital, you now face what is perhaps the dreariest and most distasteful period for relatives of mental patients. You have to make arrangements for admission, and you must see that your patient reaches the hospital. Usually neither procedure is pleasant. About all you can do is grit your teeth and go through with it as promptly and unemotionally as you can.

If you show distress before your relative, break down and cry in his presence, express to him any objections to his being hospitalized at this or at any other time during his illness, you will only add to his confusion and strengthen his convictions of being abused or persecuted.

Unfortunately our laws pertaining to the admission of patients to mental hospitals have not altogether kept pace with modern knowledge. In the majority of states, for instance, the words "mental illness" and "mentally ill" have replaced "insanity" and "insane" in the statutes, though the more up-to-date and humane terms appear in commitment papers and other documents of other states.

It is impossible, in one-third of our states, to secure even temporary or emergency admission to a mental hospital without a court order.

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.

Protostant 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:

"Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. Isaiah 55:1."

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, June 26.

The subject is:

"Christian Science".

Jewish Services:

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

LIBRARY NOTES

Donations to the MSH Patients Library in the last week follow:

Mrs. Mina Poole, Ukiah, '77 magazines (30 Readers Digests, 1 National Geographic).

Dr. Paul Bittick, MSH Medical Staff, 19 magazines.

Ted S, Ward 8, 1 novel.

Fresh

APRICOTS
AND
PEACHES
ARE IN ☆

Garden Fresh Vegetables



THE TALMAGE STORE

PHONE 246-J

SPORTS

ALL-STARS DROP TWO TO MOFFATS

The Moffat Mantecans, of San Francisco, 1948 semi-pro baseball champions of California, took the Talmage-Ukiah All Stars into camp in both games last Saturday and Sunday. The Saturday contest here ended in a 6 to 1 count for the visitors and Sunday, at Ukiah they won, 10 to 7.

Both games were examples of good baseball and the Moffat beef boys displayed cool team work all the way and the combined Talmage Sluggers and Ukiah outfit gave a good account of itself.

Sunday's affair was a free-hitting game, each team getting 14 hits. One of the highlights was a long homer put out of the park by Don Myers of the Sluggers, who scored Ottosen and Brazil ahead of him.

The two games were sponsored by the Lions Club of Ukiah and proceeds went into the club's fund for children's activities.

TALMAGE LOSES 6 TO 1

The Sluggers went down fighting before the Moffat Mantecans Saturday afternoon by the score 6 to 1. It was one of the best-played games here this season.

The Hoffats got off to a one-run lead in the first inning when Hooper lifted one of Severi's fast balls over the right field fence. The locals came back in their half of the inning to tie the game. Bob Valentini walked, advanced to third on his brother Leno's single and Wada's sacrifice, then stole home while the pitcher was taking a delayed wind-up.

The score remained deadlocked until the fifth when the City boys again tallied, adding another in the sixth and sewing up the contest in the eighth with a three-run splurge, which was climaxed by Longa hitting a home-run.

Severi pitched a creditable game for the home team but they were out-classed by the well-balanced, top-notch semi-pro outfit from the Bay area.

Desenti, the visitors' pitcher, showed he had plenty left at the end by striking out the Sluggers in one, two, three order to retire the side and take credit for their twentieth win out of 21 games.

Mosna caught for Talmage, doing

FAST S.F. TEAM PLAYS TALMAGE THIS WEEK-END

The Cooper & Varni baseball club, of San Francisco, reputedly a fast outfit, will play the Talmage Sluggers on the MSH diamond tomorrow and Sunday, Manager Foggy Ottosen announced. Tomorrow's game will start at 1:30 and Sunday's at 2 pm.

Ottosen said the Cooper & Varni team scored a 2 to 1 win over the Double Plays last Sunday. The latter was here June 4 and 5 and lost both games to the Sluggers.

The Talmage team will not play at home over the Fourth of July week-end, having scheduled three games at Fort Bragg with the Fort Bragg gang.

WARD 12 SOFTBALLERS DIVIDE TWO CONTESTS

The usual grudge game was played Saturday between the Highgraders and the Lowgraders, Ward 12's softball teams. It was a scrap all the way and the Highgraders came out on top, 10 to 6. The game could easily have had a different ending, but pitcher Roger J let the ragging get him down. He walked six (Continued on Page 7)

a fine relief job for Bobby Moroni who was out of the game with his injured ankle from the week before. Saturday's box score:

MOFFAT-MANTECA	AB	H	R	E
Dunn, ss	5	2	0	0
Armerick, 2b	5	0	0	0
Hooper, cf	4	2	2	0
Falconi, 3b	3	2	2	0
Pollizzer, lf	3	0	0	0
Uhl, lb	4	2	0	0
Longa, rf	4	1	1	0
French, c	4	1	1	0
Desenti, p	3	1	0	1
Totals	35	11	6	1

TALMAGE	AB	H	R	E
B. Valentini, cf	2	0	1	0
L. Valentini, ss	4	1	0	0
Wada, 3b	3	1	0	0
J. Myers, 2b	3	1	0	0
Bankhead, rf & lf	3	0	0	1
D. Myers, lf	3	0	0	0
Laviletta, lb	3	0	0	0
Mosna, c	3	1	0	0
Harding, cf	1	1	0	0
Brazil, rf	1	0	0	0
Guidi,	1	0	0	0
Severi, p	4	1	0	0
Totals	31	6	1	1

BIG CELEBRATION-THE FOURTH OF JULY



THIS WEEK


SATURDAY:

Movie: "The Red Pony" (Republic)
& Cartoon.
Sluggers vs. Cooper-Varni 1:30 pm

SUNDAY:

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

MONDAY:

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

TUESDAY:

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

WEDNESDAY:

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

THURSDAY:

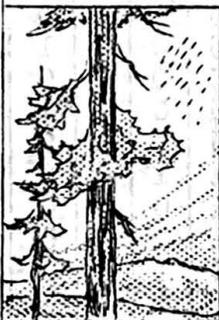
Social Group Meeting 1 pm, Ward 8 for Alcoholic Patients.
2 pm MAP Committee Meeting, in Ward 9 Conference Room.
3 pm Social Group Meeting for new patients and for those about to leave the Hospital.
Band Practice 9:30 am.

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.

--oo--

The nice thing about bridge is that it gives you something to think about while you're talking.



EMPIRE

OFFICE MACHINES

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

CONSTRUCTION PARAGRAPHS

Progress on the three new residences being built on Cottage Lane, just off Entrance Way, has reached the stage where interior finish work is about to start. Window and door frames are in place and the roofs are nearing completion.

--oo--

Powell C, the distinguished appearing sidewalk Superintendent of MSH, is going to have to look a little farther this coming winter for wild ducks and mudhens. Heretofore the swales on either side of Entrance Way have filled with water during the rainy season, but the lowlands have been eliminated by the fills made with dirt from excavations for the new ward buildings and the Kitchen-Bakery building.

DOCTORS LEAVING

(Continued from Page 1)

he now fills, will be vacated; according to Dr. D. B. Williams, Superintendent. The post is set up under a separate civil service examination.

Dr. Goodstone got his medical education at McGill University, in Montreal. He said one of the reasons for leaving Mendocino is that he wants to be closer to a large medical center, such as Los Angeles and Southern California afford so he can keep in better touch with advancements in his field.

Along with the Goodstones go their two dogs, the Dachshund and the striking looking Afghan hound, "Kabul", named for the capital of Afghanistan. Kabul, now about eight months old, attracts attention wherever he goes, with his shaggy, cream-colored hair and stilt-like legs.

Dr. Goodstone said:

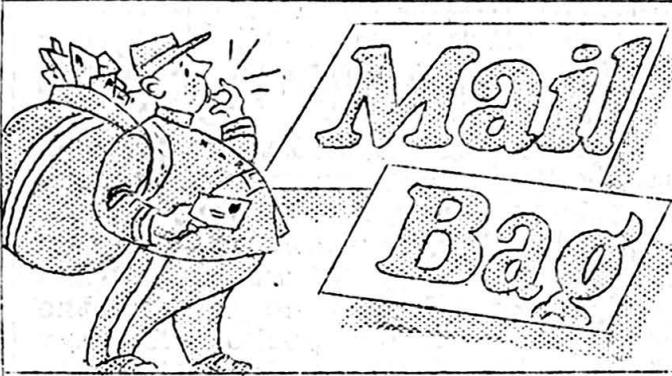
"Mrs. Goodstone and I have immensely enjoyed our two years here. We have rented a house in Santa Monica, at 1040 Twenty-second Ave. and I will be glad to hear from or see any patients who get down our way."

Dr. Williams said Dr. H. V. Bair will take over Ward 8 supervision and the alcoholic patients in general, after Dr. Goodstone leaves.

AT MATTRESS SHOP

Marion Freitas, Mattress Shop head, says his crew is turning out an average of better than five mattresses per day. Working there are Patients James R; Raymond C, Chauncey L and Earl H.

Any man may make a mistake; none but a fool will stick to it.



Editor, The Pomo News:

The State Hospital employees' picnic grounds received their annual cleaning up and repairing on June 14 by the "Big Gang" and the "Ditch Detail" from Wards 14-15.

The picnic grounds are two miles up in the hills east of the hospital. There are two sparkling fresh drinking water reservoirs up there which give the steep canyon a rugged beauty. The Fourth of July will be a big day with the employees' picnic there.

--Walter A., Ward 15.

BASEBALL CHALLENGE

Baseball players among the patients today issued a challenge to the attendants for a game on the MSH diamond on the Fourth of July. If the gents in the white coats accept, they should notify Mrs. Dorothy Buchanan or Frank W, her assistant in the Recreation Department. With Ado Severi out of town that day with the Talmage Sluggers, the patients have little to fear, Frank said.

GOES TO NEW POST

Ralph M, of Ward 8, who has been working as 'liason' man in the Administration Building, has transferred to a tour of duty at the Nursery.

ENTERTAINED AT PICNIC

The C.S.E.A. picnic grounds, located in the canyon above the MSH dams was the scene Sunday, of a gala picnic feting members of the Catholic Ladies League of Ukiah.

Held under the auspices of the Y.M.I. St. Mary's Council # 61, the affair was a huge success.

Approximately 130 ladies, their husbands and guests, were entertained from noon until 5 pm. A delicious lunch was served.

Folk dancing on the platform under the towering trees was enjoyed by many, as well as ball-room dancing. Music was made possible through the medium of a portable power plant which enabled the guests to enjoy radio music and recordings.

WARD 12 SOFTBALL--

(Continued from Page 5)

consecutive men, but with fine support, he finally retired the side:

Sunday's score again was 10 to 6, but the Lowgraders won. They out-hit and outplayed the Highgraders from every standpoint.

We wish conditions were such that another team could come over and play our Ward a ball game. The boys sure do have a smooth team. It's disappointing that they can't show the rest of the Wards a few pointers on the game's finer side. I'm sure Mr. Yagle has a volleyball team he isn't afraid to put up against any team at MSH.

Attendant Glenn Poole of our Ward has been ill recently and all patients were sorry to hear it.

Old "Oskey", our standby reporter for The Pomo News has left MSH and soon will be "out" and on his own. We miss his chitter-chatter here.

--"Cal", Correspondent.

EDITOR'S NOTE: The softball teams of other Wards would like very much to tangle with Ward 12; in fact not long ago a schedule was drawn up by the Recreational Department including Ward 12, but at the last minute it was cancelled. "Maximum security" means just that.

WIN FOURTH STRAIGHT

Wards 14-15 softball team made it four wins in a row last Sunday morning, Wards 1-2 & 3 being the victims of an 18 to 3 slugfest. The winners, taking an early lead, and never having to bear down, remained the inter-ward league champs.

Basellio H started on the mound for 14-15, pitched the first four innings allowing no runs and only one hit. He was replaced by Henry G.

The home runs flowed freely over the plate, Wards 14-15 banging out six, two by Henry G, Lawrence S collecting one for Wards 1-2 & 3.

Wards 14-15 lost their last game to Ward 8 on May 15.

Short score: Ward 14-15, 18 runs, 22 hits and 2 errors. Batteries: Basellio H, Henry G and Jim J. Wards 1-2 & 3, 3 runs, 4 hits and 2 errors. Umpires: Armando P and Frank W.



For Fine LIQUORS

CALL ANDY STAHL 1138-J

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, Miss Barbara Robinson, 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 McWhirter, 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.

PLUMBERS TIME WORK WITH OTHER CRAFTS

Traditionally the plumber forgets his tools and takes a leisurely trip back to the shop, stopping for a couple of long cool steam suds just by way of passing. If he's a good honest plumber he pays for the beer out of his own pocket and only charges the customer for the trip time. Such, at least, is the comic page version of the plumber's habits.

Things are vastly different on a large contract job such as that being done by Anderson and Rowe who are the plumbing contractors doing the work on the four new MSH buildings. Efficiency and quick results are the key words. Ed Owens and his men are busier than the proverbial one armed paperhanger, even though the buildings are only in the foundation stage.

They are now engaged in canning, which has nothing to do with what mother does during the cherry season. Before any concrete is poured for a building the plumber has to know whether or not pipes will run through that part of the building. If so, tubes for the pipes to run through are laid. These are called cans and the act of laying them is called canning.

Mr. Rowe and his men are also fabricating pipe which is the act of cutting pipe to length and laying out and assembling so that when construction is at a certain stage the entire pipe plan may be put in without delaying other phases.

MATTRESS SHOP BUSY

Although outward appearances around the Mattress Shop don't indicate it because Marion Freitas' crew of workmen follow a smoothly operating routine, that shop has one of the largest outputs of any at MSH.

Mr. Freitas says the shop turns out about 1,000 mattresses a year, to take one phase of the work. In addition, all the pillows and awnings are made and all upholstery work for the institution is done by his crew. Another task handled by this shop is cutting and laying of linoleum.

"BELLE OF AVENUE A"

E. V. Durling, the Hearst newspaper columnist, wonders how many readers can remember the old song "The Belle of Avenue A." A good many at MSH, Ed; that was one of the hits in the "Gay Nineties Review!"

WRITE TO YOUR POMO MAIL BAG,

RED ROBIN NURSERY

Phones

1036-W

565-W

262

Very Poor Psychology

(An Editorial)

The Pomo News was born in the tradition of a free press and, as its masthead proclaims, to serve the interests of the patients. This paper is published almost exclusively with money of the State of California. Its existence depends upon the will of a department of State government.

In private enterprise, such conditions would constitute only subsidization.

No newspaper can be considered "free" if its editorial voice is throttled.

The Pomo News would be derelict if it ignored in silence events in this hospital which concern the general morale of either patients or employees.

There was a big parade in Ukiah last Sunday in connection with the convention of a fraternal organization.

The same day, in Ukiah, there was a baseball game between the Talmage and Ukiah teams and last year's semi-pro champions, from San Francisco.

There is a young woman confined in this hospital who was sent here after her arrest on a felony charge.

There are a number of patients here whose only crime was taking too much liquor aboard. Many of this group are ardent baseball fans and regular followers of the games of the Talmage ball club on the hospital grounds.

The young woman who is here as a felony prisoner was escorted to Ukiah Sunday to witness the parade. She was escorted by a woman technological employee of the hospital.

A great many of the patients would have liked to see the baseball game that afternoon. A handful of the "old timers" got there. But none of those whose "crime" was drinking.

Psychology is supposed to be practiced in this hospital and other State institutions by trained personnel classified under civil service rules as psychologists.

The Pomo News regards the partiality and discrimination illustrated last Sunday as decidedly POOR PSYCHOLOGY.

No alert newspaper or newspaperman ever disregards the unexplained efficiency and accuracy of the "grapevine" or underground dissemination of news or events. There are several hundred civil service employees at Mendocino State Hospital and any one of them, off duty at the time, could have seen the woman patient watching the parade on the main street of Ukiah.

If any official of this hospital is naive enough to believe that the grapevine telegraph missed this incident, he can wake up right now. The grapevine got it, all right, and the reaction was not good for the morale we spoke of.

This incident comes at a bad time. The sheriff of this county has already criticised the hospital for what he considers laxity in control of criminal inmates. This followed a couple of recent escapes by desperate and dangerous patients. The escape from the Sonoma State Hospital which resulted in a murder added fuel to the flames. And this week four woman inmates strong-armed their way out of Sonoma.

The conditions in State institutions have attracted wide publicity and criticism has reached into the legislative halls at Sacramento and into the Governor's office.

Mendocino and its Superintendent, in common with all other State hospitals and their heads, have been placed in an unfavorable light, through no fault of their own. Only this week, our Superintendent had to reply to a charge in a Los Angeles court by a sex psychopath who said he is a former inmate here.

There is no doubt in the mind of this editor that the young woman who saw the parade in Ukiah Sunday was taken to the county seat without the knowledge of the top officials of the hospital. We make that statement because we know of several instances where patients have requested passes to go to Ukiah for dinner with wives or parents and have been refused. We know of instances where ground parole patients have been refused passes to walk 150 foot outside the grounds to go to the Talmage store.

We know that no patients, alcoholics or otherwise are allowed to go into town alone. If they have legitimate business which requires a trip to Ukiah, an attendant or other employee is assigned to take them.

The Pomo News positively does NOT favor any tightening up of restrictions on patients unnecessarily. We believe the administration here sincerely has the happiness and mental and physical well-being of the patients at heart.

What we object to is discrimination.

And if The Pomo News is to be considered as a part of a free press, it is its obligation to the patients to call attention to flagrant favoritism or violation of general policy.

THE EYES AND EARS OF MSH-POMO NEWS

★ POMO NEWS ★

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

Supervised by Dr. Gerald Goodstone
Clinical Director

A non-profit project of the Occupational Therapy Department. 5¢ per copy; subscription mailed \$2 a year

David A Editor
Duke R Associate Editor



DOCTOR WILLIAMS

Says

EDITORIAL

A PECULIAR BREED

Your dyed-in-the-wool baseball fan is a strange animal. We've got plenty of 'em right here at MSH.

A baseball fan is a character who knows better than any player when to swing at a ball, how to run a base, how to slide and when, how to field, how to keep score, when to charge an error or credit a put-out. Above all, his eyesight is keener than any umpire anywhere ever possessed and his judgment is infallible.

A baseball fan will scream his lungs hoarse with cheering when his team is riding high and the minute it falls behind or makes a bad play or two will lose his voice yelling insults.

There was a letter in the Mail Bag last week from "Helpful", of Ward 8 which is a case in point. This individual romped on the umpires who officiate at the games here of the Talmage Sluggers. He thinks the umpires are not always unbiased, besides being near-sighted. He intimates that the Sluggers may have lost some of their confidence, because they had lost to the Irvington team.

Which brings out another peculiar attitude on the part of the rabid fan. Of late, with the Talmage team piling up a very remarkable season percentage of games won, many fans have expressed the sentiment that it would be a good thing if it lost some games. They even cheer for the outsiders, ridicule the home team players and bet against them.

We hesitate to consider what the atmosphere would be like if the Sluggers were on the other side of the won and lost tally.

Well, that's human nature and it's strange, all right. But the baseball fan's make-up is stranger yet.

SEND THE POMO NEWS HOME \$2 PER YR.

Mendocino State Hospital's Medical Staff played host last Sunday to a conference on neoplastic diseases, arranged by the California Medical Association in co-operation with California Division of the American Cancer Society and the Mendocino-Lake County Medical Society.

The staff of this hospital and a number of private practitioners of the area attended the half-day session and heard talks by several noted cancer specialists. We first assembled for a dinner at 12:30 p.m. in the O.D.R.

Presiding over the conference was Dr. Edward C. Bennett, President of the Mendocino-Lake County Medical Society. The session was one of a series arranged by the California Medical Association, to be held in all State hospitals and in all county seats, the purpose being to acquaint the physicians with the latest advances in the study and treatment of cancer.

Sound motion pictures and slides were shown illustrating some of the talks.

Speakers included David A. Wood, M.D., L. Henry Carland, M.D., W. Dayton Clark, M.D., Robert A. Scarborough, M.D. and Carleton Mathewson, M.D. The specialists came here Sunday morning from Eureka, where, on Saturday, a similar conference was held.

The importance of early diagnosis of cancer in its various forms was the theme of the meeting.

---00---

Mendocino State Hospital is represented this week at the annual seminar of the State Department of Mental Hygiene being held in Los Angeles, by Drs. R. G. Bramkamp, Assistant Superintendent, Ruth I. Green and H. V. Bair. An intensive "refresher" course is being given at the seminar daily from 8 a.m. to 5 p.m.

MIGHT BE WORSE!

Bob: "Is this the Woman's Exchange?"

Bobby: "Of course, what did you wish to see?"

Bob: "Well, if you're the woman, I guess I'll just keep Sarah."
